

# the Shuttle

## Manager's Corner

### Expansion and Reduction

by Glenn Bergman, General Manager

With so much going on around the Co-op, I wasn't sure what to write about this month. I suppose the Marketplace, the Farm, and the recently revived Merchandising Committee will have to wait until next time, because this month I'm writing about expansion, and reduction.

### Debt Reduction

A few months ago, Ned Case, your Finance Chair, suggested that we pay off our two mortgages. Susan Beetle took care of this with CDs that were coming due. So, I am very happy to report that the Co-op now has all liens paid off in full. We still have a small loan with the PIDC for about \$50,000, and that is it!

### Expansion

Chestnut Hill is still on our radar, and as I reported last month, I am hoping for an "angel" to assist us with the construction costs so we can move forward with our opening of smaller community markets in underserved areas. After spending a few thousand dollars on a market study last year that told us to open a medium size store in Chestnut Hill, gather the cash  
*(continued on page 4)*

## Ogontz Store Set to Open in April



PHOTO BY STEVE HEBDEN

WEAVERS WAY'S NEW MINI-STORE AT 72ND AVE. AND WALNUT LA. IN WEST OAK LANE, GEARING UP FOR AN APRIL OPENING.

by Jonathan McGoran

With an anticipated opening in early April, excitement is building around Weavers Way's new Ogontz mini-store. Work is proceeding on a number of fronts. While the details on the lease are being finalized and grant proposals are being submitted, Weavers Way staffers Norman Weiss, Steve Hebden, Jean MacKenzie, and Josh Giblin have been hard at

work on product mix, store design, equipment, construction, and all the other elements necessary to opening the new store. Membership coordinator Robin Cannicle, along with the membership committee and membership chair Sylvia Carter, have been working on membership details. Together with staffer Stephanie Johnson they  
*(continued on page 10)*

## Breakfast with Michael Pollan

by Maureen Gregory

On an early morning in January, a small handful of Weavers Way staffers drove to West Philly and parked in the former parking spot of David Braverman's school bus – an historic spot but with no discernable marking — the first home of Le Bus restaurant. We walked over to the White Dog Café and knocked on the door, but were told we would have to wait outside until they were ready to seat us for our breakfast talk with Michael Pollan.

While we waited, other people started arriving and we soon saw some familiar Mt. Airy faces. We were a jolly and excited crowd when the guest of honor walked up to the door and was ushered inside. His handler of the day was not as lucky – or didn't know the secret knock — so he waited with us and answered our questions about his job.

Pollan had a busy day ahead: "Radio Times" with Marty Moss-Coane, "A Chef's Table" with Jim Coleman, and wrapping up with a talk at the Free Library. Our fellow also told us about other famous writers he's shuttled around for this part-time gig including Paul Rusesabagina, the hotel  
*(continued on page 10)*

## Down on the Farm

### Donated Greenhouse Helps Co-op Farm Get a Jump on the Season



PHOTO BY DAVID ZELOV

DONATED BY A NEIGHBOR IN MT. AIRY, THIS GREENHOUSE WAS TRANSPORTED INTACT DOWN GERMANTOWN AVENUE ON THE BACK OF DAVID ZELOV'S TRUCK.

By David Zelov

It's not time for all the crops to go outside just yet, but some are getting ready. They are peeking out through the double layer of greenhouse plastic, hoping that we won't just throw them outside into the cold. In the greenhouse this time of year

we have the brassicas (bok choy, broccoli, cabbage, kohlrabi, kale, collards); the alliums (onions, leeks and scallions); the chenopodiums (beets and chard); and the composites (dandelion greens, endive, and lettuces). All of these cool weather crops  
*(continued on page 12)*

## Marketplace Kids Help Celebrate Opening of Valley Green in Chestnut Hill



PHOTO BY PAM THISTLE

VALLEY GREEN BANK PRESIDENT JAY GOLDSTEIN (REAR) IS JOINED BY JENKS SCHOOL STUDENTS AND MARKETPLACE PROGRAM PARTICIPANTS (L TO R) JADE MORMON, ASHA NJERI, SHAMERIAH DIGGS-WASHINGTON, AND SHAMBA MAILA AT THE JANUARY 23 RIBBON CUTTING CELEBRATION OF VALLEY GREEN BANK'S NEW CHESTNUT HILL BRANCH AT 23 W. HIGHLAND AVE. THE STUDENTS WERE HANDING OUT LOCAL APPLES, SHOWCASING THE MARKETPLACE PROGRAM AND HIGHLIGHTING VALLEY GREEN BANK'S COMMITMENT TO COMMUNITY.

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*And of course... scads more*

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

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### Save that Date!

### General Membership Meeting

May 17, 2008

Summit Church, Greene and Westview

5:30-6:30 p.m., Eat, Meet, and Greet  
6:30 to 8:30 p.m., Meeting, Board Elections

A Broader Look at Expansion  
Our Emerging Role in the Community

## Editor's Note

by Jonathan McGoran

One of my greatest disappointments as editor of the *Shuttle* is the lack of letters to the editor. If there's a boycott or something, I might get one or two. At the height of the financial crisis, with the very existence of the Co-op on the line and members more engaged than ever before, I once got three (and one of them was about bagels). But usually, there are none. I've even shamelessly promoted my novels *Body Trace* and *Blood Poison* — for the good of the paper — and still nothing.

But all that is about to change. This month, Prepared Foods Manager Bonnie Shuman takes a controversial stand on a timely topic. Not cloning or rBGH, no, she's talking about ...*Foie gras!* She's even defending it, or at least defending the right to eat it.

To be fair, Bonnie is not saying everyone should eat foie gras, or even that Weavers Way should sell it (I bet that would get some letters!). But when people started trying to ban it, Bonnie finally said, "Enough!" Then she said, "No, really, that's more than enough. No, I mean it. I've really had enough, thank you. *Stop!*" (Apparently, when force-fed other people's views, Bonnie gets so angry she could just explode.)

Bonnie thinks we should all be allowed to decide for ourselves what to eat and how much (unless, of course, you're a duck). I can see Bonnie's point, too; it's great getting the government out of our bedrooms, but it's still a little creepy to have them hanging around the dining room and the kitchen like that.

Perhaps the whole controversy could be avoided with a more humane way of producing foie gras. I know the ducks have to be fattened, but is force-feeding really necessary? Instead of funneling corn pellets down their throats, couldn't we just leave the ducks in a room with open bags of Barbara's cheese puffs or Noreen's chocolate chunk cookies? Hell, I've almost ruptured my liver with those bad-boys many times, and I have thumbs, so I can operate a chip clip. Besides, if these are American ducks, most of them are probably fat enough already.

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.**

**e.g. March 1 for April issue**  
**Statement of Policy**

Articles should be under 500 words and can be submitted neatly typed, on disk, or e-mailed to editor@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 submitted electronically, or camera-ready with prior arrangement, and should be 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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is printed on 100%  
recycled paper



## Food Trust Visits Co-op Board Meeting



Yael Lehman (standing) and John Weidman from the Food Trust joined the Co-op board for their February meeting.

by Jonathan McGoran

Weavers Way's Board of Directors was joined at its February meeting by John Weidman and Yael Lehmann of the Food Trust, a non-profit group founded in 1992 with the mission of increasing access to affordable food. The Food Trust works with teachers, health practitioners, food retailers, nutrition educators, policy-makers, grassroots leaders, anti-hunger advocates, farmers, and nonprofit and for-profit entrepreneurs to improve the health of children and adults, promote good nutrition, and increase access to nutritious foods.

In addition to the Headhouse Farmers' Market, which was an important outlet for so much of the produce from the Weavers Way farm, The Food Trust runs another 24 farmers' markets. These mar-

kets not only increase access to healthy, fresh, and nutritious food, they provide local farmers with vital outlets for their produce, helping to slow the loss of local farms and the accompanying effects — loss of farm income to local economies, declining vitality of rural communities, loss of habitat for wildlife, and loss of open space to urban sprawl.

This year, the Food Trust has expanded its school programs to over 100 public schools with 50,000 students in southeast Pennsylvania and has successfully advocated for the farmers' market development bill in the Pennsylvania General Assembly. The bill opens the door for the Commonwealth to provide small grants for groups to develop farmers' markets across the state.

## Co-op Staff Benefit Review

by Dave Tukey, HR Manager

Over the past several years, Co-op management has been reviewing and revising its philosophy concerning employee compensation. Let me take this opportunity to inform members about these initiatives. But first, a slight digression about Co-op governing policies.

The first place to look for elements of a compensation philosophy are in a co-op's policy documents. The Weavers Way Mission Statement has this sentence: "We provide an equitable and rewarding workplace for our member-employees." But how should we interpret what is equitable and what is rewarding?

A second set of documents that might speak to employee compensation would be a co-op's Ends and Limitations policies. Under policy governance, an Ends policy provides a vision toward which we are striving; a Limitations policy constrains how we are to achieve those Ends. Currently, Weavers Way's policies do not address employee compensation, though policies of some other co-ops do. Aside from the Mission Statement, compensation philosophy is at the sole discretion of Co-op management and it has been the subject of much discussion and change.

The wage policy in effect when Glenn Bergman became General Manager had a fixed schedule of hourly wages based on your type of position and seniority. Under that schedule, you got a raise of a fixed amount on your anniversary date. The raise was not based on whether you were full- or part-time, or on your performance. Years of service was the main factor. That schedule grouped employees into three functions: staff, shift managers, and managers. Within categories, there was no distinction based upon the skills for the job or your level of responsibility.

Effective July 2005 a new wage schedule was adopted that based a raise on how

many hours you had worked at the Co-op, and your performance. Milestone raises were awarded when an employee reached 1000, 2000, 4000, 6000, 8000, 10,000 and 12,000 hours. There was a schedule of what these raises would be, and employee performance could adjust that within a narrow range.

When that compensation schedule was reviewed, several problems were noted. A major concern was the impact for budget planning. Milestone raises could occur at any point in a fiscal year, so loading a budget meant estimating when they would fall. Second, milestone raises early in an employee's tenure were sizable. The first milestone raise, upon reaching 1000 hours, averaged 16.5% with another 14.5% upon reaching 2000 hours. Third, a staff member who was full-time might be eligible for a milestone raise twice within the same fiscal year, while a low-time employee (below 22 hours/week) might wait years for a raise. Last, there was still no major differentiation of jobs performed. Cashiers, deli staff, cooks, drivers, and payroll assistants all got the same wage schedule.

When the Compensation Committee explored what other co-ops were doing for compensation, it became apparent that we had no formal, or even informal, compensation philosophy that would guide decision making. From the statements we received from several co-ops, we drafted this guiding philosophy:

"We strive to have compensation and benefits that are internally equitable, clearly communicated to staff, compare favorably to the marketplace, and are consistent with other financial policies of the Co-op."

Upon that basis, we began to explore three key areas of compensation: wage rates, bonuses, and benefits.

**Wage rates:** The committee wanted to

## West Oak Lane Store

(continued from page 1)

are scheduling community meetings in West Oak Lane and Ogontz to inform neighbors about what Weavers Way and co-ops are all about, and also to hear what the community will be looking for in the new store. Hillary McAndrews will also be setting up focus groups.

"I am pleased to welcome Weavers Way into West Oak Lane," says Jack Kitchen, executive director of the Ogontz Avenue Revitalization Corporation (OARC). "We are pleased that OARC was able to bring Weavers Way into West Oak Lane to provide fresh quality products, some locally grown, that will be available on a daily basis. The fact that this is a co-op... is an added feature that will further benefit the neighborhood." OARC had made reopening the store a priority since it closed last fall. Pam Rich-Wheeler of The Business Center for Entrepreneurship and Social Enterprise first suggested that OARC approach Weavers Way to run it.

"We're excited about bringing fresh produce to this community, some of it from our farm, just down the road from here. We also hope to bring the Marketplace program to the area schools and assist with or start a local recycling program. This is a great community and we're excited becoming a part of it. We're very happy to announce we've already joined the West Oak Lane Business Association."

Stay tuned for details and updates in the *Shuttle*, on the website, in our E-newsletter, and through posters and flyers at the Carpenter Lane store.

design a wage schedule that would compensate employees fairly for the jobs they held, that would take account of local market conditions, and that would be easier to manage from a budget standpoint. In addition, we were guided by the notion of a livable wage, a framework adopted by several co-ops in setting wage rates that take into account living expenses faced by staff. We decided to set initial wage rates closer to the livable wage model for the Philadelphia metropolitan area and also institute a series of job grades much like most civil servant and university positions. The wage rates for each grade were benchmarked in part on both regional and industry comparisons. After much consultation with managers and staff, the revised wage rates based on job grades became effective July 2007.

The system of raises was also changed. Raises would now be annual and take into account hours worked in the past year and performance, to be capped at the maximum for the job grade. The typical raise for a full-time employee is in the range of three to four percent, which is more manageable than the huge raises of the previous system. Cost-of-living increases, if authorized, would be in addition to the annual raises. This process will first be utilized for raises effective July 2008.

**Bonuses:** The size of the bonus pie, if any, fluctuates from year to year based on store performance. Our approach to allocating the bonus has also shifted. Our most recent approach divided the bonus pie into four categories: (a) 45% was allocated proportionately by hours worked; (b) 22.5% was allocated proportionately by earnings; (c) 15% was awarded to staff in departments with an impact on retail sales; and (d) 17.5% was allocated at the General Manager's discretion. This division strived to take into account our indi-

(continued on page 22)

## Pennsylvania Farm Show 2008

by Margie Felton, Deli Manager

On Friday January 11, 2008 board member, Chris Hill, Glenn Bergman, and I attended the Pennsylvania Farm Show in Harrisburg, PA. This is the nation's largest indoor agricultural exposition and since Weavers Way is now in the farming business, we thought it would be a good idea to see what other Pennsylvania farmers were doing.

