

Save the Date!
40th Anniversary Membership Meeting
 General Membership Meeting and WW 40th Birthday Celebration at Allens Lane Art Center! An all-day event filled with food, festivities and fun!
Sunday, October 13

VOTE FOR US!
 Restoring Ideals seeks organizations that best embody Philadelphia's founding ideals of tolerance, independence and equality. Naturally, we're in the running! Check out Temple Contemporary's wonderful video about Weavers Way at www.newsworks.org/index.php/temple-contemporary, then vote for the Co-op.



The Shuttle

August 2013 Vol. 41 No. 8 Community-Owned Food Markets Serving Northwest Philadelphia Since 1973

Coalition for Healthy Food, Green Spaces Launches

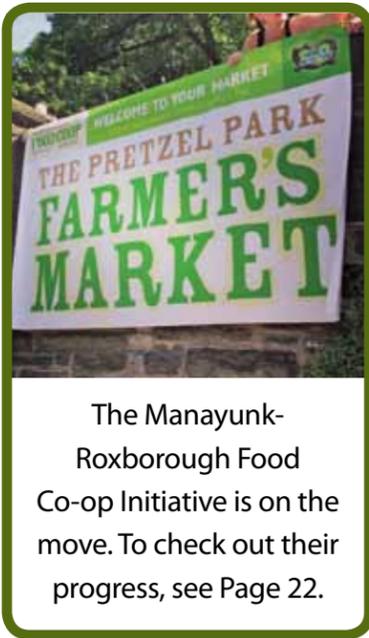
by Margaret Guthrie, for the Shuttle

IT IS official. Despite Mother Nature's late-afternoon temper tantrum of a down-pour, the Coalition for Healthy Food, Green Spaces was launched at an open-air gathering on Wednesday, June 26. Representatives of all the groups involved, which include both Weavers Way and Weavers Way Community Programs, met at Teens4Good's 8th and Poplar streets farm to celebrate the launch and announce our continuing presence to the

Philadelphia community at large.

The organizers and activists who got City Council to back down on legislation that would have made community gardens and market farms in commercial-zoned areas illegal are not disbanding or letting up. Take Back Vacant Land is leading the effort to get the new land bank bill through City Council, which will not be easy. Darrell Clarke, current Council president, is dragging his feet on this issue since he would very much like to preserve Council members' privilege

(continued on Page 16)



The Manayunk-Roxborough Food Co-op Initiative is on the move. To check out their progress, see Page 22.

Pet Food Recalls: What's Up with That?

by Anton Goldschneider, Weavers Way Pet Foods Manager

IN LIGHT of the recent Natura pet-food recalls, I thought it would be worthwhile to research recalls in general and delve deeper into the pet-food manufacturing process.

Recalls usually occur as a result of regular U.S. Food and Drug Administration sample testing and plant inspections, when the FDA discovers a problem that could lead to health issues for pets or their owners. In March, Natura announced their first recall in 21 years due to possible salmonella contamination. Natura expanded the recall

(continued on Page 13)

Try Sephardic Flavors to Enliven Your Rosh Hashanah Table



Quinces are traditional and available locally in the fall.

by Ronit Treatman, for the Shuttle

GEFILTE FISH, matza ball soup, and chopped chicken livers have traditionally been found on the Weavers Way Rosh Hashanah catering menu. These Eastern European Jewish specialties were not the original Jewish foods of Philadelphia. The first Jews to arrive in Philadelphia were Spanish and Portuguese Jews. They came from Brazil, via New York, fleeing the Inquisition. They introduced almonds, pomegranates, olive oil, chickpeas, lentils, dates, grapes and fava beans to this area. This year, Weaver's Way is taking you on a Rosh Hashanah culinary adventure. You are invited to discover some of the symbolic Sephardic specialties that grace the Rosh Hashanah Seder.

Pomegranate

Pomegranates are said to have 613 seeds, the same number as mitzvot (commandments) in the Torah. Sephardic

Jews eat pomegranates during Rosh Hashanah in hopes of increasing their merits in G-d's eyes in the coming year.

Mansanada: Simmered Apples

Some Sephardic families avoid consuming honey during Rosh Hashanah. In ancient Israel, honey would render the incense used in the Temple impure if it was added to it. It is traditional to serve *Mansanada*, apples slowly simmered with sugar and water, and subtly infused with cardamom.

Candied Quince

The quince is a fragrant fruit from the same family as apples and pears. It originated in Southwest Asia. Quince trees were introduced to the American colonies in the 18th century, and quinces are grown in Pennsylvania orchards. Moroccan Jews have the custom of recit-

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www.weaversway.coop
 CHANGE SERVICE REQUESTED

Editor's Note



by Mary Sweeten, Shuttle Editor

WHEN I was a younger person, we used to go to Florida to see how orange juice was grown. Actually, it was more to see how Phillies were grown, but orange groves and bushel bags of oranges were also in the mix. Conveniently for Weavers Way members and fans (and also for people who are boycotting Florida), you don't have to go all that way to see how food is grown — you can visit our farms right here.

I love Weavers Way Farms, for a variety of reasons. For example, our Henry Got Crops CSA Farm hires city high school kids as interns (20 hours a week, paid through the Philadelphia Youth Network). Says farm educator Clare Hyre: "These students get to dig much deeper into the farm and into learning about food justice. Bi-weekly harvests from the raised beds lead to regular cooking classes and allow them to take home their own share of food. For most, this is their first summer job and they come away with a multitude of skills to bring to other jobs."

This summer's crew is from Saul, Lincoln, Roxborough and University City. If you visit Henry Got Crops, shout out to Ashley, Scarlett, Kevin, Katelynn, Daijah, Jacob, Tymere, Steven, Tonya, Marquis and Chris!

On another subject, last month I mentioned that we've eliminated hand delivery of the Shuttle. So far the feedback has been mostly positive — people like getting the Shuttle in the mail rather than seeing it in the gutter. Please note, however, that ONLY MEMBERS are getting a mailed copy. So if you know people who enjoy the Shuttle but are not members, tell them they can pick it up in the store — while shopping, of course — or at a number of other locations around the Northwest. (A partial list is on the Shuttle page at on the Weavers Way website, www.weaversway.coop.) Or they could join up, of course!

Please let us know if you don't get your Shuttle. Or if you like your Shuttle. Or even if you don't like it. Which leads me to . . . I'm told I don't take very good photos. Fair enough. We do have several excellent photographers helping us here, but we can always use more. If you're a shooter, and you'd like to earn valuable Co-op work hours — and who wouldn't? — let me know!

editor@weaversway.coop

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For information, contact advertising@weaversway.coop, or call 215-843-2350, ext. 117
Statement of Policy
 Articles should be under 500 words and can be submitted via email to editor@weaversway.coop. Be sure to include your name, phone number and membership number within the document. The purpose of The Shuttle is to provide information about co-ops, healthy food practices and other matters of interest to Weavers Way 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. The Shuttle retains the right to edit or refuse any article. Ad rates are available upon request, at our stores, online at www.weaversway.coop, or via e-mail at advertising@weaversway.coop. Products or services advertised in this paper may not in any way be construed as endorsed by Weavers Way Co-op.

 The Shuttle is printed on 100% recycled paper.

Been to Your Farm Lately?

There's no better time than summer, when everything is bursting and production is in full swing, to visit Weavers Ways' two farms. Both farms have parking, picnic tables and water. Bring your own sunscreen and bug repellent!

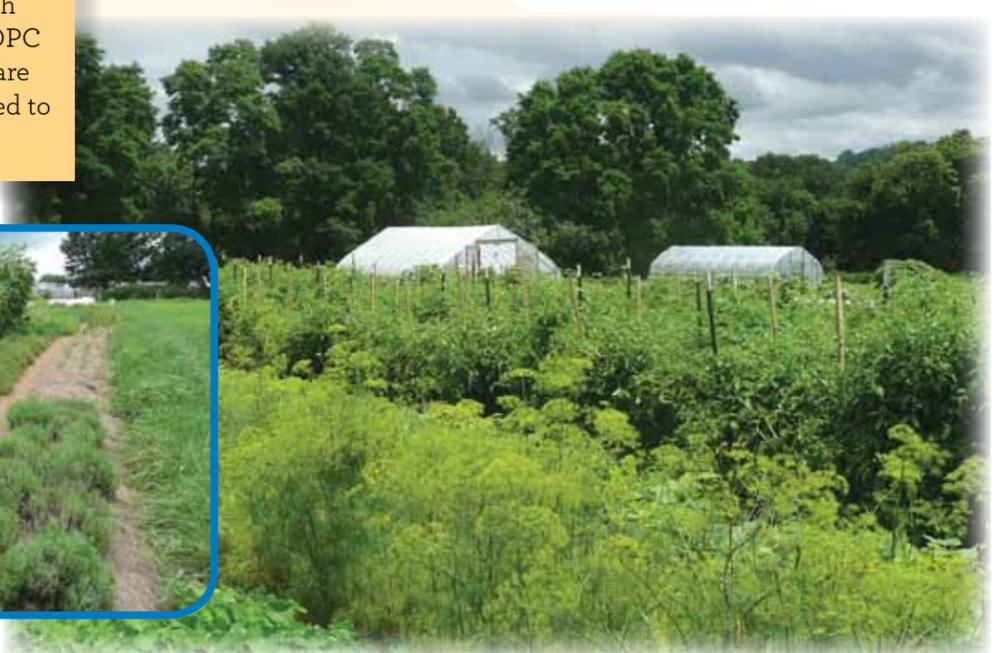


The WWCP Farm Education team demonstrates a picnic table at the Mort Brooks farm.

Mort Brooks Memorial Farm is located at Awbury Arboretum in Germantown, off Washington Lane between Chew Avenue and Ardleigh Street. If you're headed northeast on Washington, the entrance is on the left, in the middle of the block. Take the signed, self-guided tour, or just say hi and walk around weekdays 9 a.m.-noon or 2-6 p.m. And while you're in the neighborhood, take time to visit Awbury's beautiful main grounds and the Cope House, accessed from Chew Avenue between Washington and Haines. Info: www.awbury.org.