We spent the day finding new Pennsylvania-made products for the store; petting goats, sheep, and cows; watching tractors square dance; learning about composting toilets and bio-diesel, solar, and other alternative energy sources; talking to farmers; and eating. We also watched the sheep- and goat-judging and enjoyed guessing which animal would win first place.

I think Glenn and Chris would agree that the food court was the main attraction. This was not your ordinary food court with fast food chains and junk food. Well there was some junk food, but it was local and homemade. The food court offered all Pennsylvania food products and was sponsored by a variety of associations, such as Pennsylvania Cooperative Potato Growers, Inc., Pennsylvania Livestock Association, and Pennsylvania Mushroom Growers Cooperative, to mention a few. We sampled pulled pork sandwiches, fried mushrooms, tempura vegetables, baked sweet potatoes with brown sugar, potato donuts, and maple cotton candy. Other offerings that we didn't have room in our stomachs to try included trout, tortilla-crust tilapia, ice cream, milk shakes, lamb stew, apple dumplings, soups, pies, and many items that I'm sure I am forgetting.



AT THE PENNSYLVANIA FARM SHOW, DELI MANAGER MARGIE FELTON GETS BEHIND THE WHEEL OF A BIODIESEL TRACTOR (TOP), WHILE GENERAL MANAGER GLENN BERGMAN TAKES A COMPOSTING TOILET OUT FOR A SPIN.

The Pennsylvania Farm show takes place every January in Harrisburg, PA. The show runs for one week. Admission is free and parking is only \$5.00. There is a large area for children. It is a fun and inexpensive way to spend the day and see Pennsylvania's farming world.

### March Hidden Treasure

This month's HIDDEN TREASURE was discovered at the farm show.

#### MILLER'S MUSTARD

This is a sweet and spicy mustard made in Gibsonia, PA.

It is a great dip for pretzels.

MILLER'S MUSTARD can be found on the shelves next to the deli meat case.



## Grocery News

by Chris Switky, Grocery Manager

Howdy, Co-op shoppers. We've added a number of new items to the grocery line lately, and two of them are hemp products. In the candy section, you'll find the "Vote Hemp" Red, White & Blueberry hemp bar (when you see the bar, the actual colors are mostly browns and tans.) Lots of seeds, fruit, rice and agave syrup in this healthy little snack (\$1.79 for a 1.4 oz. bar.)

In the juice and boxed-drinks section, we've added Living Harvest hemp milk, in original and vanilla flavors (\$3.26 for 32 oz.). Made primarily from water, hemp nuts, and rice syrup, this beverage boasts

lots of protein, as well as a well-balanced ratio of omega-3 and omega-6 essential fatty acids. The hemp milks are replacing

Rice Dream "classic" original and vanilla rice milks, which have not been great sellers, but are still available as full-case pre-orders. We are keeping the Rice Dream "enriched" line in stock.

Right next to the hemp milk, you'll find Bob's 10 grain hot cereal, \$2.38 for 25 oz. This is a dense little item; if the packages were a bit larger, they would work great as sandbags. Contains wheat, corn, rye, oats, soy, millet, barley, brown rice,

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## Produce News

by Jean MacKenzie, Produce Manager

### Best of the Northwest

Once again, Weavers Way has won the Best of the Northwest award for Best Produce Market. Once again, I am flattered and grateful. I am very aware that there are other places to shop for produce in Northwest Philadelphia. A few have lower prices. Some have better quality, particularly for some seasonal favorites.

When I became the produce manager three and half years ago, the main complaints I heard concerned the lack of diversity and the lack of dependability in Weavers' produce. I set about expanding our line, and changing our buying so as not to run out of important items. Now the main complaints I hear concern quality or freshness, and the need for information or recipes for unusual items. And now we're addressing those issues, buying better quality when there's a reasonable choice, improving our handling to maintain freshness, looking for better (and bigger) crispers, etc. Information and recipes — well, great idea, but where? There are already too many things to look at. Josh Giblin and I will try to figure out how and where we can squeeze more reading material into our already overcrowded displays.

### Texting Teens

When I grew up, my family had one telephone, a menacing heavy black appliance that belonged to the phone company (and don't you forget it) and was installed with a six-foot cord wherever the phone company put it. All you did with a tele-



PHOTO BY JENNY ROLO

phone was dial and receive phone calls, in most cases actually talking with another person. I never imagined using the word "text" to refer to a telephone transaction, much less as a verb.

Recently, our family capitulated to the perceived need for every single one of us to own a cell phone. We were strongly advised to get a plan with unlimited texting, this being the preferred communication mode among teens. The day before we got our phones, I came across an article about how teens act like they want nothing to do with you, but in fact they need you to stay close. So I am now a texting fool. I text my kids all the time: "HOMEWORK?" "Turn off your phone during school." "Great

game!" "Want kale for dinner?" "THIS IS YOUR MOTHER. YOU CAN RUN BUT YOU CAN'T HIDE!" — and various other messages designed to remind them that I care about them and want to know what they're doing. So far, I have not taken up abbreviating, though I can see the appeal. You use a lot fewer keystrokes if you drop vowels (except "u"), deliberately misspell words, never punctuate, never capitalize. I text: "How was school?" and get the reply "ok im sck cn u brng my gtr" or "ware r u"

You know, maybe this is the answer to providing more information in the Produce Department. I can see it now: "rd lf lttc 1.25" "no grps ths wk \$\$\$" "frz n fl ctrs pr qlty" "ct hrd sqsh 1/2 bk 350 40 mn til sft" and "hlp me out hr i lce agn bght 2 mny strwbs & wll hv 2 dscnt 2 mv thm" Or, as my teens would say, whtvr.

## Second Floor News

by Martha Fuller, Second Floor Manager

### Topricin

This anti-inflammatory pain-relief and healing cream is a popular item. It has been used by our shoppers for pain associated with arthritis, carpal tunnel, repetitive motion, muscle spasms and trauma/sports injuries. Homeopathic ingredients include Arnica Montana, Crotalus horridus, Naja tripundians and Ruta graveolens. Many folks find it to be an effective adjunct treatment that can enhance the benefits of physical and occupational therapy, massage, chiropractic, etc. We recently sold this product to a shopper who came to Weavers Way just to buy this product!



This company continues to wow all of us - shoppers and staff - with the array of products, the new colors, the excellent quality of the product line, and the conscientious philosophy that helps to determine how the company functions. There are great new colors, an expanded and enormously popular kids category, and

wonderful new products. Here are some facts you might like to know about this company: their Solidware line of kitchen and tabletop trays, bowls, and servers are handmade from 100 percent organically grown bamboo and food-safe and water based adhesives and are finished with top grade natural, food-safe oil.

The kitchen tools and utensils are lightweight and durable and made from IMO certified organic bamboo. We will have more information about Bambu in a future Shuttle article.

### General Second Floor News

We are culling the shelves, making room for new products and removing products that no longer seem to be as popular as they once were. For us as a space-challenged store, the turnover of a product (how long does an item take to sell, etc.) matters. If you do not see an item, please ask your friendly second floor staff member to assist you. We can also give you ordering information if needed.

### Bambu

**Managers Corner***(continued from page 1)*

flow to then open in other areas that are higher risk I still feel obligated to follow this path. It is frustrating when you cannot afford what you want. It is like looking through the window of a candy store, but you do not have enough money. We have money, we could move forward, but the risk is too great for what we were looking at in CH. I will keep you informed.

Ogontz is a go. We have offered the store manager position to a current associate of the co-op. So now we need to get a little assistance from a capital grant to be able to go forward. Once this is secured (and it might be by the time you read this) we will move quickly with this 700 sq ft store. Our team has been working on the expansion, lining up construction and repair crews, finishing up drawings, and ordering equipment for the store. This is a small store in a highly trafficked area. It is our plan to make this store a real gem in the area, to sell local produce and dairy, and to make a great display of fruits and vegetables outside the store to make it clear what we are selling. We also hope to help make the space next to the store a wonderful garden and place to sit and read, watch, play chess or checkers, listen to music, etc. If you get a chance go by 72nd and Walnut Lane, at Ogontz Ave., you will see the mural on the side of the building.

Elkins Park/Cheltenham area has had three steering committee meetings. A feasibility study is being scheduled for a store location. This is a community that is developing their own store with WW assistance. Your board members and WW staff

are working with the steering committee to assist this community open a store. Unless this group really asks us to do this store and raises enough funds to make it clear that this is a project with legs, we can not turn to you and ask for funds to expand to an area outside our market area.

**The Meat Guzzler**

Back in January the *New York Times* ran a story entitled "Rethinking the Meat-Guzzler" by Mark Bittman, who usually writes for the Times' food section. Bittman investigated the energy costs of producing red meat for the American market and the emerging affluent global market. I found the facts amazing, and it helped me rethink how I purchase meat: naturally raised meats that have grazed as opposed to the grain-fed fattened beef (organic and conventional) that consume a higher proportion of energy (oil) to produce.

Let's look at the facts (just the facts):

1,250 sq miles of tropical rain forests in Brazil have been lost over the last five months alone for crop and grazing land.

In 1961, the world meat supply was 71 million tons. In 2007, it was estimated at 284 million tons, or 568,000,000,000 lbs!

By 2050, the United Nations expects the amount of beef consumption to double. We eat about 8 oz a day, roughly double the amount for the rest of the world. Americans are 5% of the world population and consume 15% of the beef (10 billion steer).

30% of the earth's ice-free land is directly or indirectly involved in livestock production, generating 1/5 of the world's

greenhouse gases (more than transportation-related greenhouse gases). If we reduced our consumption of meat by just 20% it would be like all of us switching to Prius cars at one time.

Producing one pound of beef generates the same amount of greenhouse gas as driving 70.45 miles or lighting a 100-watt light bulb for nine days.

One pound of beef steak = .4232 gallons of gasoline.

U.S. livestock produce 900 million tons of waste annually, equivalent to three tons for each American.

Iowa's hog farms produce 50 million tons of waste or 16.7 tons of manure for each resident of Iowa.

Americans are eating about 200 pounds of meat, poultry, and fish per capita per year. That is a 50-pound increase in the last 50 years.

We consume 110 grams of protein per day, twice the Federal standard, and about 80 grams more than what we need.

Because of grain subsidies, the price of meat has decreased slightly when adjusted for inflation over the last 40 years.

Industrial meat production plays a major role in our environmental problems.

Had enough? I think you get the picture. While I hate to say this (sorry Dale) it is time to really think about how much meat we are eating and to purchase as much "grazed" meat products as possible when we do eat meat. You will see that in our meat department, Dale is switching as much as possible to meat that has been raised on grass and has not been fattened at a feedlot. Most of the Esposito meat that we get is good quality, but has gone through the "western feedlots" and has been fattened on grain. All of the organic beef from Natural Acres is grass-fed and the Landis Farm natural meats are also grass-fed, but is not certified organic. Both are good choices, are more expensive than western beef, but is better for you, the environment, and for sustainable economics.

**Mercury in Fish: Safer Choices at Weavers Way***by Dale Kinley*

Mercury levels in seafood have again been in the news. In a recent article in the *New York Times* (1/23/2008), tests of blue fin tuna from New York sushi restaurants showed alarming, even dangerous levels of mercury. Mercury in the atmosphere comes from natural sources and from industrial smokestacks, as well as other pollution. Mercury enters the ocean through rain, and is consumed by plants, which are eaten by smaller fish, which are then eaten by bigger fish, and so on, accumulating at higher and higher densities as it moves up the food chain.

At Weavers Way, we offer better choices of fish with good omega-3 fatty acids and lower mercury levels. Our yellow fin tuna is generally lower in mercury than blue fin. Blue fin tuna can be as large as 800 pounds whereas yellow fin tuna are generally between 100 and 150 pounds. Yellow fin is also a better choice in terms of over-fishing.

Salmon is a very good choice. Our Black Pearl Scottish Salmon has no antibiotics or coloring. I have just found a source for wild Sockeye that was caught and frozen during the season so we will have wild salmon during the winter months.

Other fish that the co-op stocks that are lower in mercury are shrimp, oysters, sardines, anchovies, and herring. Sea scallops also provide omega-3 but have slightly higher mercury levels. Ours are from Barnegat Light N.J., are very fresh and not treated with any preservatives. Catfish, cod, flounder, shad, squid, and whitefish are all good choices.

I also wanted to remind everyone that we get fresh fish five days a week. If it swims in the ocean we can get it for you. Octopus, Chilean sea bass, clams, or lobster — give me a call at ext. 104 and we can have it for you the next day.

Remember, that it's always best to shop at the Co-op!

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*Just 20 minutes from the Co-op*

**Claudia Apfelbaum, LCSW**

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by Steve Hebdan,  
adapted from National Geographic, January 2008

According to the U.S. Environmental Protection Agency, an estimated 30 to 40 million PCs will be ready for "end-of-life management" in each of the next few years. Computers are not the only electronic hardware hounded by obsolescence. A switchover to digital high-definition television broadcasts is scheduled to be complete by 2009, rendering inoperable TVs that function perfectly today but receive only an analog signal. As viewers prepare for the switch, about 25 million TVs are taken out of service yearly. And in the fashion-conscious mobile phone market, 98 million U.S. cell phones took their last call in 2005. All told, the EPA estimates that in the U.S. that year, between 1.5 and 1.9 million tons of computers, TVs, VCRs, monitors, cell phones, and other electronic equipment was discarded. It is estimated that more than 70 percent of discarded computers and monitors, and well over 80 percent of TVs, eventually end up in landfills. Yet recycling, under the current system, is less benign than it sounds. Dropping your old electronic gear off with a recycling company or at a municipal collection point does not guarantee that it will be safely disposed of. While some recyclers process the material with an eye toward minimizing pollution and health risks (electronics contain many carcinogenic compounds), many more sell it to brokers who ship it to the developing world, where environmental enforcement

is weak. China in particular has long been the world's electronics graveyard.