Henry Got Crops CSA Farm is located at the W.B. Saul High School in Roxborough, off Henry Avenue at Cinnaminson Street. If you're headed northwest on Henry, the entrance is on the right, just at the traffic light. Drop by weekdays 9 a.m.-5 p.m. or Saturdays 9 a.m.-2 p.m. Or if you arrive Tuesday or Friday 2-6 p.m., you can check out the offerings at the Henry Got Crops farmstand. (Note that Saul is a public high school; please be aware that OPC — Other People's Children — are around and you might be asked to identify yourself.)




What's in Store at Weavers Way

Take a Walk on the Across the Way Side

by A.J. D'Angelo-Masko,
Weavers Way Produce Staff

THIS MONTH, let's take a short walk up Carpenter Lane from Weavers Way Mt. Airy to visit Weavers Way Across the Way. For those of you who haven't stopped by 610 Carpenter recently, it's where you can find all manner of wellness and personal-care products, plus gifts and decorative items. Next door, at 608 Carpenter, you'll find an array of pet food, toys and other supplies. Both areas have new and expanded product lines that Weavers Way shoppers should know about.

On the pet food side, manager Anton Goldschneider explains some recent changes to our cat-food selection. While we will still carry the popular Merrick brand, their Before Grain imprint is being phased out in favor of the more diverse Purrfect Bistro label. With varieties such as Tuna Pate and Chicken A La King, these new selections have the benefits of the old type (American product sourcing, 100 percent grain free) in a broader range of flavors and textures designed to satisfy the feline palate.

Anton also points out the recently acquired Bayer Seresto Flea & Tick Collars. Available for both cats and dogs, these collars provide an alternative to topical chemicals like Frontline. The collars are odorless and waterproof and repel parasites for up to eight months.

We now turn our attention to the health and wellness section, where resident expert and department manager Martha Fuller would like you to know about a couple of exciting personal-care products that she has brought in. First up is a line of facial lotions from Aubrey Organics. Aubrey has been on the cutting edge of all-natural hair,

skin, and body care since the '60s. Their products are vegan friendly and cruelty free, and use as many organic components as possible. Aubrey lists each and every ingredient, so you know what is going onto (and into) your body.

If you're in the market for local, small-batch soaps, Martha recommends Volta Organics, based right here in Philadelphia. Volta produces high quality all-natural soaps infused with chemical-free therapeutic-grade oils. Volta's line includes specialized soaps such as "Chef" (a kitchen soap) and "Mechanic" (optimized for grease and dirt removal).

Also New and Noteworthy

Mt. Airy Deli: Hillacres Pride Jalapeno Cheddar Raw Milk Cheese comes to Weavers Way from Lancaster, PA. This cheese is small batch and hand-pressed using 100 percent milk from Jersey cows. Aged at least 60 days, this fine cheese will add a little extra heat to your summer.

Flint Hill Farm is located near Coopersburg, PA, and has provided us with two varieties of cheese from grass-fed goats. One is a regular soft chevre, while the other is a unique chocolate chipotle recipe originally concocted by our own interim Deli Manager Ryan Sabo.

Chestnut Hill Grocery: Raaka Chocolate, based in Brooklyn, NY, specializes in unroasted, stone-ground, small-batch "chocolate for the bold." All varieties are vegan, nut-free, gluten-free and made from certified organic ingredients. Among the flavors: vanilla roibos, blueberry lavender and 71 percent dark with sea salt.

aj@weaversway.coop



In the bins at Weavers Way Chestnut Hill (from left): Organic nectarines, yellow peaches, conventional nectarines.

Stone Fruit in Season: You Can't Try Just One

by Mike Herbst, Weavers Way Chestnut Hill
Produce Manager

WHO DOESN'T love a good peach — sweet, bright yellow, juicy, with the flesh falling away from the pit? It's truly amazing to bite into a peach and have it be the perfect fruit you taste in your mind. However, maybe a little too often, that peach is somewhat mealy or doesn't have the flavor you expect, which can lead to frustration. Rather than developing any anxiety or distrust over selecting a peach this summer, here are some tips you can follow to maximize your enjoyment of stone-fruit season.

Try a white peach! Yellow is the color that most people think of when imagining a peach. And not surprisingly, yellow-flesh peaches are by far the top seller during stone-fruit season. But sometimes, and more frequently than you might think, the white ones are much tastier and more consistent in flavor. The main difference between white and yellow varieties is acidity. Yellow peaches have higher levels of acid, which dissipates as the fruit ripens, allowing the sugars to become more prevalent. White peaches don't have this acidity and are much sweeter when less ripe.

Try a nectarine! I know many people who work with produce who prefer nectarines to peaches. I don't have any statistics, but it's true. Sure, it's not easy to beat the perfect peach, but nectarines tend to be more consistent in their quality and flavor. Peaches and nectarines are virtually identical, with one difference: nectarines have a recessive gene that renders them fuzz-less.

Try everything! There are so many amazing and different varieties of stone fruit that it would be silly to fixate on one. Beyond peaches and nectarines, there are plums, pluots, apricots, apriums, donut peaches, donut nectarines and much more. And within those designations there also are many varieties. Even "yellow peach" is an umbrella term that contains many different cultivars. While Weavers Way will have yellow peaches all season, every week or two we will offer a new variety.

Stone fruit and peach season is one of the most exciting times in the produce department. Nothing compares to the tastes and flavors of the fruit this time of year. Make sure you don't miss out!

mherbst@weaversway.coop



Five Things

FIVE THINGS IS A SERVICE OF WEAVERS WAY. Because there's no event that can't be improved by bringing something you bought at the Co-op!

Five Things to Bring to Your Family Reunion

Euripedes couldn't have written it better and today Fairmount Park is your personal theater-in-the-round. The shuttlecock has disappeared and the triplets are crying. Of course, this day will end the way it usually does — with Uncle Stan face-planted under the picnic table. And to add to the drama, Cousin Alisha's potato salad looks, well, questionable ... Good thing you stopped at the Co-op for some provisions to help sustain your sanity.

- 1. Weavers Way Ballpark Potato Salad** – Made classic-style, with celery, onions, mayo, vinegar, salt and pepper. This is the good stuff. Don't forget to keep it cool.
- 2. Quantum Health Buzz Away Extreme** – Keep skeeters, black flies and ticks away for up to four hours DEET-Free. However, no guarantee it keeps your brother-in-law's brother-in-law at a safe distance.
- 3. D'Artagnan Mediterranean Style Chicken Sausage** – These black-olive-and-sundried-tomato-studded beauties will carry you to the shores of the Aegean while you're on hot-and-heavy grill duty.
- 4. Arnold Select Wheat Hot Dog Rolls** – Like Laurel & Hardy and the Captain & Tennille, what's a good sausage without a good bun? These hearty wiener vehicles (high-fructose-corn-syrup-free) can stand up to the wurst — any wurst.
- 5. Zevia Soda** – Rehydrate right with this guilt-free thirst quencher. It's got zero calories and it's made with stevia, not the scary stuff, so guzzle away.

Weavers Way Community Programs

2013 Urban Farm Bike Ride Powered by Wind Energy

by Jill Fink, Executive Director, Weavers Way Community Programs

The 8th Annual Urban Farm Bike Ride has moved into a new gear this year with the generous support of business sponsors, including local renewable energy supplier Clean Currents.

The two-wheel tour is Saturday, Sept. 7, from 8 a.m. to 4 p.m. Riders will be able to choose from two routes (21 or 29 miles) that make their way through Philadelphia, visiting six urban farms. (For more information or to register, visit www.weaversway.coop/bikeride.)

In addition to sponsoring the bike ride, Clean Currents is partnering with Weavers Way Community Programs to be among the first in Philadelphia to take part in the "Green Neighborhood Challenge," a program that supports community organizations by providing the opportunity to raise funds for green projects, while also creating a platform for educating the community about sustainable energy choices. For every enrollment in 100% PA Wind Power, Clean Currents will donate \$30 to WWCP, with a bonus of \$500 if more than 20 house-

FARMSTAND

VSP (Very Special Produce)

The Weavers Way Community Programs farmstand out in front of Chestnut Hill features vegetables, fruits and plants cultivated by the kids at our Children's Garden at the Mort Brooks Memorial Farm and the families of Hope Garden at Stenton Family Manor in Germantown.

Pick some up every Tuesday, 3-6 p.m., through October!

Here's what's in store for August:

- Heirloom Tomatoes - 4 varieties
- Cherry Tomatoes - 3 varieties
- Summer Squash
- Zucchini
- Okra
- Basil
- Eggplant
- Chard
- Kale
- Leeks
- Tomatillos
- Ground Cherries
- Beans- 3 varieties
- Flowers
- Mustard Greens
- Garlic
- Carrots

LOCAL

Weavers Way Community Programs

holds enroll. Have a business to register? WWCP will get \$250.

This is a perfect opportunity to support WWCP's work, make the switch to a clean energy provider, and help the environment. (See the box for instructions on

how to sign up.)

WWCP is excited to partner with Clean Currents, the first energy company to gain B-Corp certification. This certification requires that Clean Currents meet transparent legal and performance

It's a Breeze to Help WWCP

Here's how to support WWCP by signing up for wind-generated electricity through Clean Currents:

- Go to www.cleancurrents.com.
- Click on "View Rates."
- Type in your zip code.
- Choose the product that best suits you.
- Click on enroll.
- Enter your information.
- Make sure you write "Weavers Way Community Programs" under "Please Provide Further Details."

standards and use the power of business to alleviate poverty, address climate change, and build strong local communities. "Clean Currents is proud to support WWCP because of its efforts to support sustainable, urban agriculture and its commitment to bring nutritious foods to Philadelphia residents," said Catherine Kendig, Outreach Coordinator.

Learn more about the Green Neighborhood Challenge and how Clean Currents supports the local community by visiting with them during the post-ride festivities at Philadelphia Brewing Company.

Many thanks to PBC and Tees Delivered for their generous support of the Urban Farm Bike Ride. To become a sponsor of this or another WWCP event, email WWCPevents@weaversway.coop.

jill@weaversway.coop

Play Ball!
SUPPORT THE PHILLIES AND WWCP

Wednesday, Sept. 4 at 7:05, Citizens Bank Park

- Seats are located in section 419
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Weavers Way Community Programs



Laurie Peterson photos

James dishes up coleslaw the kids made as their contribution to the summer celebration.

Stenton Family Manor

The Start to a Healthy Summer!

by Maya Nojehowicz, Maddie Johnson and Sara Jaramillo, WWCP Farm Education Interns

AT THE end of June, Weavers Way Community Programs was honored to participate in the summer kickoff celebration at Stenton Family Manor, an all-day outdoor event featuring delicious foods, health-conscious rappers and lots of dancing! The shelter kitchen prepared a delicious barbecue and the WWCP Farm Education crew led a fresh coleslaw activity so the kids could contribute to the feast. We harvested hakurei turnips and cabbage the kids helped grow and quickly turned it into yummy salad!

In addition to celebrating the end of the school year and the beginning of summer, the party was a healthy eating and active lifestyle festival. WWCP helped the kids make frozen-fruit whips out of bananas and strawberries. Students harvested mint and sorrel from the garden to use as "ice cream" toppings. Our little stand had a long line all day! Everyone was eager to try this healthy ice cream alternative and get some relief from the heat.

Curby, the Philadelphia Streets Department recycling mascot, and a local Philadelphia health education breakdance group made an appearance, rapping about exercise and making good food choices. Children of all ages, teens, parents and staff all got up to participate in a line

dance, and although everyone was enjoying themselves, the younger kids stole the show! The crowd was laughing and smiling, and the energy was representative of the positive spirit of the entire party.

The day was a celebration of summer and reinforced everything we try to do at the Hope Garden at Stenton: being outside, having fun and getting exercise, learning about growing your own food and making healthy eating choices. It was a perfect introduction to all the delicious things we are going to be making with the kids this summer.

WWCP leads a youth Garden Club in the Hope Garden at Stenton Family Manor twice a week year-round. Garden Club includes weeding, planting, harvesting and plant identification. Participants also learn about urban farming, nutrition and how to prepare healthy snacks.

Working with the kids on a weekly basis allows us to develop a close relationship with them as well as with the Stenton community. We've just begun summer Garden Club Camp. We'll be making salsa, learning about composting, identifying bugs and harvesting and cooking a nutritious treat at least one a week!

Stenton Family Manor is in East Mt. Airy. For info about WWCP education programs, contact Farm Education Coordinator Shelley Hedlund at educator@weaversway.coop.

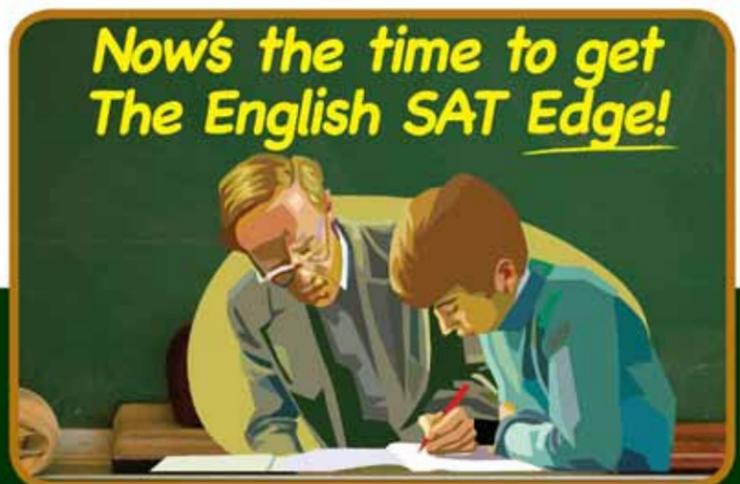
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L·E·T·T·E·R·S

Why I'm a Working Member and Why I Don't Shop at Weaver's Way That Much

DEAR EDITOR,

I COME from a family of cooperators. My father, Vince Pieri, was instrumental in molding Weavers Way back in the day. He also helped start the Energy Co-op and helped set up a credit union for Weavers Way members. These were all ways that working and poor people could save money and feel part of a community. His credo was "We are all in this together." This is why I am a Working Member of Weaver's Way since 1974 — in honor of my father and the values he instilled in me.

When my father was alive, he would shop at Weavers Way, but he would also drive to various venues to get things cheaper, including supermarkets and 9th Street. But, at the time, I was blindly loyal to the Co-op. These days, I find myself following in my father's footsteps. I find myself getting much more affordable deals at Trader Joe's and even my local Pathmark. It is with a certain disappointment that I even shop at the Co-op now, because I perceive the Co-op as part of the trickle down theory — with the Co-op at the top, and me at the bottom. I increasingly find myself unable to purchase many of the Co-op goods because they are sold at such high prices.

BUT, I still do my hours because that is a community experience that I truly enjoy.

Diane Pieri, Germantown

LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Submissions must be short (no more than 200 words) and verifiable. Please include your name and email address or phone number so we can contact you for verification; no anonymous letters will be published. Letters may be edited, and The Shuttle may decline to publish any letter for any reason.

Weavers Way GM Glenn Bergman responds:

I KNEW of Vince, of course, and what molded the Co-op in the beginning. I do miss those days of low-priced food. I am also a member of the Energy Co-op and we have a partnership with the Energy Co-op, sending members there whenever we can. I too am a member of the credit union; I have my two mortgages with PFCU. So I too am committed to the co-op model of business.

Regarding the Trader Joe's and Pathmark business models: They are much different from Weavers Way. When WW first started, it was about inexpensive conventional produce. Jules Timerman believed in buying the lowest-priced produce, "No. 2" items in food-industry speak. Purchasing was not about local or organic (organic standard did not exist then), the concept of a living wage was not known and Fair Trade had been thought about but not yet designed.

Over the years, things have changed. Weavers Way has made a commitment to the following standards:

Local product: We attempt to source from within a 150-mile radius of Weavers Way as much as possible. In fact, we

have a purchasing manager whose job it is to improve the ratio of local product as part of total sales. It is in the Co-op's strategic plan and our Ends. This costs money.

Wages and benefits: We follow a "triple bottom line" philosophy of running the business. We provide a living wage to our staff. I know for a fact that our benefits are as good if not better than Trader Joe's and Pathmark-type operations. All staff start at \$10/hr, plus they are entitled to health insurance, 401K with a match, sick time, holiday pay and more within the first few days of starting. No one else matches this. These benefits cost at least \$2.50/hr and are clearly what was demanded by people like your dad and others who started the Co-op.

These costs have gone up at much greater than the inflation rate and corporate and non-corporate entities have increased the burden on the hourly staff. In fact, our management staff is under-compensated against the industry. One of the complaints I receive is that we do not pay management at the industry level.

Non-corporate vendors: We purchase from private owners as much as possible.



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Here are a few examples (and I could go on for pages):

- Dairy: We could purchase all our milk from Lehigh Dairy, as we did a decade ago. But Lehigh sold out to Dean Foods, the largest dairy conglomerate in the world and one that is implicated in anti-competitive practices and the demise of the small dairy farmer. (See the New York Times article: www.nytimes.com/2012/10/28/business/in-dairy-industry-consolidation-lush-paydays.html.) We buy our conventional dairy from Merrymead in Montgomery County. Yes, it costs about \$1 more a gallon, but we are spending \$4,500 a week with a local dairy. The milk is free of hormones, the cows are treated well and the farmer, not a large company, gets the money. At Pathmark, they provide "commodity milk"; we cannot match that price.
- Organic dairy: Will always be more expensive than conventional. We purchase from Natural By Nature and Organic Valley (the largest organic dairy co-op in the country). OV controls their product and marketing. Natural by Nature is in Chester County. Horizon, the national organic milk brand, again is owned by Dean Foods. These cows are not necessarily raised in small



I brought up the issue you cite — the higher cost of shopping at Weavers Way— with our management team. It was also discussed at the Weavers Way board meeting in July.

herds locally or handled the way we expect our animals to be treated.

- Meat: We have a limited amount of commodity meat. Most of the meat processed in the United States goes through three or four industrial slaughter factories. We purchase from smaller slaughterhouses and soon much of our meat will come from Pennsylvania. Through Philly Cow Share, we have been purchasing pastured animals and soon we will be supporting a family-owned slaughterhouse (Troutman in Snyder County) that dresses only about a dozen steers a day. The family has been in this valley since the late 1700s and is working hard to supply places like Weavers Way. This costs more. Is it worth it?
- Seafood: We try to follow the Monterey Aquarium sustainable seafood list. Yes, we could purchase inexpensive Chilean salmon, as



Pathmark does, but instead we purchase high-grade North Atlantic salmon that costs at least twice as much as the Chilean product. We really should be purchasing only IQF (individually quick frozen) salmon sides that are line-caught, but this is even more expensive.

- One last example, bananas. We could easily provide conventional bananas at 69-75 cents a pound. Instead, we purchase organic, Fair Trade bananas and sell them for 99 cents a pound. Why? Bananas are the biggest-selling fruit in the United States. The use of dangerous fungicides in banana farming is well documented, as are the poor working conditions. By buying organic Fair Trade, we believe, as does our Environment Committee, that we are thinking globally/acting locally and supporting a nonprofit. Think about how important this is to the workers, the country that grows these products

and to our own health.

At Trader Joe's there is no deli or prepared-foods department and limited produce. Why? They want to keep their labor costs low and the inventory tight (fewer items). They do not give back to their communities in any way. Profits all go back to corporate headquarters in Germany.

Pathmark does not provide its workers a living wage across the board, does not purchase with ethical considerations, does not leave profits in the community and does not have any product philosophy that takes into consideration the amount of sugar or additives, or the treatment of animals.

These questions of mission, product philosophy and marketplace are all difficult. In July, I brought up the issue you cite — the relatively higher cost of shopping at Weavers Way— with our management team. After much discussion, we came to the conclusion that we must continue to source products locally and stay true to the product philosophy. At the Weavers Way board meeting in July, it was also discussed, to begin looking at our Mission, Product Philosophy and Ends to see if they are what we want them to be as guiding business principles.

While we are at it, should the Co-op run farms in the city, even if they lose money? Last year, the farms ran just un-

(continued on Page 15)

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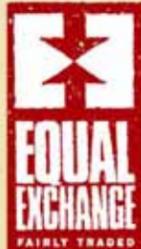
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Chef's Corner

There Was the Food, but Also So Much More

by Bonnie Shuman, Weavers Way Executive Chef

I HAVE often written in this column about the deep connection between food, friendship and community. To quote the wonderful food writer M.F.K. Fisher, "There is a communion of more than bodies when bread is broken and wine is drunk." As I was thinking about this concept again, I couldn't help but conjure up thoughts of a dear friend of mine who recently passed away. My friend's name was Claude Feninger. I met Claude seven years ago at a reading from the debut of his memoir, "Sang Froid: Keeping My Cool in the International Hotel Business."