In the long run, the only way to prevent toxic e-waste from flooding a hundred places overseas is to carve a new, more responsible direction for it to flow in. A Tampa, Florida, company called Creative Recycling Systems has already begun. The key to the company's business model is a building-size machine operating not unlike an assembly line in reverse. "David" is what the company calls the machines and "Goliath" is the towering stockpile of U.S. toxic e-scrap. It wouldn't take many more machines like it to process the entire country's output of high-tech trash. But under current policies, pound for pound it is still more profitable to ship waste abroad than to process it safely at home.

Here's how we can begin to discard responsibly. Some charities repurpose old cell phones as lifelines for seniors and victims of domestic violence, and computers can go to underfunded schools. Reputable recyclers will properly scrap unusable electronics, though they sometimes charge a small fee. Donating newer models, on the other hand, can earn a tax deduction, so keeping old gadgets from gathering dust helps you and the environment. For a list of recycling companies that have promised not to export hazardous waste or dispose of it in landfills, check the website of the Basel Action Network, a group that advocates green solutions to e-waste issues: [ban.org/pledge1.html](http://ban.org/pledge1.html).

**Cell phones**

Find the donation bin to help Henry School at the bottom of the stairs to the second floor at the Co-op and at electronics stores and libraries. Wireless carriers also accept used phones. For options visit [recyclewirelessphones.com](http://recyclewirelessphones.com) or [collectivegood.com](http://collectivegood.com).

**Computers**

Most makers accept their brand from customers buying new ones. Some office supply store chains accept old computers for a fee. The National Cristina Foundation connects computer donors with the needy. Go to [cristina.org](http://cristina.org). Also, EPEAT is a system to help purchasers compare and select computers based on their environmental attributes. EPEAT (<http://www.epeat.net>) also provides an opportunity for manufacturers to secure market recognition for efforts to reduce the environmental impact of its products. Computers and electronics are accepted at the Northwest Sanitation Convenience site located at Domi-

no Lane and Umbria St. in the Roxborough section of the city, from 8:00 a.m. to 6:00 p.m., Monday — Saturday.

**Batteries**

Often retail stores selling rechargeable batteries will accept used ones, including small sealed lead-acid batteries from power backups. See [call2recycle.org](http://call2recycle.org) for locations. (Radio Shack in Chestnut Hill!)

**Printer supplies**

Spent toner cartridges are valuable; trade them in for discounts at stores like Staples or refill them at retail stores. Collecting used ones for recycling can even be a profitable fund-raiser for groups.

For the U.S. Environmental Protection Agency's list of charities and recyclers that accept electronic waste, go to [epa.gov/ecycling](http://epa.gov/ecycling).

For information about programs in PA go the PA Department of environmental Protection at <http://tinyurl.com/3d4vf9>

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**Weavers Way Film Series**

**Thirst: Film on Water Brings Out Crowd**

by Larry Schofer

It was another "sellout" crowd for a showing of Thirst: Fighting the Corporate Theft of Our Water, an award-winning PBS documentary, at the monthly film showing sponsored by the education committee.

The film focuses on the control of water in various spots in the world, with primary emphasis on three scenarios: Cochabamba, Bolivia, where a decision to privatize the city's water led to street demonstrations, complete with riots, tear gas, and at least one death. That decision was overturned. Stockton, California, where the mayor led a move to privatize the water works in return for promises of great savings and capital investment. And finally, the state of Rajasthan, India, the desert state, where community action resulted in "water harvesting," the building of small ponds to preserve previously lost rain water and ground water. All of these cases were related in a moving film, which repeatedly jumped to an international

conference on water as a way of presenting views of the big water companies and the World Bank.

A very personal section of the film related to Stockton, where local citizens mobilized to oppose what they saw as a betrayal of their city. They concentrated on demanding a referendum on the question. Despite fighting the good fight, they lost their case, and the privatization went through. In Rajasthan, the campaign against the privatization of water is also an issue of empowerment of women, who have been freed from some of their earlier burdens by the new availability of water, freedom which is now being threatened by corporate imposition of bottled water.

If the purpose of the film was to arouse public interest, it certainly did that. The audience was quite animated in a discussion moderated by the Women's International League for Peace and Freedom (co-sponsor of the evening). It also motivated me to go home to follow up for the big news that most of the attendees still do not know. In July 2007 the city of Stockton reversed its earlier position and voted unanimously to undo the privatization deal and resume control of its water utilities.

On the Web site [http://www.democracynow.org/2007/8/1/stockton\\_california\\_city\\_council\\_reverses\\_water](http://www.democracynow.org/2007/8/1/stockton_california_city_council_reverses_water), filmmaker Alan Snitow recounts what happened after the private consortium took over: sewage spills without public notice,



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Next in the Weavers Ways Film Series... Scribe Video Center's

**Precious Places**

While tourists head straight for the city's official "Historic District" and native Philadelphians think they have seen it all, Scribe Video Center's Precious Places Community History Project reveals bypassed neighborhood sites as bright landmarks that surprise and inspire residents and visitors alike.



Wed., Mar. 13, 7 p.m. at Video Library, 7141 Germantown Ave.  
Film will be followed by a discussion with an urban-affairs expert

fecal matter in the water, use of temporary workers, non-union contractors, spills into irrigations ditches, rising rates. In the end, the deal was reversed.

On a personal level, I was somewhat disappointed in the film, even though I certainly agree with the premise of preserving the public good. It was a great experience in feeling good about community action, but I don't feel that the makers were sufficiently focused on the central issues, and often paid attention to local action groups rather than to the purpose of the film. We don't learn exactly how the harvesting of water took place in Rajasthan, even though it is hinted at. We don't learn about the accuracy of complaints about the poor showing of the privatization of water in Atlanta, Georgia,

something that one person mentions in a brief note. What is the relationship between globalization, ownership of water and water supplies, and bottled water? What exactly is happening in India, where a lot of footage was taken? In short, the film is long on emotion and somewhat short on information.

The next film is scheduled for Wed., March 13, 7 p.m. at the Video Library: Precious Places. Scribe Video Center (a non-profit group) empowered neighborhood residents to make films about their own neighborhoods. This showing will feature three of these neighborhoods — Manayunk, Camden, and Ardmore. An urban affairs expert will lead a post-film discussion.

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- Sea Goddess Salad
- Kale, Dulse, Tempeh and Peppers
- Middle Eastern Cauliflower
- Quinn's Quinoa with Apricots, Currants and Pine Nuts
- Curried Tofu w/Peas and Cashews
- Brown Basmati Rice with Currants and Toasted Nuts

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## Not all Squash are Created Equal

by Pat Piro, Prepared Foods

Like many people, I continually try to find new and different items either to make for my own dinner or when I entertain (experiment on friends). A few weeks ago, while I was shopping (yes, at the Co-op), I decided to check out our squash display. Winter months and squash seemed to go hand in hand. Instead of taking the familiar road to acorn, butternut, or spaghetti squash, my eye was caught by a type of squash that I had never heard of — delicata. Was it because of its appearance — oblong and creamy/yellow color with green stripes — absolutely. Then I read the description and that sold me on giving it a try. Because I had never heard of this type of squash, I was curious to see what I could find out.

I learned that the delicata squash is an heirloom variety, apparently reintroduced into the culinary world around 2002. The Peter Henderson Company of New York City originally introduced the delicata squash in 1894 and it became popular through the 1920's. Then for about seventy-five years, it fell into obscurity. The reason for its obscurity was that because its skin is thinner and more tender, it wasn't suited to transportation over thousands of miles and storage over months. The delicata, like other heirloom varieties, is valued for its taste, not its transportability. It is also called sweet potato squash because of its succulent yellow flesh and sweet taste. It can be stored up to three weeks at room temperature. When purchasing, look for squash that are heavy for their size. And on a nutritional level, it is a good source of potassium, iron, and vitamins A and C. And for you gardeners, they can't camouflage themselves in green foliage and grow to be monsters.

Delicata squash can be baked, steamed, or — as I chose to do — roasted in the oven. Another plus (for me) is you don't have to peel the squash. Just cut it in half lengthwise and remove the seeds. Slice into medium size pieces and toss with olive oil, salt and pepper in a 425 de-

### Roasted Delicata Squash Salad

(serves 4)



PHOTO BY JENNE LOVE

- 2 lbs. Delicata Squash (2 medium)
- 1/3 c. olive oil
- 1/2 tsp. salt
- 1/8 tsp. pepper
- Salad Dressing: 2 tsp. lemon juice
- 1 tsp. balsamic vinegar
- 3T. olive oil
- salt and pepper to taste
- 8 C. mixed greens
- 1/2 dried cranberries
- 1/4 c. toasted pine nuts

Preheat the oven to 375. Cut the squash in half lengthwise and scoop out the seeds. Don't peel. Cut the squash into 3/4" cubes, place the cubes in a bowl, and toss with olive oil, salt and pepper. Spread on a baking sheet in one layer and roast for 20 minutes. Stir the squash and roast another 10-15 minutes or until very tender. Cool for about 15 minutes.

In a small bowl, mix lemon juice, balsamic vinegar until well blended. Pour olive oil in a slow steady stream, whisking until well combined. Season with salt and pepper.

Put the greens into a large bowl and toss with the dressing. Use only as much dressing as you need to coat the greens lightly. Arrange salad on plates and top with roasted squash. Sprinkle with dried cranberries and pine nuts and serve.

gree oven. When it is halfway cooked (about 15 minutes), I add garlic and a little touch of balsamic vinegar for caramelization and then cook for another 5-10 minutes. Happy Cooking.

## Fight for Your Right to Pâté

by Bonnie Shuman

So, I got "in trouble" with Glenn last month when it became painfully clear that I had not written anything for *the Shuttle*. "Ahhh, err, ummm," I stammered on the phone over his mild reprimands... "really, I tried to write something...but I just couldn't go through with it...I just could not express my views on a subject bound to incite possible outrage from the vegan/vegetarian fringe...I couldn't risk being accosted in the aisles of the Co-op."

Well, I've changed my mind. And not because of Glenn (sorry, Glenn). I am going to express my opinion on these hal- lowed pages and risk recrimination. I changed my mind because of a book I am currently reading. The book is *Nanny State: How Food Fascists, Teetotaling Do- Gooders, Priggish Moralists and Other Bone-Headed Bureaucrats are Turning America into a Nation of Children* (David Harsanyi, Broadway Books). Aside from having the longest subtitle in the history of publishing, Harsanyi makes a fine argu- ment for the danger posed when the gov- ernment legislates what is morally accept- able to put into our bodies or expose to ourselves or our children. When I started to write my article last month (now brace yourselves here), it was in defense of serv- ing foie gras in restaurants. As many of you may know, Chicago has banned foie gras from being served in restaurants. Philadelphia may not be far behind, with a committed group of activists aiming for the same ban. I read (but have not con- firmed) that this group had physically threatened the owner of a popular

Philadelphia restaurant over his persist- ence in serving this famed French delicacy.

I am of the same view as Doug Sohn of Hot Doug's restaurant in Chicago. "We look at it as a choice. We live in a free soci- ety and if people are truly offended they won't buy it," Sohn is quoted in Harsanyi's book. "If they won't buy it, I won't buy it."

Conversely, famed Chicago chef Char- lie Trotter has chosen not to disobey the ban. For me the key word there is chosen.

Listen, everybody understands the barbaric aspects of force feeding a goose (the process for which foie gras is so con- troversial). And though I eat it, I am not entirely comfortable with the moral im- plications either. My argument is not about what I find to be morally acceptable eating or farming practices. It is an argu- ment that the personal is political.

I respect anyone's decision not to eat food that offends them. I don't respect anyone who feels the need to impose their sense of morality on others. When gov- ernment starts to legislate what we eat, drink, or do in the privacy of our bed- rooms, we are going down a very slippery slope. Be careful what you protest against, because the Coca-Cola you are drinking might be next on the list of banned prod- ucts. Do we really want to risk the loss of autonomy that this type of legislation threatens? When did we become so inca- pable of making personal choices?

I am highly recommending *Nanny State*. From the introduction of the book:

(continued on page 8)

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**Fight for Your Right to Pâté**

(continued from page 7)

“Nanny State will make the case that nanny laws, which began in earnest in the 1980’s-exist because government, with the help of an infinitesimal minority of busy bodies, has twisted the public’s arm into obedience. Nanny State will argue that that there is no excuse for government to protect a mentally stable citizen from making his or her own choices and that words and ideas like “freedom” and “responsibility” must again be injected into any conversation or debate about laws that affect personal behavior.”

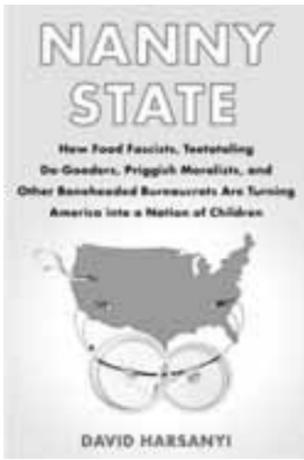
And this from the book: “Some Americans (still too few) are beginning to won-

der: when exactly did we lose our right to be unhealthy, unsafe, immoral, and politically incorrect. What if I want to be fat, drunk, immoral, and intolerably foolish?”

So, before you accost me in the aisles of the Co-op, read *Nanny State*. It really is an eye-opening book on the threat that nanny laws pose to our personal freedoms. And I consider these laws quiet little victories for moralists-they happen to get passed and only the zealous few who may stand behind them are paying attention.

Our choices should be exactly that: Choices. My own inner dialog about what I eat is an active one

—I often toy with the thought of being vegetarian, but I don’t know if I ever will be. It is my journey, though, and I would like to keep it that way.