A little background about Claude. He was born in Cairo and educated at the American University there. He then went to the Ecole Hotelier in Lausanne, Switzerland, where he graduated cum laude. His career spanned many years as he traveled all over the world building

and managing hotels.

In fact, at the age of 26, Claude was managing the famous Sheppard's Hotel in Cairo when it burned down. He was credited for saving the lives of many of the guests during this horrific fire.

He was a world-class fencer and squash player. He was an avid scuba diver, and dove in many exotic places around the world.

He was alluring, fascinating and worldly. He was kind and gentle and was never boastful, despite his wild successes. And he was a culinary tour de force, which brings me back to my premise that sharing food is an act of love. There was rarely a time when we went to Claude and Jill's house when there wasn't something exotic on the stove (head cheese! cassoulet!). And it was sitting around the table eating the fruits of his labor when I fell in love with my friend Claude. As we ate, the air was filled with the rich stories of his life and we knew that we were satiated

by far more than the food. It was the camaraderie and the building of a friendship that still nourishes me.

Oh, what a wonderful palate my friend had. We especially shared a love of oysters, of his beef tartare and of my tuna tartare, which is one of the first things I ever made for Jill and Claude during the beginning of our friendship. So, in honor of Claude's praise for and enjoyment of my tuna tartare, I have replicated the recipe as best I remember it. Thinking of it now inspires me to go home and make it, to crack open a bottle of Veuve Cliquot and to raise a fork and a glass to my beloved, dearly departed friend.

Another quote from M.F.K. Fisher:

"Food I have forgotten, except for one detail I insisted on, enthusiastic even so long ago in my belief that unexpectedness and a modicum of astonishment enliven any good dinner."

Oh Claude, you provided no shortage of unexpectedness and astonishment.

bonnie@weaversway.coop

Bonnie's Tuna Tartare

- 8 ounces sushi quality fine-diced ahi tuna steaks
- 1 medium, ripe, fine-diced avocado
- 1/3 cup fine-diced English cucumber
- 2 tsp. wasabi caviar (available in the freezer section at H Mart, or by special order from Weavers Way)
- 1 tbsp. fresh chives
- 2 tbsp. fresh lime juice
- 2 tbsp. tamari
- 1 tbsp. hot pepper sesame oil
- 2 tbsp. grapeseed oil
- Pinch freshly grated ginger

Combine tuna, avocado and cucumber in a bowl. Mix all other ingredients except caviar in a separate bowl and whisk. Pour dressing over tuna mixture and mix gently but thoroughly. Place finished mixture in the center of a plate. Sprinkle with caviar. Surround tuna with your choice of crackers. I prefer sesame rice crackers for this dish.



Marisa McClellan will talk about preserving delicious food safely

'Food in Jars' Blogger at Henry CSA

by Georgia Kirkpatrick, for the Shuttle

Do you have a bowl of peaches ripening rapidly on your counter and need inspiration? Tired of seeing veggies go to waste? Are you curious about preserving, but don't quite know where to start? Novices to experts are invited to a free jam-making and preserving class led by Philly's own food-preservation expert Marisa McClellan at Henry Got Crops CSA, 6:30 p.m. Wednesday, Aug. 14.

Marisa began her canning-guru career with the blog "Food in Jars" (www.foodinjars.com). The blog explores all things canning, as well as featuring delicious recipes using seasonal ingredients. The popularity of the

blog led, in 2012, to her first book, "Food in Jars: Preserving in Small Batches Year-Round." She is following it up next spring with "Urban Preserving."

Marisa will show participants how to process jars in a boiling-water bath, and demonstrate canning safety as well as proper storage. Other topics to be covered include achieving set (the perfect consistency) and why sugar is so important to making jam. The featured recipe will be pectin-free spiced plum jam.

Henry Got Crops is at W.B. Saul High School, Henry Avenue at Cinnaminson Street in Roxborough. To sign up, email henrygotcrops@weaversway.coop. It's free (but donations to the farm are always nice).

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Morris Arboretum Summer Kids Concert Series Returns

GET YOUR picnics and blankets/chairs ready for three fun evenings of XPN Kids Corner concerts at Morris Arboretum, presented by WXPB 88.5FM. Concerts are on the first three Thursday nights in August in the beautiful Azalea Meadow.

Purchase your tickets in advance online, at morrisarboretum.ticketleap.com, to get a discount and reserve your space. Summer concerts are charged on a per-car basis instead of individual admission. Here are the details:

Alex & the Kaleidoscope Band
Thursday, Aug. 1, 6:30-7:30 p.m.

With 14 national awards for excellence in children's entertainment, Alex & the Kaleidoscope Band uplift and engage audiences of all ages with their lively, interactive, world-music infused perfor-

mances. Online: \$20/car members; \$25/car non-members. At gate (if available): \$25/car members; \$30/car non-members.

Trout Fishing in America
Thursday, Aug. 8, 6:30-7:30 p.m.

Nationally known and locally beloved, Trout Fishing in America will be rocking the garden to celebrate the 25th anniversary of WXPB Kids' Corner. Online: \$40/car members; \$45/car non-members. At gate (if available): \$45/car members; \$50/car non-members.

The Suzi Shelton Band
Thursday, Aug. 15, 6:30-7:30 p.m.

Back by popular demand! Suzi wowed at Bloomfield Farm Day last year, but due to Hurricane Sandy not enough of you got to hear her. So Morris Arboretum has invited Suzi and the band back from



Last chance to see the Big Bugs who've invaded Morris Arboretum this summer. Eleven larger-than-life bug sculptures will be scurrying away on August 31st. Don't miss them! www.morrisarboretum.org

Photo of Mica River Stern by Susan Crane

Brooklyn for you to enjoy the music from their award winning albums.

Online: \$20/car members; \$25/car non-members. At gate (if available): \$25/car members; \$30/car non-members.

The sounds of summer at Morris Arboretum include more than crickets chirp-

ing! (Or sizzling — read all about "Bug Crawl: Food & Drink Pairings for the 21st Century," in next month's Shuttle.)

Morris Arboretum is located at 100 E. Northwestern Avenue in Chestnut Hill. For more concert information and updates, visit www.morrisarboretum.org or call 215-247-5777.

Morris Arboretum

WXPB Kids' Corner Concerts

Trout Fishing in America

THURSDAY, AUGUST 8 • 6:30PM

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More Upcoming Concerts:

Alex & the Kaleidoscope Band
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The Suzi Shelton Band
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Weavers Way Members get One Month of Free Compost Pickup when they sign up for a year of weekly pickups with Bennett Compost.

When you sign up, you'll also be helping to support Weavers Way Community Programs because Bennett Compost has pledged to donate a portion of the proceeds to WWCP! For more info, contact membership@weaversway.coop

But the best part is...

The Passionate Gardener

Water and Don't Get Bugged

by Ron Kushner, for the Shuttle

WATCH YOUR plants closely during these hot summer days. A little dark sun scorch spot could develop on some leaves, the edges could become a bit yellow or brown and the foliage can begin to wilt. The trick here is to water before the signs actually show on the plants. Once a plant is wilted, it can recover quickly with a good “drink” but it has been stressed and that is not a good thing. Insects and disease generally attack stressed plants as opposed to healthy ones.

Water when needed and when you are able. Morning watering is said to be best as the plants have a chance to dry off before lower evening temperatures can foster fungus. Evening watering is also OK, as the sun is not evaporating the surface moisture as it does mid-day. In any case, don't worry about it! When watering is needed, do it regardless of the time of day.

While you work in your garden, it is a good idea to gain some knowledge about insects in general and pollinators in particular. Insects belong in our gardens. We would all be better off to learn to attract them than to spend the time and money that many gardeners do to repel them. A garden really wouldn't be much of a garden without them. In themselves, insects are not “good” or “bad,” “pests” or “beneficials.” They are simply living

their lives — for the most part, simply “doing their thing” in our gardens.

Thousands of insects (many that cannot be seen with the naked eye) are constantly recycling organic matter directly in the garden soil. Insects also carry out the bulk of the pollination of our flowers. The more diverse our gardens, the more we can attract and shelter the myriad insects that keep our gardens in balance.

August is a good time to plant for a fall harvest, especially in containers if you don't have much room. Lettuce, salad greens, radishes, carrots, kale, spinach, broccoli, cauliflower and kohlrabi all are good candidates. Don't forget fish fertilizer on seedlings twice a week. Since this is still the heat of the summer, seeds should be sown in a partly shaded spot where the soil doesn't get too warm.

Don't forget Swiss chard. The “Bright Lights” varieties will be delicious as the weather gets cooler and the many colors will look beautiful whether in containers or in garden borders.

Harvesting this month should include raspberries, melons, tomatoes, squash, peppers, artichokes, onions, sweet corn, eggplant, beans, kohlrabi, strawberries and beets . . . WOW!

Prune your herbs now if they are getting out of hand — catnip, rosemary and basil especially so they don't flower.



Ron Kushner photo

What? You didn't plant artichokes?

Deadhead your perennials. Start planning for drip irrigation next year if you don't have it installed. Remember, you can do a section at a time if the entire garden area seems overwhelming.

Start thinking about fall lawn treatment. Aug. 15-Sept. 15 is the best time to seed (or over-seed) your lawn. It wouldn't hurt to fertilize roses now for fall blooming.

If you have space in the garden that is not going to be planted for a fall harvest, plant a cover crop such as buckwheat. Also, nemagone marigold seeds can be planted as a cover crop for next year's tomatoes. They will bloom beautifully until frost. You can let them stay in their bed all winter to decompose.

Contact Ron Kushner at ronkushner@comcast.net or check out his website at www.ronsorganicgarden.com

Trail Ambassador Training Set

FRIENDS OF the Wissahickon is offering a new training session for its popular Trail Ambassador volunteer program this fall. Training will be 6 to 8 p.m. Wednesdays at Cedars House, from Aug. 28 to Oct. 9. There also will be one Saturday morning first-aid training session. The application deadline is Aug. 16.