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Antonio Aragona has a BA in Psychology and is a Certified Ayurveda Practitioner, practicing Ayurveda for more than 5 years. Currently, Antonio is pursuing his Masters in Ayurveda Sciences through Hindu University of America and will be completing his advanced training in Ayurveda through the Kerala Ayurveda Academy. He is also a Massage Therapist, Yoga Instructor, Shiatsu Practitioner with several years of practical application and experience. Antonio has relocated to the W. Mt. Airy area in order not only to enjoy the beauty of the community and neighborhood but to also contribute his experience as a teacher/practitioner and consultant of the natural sciences.

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# Weavers Way Co-op Financial Statement Fiscal Year 2008 to Date

by Susan Beetle, Weavers Way Finance Manager

The accompanying financial report provides a snapshot of the Co-op's financial health midway through this fiscal year. Overall, it's quite a pretty picture.

The income statement compares six months of actual income and expense to the amounts budgeted for the period. As shown in the variance column, sales have exceeded expectations by almost four percent (go shoppers!). Cost of goods was up by more than that, however, so our gross profit margin was below budget by a half point for the period.

This shortfall was more than compensated for by lower-than-budgeted operating and governance expenses (go board!) and by labor costs that, al-

though higher than budget, are in line with the increase in sales (go staff!).

The bottom line is an increase in profitability of about 35%.

The balance sheet compares the Co-op's assets, liabilities, and equity with their values a year ago. With regard to assets, only cash is less now. This is attributable both to our having paid off one of two mortgage loans (the second will be paid off this fiscal year as well) to further strengthen our balance sheet in anticipation of seeking financing for expansion; and to our deposit of \$50,000 in escrow toward purchase of a potential expansion site (hence the increase in Long-term Assets).

Due in part to the loan pay-off, liabilities are down by more than 25%. Equity has grown along with the number of member households (up from 3,197 in July to 3,331 at the end of December).

For those who made it this far, if you have any questions or want additional information, feel free to e-mail [sbeetle@weaversway.coop](mailto:sbeetle@weaversway.coop) or call me at 215-843-2350, ext. 110.

	12/31/07 (6 months)		FY08 Budget (6 months)		Variance
	\$	%	\$	%	
<b>Income Statement</b>					
Sales	3,712,564	100.0%	3,578,271	100.0%	103.8%
Cost of Goods Sold	2,451,003	66.0%	2,340,945	65.4%	104.7%
Gross Profit Margin	<u>1,261,561</u>	34.0%	<u>1,237,326</u>	34.6%	102.0%
<b>Expenses</b>					
Personnel	927,134	25.0%	899,714	25.1%	103.0%
Other Operating Expense	194,490	5.2%	225,482	6.3%	86.3%
Governance Expense	9,169	0.2%	15,431	0.4%	59.4%
Operating Profit	130,768	3.5%	96,699	2.7%	135.2%
Other Income	64,518	1.7%	37,525	1.0%	171.9%
Other Expense	21,269	0.6%	8,203	0.2%	259.3%
Earnings Before Taxes	174,017	4.7%	126,021	3.5%	138.1%
Income Taxes	710	0.0%		0.0%	
Net Income	<u>173,307</u>	4.7%	<u>126,021</u>	3.5%	137.5%
<b>Balance Sheet</b>					
	12/31/07		12/31/06		Variance
	\$	%	\$	%	
<b>Assets</b>					
Cash	711,896	33.3%	797,902	38.1%	89.2%
Inventory	306,466	14.3%	259,614	12.4%	118.0%
Other Current Assets	64,628	3.0%	42,934	2.1%	150.5%
Fixed Assets	950,544	44.5%	940,082	44.9%	101.1%
Long-term Assets	104,902	4.9%	53,782	2.6%	195.1%
Total Assets	<u>2,138,436</u>	100.0%	<u>2,094,314</u>	100.0%	102.1%
<b>Liabilities &amp; Equity</b>					
Accounts Payable	216,982	10.1%	311,661	14.9%	69.6%
Other Current Liabilities	235,910	11.0%	175,594	8.4%	134.3%
Long Term Liabilities	168,355	7.9%	355,551	17.0%	47.4%
Total Liabilities	<u>621,247</u>	29.1%	<u>842,806</u>	40.2%	73.7%
Member Equity	755,877	35.3%	646,287	30.9%	117.0%
Retained Earnings	588,005	27.5%	479,200	22.9%	122.7%
Year-to-Date Income	173,307	8.1%	126,021	6.0%	137.5%
Total Equity	<u>1,517,189</u>	70.9%	<u>1,251,508</u>	59.8%	121.2%
Total Liabilities & Equity	<u>2,138,436</u>	100.0%	<u>2,094,314</u>	100.0%	102.1%

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**Words of Food Wisdom from Michael Pollan**

Eat Food. Not too much. Mostly plants.

Shop the perimeter of the (typical) supermarket. Here is where you'll come across the least processed food. The noisy middle is where you'll likely find the "edible food-like substances" plastered with health claim labels.

Be wary of all food with health claims and "don't take the silence of the yams as a sign that they have nothing valuable to say about health.\*"

Don't purchase items your great-grandmother wouldn't recognize as food.

Avoid foods that are incapable of rotting; if bacteria isn't interested in it you shouldn't be either!

The best choices for our health are those which are the best for the land, water, community, climate...

Get back to the table. Find joy in eating! Dine with friends and have a heaping serving of food experience.

*\*NYTimes Magazine, January 28, 2007.*

**Michael Pollan**

*(continued from page 1)*

manager about whom the movie "Hotel Rwanda" was made. Chatting with him helped the time go by and we were smug in our position – hey, we were first in line – until a restaurant staffer came to the door and invited everyone to enter through the Black Cat – a nifty gift store connected to the restaurant a few doors down.

We followed the end of the line as they became the new head and after standing inside for a while our status was restored when the hostess took our name – "Oh! Weavers Way Co-op? Right this way!" and lead the four of us to a table nearest the honored guest.

Breakfast orders were taken, orange juice was poured, and it wasn't long before Judy Wicks introduced Michael Pollan.

MP has been writing for years about the American food scene and his latest book, *In Defense of Food: An Eater's Manifesto* (Penguin Press, 2008) looks at the relationship between diet and health. In it, Pollan criticizes Nutritionism, an ideology which breaks food down into its nutrient parts – leaving us with saintly or satanic components – and assumes that if we can isolate and eat enough of the right nutrients we will live long and healthy lives.

It is questionable whether this type of scientific eating accomplishes what it sets out to do, but one thing is certain: experts are required to help us navigate the constantly changing and confusing landscape of trendy miracle foods. Agribusiness and a \$32 billion marketing machine seem to

be running the show. Powerful lobbyists are working with the government (and quite successfully with the Bush administration) to regulate and affect dietary recommendations (note the absence of sugar intake guidelines in the latest publication; this in a country with an obesity epidemic!).

Government-subsidized industrial food is cheap to buy but tremendously costly from a health standpoint. Examining the Western diet, we see a predictable pattern of food-related chronic diseases: obe-dia-hea-can (obesity, diabetes, heart disease, cancer). In other countries that have adopted this style of eating, the same sequence is being seen. It is a sad situation: our national preoccupation with healthy eating has delivered anything but.

Michael reminds us that people have eaten for thousands of years for reasons other than health: community, ritual, identity, pleasure. If we look to Europe, we find people spending a lot more time at the table with everyone eating the same meal. They seem to be eating a lot of "unhealthy" foods, yet they are not suffering from the same chronic diseases as we are. Seconds are frowned upon, as are between-meal snacks.

Conversely, it seems that in this country we graze and sip all day. Our history as a nation of immigrants may contribute to our lack of a coherent food culture. This vacuum puts us at the mercy of the loudest voice to step in and tell us what to eat. Unfortunately that loud voice is often fueled by massive advertising and covert politics.

**Fresh Food Price Comparison**

February 2008

	Weavers Way	Whole Foods	Price Difference
<b>Seafood by the Pound</b>			
Artic Char	10.73	11.99	1.26
Blue Fish	5.95	4.99	(0.96)
Scotland Salmon	10.50	12.99	2.49
Sea Scallops	11.50	14.99	3.49
Shrimp 16-20 (21-30 ct. @ WF)	8.99	14.99	6.00
Yellow Fin Tuna	12.43	22.99	10.56
<b>Other Meats by the Pound</b>			
Boneless Chicken Breast	5.62	5.99	0.37
Chicken Sausage	4.99	5.99	1.00
Turkey London Broil	6.75	8.99	2.24
Whole Fryer Chicken	2.69	2.39	(0.30)
<b>Total Savings at Weavers Way</b>			<b>\$26.15</b>

Prices shown may not reflect current prices at these stores.



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# Dollars and Sense: Great Produce Prices Beyond Just Apples

by Josh Giblin

This month's comparison focuses on that cornerstone of the Co-op's business: produce. In surveys and with sales, our members have made it clear how important produce is to them, so I was happy to finally get to this department. It is a bit of a challenge to compare produce, because it comes in so many different shapes and sizes and from different distributors and growers. Let me give a brief description of how we compiled these numbers.

Three competitors were surveyed with the same grocery list: Whole Foods, Genuardi's, and Super Fresh. In the interest of simplification, I have averaged all competitors' prices, regardless of whether they all had the particular item. In the case of organic especially, Whole Foods proved to have the most overlap, but it doesn't mean I ruled out Super Fresh. To make a comparison easier to understand, I have also simplified prices for bulk items, like a five-pound bag of potatoes, into per-pound prices. Where sizes of product didn't quite match up, like strawberries, I have omitted their results. I also left off items such as garlic, where point of origin would play heavily into pricing, and that information may not have been available. We also allowed sale prices at our competitors store to factor in, but as you'll see, it didn't give them much of an edge.

Regardless of the criteria used to create our graphic, the trends were pretty clear. In organics, Weavers Way has competitive pricing overall. I might have expected Su-

per Fresh or Genuardi's to have higher organic prices than Whole Foods, thereby skewing the numbers in our favor, but often as not they were better than Whole Foods (SF carrots were 50 cents less for their one-pound bag). For conventional produce, Weavers Way is doing extremely well, price-wise. In our list only one item was cheaper (on average) at our competitors, and at a nine-cent difference in price per pound, hardly worth shopping elsewhere for. You'll also notice that we aren't just pennies better than the competition, we are burying (or vermi-composting) them. I think a lot of credit goes to our Produce Manager, Jean Mackenzie, for staying on top of her numbers and not settling for overcharging our shoppers unnecessarily. Thanks, Jean!

As always, I will remind you of some other benefits to be had in our produce department: You'll see more effort put into carrying local or sustainably farmed produce — including food harvested from our very own farm — than any other grocery store; you can pre-order wheatgrass, or anything else for that matter; you can find hard-to-find items like burdock, sunchokes, and the ever-present emu eggs. Also, where else can you poke around the red peppers looking for the one going bad and get it reduced beyond sane limits?

At Weavers Way, produce may be the best thing you can buy for your health, and as our work this month has shown, it is also a wise choice for your wallet.

Produce Price Comparison		January 20-26, 2008		
	Weavers Way	Average Competitor	Price Difference	
<b>Organic</b>				
	Blueberries	2.09	2.99	0.90
	Celery	2.50	2.59	0.09
	Tomatoes, Cherry/Grape	3.50	4.99	1.49
	Lemons	0.75	1.19	0.44
	Oranges	0.99	1.20	0.21
	Broccoli	3.50	2.99	(0.51)
	Carrots, 1 lb bag	1.25	1.82	0.57
PER POUND	Apples	1.32	2.30	0.98
	Bananas, Fair Trade	0.83	0.79	(0.04)
	Mushrooms, White	4.53	2.99	(1.54)
	Onions, Red or Yellow	1.63	1.88	0.25
	Pears, Assorted	1.99	2.09	0.10
	Potatoes, Russet	1.35	1.33	(0.02)
	Sweet Potatoes (Yams)	1.96	1.84	(0.12)
	Tomatoes	2.99	1.19	(1.80)
	<b>Total Savings at Weavers Way</b>			<b>\$0.99</b>
	<b>Conventional</b>			
	Blackberries	2.09	4.86	2.77
	Blueberries	1.49	3.00	1.51
	Broccoli	1.96	2.66	0.70
	Carrots, 1 lb bag	0.79	1.50	0.71
	Celery	1.33	1.89	0.56
	Cucumbers	0.70	1.09	0.39
	Raspberries	3.58	4.99	1.41
	Tomatoes, Cherry/Grape	2.09	3.24	1.15
	Grapefruit	0.66	1.33	0.67
	Lemons	0.49	0.93	0.44
	Limes	0.35	0.72	0.37
	Oranges	0.57	1.17	0.60
PER POUND	Apples	1.40	2.01	0.61
	Eggplant	1.56	1.89	0.33
	Green Beans	2.25	2.49	0.24
	Onions, Yellow	0.99	0.90	(0.10)
	Pears, Bosc	1.33	1.99	0.66
	Potatoes, Yukon	0.85	0.93	0.08
	Squash, Butternut	0.66	1.24	0.58
	Sweet Potatoes (Yams)	0.85	1.00	0.15
	Zucchini	1.96	2.66	0.70
	<b>Total Savings at Weavers Way</b>			<b>\$14.51</b>

Prices shown may not reflect most current prices at these stores.