FOW trail ambassadors assist and educate people in the park with anything from directions to safety to park history, flora and fauna. Ambassadors perform their service in the park and participate in ongoing education. They become experts in the Wissahickon and have the opportunity to delve deeply into their particular areas of interest. In addition to a \$100 registration fee, trainees must obtain a criminal background check and child-abuse clearance. For more info, visit www.fow.org/volunteering/trail-ambassadors or contact FOW Outreach Manager Sarah Marley at marley@fow.org or 215-247-0417 x109.

Parking Alerts

- The Upper Valley Green Parking Lot on Valley Green Road is closed at least through September due to a streambank restoration project.
- Parking and traffic will be restricted along Northwestern Avenue from 9 a.m. to 3 p.m. through August for water main replacement.

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Young Artist Gets Ready for Trip to Ghana

by Amber Marie Felton,
for the Shuttle

TWELVE-YEAR-OLD ETHAN Holland spends much of his free time creating art in his bedroom/studio. While listening to “anything that’s catchy,” he works on abstract pieces and portraits with oils, acrylics and collage. When Holland was 10, his aunt was struck by his talent and asked him, “Why don’t you do art when you grow up?” He has been working hard on just that ever since.

In October, Ethan will spend two

weeks in Ghana pursuing his passion with an organization called Artists2Africa. (See them on Facebook at www.facebook.com/Artists2Africa.) This exchange provides an opportunity for artists to learn from and grow with one another through art education. The Mt. Airy seventh grader, the only youth in his group, will be acting as an apprentice in his discipline of painting.

When his mentor, artist Larry “Poncho” Brown, told him about the opportunity, “I thought he was kidding,” Ethan said. But after being assured that it was

a serious offer, he and his family got to work preparing for his trip abroad.

Along with getting painful shots and studying Africa in class at Greene Street Friends School, Ethan has been fundraising. He hosted an open house in June and also posted an IndieGogo Web campaign (www.indiegogo.com/projects/artists-2-africa-ethan-holland) showcasing his work.

If you are interested making a last-minute donation, or want to learn more about Ethan’s work, contact his mom, Enid Holland, at esh307@aol.com.



Ethan Holland at work

EPA Showcases Mt. Airy Art Garage Rain Barrel Project



Attending the opening celebration of the rain-barrel project exhibit were (top row from left) Ms. Hunter and Ms. Harrington from Henry, Linda Slodki from MAAG, EPA Regional Administrator Shawn M. Garvin, Daniel Brewer from Springside Chestnut Hill and students N'Aaliyah McIntyre, Elizabeth Brown (left and right, middle row) and Alison Weiss

by Linda Slodki,
Mt. Airy Art Garage

“THE ART & Science of Rain Barrels,” an exhibit at the U.S. Environmental Protection Agency’s local Visitors Center, features hand-painted rain barrels from the Mt. Airy Art Garage Rain Barrel Project. The exhibit, running through Sept. 20 at 1650 Arch St., highlights the work of our participating artists from the Henry School, Pennsylvania School for the Deaf and Springside Chestnut Hill Academy. Other rain-barrel artists include seniors from Homelink and the Germantown High School Stained Glass Project. The entire group ranges in age from 10 to 85.

Our artists were honored to be partnering with the EPA, the Philadelphia Water Department and the Energy Coordinating Agency. At the July 9 opening of the exhibit, Springside Chestnut Hill senior Alison Weiss was a featured speaker.

More than 50 participants celebrated the City of Philadelphia’s “Green City, Clean Waters” plan by educating the public about stormwater issues and the ways

individuals can help reduce runoff. This exhibit also will help promote the message that small actions in stormwater management can make a big difference. And MAAG’s Rain Barrel Project celebrates artists, bringing children and elders together to paint rain barrels, build community and use art to create a sustainable future.

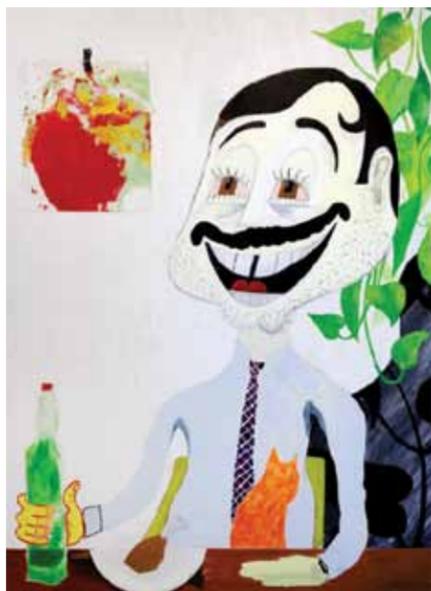
After the exhibit closes, the barrels will return to the participating schools to be attached to downspouts and used for rain gardens and other green projects. Seven more rain barrels are already spread throughout Mt. Airy and Germantown (adding to the existing 15 barrels from a prior MAAG project). In fact, you’ll find one at Lovett Library! Let’s toast to more rain barrels throughout the Northwest to enhance our community, for all to enjoy.

What else is up this summer at MAAG? We invite everyone to stop by and enjoy our “Summer Show Off” exhibition. There also are classes for adults, kids and more. Visit us at www.mtairyartgarage.org or call 215-242-5074

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“Happy Hoolihan” by Ryan Foley. Acrylic and mixed-media collage on canvas, 2013. Courtesy of the artist.

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Ask the Vet**Is Your Old Cat Skinny and Hungry? Could Be Hyperthyroidism**

by Jennifer Muller VMD, for the Shuttle

IF YOUR old cat is losing weight but still has a good appetite, it is a good idea to get some blood work done. A common cause of weight loss in cats is hyperthyroidism (too much thyroid hormone), a condition that can worsen as cats age.

Most cases of hyperthyroidism are caused by a benign growth on the thyroid gland that causes an increase in the production of thyroid hormone. Only about one percent are the result of a cancerous growth. It is seen mostly in cats over the age of seven. Thyroid hormones affect the metabolic rate, and cats producing too much of these hormones can burn calories faster than they consume them.

Cats with hyperthyroidism generally appear to have

a normal or voracious appetite, but some lose their appetite as the condition worsens and as metabolic abnormalities progress. Most cats with hyperthyroidism are active, but they may vomit frequently, have a roughened hair coat, go to the bathroom outside their litter box, or be notably talkative.

Left untreated, hyperthyroidism can cause high blood pressure, liver damage and a thickening of the heart muscle leading to heart failure. A simple blood test called a T4 will diagnose hyperthyroidism in cats. If this test is borderline in your cat, a second test called a Free T4 can be added.

Hyperthyroidism in cats can be treated in a number of ways. The most common is a pill taken twice a day. Because cats with this condition tend to be such good eaters, these pills often can be hidden in food. For own-

ers who cannot get their cats to take a pill, the medication can be compounded into a cream that can be applied to the ear tip and absorbed through the skin.

Other options are available. Referral hospitals can administer radioactive iodine, which can permanently depress the thyroid gland's activity. Surgery to remove part of the thyroid gland also is possible. Most cats with hyperthyroidism do very well on the oral medication, although doses may need to be increased over time.

So if you notice your old cat is losing weight, don't just assume it is old age taking its toll. This condition is very treatable. A successfully managed cat will gain weight and resume a healthy lifestyle.

Dr. Jennifer Muller is a house-call veterinarian serving Northwest Philadelphia. For an appointment email mullervmd@gmail.com or call 215-704-9009.

Pet Food

continued from Page 1

later in March and again in April after additional samples from their Fremont, NE, factory tested positive for salmonella.

These "waves" were tied to specific batches identified by lot codes stamped onto the packaging. Then, in June, Natura decided to recall the entire production line with expiration dates prior to June 10, 2014, regardless of the lot code. (You can read Natura's letter to consumers at www.naturapet.com/recall.) This took all the Natura products off our shelves.

Natura products include five pet food brands: California Natural, Innova, Evo, Healthwise and Karma; Weavers Way sells California Natural, Innova, and Evo.

Recalls due to salmonella are not uncommon and a number of our brands have been recalled for this reason in the past. Salmonella is fairly common where very large amounts of raw meat are being handled.

A problem for large companies that produce dry kibble is that they source their proteins from multiple slaughterhouses and cannot monitor how all the meat is handled.

The high temperatures used in cooking and processing kill salmonella bacteria, but sometimes cross-contamination can occur, and this apparently is what happened with Natura. The company traced the problem to water used for cleaning its equipment.

Canned foods are at a lower risk for contamination because they are vacuum-sealed immediately after being processed. Frozen pet foods (such as the Primal brand we sell) are also at a lower risk because of heightened emphasis on scrupulous slaughtering techniques followed by immediate freezing to avoid bacterial growth.

Here's part of Natura's statement on the contamination:

While we performed numerous finished product quality control checks, our investigation determined that post-extru-

sion cross-contamination was the most probable root cause. Past use of water for cleaning within our plant is likely a contributing factor.

Natura says they have eliminated water-based cleaning, which can harbor bacteria, and moved to "comprehensive dry-cleaning and sanitization techniques."

Salmonella poses more of a risk to people than to their pets. (Dogs and cats have much shorter digestive tracts than humans and the bacteria do not have as much time to grow before being passed through.) So it is important to wash your hands after handling pet food and treats, particularly before preparing your own

food. Salmonella mainly causes stomach upset in people and pets, although severe diarrhea and vomiting are possible. More info about the risks of salmonella can be found at the FDA website (www.fda.gov).

It is important to remember that no pet food is immune to the risk of recalls. I still believe that Natura is a high quality food and it is a good sign that they are being very cautious with the recalls. There have been no reported illnesses in pets or people because the company's testing procedures detect bacteria at a very early stage of manufacturing.

Although Natura was purchased by consumer products giant Procter & Gamble

in 2010, this is not automatically cause for concern. Being owned by P&G may actually mean that testing procedures are more advanced, since this company has been under close scrutiny since major recalls of its Iams and Eukanuba pet foods in 2007.

Still, I do believe we need to proceed somewhat cautiously with Natura brands. Weavers Way does carry many brands from smaller companies, and you can always make special orders. We are always happy to help you decide which food to buy for your animal companions.

Just stop in the store and we can talk pet food!

petstore@weaversway.coop

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Update on CH Meeting Skyspace

by Nikka Landau, for the Shuttle

THE NEW Chestnut Hill Friends Meeting building on East Mermaid Lane is almost ready for the public! The new Quaker meetinghouse, which was designed by Jim Bradberry of James Bradberry Architects, will feature a "Skyspace" by internationally acclaimed light artist James Turrell. The view of the sky seen through the Skyspace, which is meant to be experienced at dawn and dusk, will shift as the seasons change and the sun rises and sets. The Skyspace will be open to the public at designated times on weekdays.

Turrell is known for his contemplative Skyspaces. Breaking the boundaries of art, Turrell transforms entire rooms



Terry Foss photo

The new Friends meetinghouse in Chestnut Hill under construction.

or structures by installing an aperture in the ceiling with a retractable roof, cove ceiling, and recessed lighting, which focuses one's gaze on the beauty of the ever-changing sky overhead. His Skyspaces create a place for silent reflection and meditation. Turrell's work is featured in galleries and museums around the world. This summer, Turrell has had concurrent

retrospective exhibitions at the Guggenheim Museum in New York City, the Museum of Fine Arts in Houston and the Los Angeles County Museum of Art.

Turrell, a Quaker himself, worked with local architect James Bradberry, who has designed several buildings for Quaker institutions in the Philadelphia area. Together they developed a design

that is a modern take on traditional Quaker architecture. The new environmentally friendly building follows simple, traditional Friends' architecture and will be surrounded by simple, natural landscaping that will replace what was an asphalt-covered former quarry.

Construction on the new meetinghouse began in August 2012 and now, just under a year later, is nearly finished.

It is expected that visitors from all walks of life and all faiths will appreciate this urban oasis just off Germantown Avenue, and take the opportunity to also explore a currently little-used section of Fairmount Park that runs alongside the site.

If you'd like to visit the Skyspace when it opens, or would like more information about the meetinghouse, contact Nikka Landau at Skyspace@ChestnutHillQuakers.org

And finally, please visit the project's website, www.chfmnewmeetinghouse.org, join us on Facebook or follow us on Twitter (@CHQuakerMeeting).

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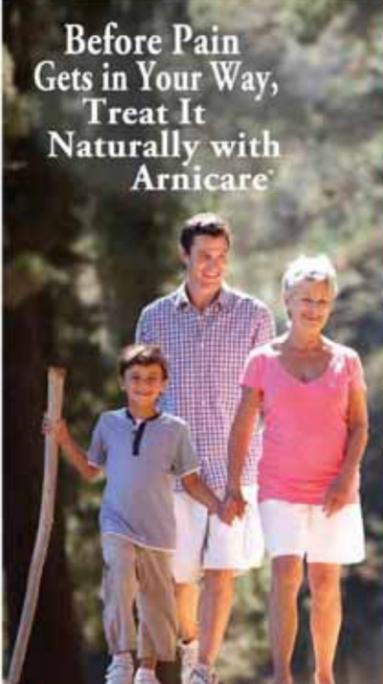


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Weavers Way Education Committee

Do You Know Something? Share It!

by Larry Schofer,
Weavers Way Education Committee

THE WEAVERS Way Education Committee is instituting several new programs to encourage member interaction. We have an ongoing workshop program in which members share their expertise with other members. Since the opening of the Chestnut Hill store and the renovation of the Carpenter Lane store, we have not had the easy access to bulletin boards that we once had, but the workshops are still very much alive. Those who conduct such workshops get Weavers Way work credit.

Recent workshops have included an introduction to long-term care and special issues for women; in the past, we have talked about beekeeping, classical music and various types of cooking. The committee is now looking for people willing to volunteer their expertise to lead a workshop for the benefit of other members. The only requirements are that they be open to all members, that the leader has some knowledge of the topic and that they not be used for commercial purposes.

To offer a workshop, simply send a message to outreach@weaversway.coop. Include your name, member number, telephone number and email address. Give the title of your presentation, a summary of what it will cover and an explanation of your special skills in the area.

Lecture Series

In addition, this fall we are hoping to start a regular monthly speakers series, to be held in

the community room of Chestnut Hill Hospital. This series will not be devoted only to health care, though the first several sessions will probably deal with such issues. We will publicize these meetings as soon as they are scheduled.

Discussion Groups

In answer to Weavers Way members' desire to initiate various kinds of discussion groups with other members, the committee is offering to act as a facilitator to get such groups started.

These groups are meant to bring people together, but they are not intended to be workshops in the sense of providing work credit. The idea is to help people find others with similar interests. Last year, we had a study group on the principles of co-operatives, and a chess club already exists (Monday evenings at 555 Carpenter). Now we would like to expand such opportunities. Initial suggestions include a history and politics book discussion group, a discussion group on race in America, a French conversation group and a group devoted to singing songs from the Balkans and Russia (this Slavic singing group is already ongoing.)

The Education Committee can help get you started. Once an initial meeting is held, it will be up to the members of the group to keep the activity going.

If you are interested in these groups or in starting some other group, please send an e-mail to the chair of the education committee: Larry Schofer at films@weaversway.coop.

Co-op Pricing

continued from Page 7

der \$50,000 in the red. (This is not the nonprofit education part run by WWCommunity Programs.) We believe the farms are important, but at what cost?

We are more than a Pathmark or Trader Joe's, but how much more is a fine line that needs to be reviewed after 40 years in business. I look forward to the next 40 years of discussion and change as we move into the future. Perhaps in 40 years, meat and seafood will be gone and instead we will be selling bugs of various types for consumption and protein.

Perhaps it is time to discuss a co-op model that has as its mission the lowest price at any price. It can't be Weavers Way, but perhaps it could be a new co-op formed by like-minded people.

Remember, a co-op is a mutual benefit for its members. If the members are shopping at Weavers Way as it is today and we are cash positive, it is working. If the members voted to change our food policies, I and the rest of the buyers would have to change.

All of this costs money. The question for us becomes: What is important in our food choices, what can people afford, what do we stand for, how can the Co-op be more than what it is today, how do we take care of all of our community members and who sets the rules?

I think what you raise are very important issues of cost vs. mission. I would like to continue this discussion. It is time to address it again, possibly with a vote of the membership.

gbergman@weaversway.coop



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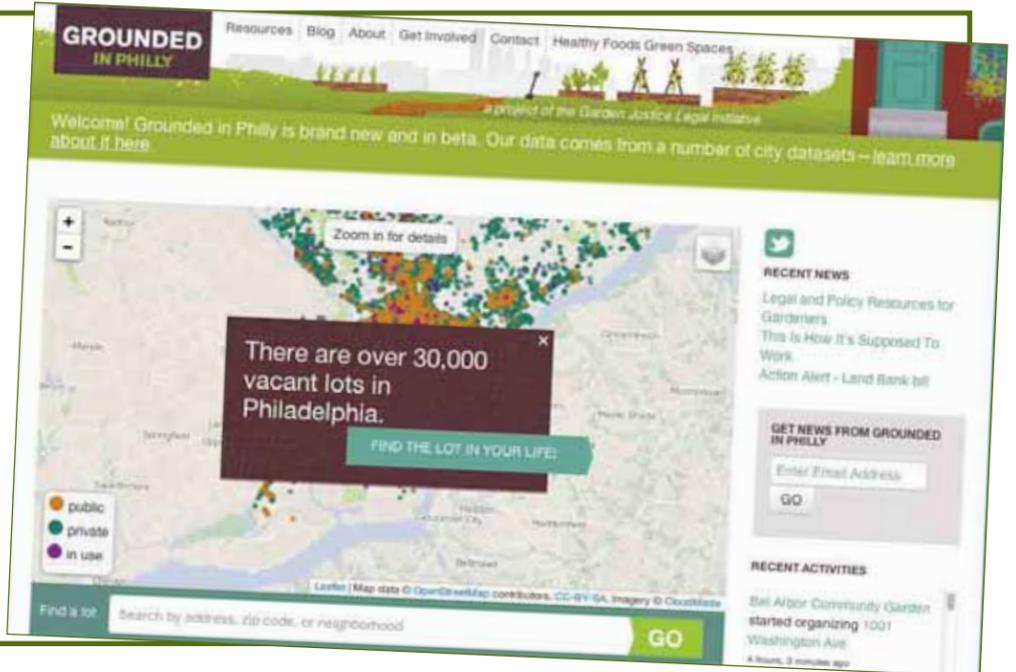
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Whose Lot Is It Anyway? You Could Look It Up

Ever wonder about those vacant lots you drive or walk by, some filled with trash, others so overgrown they resemble a Costa Rican jungle plunked down in our fair city? Wonder no more. Assisted by some very capable folk at New York City's 596Acres.org, Grounded in Philly has mapped Philadelphia's vacant land online!

Philadelphia citizens now have access to information on all the city's vacant lots. Simply go to www.groundedinphilly.org and start looking. Each lot entry has the information about who owns it and what's going on with the lot (if anything). There also are tabs to lead you to learn more, to register your interest and follow what's happening with that particular parcel.

Now you can easily discover who owns each vacant lot in this city — and there are 36,700 of them. Furthermore, you or your neighbors might be able to gain access to the one near you. Check it out!
— Margaret Guthrie



Green Spaces

continued from Page 1

of controlling who gets access to vacant property in their districts. In Philadelphia, one small win does not make for sweeping change.

Take Back Vacant Land asks that you call your City Council rep and ask him or her to vote YES on the Land Bank bill (#130156). Most of us live in District 8, so our councilperson is Cindy Bass (215-686-3424). You also can call the at-large Council members. Public pressure does work but it needs to be heavy and constant. Contact information is on the City Council website,

philadelphiacitycouncil.net.

This city has more than 40,000 vacant lots and the number is growing. The biggest owner of vacant lots is the city. This vacant land costs the city \$20 million every year in safety and upkeep and costs an additional \$70 million in lost tax revenue. Most of the vacant lots are magnets for litter and dumping and other unpleasant and illegal activities that are a drag on any neighborhood. We all know that vacant lots can be better utilized in a variety of ways to improve the life of the lot's neighbors.

There also is work under way, with the assistance of New York City's 596acres.org, to map all of the city's vacant lots; see the article above on the Grounded in Philly

website. Residents can see what land is available in their neighborhood and express an interest in that particular lot as a community garden, vest pocket park or other use beneficial to the neighborhood. Area residents will be able to start the process online that would give them access to the land for improvement in a variety of ways.

So on we go, working to provide the citizens of Philadelphia with access to land in their neighborhoods which will give them economic opportunities, improved food choices and a healthier landscape. If you would like to get involved (and we can always use new energy), contact Owen Taylor at the Public Interest Law Center: otaylor@pilcop.org.