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**Down on the Farm**

*(continued from page 1)*

benefit from a jump start on the season so that they can mature before the hot weather of a Philadelphia summer descends upon them and causes them to bolt. It will soon be time for the direct-seeded crops to get started as well. These are mainly root crops that do not transplant well and therefore are seeded directly into the soil. Mid to late March is the traditional seeding time (if the ground is thawed) for many of these cool-season crops, including peas, carrots, radishes, and turnips. Mid-March is also the time that most of the warm weather crops are started inside the greenhouse so that they are ready to go out by the first week in May. Tomatoes, peppers, and eggplants (solanaceous crops) all require at least six weeks in the greenhouse in order to be mature enough to be set out in the harsh environment that is the outdoors. Other faster-growing crops like squash, cucumbers, melons (cucurbits) and okra (malvaceae) only require two to four weeks in

the greenhouse and could be direct-seeded if you don't need a jump on the season. So we're just getting started.

In other greenhouse news, we recently received a donation of a small (8'x10') greenhouse that was located on the roof of a nearby Mt. Airy family's home. They were going to be selling the house and saw it as negatively affecting the sale of the house. So they thought of us! The catch was that the greenhouse was located on the roof of the first floor and could not be easily dismantled and reassembled since it is put together with rivets. This left us with the option of removing the roughly 200 pound plastic and metal structure in one piece and somehow lowering it from the roof onto the back of my small pickup truck. Much to my surprise, we actually accomplished this in about a half day of work. After sawing through the bolts fastening it to the roof, we were able to slide the greenhouse over the edge of the roof and onto two ladders that were angled down into the bed of my truck. Thankfully, the greenhouse, and all of us, came down in one piece. The next step was to

secure it to the bed of my truck and get it to the farm. We may have raised a few eyebrows along the way (and maybe held up traffic a little), with our new traveling plant nursery on Germantown Ave., but now it happily sits at Awbury Arboretum, just waiting for some trays of seedlings to come from the Wyncote greenhouse in order to be hardened off in this miniature, unheated greenhouse. It will also help us greatly during the summer, when it is difficult to get over to Wyncote every day, by allowing us to start our fall seedlings on site. This will ensure a more regular supply of lettuce, broccoli, and kohlrabi in particular.

We at Weavers Way Farm have many other things to look forward to this coming spring, including the hiring of our first interns, expanded land at Awbury, the expansion of David Siller's position to be the farm education manager, new vegetable and herb varieties, and last, but certainly not least, the fact that we are entering the season with our raised beds already formed! This year, in response to requests from you folks as well as from Jean and our restaurant and farmers' market customers, we are adding cabbage, celeriac, cilantro, collards, dandelion greens, kale,

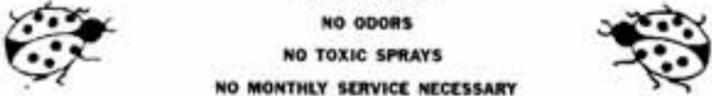
parsley, parsnips, radicchio, rutabagas, tat-soi, and three types of winter squash to our repertoire. We also are adding new varieties of old favorites: two new heirloom tomatoes, three new cherry tomatoes, three new types of summer squash, a new radish, and four new peppers. Of course, we needed to drop one or two things that didn't work so well, in order to make room. You won't see baby leeks (often confused with scallions) or broccoli rabe (too hard). Nor will marjoram, Italian eggplant, mesclun mix, or baby onions be seen on the Weavers Way shelves. I hope we haven't disappointed too many, but we always welcome more feedback.

We also look forward to the propagation party, which will be happening in April this year. The Farm Committee has decided to hold it a little later this year with hope that the weather will be more pleasant than in mid-March. This will allow us to hold the event out on the farm and perhaps even do some planting in our soon-to-be Children's Garden! Watch for more announcements regarding the kick-off event of the season, and remember to keep an eye out for farm sign-ups, returning this month to a basement door near you. Spring is almost here!

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# Friends of the Wissahickon Improve Stormwater Drainage at Valley Green

by Denise Larrabee

The Friends of the Wissahickon (FOW) are continuing their efforts to improve the area surrounding Valley Green Inn by making it more attractive and flood resistant. Working with the Philadelphia Water Department and the Fairmount Park Commission, a drainage ditch on the south side of Valley Green Inn has been constructed to divert storm water away from the Inn and out toward Forbidden Drive.

“During the storms of 2004, water rushed over the headwall on the south side of the Inn,” says Ed Stainton, Chair of FOW’s Structures Committee. “It flowed down the slope into the building carrying eight to ten inches of dirt, stones, and debris.” Since then, improving the drainage around the Inn has been a priority for FOW and its Oversight Committee, chaired by Shirley Gracie.

In 2007, the Water Department attempted to run a pipe from the headwall, down the slope beside the Inn, and under Forbidden Drive, but an important drainage pipe under the road could not be disturbed. Gracie discussed the problem with Stainton, who developed a solution and led several volunteers in building the drainage ditch: Rich Berman, David Danenberg, Dan Mercer, Brian Murphy, and Mike Sounders.

It took them a month to dig out the soil, position stones to slow the flow of water, build another head wall behind the



PHOTO BY SHIRLEY GRACIE



PHOTO BY DENISE LARRABEE

STORMWATER THAT USED TO INUNDATE THE VALLEY GREEN INN (LEFT) IS NOW BEING DIVERTED BY MEASURES SUCH AS THIS HEAD WALL (RIGHT), BUILT BY VOLUNTEERS IN 2007

Inn, and construct a sitting wall with large, flat rocks at the end of the ditch along Forbidden Drive. The result blends in well with its natural surroundings.

Volunteers also removed invasive plants in the area, particularly devil’s walking stick, and replaced them with Christmas ferns and wild ginger, both native species. In the spring, FOW will continue removing invasive plants growing behind the Inn, replacing them with native species under the guidance of Ken LeRoy, former FOW board member and

owner of LeRoy TLC: Tree and Landscape Company. Volunteers who are currently rebuilding several retaining walls across from the parking lot at Valley Green will also remove invasives near those work sites.

“The work of our board members, volunteers, and community partners will

result in a beautiful landscaped setting for the Inn, with the capacity to withstand flood conditions,” says FOW Executive Director Maura McCarthy. For further information on improvements to Valley Green and how you can help, contact the Friends of the Wissahickon at office@fow.org or 215-247-0417.

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## Laura and Miriam: On Friendship and Writing

by Sloan Seale

Laura Levitt's recent publication party was about more than celebrating her new book, *American Jewish Loss After the Holocaust*—though of course publishing a book is plenty to celebrate. It was also a celebration of family and friendship, and among the honored guests was Laura's decades-long friend, colleague, and supporter, Miriam Peskowitz. As many of you may know, Miriam herself is the best-selling co-author, along with Andrea Buchanan, of *The Daring Book for Girls*. (Currently #2 on *The New York Times* bestseller list). What an opportunity that afternoon was, then, to reflect on life and work, and the intertwining paths that these two close friends have followed to Mt. Airy. While Laura teaches and writes at Temple, and describes herself as "comfortable" with working and writing within an academic context, Miriam's writing career has morphed and evolved into something very different.

In the beginning, they were both academics. Laura was finishing up her dissertation for Emory University while starting out teaching at Temple, and Miriam was a Fellow at the Annenberg Center, also completing her dissertation, for Duke University. They met at a conference in Lehigh where, as Miriam recalls, she was first attracted to Laura's decidedly non-serious academic attitude. "She was already sitting with a friend of hers, and invited me to join them. They sat in the back of the auditorium, and as I recall the day, Laura lis-

tened with one ear—listened avidly—all the while chitchatting with me and providing a running commentary on the presentation! We even got in trouble, with people in the rows ahead turning back to shush us. I knew from that moment on that we would become fast friends, and we did." Laura's writing at that time concerned contemporary American Jewish identity and feminist theory. Miriam was writing her dissertation on the subject of the construction of gender and labor in early rabbinic material. "Through the writing of our individual first books, we talked each day (this being slightly before e-mail became the rule) about the twists and turns of each chapter. I couldn't have written that book without her eye, her intelligence, and her unwavering enthusiasm. She was sure I was brilliant, as I was sure that she was writing the most important book ever," says Miriam. In 1997, after they had both finished their dissertations, their edited book, *Judaism Since Gender* was published by Routledge.

This book, an attempt to look at the field of Jewish studies as it intersected with work on gender and in feminist theory, is a greatly expanded version of their dissertations, in which they were able to develop further their thinking about Judaism, gender, family, and work in Miriam's case, and issues of American Jewish identity in Laura's. *Judaism Since Gender* was a stepping stone for both Laura and Miriam, into fields which they would continue to explore in the future.



PHOTO BY SLOAN SEALE

WRITERS, ACADEMICS, FRIENDS, AND CO-OP MEMBERS  
MIRIAM PESKOWITZ (LEFT) AND LAURA LEVITT

After Miriam's fellowship ended, she took a teaching position at the University of Florida, in Gainesville. While they were living states apart, Miriam and Laura continued to collaborate by phone and in frequent rendezvous at the beach in Florida or in Delaware. In 1998, while she was in the midst of the tenure process, Miriam began to realize that she wanted to be a writer more than a professor. "I wanted to write books that asked bigger and broader questions about society and life, and I wanted to write books that people would love." Once she had secured tenure and her daughter was born, Miriam made the decision—radical in the eyes of many—to leave behind academia on a fulltime basis. Out of her experiences as a mother, on the playground, in public, and in private, came her 2005 book, *The Truth Behind the Mommy Wars*. The "mommy wars" is a phrase that denotes the current debate—drawn in simple terms as the square-off between moms staying at home and those working outside the home—that storms the pages of popular magazines. As the title implies, Miriam wants to move beyond

the superficialities of this cultural argument, to build from the ground up an alternative way to think about and confront the complexities of parenting for both mother and father. Laura is a presence in *The Truth Behind the Mommy Wars*, as one of Miriam's interview subjects. In her interview, Laura speaks eloquently of the choice not to have children: "I live in a culture that makes it impossible to do all the things I want to do with my life—my teaching, my writing, my contributions—if I were to have children."

Laura, meanwhile, had also achieved tenure, at Temple, and was continuing to write and publish in her areas of special interest, Judaism and feminism, and the intersection between Judaism, family loss, and the manifestation of loss in public art such as film and photography. Before *The Truth Behind the Mommy Wars* was published, Miriam moved back to Philadelphia, and happily Laura and Miriam were able to resume their friendship and collaboration in person. They worked together

(continued on page 15)

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**Laura and Miriam**

*(continued from page 14)*

in a writer's circle; together they sponsored a public reading of *The Truth Behind the Mommy Wars* at the Germantown Jewish Center the spring of its publication. Miriam's biggest achievement to date came with the publication, last year, of *The Daring Book for Girls*.

The book, a compendium of ideas for girls of all types and ages, debuted on the *New York Times* Best Seller list and has stayed there ever since. "Best of all," says Miriam, we (she and co-author Andrea J. Buchanan) get lovely e-mails from girls all over telling us how much they like the book and what it means to them—precisely the type of dialogue that Miriam was hoping to engage back when she made the decision to move beyond academia as her career.

Now New York University Press has published Laura's new book, *American Jewish Loss after the Holocaust*. The book is not a change of direction for Laura, but it develops her previous work about family and memory in new and challenging ways, moving between an intimate portrait of her own family, especially her father, Irving Levitt, and the understanding of personal Jewish loss in a broad cultural context. Miriam's presence is felt in *American Jewish Loss after the Holocaust* not only in the form of a discussion in the book that refers to *The Truth Behind the Mommy Wars*, but also, Laura says, in the

methodology of the book. Although Laura says she does not "expect to ever make any kind of best sellers list," she has written this book for a wider audience than her earlier work.

When Laura and Miriam talk about each other, the subject of academia inevitably comes up often. It's where they both started out, where and how they met each other, and to a certain extent offers some sense of self-definition to each, even if that's only about the choice to stay or to leave. Laura is always modest about her accomplishments, and defers to Miriam's success. "There are so few of us who start out in academia who are as multi-talented as Miriam is! It is thrilling to see her accomplish so much so quickly in realms so far from where she began." Miriam says of Laura, "Laura and I have stayed best friends through all this, even as we went in different directions, both in terms of how we write, and in where we do it. I'm still her biggest fan, she has one of the most discerningly creative academic voices I know—and that's nationwide—and she comes at her work in ways no one else can even imagine. She's incredible." Working inside and outside the academy, Laura and Miriam are finding new ways to give voice to their ideas, exploring the issues that are most important to each of them, and continuing to nurture their long and productive friendship.

**Old House Fair Returns for 2008**

*by Patrick J. Hauck, Director of Neighborhood Preservation Programs, Preservation Alliance for Greater Philadelphia*

Following on the success of last year's Old House Fair, when over 500 intrepid preservationists braved a winter storm to attend, the Preservation Alliance for Greater Philadelphia is pleased to present the 2008 Old House Fair on Saturday March 22, at the Germantown Friends School, 31 W. Coulter Street, from 9:00 a.m. to 5:00 p.m.

The 2008 Old House Fair has been expanded to 75 booths, including professional vendors, consultants and specialists, marketing preservation-related products and services related to the preservation and maintenance of older and historic homes, and a select group of representatives of state and local preservation and design organizations.

In addition to the numerous vendor booths, the event will feature a variety of presentations by participating professionals about products, skills or services that they offer throughout the day. A central area will offer attendees the opportunity to see specialty craftspeople in action in a number of hands-on demonstration workshops.

If you are looking for free advice, the Old House Fair is the place to be! Attendees will have the opportunity to speak with preservation and design professionals about a variety of topics at the fair's "Ask the Experts" table, where free, 15-minute consultations with old house professionals



PHOTO COURTESY OF THE PRESERVATION ALLIANCE

**HANDS-ON DEMONSTRATIONS WITH EXPERIENCED PROFESSIONALS ARE PART OF WHAT MAKES THE OLD HOUSE FAIR INVALUABLE FOR OWNERS OF OLDER HOMES.**

will be available throughout the day. Does choosing colors for your house give you pause? Help is also on the way! "The Color Doctor," John Crosby Freeman, featured in the *Old House Journal*, has generously offered to provide free, 15-minute exterior paint color consultations to attendees of this year's fair.