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Weavers Way Environment Committee

Are Vitamins Giving You Cancer?

by Sandra Folzer,
Weavers Way Environment
Committee

I THOUGHT that headline would get your attention. Well, it's true — taking more vitamins and mineral supplements than we need may be counterproductive, according to numerous studies that suggest supplement users have higher rates of cancer and heart disease.

In June, the New York Times published a column, "Don't Take Your Vitamins," in which Paul A. Offit, chief of the Infectious Diseases Division of Children's Hospital of Philadelphia, cited studies that showed vitamins A, C and E and other supplements might actually increase mortality from cancer and heart disease. (To read his column online, visit www.nytimes.com/2013/06/09/opinion/sunday/dont-take-your-vitamins.html.)

Offit explains that supplemental vitamins have been touted for good health because they contain antioxidants. As our bodies convert food to energy, molecules called free radicals are generated. They can damage DNA, cell membranes and artery linings and have been linked to aging, cancer and heart disease. Antioxidants,

which we get from fruits and vegetables, as well as selenium, beta-carotene and vitamin A, C and E supplements, neutralize free radicals. Problem solved!

Not exactly, Offit warns. Free radicals actually do some good things, like killing bacteria and eliminating new cancer cells. If we end up consuming too many antioxidants by taking lots of supplements, it may tip the balance too far in the other direction, weakening our immune systems and making us more susceptible to the diseases antioxidants normally ward off.

There are plenty of reasons to be skeptical of the drumbeat for more supplements and vitamins.

For example, as we age, our need for iron decreases. And extra iron may damage cells. Your cereal, your pasta, and other foods each give you 9-10 percent of the recommended daily allowance for iron. Taking a supplement along with these "enriched" products may give you more iron than you need.

While doctors generally tell women to take 1,200 mg of calcium, I take only 200 mg. I lowered my intake after I learned that doctors try to get calcium out of the blood after a heart attack. A study

ECO TIPS

from the Environment Committee

Here are two useful websites. One will help you cut back on junk mail. The other can help you choose products more in keeping with your values.

catalogchoice.org: This free service lets you opt out of catalogs, coupons, credit-card offers, phone books, circulars and so on, reducing clutter and saving natural resources. You can also protect your privacy by removing your name from marketers' databases.

buycott.com: Ever wondered if the things you buy help support causes you oppose? Scan a product with your smartphone, and the Buycott app looks up the brand and who owns it. It will help you organize your consumer spending to reflect your principles. (Norman Weiss mentioned this app in the July Shuttle.)

based on Women's Health Initiative data found that calcium supplements modestly increase the risk of heart attack.

Besides dairy foods, orange juice, soy, oatmeal, figs, and sardines contain calcium. A large green salad provides as much calcium as a glass of milk. (Be aware that spinach, chard and some other vegetables contain oxalates which inhibit the absorption of calcium.)

I take vitamin D in the winter to help the absorption of calcium in case I'm not getting enough sunshine. When I used to get DEXA scans to evaluate bone loss, I noticed my scores were always better in

the fall, after a summer in the sun.

In addition, vitamins and supplements are a big business. The Centers for Disease Control and Prevention estimates half of Americans take them, and spent more than \$26 billion on them in 2009, according to the trade publication Nutrition Business Journal. What you're taking to stay healthy is also healthy for someone else's bottom line.

We are led to believe that taking extra vitamins and supplements may protect us from illnesses, when, in fact, they may do the reverse, especially in large doses. Getting your vitamins and minerals mostly from food is the better solution.

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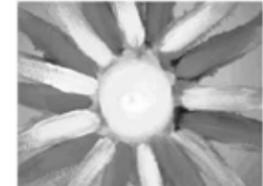
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Donations received will benefit **WEAVERS WAY ENVIRONMENT COMMITTEE** for their Grants Program.

Go to www.weaversway.coop for a list of programs that have benefited from past donations.

*The manufacturer program in PA is broken and the cost to recyclers has skyrocketed. DONATIONS in other amounts for other items is suggested, not required.





August CALENDAR OF EVENTS

The Weavers Way Board of Directors will not meet during the month of August. The next board meeting will take place Tuesday, Sept. 10, 2013, at 555 Carpenter Lane. Email boardadmin@weaversway.coop to RSVP if you'd like to attend.

ALL MONTH LONG

Henry Got Crops Farm Marketplace 2-6 p.m.

Every Tuesday and Friday. 7100 Henry Ave. in Roxborough, at W.B. Saul High School.

Weavers Way Chess Club 7-9 p.m.

OK, no more fun and games! Just kidding — all are welcome, whether you're a "rook"-ie or a Kasparov. Bring your moves every Monday, 555 Carpenter Lane, next to the Mt. Airy store.

Saturday, Aug. 3

Henry Got Crops CSA Volunteer Day 11 a.m.-5 p.m.

Bring water, lunch and sun protection and come lend a hand at the farm. Families welcome. Earn Co-op or CSA hours to boot! 7100 Henry Ave. in Roxborough, at W.B. Saul High School.

Thursday, Aug. 8

Grillin' & Chillin' 5-7 p.m.

Weavers Way invites you to skip out on kitchen duty and let us do the work for you, right outside the Mt. Airy store! Music, good food, fine company, a food truck or two and hungry, hungry YOU! It's summertime summertime sum-sum-sum. . .!

Saturday, Aug. 10

Behind the Fence Festival

10 a.m.-4 p.m.

Join us in supporting "Homegrown: Food Arts, Culture & Community," the second in a four-part series of programs at historic Wyck House sponsored by Weavers Way. This important event brings together local artists and activists working to address poverty and hunger in Northwest Philadelphia, and promises a full day of workshops, exhibits, nourishing food and food education. Learn more about the economics of food, food culture and fair food access. Sign up to help out! Wyck is at Germantown Avenue and Walnut Lane. For more info: outreach@weaversway.coop.

Wednesday, Aug. 14

Jam Workshop at Henry Got Crops 6:30 p.m.

"Food in Jars" blogger, author and canning queen Marisa McClellan will teach you how to make perfect jam as well as share tips for perfect preserving. Sign up by emailing henrygotcrops@weaversway.coop. Free.

Thursday, Aug. 15

Sephardic Foods for Rosh Hashanah 3-6 p.m.

Ronit Treatman, food editor of the Philadelphia Jewish Voice, will be at Weavers Way Chestnut Hill sampling some delectable High Holidays specialties the Co-op kitchen will be offering. Repeats the following Thursday, Aug. 22. *L'Shanah Tovah Tikatevu!*

Welcome Meeting for New Members 7-9 p.m.

Learn all about Weavers Way and the power of Co-op-eration. There's a lot more than meets the eye! Bring your curiosity and let us explain all that membership has to offer. Earn two hours credit towards working member status just for attending! Weavers Way Chestnut Hill Back Yard. To RSVP, email outreach@weaversway.coop.

Thursday, Aug. 22

Sephardic Foods for Rosh Hashanah 3-6 p.m.

Ronit Treatman, food editor of the Philadelphia Jewish Voice, returns to Weavers Way Chestnut Hill to sample some of the delectable High Holidays recipes the Co-op kitchen will be offering. *L'Shanah Tovah Tikatevu!*

Sunday, Aug. 25

Be Kind to Humankind Week (BK2HK)

An annual global celebration of kindness takes place Aug. 25-31 each and every year. Take the week to reflect on and perform acts of kindness, generosity and all of those things we Co-ops hold near and dear.