And what would a fair be without prizes? A highlight of the fair will be the presentation of the "2008 Awards of Recognition" to private homeowners who have shown exemplary stewardship in historic preservation through renovation and maintenance of their property. New to this year's event will be the presentation of the first Robert Levy Award, which will recognize a preservation craftsman to honor the memory of this loved and well-respected Philadelphia preservationist.

So mark your calendar and save the date! It will be a full day and you won't want to miss it. Tickets are on sale now: \$10 General Admission/\$8 Preservation Alliance Members. For more information, visit our website [www.preservationalliance.com](http://www.preservationalliance.com) or contact George Hoessel, 215-546-1146 ext. 7 or e-mail [george@preservationalliance.com](mailto:george@preservationalliance.com).

*Patrick Hauck is a Weavers Way member and is the Director of Neighborhood Preservation Programs at the Preservation Alliance. You may contact him at 215.546.1146 x4 or [patrick@preservationalliance.com](mailto:patrick@preservationalliance.com)*



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## Open House Offers Sneak Peek of the Business Center's Spring Classes

by Pam Thistle

The Business Center for Entrepreneurship and Social Enterprise, Northwest Philadelphia's only small business support center, invites entrepreneurs and small business owners to an Open House for its spring business classes at ALBE Shops (A Little Bit of Everything), 5519 Greene Street, from 4 to 6 p.m. Bring your business plan or concept for a free review by The Business Center experts on hand at the open house. To confirm your attendance, call 215-247-2473 ext. 6. March class offerings include "Let's Get This Business Started Right," "Investing in Real Estate," and "Business Development Workshops." April and May features such classes as "Good Credit Strategies," "Taking Your Food Product to Market," and "Cutting-Edge Retail."

Participation in The Business Center programs does more than build skills, knowledge and contacts; classes that assist in business plan development often lead

to start-up and expansion funding. Instructors are business experts with tangible experience in their respective fields, including this spring: Iola Harper, Dominique Smith, Shelby Banks, Carol Hendrix, Anthony Miles, Janet Taylor, and Michael Cunningham.

Founded in 1999 by Pamela Rich-Wheeler, The Business Center for Entrepreneurship and Social Enterprise in Mt. Airy is the only small business support center in Northwest Philadelphia. The Business Center equips entrepreneurs with the tools to start, sustain, and expand successful enterprises. It achieves this success by offering a rich mix of business classes, workshops, networking events, competitions, consulting services, and technical resources through an expert in-house staff and a network of community organizations. For more on upcoming events and ongoing programs at The Business Center for Entrepreneurship and Social Enterprise, visit [www.thebizctr.com](http://www.thebizctr.com) or call 215-247-2473.



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## March Garden Notes:

### What Did and Didn't Work

by Mark Goodman

Now is a good time to take stock of your garden and assess what to keep, what to remove, and what to add. My backyard was largely a success. After my employees and I weeded by the roots three years' growth of weeds, we installed landscape fabric to prevent visits from any missed weeds. The fabric, Typar, worked well. We covered it with mulch, mini-nuggets in the center area and shredded cedar on the perimeter of the 12' x 15' space. So I hardly had to weed all summer.

I am lucky to have an avid gardener, Donna Donleavy, living next door. She planted red honeysuckle and purple morning glories to climb our common fence, and they created a colorful screen. A pair of hummingbirds, a male and a female, enjoyed these colorful climbers too, and visited every morning and dusk.

The shrubs on the L-shaped perimeter all flowered. The Japanese kerria "Pleniflora" bore bright yellow flowers all summer. This shrub needs only three to four hours of sun a day, and the green stalks make it a great plant for winter interest. The "Endless Summer" hydrangea lived up to its name by blooming constantly. Although it came from the nursery with pink flowers, after frequent applications of aluminum sulfate (highly acidic), the flowers turned purple. By next summer, I expect to have blue flowers.

The other shrubs — a red blooming crape myrtle, a variegated leaf butterfly bush (purple flowers), and a "Chiffon" (violet) rose-of-Sharon — all bloomed, but later than usual (the rose-of-Sharon not until September). I attribute this delay to their being new plants in a new environment.

The biggest success was the potted plants. Three potted grasses - two with reddish leaves (bronze "senecio" and red fountain grass) and one miniature "Porcupine" grass (yellow horizontal stripes) lined the entrance path along with a pot-

ted variegated iris.

For more potted color, the bright spots included a red flowering ornamental maple (an annual "acer" that thrives in pots), an orange flowering, purple leaf canna lily ("Wyoming"), a prolific annual asclepias (butterfly flower) with yellow and red blooms, and a carmine patio hibiscus.

I was less successful with two perennials planted into the ground: the "Purple Knockout" salvia, which never set out a second set of blooms and the ligularia ("Rocket"), which did not survive a sunny spot. Now I know that the books & catalog were right when they said "partial shade." I'm not sure what to replace them with, but I'm leaning towards delphinium (I like blue) and crocosmia, a flamboyant orange and yellow late summer bloomer.

My biggest problem was feral cats who thought my garden was a giant kitty litter box. I tried the liquids and powders sold as cat repellents. I made my own concoction of garlic powder, red pepper, and black pepper. In desperation, I even tried camphor balls until I found out that they were environmentally unsafe. Nothing worked, as I started to hate not only alley cats but the people who fed them but didn't clean up after them.

Finally, I bought a gadget called Mini-ScareCrow at Primex in Glenside. It looks like a spray paint can, but on top is a motion detector that triggers a spray of compressed air. After some experimentation for angle of placement, the device worked, because my mulch was no longer daily kitty litter. Mini-ScareCrow is relatively expensive (\$45), but it works. Besides, I spent more than that on ineffective powders and sprays.

I'm looking forward to the second year of my backyard garden, where I spent many summer evenings dining and relaxing with friends, family, and plants.



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# Power to the Peanut

By Peter Samuel



This summer, while weaving our way along the back roads of North Carolina, I experienced a new food sensation that surprisingly has not caught hold up north. My kids and I had just driven through Great Smoky Mountain National Park and were winding down through the mountains when we spied a roadside stand with a big pot bubbling on an outdoor wood stove and a sign that read "Fresh Boiled Peanuts." Ready for a mid-morning snack we screeched into the gravel driveway and ordered up a pint of hot, wet, briny goobers scooped into a Styrofoam cup.

I didn't know I was about to change my life. But once I cracked open the soggy shells, and popped those soft salty nuts into my mouth, I was hooked. It tasted sort of like Edamame, but better. The kids were so-so about them, but I was addicted immediately, and thus raved non-stop the rest of our trip, and continued shouting their praises after I returned to "civilization." I even cooked up my own batch in a crock-pot to add to our annual Thanksgiving feast. How had I lived so long without this marvelous food?

Boiled peanuts, pronounced "bald peanuts" by diehard Southerners are green (freshly harvested) or raw (not roasted) nuts that are usually boiled in salty water for up to eight hours outdoors over a fire. The shells turn soggy, and the peanuts take on a fresh, legume flavor. Apparently boiled peanuts have been a southern institution since at least the Civil War, and helped keep the Confederate soldiers chugging along when their other food supplies ran low. Gov. Mark Sanford in 2007 signed a law to make the boiled peanut South Carolina's "official state snack food."

Peanuts, goobers, groundnuts, and monkey balls are all names for a food that has been in my life forever and plays a crucial role in the health of the entire world. From kindergarten through eighth grade I ate a peanut butter and jelly sandwich almost every lunch period. In fact,

the National Peanut Board estimates that the average American kid eats 1,500 peanut butter and jelly sandwiches before she or he graduates from high school. The United States consumes 2.4 billion pounds of peanuts a year, and 50 percent of that is as peanut butter. Each of us on average yearly eats about three pounds of peanut butter, and Co-op shoppers snarf up over 90 pounds of peanuts per week!

Peanut butter was first produced as a vegetarian protein supplement for people with bad teeth by a doctor in 1890. It became more widely distributed in 1904 at the St. Louis World's Fair, but didn't really hit its stride until the '20s and '30s when Peter Pan, Skippy, and Jif came along, and someone figured out how to incorporate hydrogenated oil into the mix to make the spread creamier and last longer.

Co-op shoppers can find three different types of "organic" peanut butter—Woodstock Farms, Arrowhead Mills, and MaraNatha—but the majority of peanut butter eaters in the country are consuming the non-organic variety, with Jif leading the pack. All peanut butters are required to be at least 90 percent peanuts, and it takes 772 peanuts to make a 16.3 oz jar. In the last year, more than 75 percent of all American families purchased peanut butter.

But it's not just Americans who are wildly snacking on peanuts and peanut butter; this food plays a role in many diets around the world. Peanuts are consumed in almost every country and culture on our globe. In parts of Africa, the 'groundnut' as it is known, is an essential part of the daily diet. It is considered a women's crop in many countries there because it can be a way for women to earn enough money to send their children to school. It also provides a high energy and protein food source, oil for cooking, and high quality feed for cattle.

"Plumpy nut" is a high protein and high energy peanut-based paste in a foil

(continued page 18)

## Ways to prepare or eat peanuts and peanut butter

Spread peanut butter on your morning waffle, whole grain toast or mid-morning crackers for a super protein boost.

Add a tablespoon of peanut butter to your morning smoothie.

Enjoy a handful of dry roasted peanuts with a glass of tomato juice as an afternoon snack.

Combine peanut butter, coconut milk, and ready-to-use Thai red or green curry paste for a quick, delicious sauce. Pour over sautéed vegetables or use as a cooking sauce for tofu or salmon.

Toss cooked brown rice with sesame oil, chopped peanuts, scallions, hot peppers, parsley and currants.

Make some African peanut soup.

Sprinkle peanuts onto tossed salads

Add peanuts to sautéed chicken and vegetables.

Make a simple southeastern Asian salad by combining sliced green cabbage, grated ginger, Serrano chilis and peanuts. Toss with olive oil-tamari dressing.

Instead of a peanut butter and jelly sandwich, try peanut butter and banana, peanut butter and honey, or peanut butter and chopped apple, pear and/or raisins.

Pour over sautéed vegetables or use as a cooking sauce for tofu or salmon.

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**Power to the Peanut***(continued from page 17)*

wrapper that is distributed to under-nourished children throughout third-world countries. Because it can be eaten at home rather than in specialized feeding stations and can be consumed without any preparation, it has been hugely successful. It tastes like a slightly sweeter kind of peanut butter, and is categorized by the World Health Organization as a Ready-to-Use Therapeutic Food.

This all from a plant that originally grew only in Peru and Brazil. There is evidence that peanuts were domesticated in prehistoric times and some of their wild ancestors are still found in that part of the world. Archeologists have dated the oldest specimens to about 7,600 years ago, and cultures such as the Moche of northern Peru depicted peanuts in their art. The plant was spread worldwide by European traders. African slaves introduced peanuts to the colonies of North America, and they used the Kikongo word "nguba" which became our English word "goober."

The peanut was introduced to China by Portuguese traders in the 1600s where they quickly became popular and today are still featured in many traditional dishes. During the 1980s peanut production began to increase so rapidly that by 2006 China had become the world's largest peanut producer. India is the second largest producer and the U.S. is third. Although India and China are at the top of the list, both countries consume most of their product domestically as peanut oil, and export less than 4% of their crop.

Most of you know that peanuts are not actual 'nuts' but like beans and peas, are in the legume family. Legumes are edible seeds enclosed in pods. As a group, they provide the best source of concentrated protein in the plant kingdom. Peanuts produce their pods underground and thus grow best in light, sandy soil. This was something I didn't realize as a "farm boy" when I was told I could grow anything I wanted on my little plot in the family garden. They were not a huge success, probably because the soils in Pennsylvania are too loamy for peanuts.

States in the south such as Alabama, Georgia, Florida, and Texas are the biggest producers of the peanut. This has partially to do with George Washington Carver, a prominent black scientist at Tuskegee University, who in the late 19th century encouraged southern farmers to plant peanuts as an alternate to the cotton crops which were rapidly being decimated by the boll weevil. It is said that Carver went on to develop over 100 uses for the peanut.

Some of those uses include: paint, varnish, lubricating oil, leather dressings, furniture polish, insecticides, and nitroglycerin. Also, many cosmetics contain peanut oil and its derivatives, and the protein portion of the oil is used in the manufacture of some textile fibers. Peanut shells are put to use in the manufacture of plastic, wallboard, abrasives, and fuel.

Studies of diets with a special emphasis on peanuts have shown that this little legume has a big influence on a healthy heart. In one study a high monounsatu-

**Fun Facts about Peanut Butter**

November is Peanut Butter Lover's Month; March is National Peanut Month.

The world's largest peanut butter and jelly sandwich measured 40 feet long. It contained 150 pounds of peanut butter and 50 pounds of jelly. It was created November 6, 1993 in Peanut, Pennsylvania.

Consumers prefer creamy peanut butter to chunky by a 60% to 40% ratio.

Children and women prefer creamy, while most men opt for chunky.

Although considered to be a kids' food, adults actually eat more peanut butter than kids each year.

Folks on the East coast prefer creamy peanut butter, while those on the West Coast prefer the chunky-style.

When making a PB&J sandwich, 96% of people put the peanut butter on before the jelly.

"Arachibutyrophobia" is the fear of peanut butter getting stuck to the roof of your mouth.

Americans eat about 3 pounds of peanut butter per person each year, totaling about 500 million pounds... enough to cover the floor of the Grand Canyon.

Americans eat enough peanut butter in a year to make over 10 billion peanut butter and jelly sandwiches! (Estimating 2 tablespoons peanut butter per sandwich.)

Americans spend almost \$800 million a year on peanut butter, making it one of the most frequently purchased items in the supermarket.

rated diet that emphasized peanuts and peanut butter decreased cardiovascular disease risk by an estimated 21% compared to the typical American diet. Peanuts feature a variety of other nutrients such as: vitamin E, niacin, folate, protein, and manganese. In addition, eating peanuts just two or more times each week has been associated with a 58% lowered risk of colon cancer in women and a 27% lower risk in men. Peanuts may also reduce the risk of type-two diabetes. Keep in mind that a two tbsp. serving of peanut butter, or ¼ cup of peanuts has about 190 calories but packs almost eight grams of protein and two grams of fiber.

Of course, if you are among the one percent of the population who has a

peanut allergy you are saying "don't come near me with those things!" The most severe peanut allergies can result in anaphylactic shock; an emergency situation requiring immediate attention and treatment. One study has found that this allergy is on the rise in children, although 25% of children with a peanut allergy outgrow it.

I think we can safely say that without the peanut, the world would not still be spinning around. And for those of you who are not big peanut lovers, I suggest that you get over to the Co-op soon and buy some delicious goobers. And if there are any "bald peanut" lovers out there, give me a call and we will have a party!

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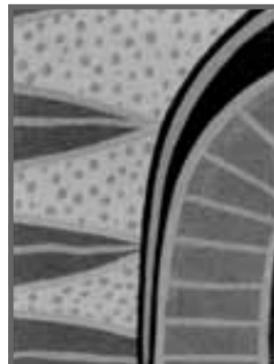
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## The Simplicity Dividend Introducing the Green House Detectives!

by Betsy Teutsch

They don't come to your door with green plaid Sherlock Holmes hats and magnifying glasses. Instead, they are armed with gizmos, equipment, calculator, and clipboard. Afshin Kaighobady and Meenal Raval, active Weavers Way diehards, are once again ahead of the curve. This dynamic Mount Airy couple set out to lower their ecological footprint. Their results were so impressive, that they gradually realized it could become not just a personal mission but a professional pursuit. Economic analysis bears out that green job are the future. It's hard to find a better investment than energy conservation and efficiency, so voila! Here come the Green House Detectives.

Most every house has energy-guzzling appliances, leaky windows, mysterious sources of drafts, and ever-escalating bills. You can turn down your thermostat and turn off your lights, but unless you're making improvements to your home's infrastructure and actually making appropriate upgrades, you will be both uncomfortable and paying ever larger bills. The service, an energy consult, will provide you with concrete analysis and recommendations based on their research and

experience. A trial run at my house, on which we have completed many new upgrades, was very illuminating. Afshin and Meenal ran the numbers and determined that our gas usage is 40% lower as a result of all our energy efficiency and energy conservation efforts. This was reassuring, since I had just received a \$665 monthly heating bill. Afshin did some quick figuring and pointed out that had we not lowered our usage, but used the same amount as six years ago when we started upgrading, that usage would now be \$2250! Our electricity usage is down ten percent, despite adding many more appliances and running room heaters all winter to counteract our thermostat being set at 62. It was great to document our success, but they didn't stop there. We now have a punch list of another dozen or so leaks to seal. They will be able to provide the labor for these jobs. One of the previous frustrations of everyone I know who has attempted these upgrades is finding folks to actually execute the work, so this is a winning combination. They will do the analysis and you can do the work yourself, or you can hire them to do it.

I had always thought our water service charges were huge (over \$150 a month),



PHOTO BY Betsy TEUTSCH

AFSHIN KAIGHOBADY (L) AND MEENAL RAVAL ARE THE GREEN HOUSE DETECTIVES

but having never seen any other household's bill, I had nothing with which to compare it. Enter the Green House Detectives. They quickly determined our water usage is low but our service charge is five times the normal. Armed with that information I called the Water Department and learned this is because we have a one-inch meter rather than a normal 5/8-inch meter. For \$450 a plumber will replace our meter and our service charge will drop by 85%, paying for the plumbing costs in just

four months, without any appreciable difference when we turn on the tap. (Don't worry; we'll also try to recoup some of the 21 years' charges for service for which we got no value.) You can see why it's helpful to bring in the detectives! They can be reached at [info@greenhousedetective.com](mailto:info@greenhousedetective.com) or visit them on the web at [www.greenhousedetective.com](http://www.greenhousedetective.com).

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**Cultural Moment**

**St. Patrick's Day: Celebrating the Green**

by Peg McLaughlin

St. Patrick is believed to have driven the snakes from Ireland. Once a pagan himself, St. Patrick is one of Christianity's most widely known figures.

The modern secular holiday, March 17, is based on the original Christian saint's feast day, also thought to be the date of the saint's death. In 1737, Irish immigrants to the United States began observing the holiday publicly in Boston and held the first St. Patrick's Day Parade in New York City in 1766.

Today, the tradition continues with people from all walks and heritages wearing green, eating Irish food, and attending parades. St. Patrick's Day is bursting with folklore, from the shamrock to the leprechaun and to pinching those that are not wearing green.

**No Irish Need Apply**

Up until the mid-nineteenth century, most Irish immigrants in America were members of the Protestant middle class. When the Great Potato Famine hit Ireland in 1845, close to a million poor, uneducated, Catholic Irish began to pour into America to escape starvation. Despised for their religious beliefs and funny accents by the American Protestant majority, the immigrants had trouble finding even menial jobs. When Irish Americans in the country's cities took to the streets on St. Patrick's Day to celebrate their heritage, newspapers portrayed them in cartoons as drunk, violent monkeys.

However, the Irish soon began to realize that their great numbers endowed them with a political power that had yet to be exploited. They began to organize, and their voting block, known as the "green machine," became an important swing vote for political hopefuls. Suddenly, an-

(continued on page 21)

**St. Patrick's Day Recipe**

**Irish Soda Bread with Raisins**



- Nonstick vegetable oil spray
- 2 cups all purpose flour
- 5 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 3/4 teaspoon baking soda
- 3 tablespoons butter, chilled, cut into cubes
- 1 cup buttermilk
- 2/3 cup raisins
- Caraway seeds (optional)

Preheat oven to 375 F. Spray 8-inch-diameter cake pan with nonstick spray. Whisk flour, 4 tablespoons sugar, baking powder, salt, and baking soda in large bowl to blend. Add butter. Using two knives cut in until coarse meal forms. Make well in center of flour mixture. Add buttermilk. Gradually stir dry ingredients into milk to blend. Mix in raisins. Add caraway seeds if desired. Using floured hands, shape dough into ball. Transfer to prepared pan and flatten slightly (dough will not come to edges of pan). Sprinkle dough with remaining 1 tablespoon sugar.

Bake bread until brown and tester inserted into center comes out clean, about 40 minutes. Cool bread in pan 10 minutes. Transfer to rack. Serve warm or at room temperature. Spread with butter and jelly. Enjoy!

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**St. Patrick's Day**

*(continued from page 20)*

ennial St. Patrick's Day parades became a show of strength for Irish Americans, as well as a must-attend event for a slew of political candidates. In 1949, President Truman attended New York City's St. Patrick's Day parade, a proud moment for many Irish whose ancestors had to fight stereotypes and racial prejudice to find acceptance in America.

**Wearing of the Green Goes Global**

Today, St. Patrick's Day is celebrated by people of all backgrounds in the United States, Canada, and Australia. Although North America is home to the largest productions, St. Patrick's Day has been cele-

brated in other locations far from Ireland, including Japan, Singapore, and Russia.

**The Shamrock**

In fact the first written mention of this story did not appear until nearly a thousand years after St. Patrick's death.

The shamrock, which was also called the "seamroy" by the Celts, was a sacred plant in ancient Ireland because it symbolized the rebirth of spring. By the seventeenth century, the shamrock had become a symbol of emerging Irish nationalism. As the English began to seize Irish land and make laws against the use of the Irish language and the practice of Catholicism, many Irish began to wear the shamrock as a symbol of their pride in their heritage

and their displeasure with English rule.

**Irish Music**

Music is often associated with St. Patrick's Day—and Irish culture in general. From ancient days of the Celts, music has always been an important part of Irish life. The Celts had an oral culture, where religion, legend, and history were passed from one generation to the next by way of stories and songs.

After being conquered by the English, and forbidden to speak their own language, the Irish, like other oppressed peoples, turned to music to help them remember important events and hold on to their heritage and history. As it often stirred emotion and helped to galvanize people, music was outlawed by the English. During her reign Queen Elizabeth I even decreed that all artists and pipers were to be arrested and hanged on the spot.

Today, traditional Irish bands like The Chieftains, the Clancy Brothers, and Tommy Makem have gained worldwide popularity. Their music is produced with instruments that have been used for centuries, including the fiddle, the uilleann pipes (a sort of elaborate bagpipe), the tin whistle (a sort of flute that is actually made of nickel-silver, brass, or aluminum), and the bodhran (an ancient type of framedrum that was traditionally used in warfare rather than for music).

**Be Prepared to Toast on St. Patrick's Day!**

May you be in heaven one half hour before the devil knows you're dead.

May the best day of your past be the worst day of your future.

Here's to you, Here's to me,  
The best of friends we'll always be.  
But if we ever disagree,  
Forget you, here's to ME!

May your neighbors respect you,  
Troubles neglect you,  
The angels protect you,  
And Heaven accept you.

May you have warm words on a cold evening,  
A full moon on a dark night,  
And the road downhill all the way to your door.

May you never forget what is worth remembering,  
Or remember what is best forgotten.

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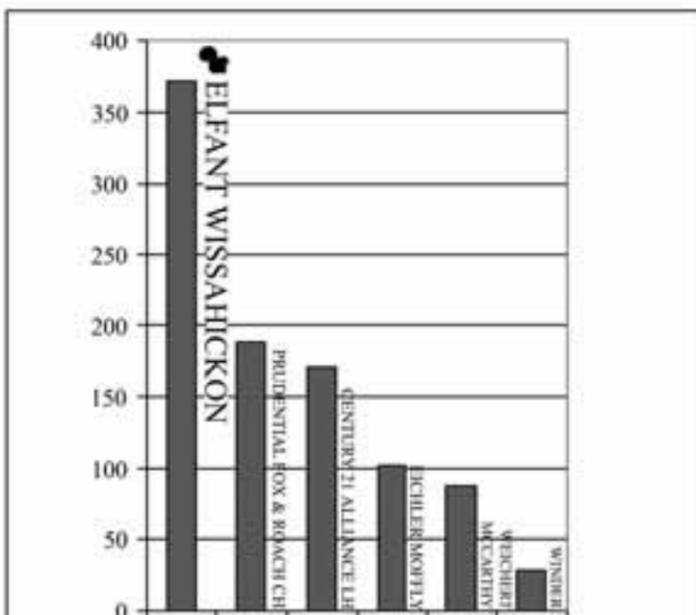
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IMAGES OF DOO LOUGH TREE (SOL LEVY, TOP) AND OLCANS CEMETARY (JUDY LEVY, BOTTOM) ARE PART OF SOL AND JUDY LEVY'S PHOTOGRAPHY SHOW, "ART OF IRELAND," AT ARTISTA GALLERY, 7151.5 GERMANTOWN AVE. OPENING RECEPTION WILL BE A FIRST FRIDAY FREE EVENT, FRIDAY, MARCH 7, 6-9 P.M. AND SATURDAY MARCH 8.

### Staff Benefits

(continued from page 2)

vidual and collective efforts, levels of responsibility and seniority, sales success, special circumstances, and merit.

**Benefits:** Our goal for choices among various benefit options was that it should "promote staff health and assist in helping staff provide for their financial security." I have reported previously on various changes we have made to our health and dental plans, so I will not detail those here. As you know, the cost of health care and insurance is an on-going national concern and we review our plans annually. We added short-term disability coverage to the long-term disability coverage and life

insurance that we provide free to full-time staff. We also have a program wherein staff can donate extra accumulated sick leave into a Sick Leave Bank, which assists all staff with up to 160 hours of missed work. We continue to encourage staff to take advantage of our 401k retirement plan, and we are exploring means to make it even more attractive to participate. We also encourage staff to participate in the tax-savings features of our Flexible Spending Accounts (FSA) for health and dependent care. Lastly, to assist employees with their financial decision making, we contracted with Sol Levy, a certified financial planner, to provide free consultations to interested staff members and their households.

### Grocery News

(continued from page 3)

oat bran, and flaxseed.

Good news for the macro crowd: we're now carrying Nama Shoyu unpasteurized soy sauce in our Asian cooking section, \$6.81 for a 10 oz. bottle. Several shoppers have requested this item, which contains both organic whole wheat and sea salt. Shoyu replaces Wills Valley Kim Chee, which is no longer available (try Sunja's white kim chee in the deli cold case, and don't forget breath mints before bedtime).

New in the baking goods section is Bob's garbanzo flour, \$2.59 for 22 oz., again brought in by popular request. Deli manager Margie Felton, who is also a great cook, was kind enough to pass on this recipe, using garbanzo flour, for crispy vegetable pakoras.

Speaking of Margie the deli manager, I should mention the "mustard deal" that she and I made last month. We got to talking about product arrangement one day, and we agreed that it would make more sense to Co-op shoppers if all the various mustards that we carry were in one place, instead of having some on the deli shelves and some in the grocery aisles. So, please be advised that all the mustard is now on the deli shelves, in between the meat and cheese cold cases. This opens up space on the grocery shelves to expand our selection of Annie's salad dressings, where I hope to have all of our formerly "rotating" flavors (sometimes they were there, sometimes not) on display at all times. This will (hopefully) increase shopper satisfaction with the dressing selection, and will (certainly) annoy Norman Weiss, who objects

### Crispy Pakoras

1 cup garbanzo flour  
 1/2 tsp. ground coriander  
 1 tsp. salt  
 1/2 tsp. ground turmeric  
 1/2 tsp. chili powder  
 1/2 tsp. garam masala  
 2 cloves garlic, crushed  
 3/4 cup water  
 1 qt. oil for deep frying  
 1/2 head cauliflower florets  
 2 onions, sliced into rings

1. Sift the garbanzo flour into a medium bowl. Mix in the coriander, salt, turmeric, chili powder, garam masala, and garlic.

2. Make a "well" (hole) in the center of the flour. Gradually pour the water into the well and mix to form a smooth, thick batter.

3. Over medium heat in a large, heavy saucepan, heat the oil to 375 degrees F.

4. Coat the cauliflower and onions in the batter and fry them in small batches until golden brown, about 4 to 5 minutes. Drain on paper towels before serving.

"on principle" to having more than two or three flavors of any type of grocery item. That's why he's my supervisor, while I'm left to actually run the grocery department.

As always, thanks for reading, and I look forward to running into you... in the grocery aisles.

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Suggestions

(continued from page 24)

Cheddar Cheese Doritos. I love them and they seemed to move fast. I haven't seen them for a good month or more."

r: (Chris) The Frito-Lay company delivers on Fridays, and they don't always have all of the chips that we'd like to carry on their truck. We'll mention the White Cheddar Doritos to our delivery person, look for it Friday p.m. or on the weekend.

s: "I hear the Co-op has been invited to (and has accepted) catering George Bush's retirement from President party. I thought we were supposed to be non-political."

r: We are, but have made an exception in this case. George has helped us in so many ways: now we get to "mark on the curve" things like public speaking, budget performance, neighbor relations, etc. He has made us look good in all these ways, and fairness compels us to show gratitude.

## What We Don't Hear about Nuclear Power

by Sandra Folzer, Environment Committee

Newspapers across the country are telling us about the "Greening of Nuclear Power." Beware. Is it a coincidence that General Electric, one of the leading nuclear plant manufacturers, is also a media mogul, owning NBC and other outlets? Westinghouse, another manufacturer of nuclear power plants, used to own CBS. Even National Public Radio receives hundreds of thousands of dollars from companies belonging to the nuclear consortium Nustart Energy.

The public is being told that nuclear power plants don't emit greenhouse gases. Wrong. The "dirty secret is that nuclear power makes a substantial contribution to global warming. Nuclear power is actually a chain of highly energy-intensive industrial processes. These include uranium mining, conversion, enrichment and fabrication of nuclear fuel; construction and deconstruction of the massive nuclear facility structures; and the disposition of high-level nuclear waste," says Michel Lee, chair of the Council on Intelligent Energy and Conservation Policy.

Another dirty secret, according to Andrew Simms of the New Economics Foundation, in a BBC interview on November 29, 2005, is that "there's only a few decades left of the needed high-grade uranium ore." This is why the industry wants to build breeder reactors using plutonium. These reactors can explode like atomic bombs because they contain tons of plutonium fuel. The bomb dropped on Nagasaki contained only 15 pounds of plutonium.

The media has already spread disinformation about nuclear accidents thus far. The utility that owned Three Mile Island

has been quietly paying people settlements of up to \$1 million. At Chernobyl, at least 500,000 people have already died out of the two million who were officially classed as victims. Dr. Alexey Yablokov, president of the Center for Russian Environmental Policy, is quoted in *The Guardian*, March 25, 2006, as saying that "In 20 years it has become clear that ... millions of people in the Northern Hemisphere have suffered and will suffer from the Chernobyl catastrophe."

A study (CRAC-2) by the Nuclear Regulatory Commission in the 1980's estimated that a meltdown at Indian Point Three, north of New York City, would cause approximately 50,000 deaths and \$1 trillion in property damage. At Salem Two in New Jersey, it would likely cause 100,000 deaths and \$155 billion in property damage.

Aside from accidents, the media never mentions "routine emissions," the unsafe radioactivity allowed to be released by nuclear plants.

When people speak of nuclear power displacing foreign oil, they are wrong. Nu-

clear energy produces only electricity and only three percent of our electricity comes from oil.

The *Las Vegas Sun* expressed outrage on July 1, 2007 at the 2007 Energy Bill's \$50 billion loan guarantees to the nuclear industry to build new plants. Though the media speaks about the cost effectiveness of nuclear power, they do not mention the many government subsidies, such as the Price-Anderson Act, which shields the nuclear industry from liability for catastrophic accidents.

Nuclear reactors can be weapons of mass destruction, increasing the risk of terrorism. Greenpeace advisor Wasserman told the Free Press on April 10 2007, "we could replace everything with available technology that could easily supply all our needs while allowing a sustainable planet to survive and thrive."

(This information is in the Feb. 2008 issue of Extra, a publication of the Media Watchdog Group FAIR. (I highly recommend checking out their news critiques at [www.fair.org](http://www.fair.org).)

### Interested in hosting a farm volunteer?

(There may be some free veggies in it for you!)  
Short or long term stays

Weavers Way Farm occasionally receives offers from people who want to help out at the farm for a week or two, but are in need of housing during their stay. We are also interested in exploring possibilities for longer term stays for college age interns during the summer of 2008. If you are interested, or for more details, please contact Dave Zelov at 215-983-1616 or [farmer@weaversway.coop](mailto:farmer@weaversway.coop)

### Environment Committee Now Accepting Grant Applications

Weavers Way Environment Committee invites community groups from the surrounding area in Mt. Airy, Germantown, and Chestnut Hill to submit proposals for grants. Grants are awarded for public purposes that benefit the environment through education and/or gardening projects. Applications and guidelines are available from the Environment Committee mailbox on the second floor of the Co-op and at [www.weaversway.coop](http://www.weaversway.coop). Grant proposals must be returned to same location by Monday, April 28.

~ Sandra Folzer, Environment Committee Chair

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

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<p><b>Operations, Membership, Merchandising, and Leadership Committees meet as needed. All meeting schedules are subject to change. Committee meetings are held at 610 and 559 Carpenter Lane and at members' homes. Board meetings are held at Parlor Room of Summit Presbyterian Church. For more information about committee meetings, e-mail <a href="mailto:boardadmin@weaversway.coop">boardadmin@weaversway.coop</a> or call the store.</b></p>	<p><b>Staff Director</b> Dave Tukey (07-09) <a href="mailto:trainbow2@yahoo.com">trainbow2@yahoo.com</a></p>	<p><b>Communications Director</b> Jonathan McGoran, ext. 111 <a href="mailto:jonmco@weaversway.coop">jonmco@weaversway.coop</a></p>
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## Suggestions

by Norman Weiss

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

There is an organization called the Philadelphia Urban Food and Fitness Alliance (PUFFA), and I've attended a couple of their meetings. PUFFA is funded by the W.K. Kellogg Foundation, and the goal is to support the creation of a healthier, vibrant Philadelphia, mainly by improving kids' and families' access to local healthy food, promoting safe spaces and structures for physical activity and play, and to address social and environmental issues affecting the health and quality of life for Philadelphia families.

I don't know about the "vibrant" part, (or what that even means or how you would measure it) but "healthier" I can support. How to get there? No one knows. Schools, markets, health centers, rec centers, hospitals, food service operators, local farmers, restaurants, etc. all have to be involved. But no matter how much access to healthy food is improved and what degree nutrition and fitness education is increased, major changes will not happen unless individuals change what they choose to eat.

Knowledge and access are the first steps, but getting people to choose to spend two minutes in the morning microwaving organic oatmeal with nuts and dried fruit instead of spending one minute opening a box of Froot Loops, or swinging by Dunkin' Donuts sometimes seems like an unsolvable dilemma. Is it due to culture? Marketing? Habit? Taste? Healthier choices, when analyzed fully, often are more convenient and cheaper in the short and long run.

### Suggestions and Responses:

s: "I needed coffee filters. I could not find my style (basket type, small 4 cup). Were you out? Do you carry? Can you get?"

r: (Norman) Coffee filters are displayed upstairs under the large Equal Exchange coffee bean bins. One type we stock is Melitta bamboo, which is a good choice because bamboo is so renewable and recyclable. We also sell gold filters and cloth filters if you want to never have to worry about running out of filters, or decrease your consumption of paper. In a pinch you could also swing by Starbucks and ask them to brew your beans for you. They are happy to grant special favors to Co-op members because coffee houses were once cool hangouts, occupied by artists and anarchists. Starbucks is trying to get some cool people back, so they want Weavers Way members. Starbucks even created a special Starbucks Weavers Favors card made just for our members. Ask for one next time you're in Starbucks. If the counter person looks confused, tell

them to call corporate. While they are on the phone, stand up and recite some of your own cool poetry.

s: "Is it possible to get more Garden Burger products such as Riblets, Chickin Grill, and flame-grilled burgers? It would be great to get these items here instead of hunting them down at the grocery store."

r: (Chris) No room in our freezer to add these items right now. See Norman or Chris about preordering full cases (12 per case).

s: "Given the number of gluten-free products and the new gluten-free support group, I'd like to request Arrowhead gluten-free Pancake mix. The Co-op carries several Arrowhead products already and I currently go to Whole Foods for the pancake mix. Thanks.

r: No room to add this item at this time, but you can preorder 3 bags (minimum) for \$6.25 each. See Chris or Norman.

s: "Fresh herb bunches always contain way more than I need. Any chance we could make up "mixed bouquets" combining several fresh herbs in lesser quantity?"

r: (Jean) That's an interesting idea. I'm not sure we have the ability to do it yet (space limitation in crisper; staff/co-operator time), but we'll try it as soon as we can. And, P.S., we already divide herbs in half, and they're still big. You can freeze herbs by washing, drying, chopping, then freeze on a cookie sheet, bag when frozen.

s: "There used to be some tomato spreads/Bruschetta in glass jars from Bulgaria/Turkey- tomato-eggplant-etc. Where have they gone? They were fabulous, low-cal, colorful, healthy and BULGARIAN!"

r: (Margie) "Where have they gone?" is a very good question. Our vendor seems to have disappeared off the face of the earth. We have tried to locate this company since the summer via fax and phone and have gotten no response. At one point their answering machine said they were on vacation but it appears that they never returned! (Norman) These were the Marco Polo products, most popular was Ajvar. They were a good products ingredient-wise and tasty and they were cheap! And Bulgaria is local, just past Erdenheim. We're searching for a new vendor.

s: "I agree with the members who want a different bagel company. The bagels here are too hard and not tasty."

r: (Norman) You're referring to the bagels from Roling's, a small, local, family-run bakery in Elkins Park. Roling's are handmade, hence their irregular shape. While we've had a few negative comments lately about them, they have been a WW staple for over a decade and have many devoted customers, we sell over 700 per week so it's unlikely we'll change. Maybe after expansion we could have some more choices.

s: "More organic apples (no reds today)."

r: (Jean) We've discontinued organic apples temporarily because we are able to get local, sustainably-grown apples from orchards that use Integrated Pest Management, low-spray growing methods. No, they're not organic, but they're close, both figuratively (close to organic) and literally (Lancaster, Berks, and Bucks counties). The organic apples were traveling from New Zealand. And they never phoned home.

s: "Can the pet store start to carry rabbit food? (besides the timothy hay)."

r: (Kirsten) We do carry rabbit food and other small animal food like hamster, gerbil, guinea pig, and parakeet food. It can be found on the supplement shelf, beneath the vitamins. We carry five-pound bags. Smaller or larger bags are available by special order.

s: "The chicken nuggets have partially hydrogenated oil in them- YIKES!! Please put up a sign or get new ones."

r: (Margie) We sell a healthier version in the freezer. The generic nuggets in the deli are very popular and we get many complaints when we don't have them. The ingredients list partially hydrogenated oil. We are not trying to fool anyone. We don't have a source for an inexpensive non-hydrogenated nugget, although I'll keep searching.

s: "Can we get lemon curd back? Saw it near the deli case in the fall."

r: (Margie) I ordered the lemon curd but the company sent English toffee instead?? They should correct this mistake soon and we'll have lemon curd back on the shelf.

s: "The Dancing Apple Apricot/Raisin

look delicious and it's quite a shame they're not vegan, even though the allergy contents only claim "wheat." Upon closer inspection though, I notice they also contain buttermilk in the ingredients. Am I wrong in thinking buttermilk is a milk people are allergic to? Should we, to avoid a painful lawsuit and harm to friendly and trusting Co-op shoppers, mark it accordingly in the allergen info?"

r: (Nancy) The Dancing Apple Blueberry and Coconut-Chocolate muffins are vegan. Also the Apple-Banana muffins and Lemon Biscotti. All other Dancing Apple products are not vegan. We'll double check the allergen part, thanks for pointing this out.

s: "Gluten-free cake flour, or the ingredients to make it, which are: finely ground rice flour, potato starch, tapioca flour, xanthan gum."

r: (Chris) No room to add these items to our line at this time, sad to say. Small quantities of these items are available as a preorder, as well as gluten-free cake mixes and baking flour. See Chris or Norman for details, and ask about Bob's brand, which packs many items in cases of four, so a case is not that much.

s: "Whatever happened to the White

(continued inside on page 23)

### Equal Exchange

## March Coffees of the Month



**Organic Breakfast Blend \$6.99/lb.**

In Original, with flavors of sweet vanilla custard, caramel and delicate cocoa, or Dark, with French roast that transforms the original and levitates the cocoa flavor

Reg. \$8.50/lb.

**Organic Café Mexico \$8.33/lb.**

The dark syrupy aroma and delicate nature of these beans are transformed into a very dark chocolate flavor with medium body and a prolonged finish.

Reg. \$9.33/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
Wednesday	Mar. 5, 2008	6:45 p.m.	GJC
Wednesday	Apr. 21, 2008	6:45 p.m.	GJC
Saturday	May 3, 2008	10:30 a.m.	CA
Wednesday	Jun. 4, 2008	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) \_\_\_\_\_