Looking Ahead

Save the Date

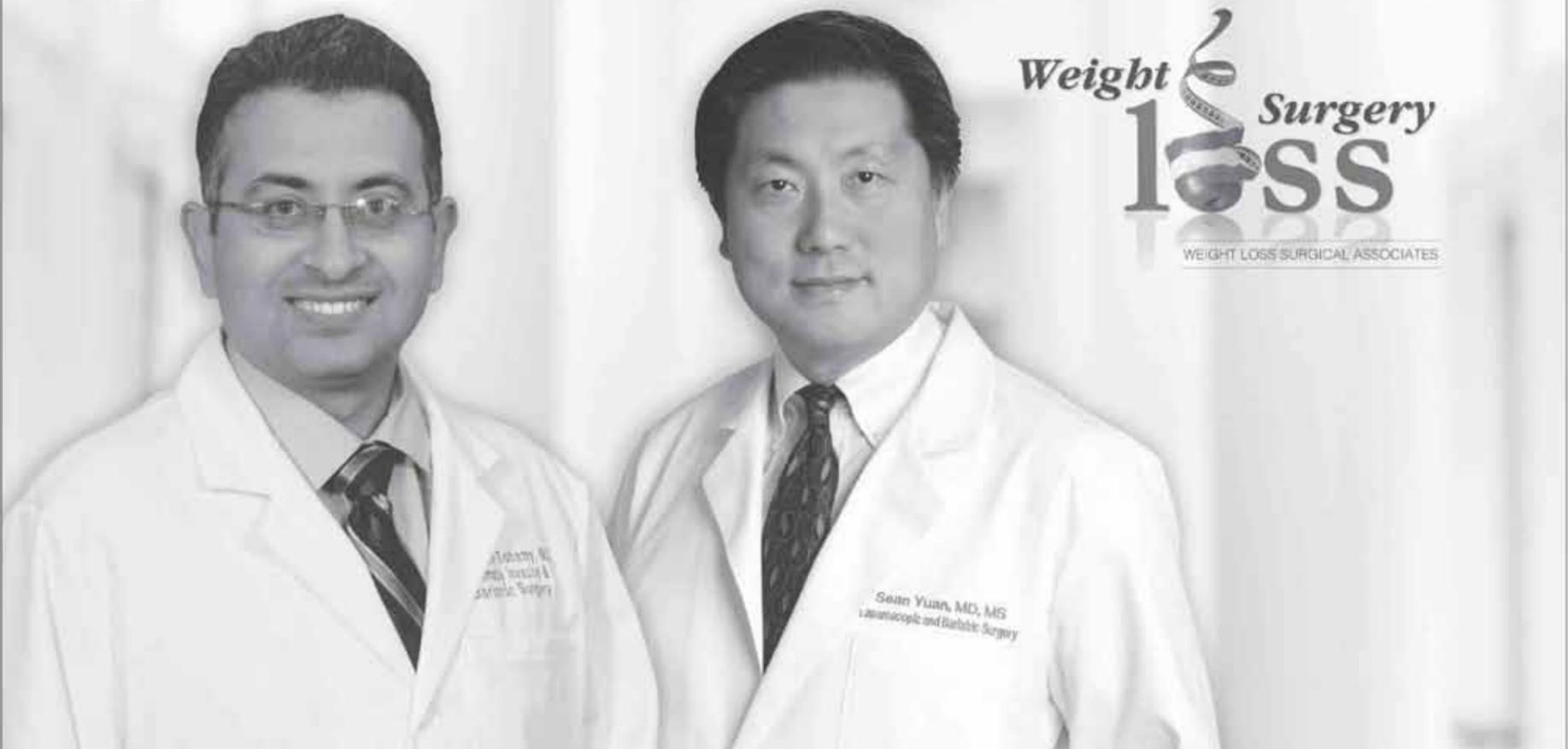
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General Membership Meeting
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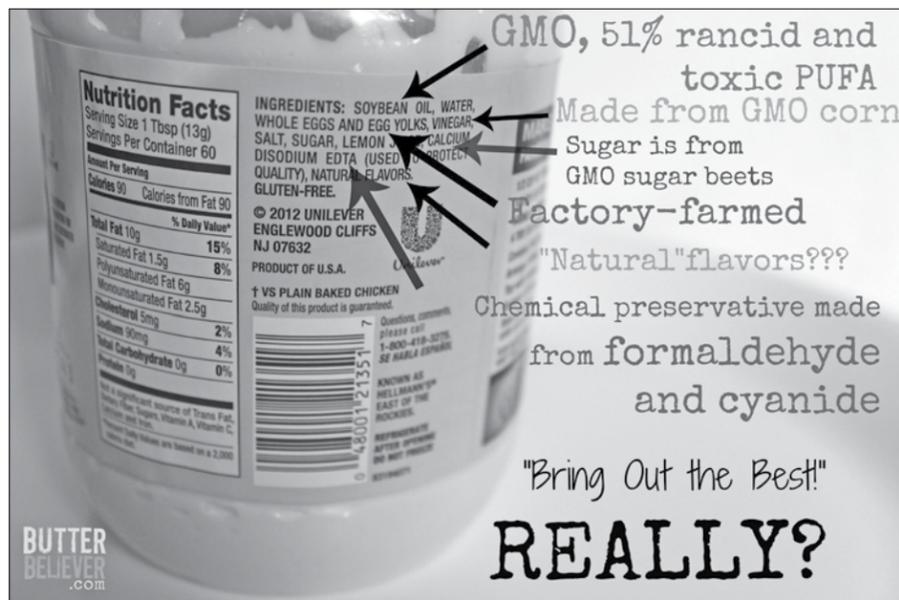
Members of the Medical Staff at Chestnut Hill Hospital and Pottstown Memorial Medical Center

Suggestions

by Norman Weiss,
Weavers Way Purchasing Manager

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

Recently staffer Devon Durst (Mt. Airy bulk staff) emailed me this picture:



Because Devon is concerned that Hellman's' mayonnaise is not a healthy food, she asked if we had to sell it. Our stores sell about 48 jars a week (divided evenly between stores). We also buy food-service size for use in our Prepared Food departments; Chestnut Hill goes

through about 20 gallons a week and Mt. Airy about 8 gallons. The main ingredient is soybean oil, which is genetically modified. The text on the picture says "toxic" because the author of BetterButter.com believes that eating polyunsaturated fatty acids can be harmful. As for the "factory-farmed" eggs, it's interesting to note that in western Europe, Hellman's pledged to use eggs from non-battery-caged hens and achieved that in 2009. Apparently they'd like to do this in

North America too, but so far they don't have a dependable source for the millions of cage-free eggs they would require. Not to mention that no one has asked about other issues with the hens, like feed, also GMO. The sugar also is likely GMO, as is most white sugar in the United States

these days, unless the label states that it's pure cane sugar, or is organic.

EDTA is a story unto itself, with diverse uses besides as a food preservative. It is used widely in textile and other factories, in dentistry and in medicine. (However, it doesn't seem to be directly implicated as harmful.)

You can see how analyzing each ingredient in this very popular item illustrates how complex our food system is. There are many issues — growing practices like GMO, animal welfare, additives, nutritional value, toxicity . . . not to mention issues like corporate ownership behavior. I did a quick search of Unilever, which owns the Hellman's brand, and found an interesting document from Ox-fam that evaluated Unilever labor practices in Vietnam. Basically Unilever has good written goals and values, and does some things well (no forced overtime, right of assembly), but comes up short on some basics like paying a living wage.

So how to answer Devon's question? Do we not stock Hellman's? Do we stock it but tell people there are better choices? How do we tell shoppers this — signs at the display? (Which presents operational problems.) What if people don't like the taste of the alternatives? Should we expect consumers to take some individual responsibility and be aware of the ingredients in food and the health implications of those ingredients? Remember, Hellman's mayo is one item with eight ingredients. We stock thousands of items, most comprising multiple ingredients, so doing a thorough analysis of each ingredient and each company is beyond our resources.



FYI, here is how I answered Devon's email (she also asked me if we had to stock white sugar): Stop persecuting GMO items. We are an inclusive, tolerant and diverse organization that welcomes all God's children. We have to have some white sugar or shoppers will rebel. I don't know of a non-GMO sugar-beet-cheap white sugar we can get. Please remember that exploitation of the Earth and its people is what helped make this country great and allows us in the middle class to enjoy a lifestyle we've all come to cherish.

Suggestions and responses:

s: "Can you please explain why the bananas are so green so often?"

r: (Jean MA) Bananas are picked when they are very, very green and then are carefully shipped from Ecuador or Peru. Our Fair Trade bananas arrive in Boston, then go to Four Seasons Pro-

(continued on Page 20)

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Proceeds benefit Community Outreach Programs

Comp Shop Snapshot

Here's a comparison price check between Weavers Way and the big guy. Some of our best-selling products are listed here. So shop at the Co-op and Save!

	Weavers Way Co-op	Whole Foods
MEAT AND SEAFOOD		
Boneless Chicken Breasts	\$6.79	\$8.99
Martin's Chicken Sausage	\$5.91	\$6.99
Organic Salmon	\$13.61	\$14.99
Sea Scallops	\$19.89	\$20.99
Squid	\$7.65	\$8.99
Tilapia	\$7.89	\$9.99
Turkey Bacon	\$3.65	\$5.99
Garret County Pork Bacon	\$4.15	\$5.99
PRODUCE		
Avocados	\$1.79 @ 2 for \$4.00	
Nectarines	\$1.99	\$2.99
Organic Mushrooms	\$3.99	\$4.99
Organic Honeydew	\$3.99	\$4.99
Peaches	\$1.99	\$2.49
Vidalia Onions	\$1.49	\$1.79
Watermelon	\$6.99@	\$8.99@

*Prices as of July 2013. Prices subject to change, but we'll do our best to stick to them!

Suggestions

continued from Page 19

duce in Ephrata, PA, still bright green after up to 10 days of travel. They have to be ripened in special banana-ripening rooms at our Four Seasons. Ripening bananas is not an exact science, and we usually err on the side of under-ripe, as these still greenish bananas will eventually ripen, whereas an overripe banana cannot be un-ripened. (Norman) You can accelerate ripening by putting bananas in a bag that will trap the ethylene gas that helps them ripen. Adding a tomato or apple in the bag will create more ethylene gas (although I think you then are sacrificing some of the crispness of the apple). I've also read that you can ripen bananas quickly by putting them in the oven, but one website specified using the lowest setting (170 F.) and another specified 300 F. Both sites stated time of about an hour, but you have to check on them to make sure they don't over-ripen. Who knew? What I usually do is buy a couple yellower bananas and a couple green ones so I have one a day available that is the right color.

- s: "Please consider phasing out IPM method of growing — how do the shoppers know when more pesticides are being sprayed on our food? Can you specify when more pesticides are being used with a warning sign? Or, support only "No Chemical Sprays" and farms that do so. Don't have a double standard by supporting no-spray and farms like Sunny Harvest that do."
- r: (Stephanie, Local Buyer) I understand that IPM is difficult to understand, as it means something different to each grower. There are no prescribed practices, but instead guidelines for managing the crop and environment. Our



way of balancing this is by knowing the growers we buy from. We also cannot track which pesticides are being sprayed and in what amount for every produce item in our stores week to week. Supporting only "No Chemical Sprays" does not ensure a healthier environment; this designation would include large-scale industrial organic farms in California, New Jersey and other states. These farms may not use synthetic pesticides, but they may not use proper management practices either. Also, there are pesticides allowed under USDA organic standards; they have to be from natural sources, but they can be as toxic (or more toxic, or less toxic) than the synthetic substances they replace. Organic growers actually may use larger quantities of these pesticides. Sunny Harvest, a network of growers in Lancaster, is our main supplier of low-spray produce during the local growing season and allows us to have a product that meets many customers' price point. Paradise Organics, a certified organic farm, cannot meet the price point. A few of us from the store have been out to Sunny Harvest's farms and have seen the way they produce their food. We stand behind them as growers who work to maintain their land and reduce the amount of pesti-

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cides they use. We also provide produce from farms like Paradise Organics for those who prefer certified organic local produce.

- s:** Organically grown mung beans from China? I believe that the United States also grows mung beans organically. China may not have the same organic standards as the U.S. and where in China are the mung beans being grown?
- r:** (Stephanie) We carry Bob's Red Mill Certified Organic Mung Beans in Chestnut Hill. Please talk with a grocery staffer about preordering these or visit our Chestnut Hill store for them.
- s:** "I request that you start carrying 100 percent organically fed, free-range chicken eggs. Are the eggs that you currently have being fed with non-GMO corn, and are the grass-fed hens from fields being sprayed with pesticides? This is why Weavers Way should take a stand and be 100 percent organically grown and eliminate cancer-causing pesticide residue on our foods and other health problems.
- r:** (Stephanie) The eggs we carry from Westfield/Nature's Yoke are fed with locally sourced, non-GMO corn, though it is not certified organic. These hens are not free-range, but cage-free, and they come from a number of small family farms, not large-scale hen houses. The eggs we get from Hoover are pastured, hormone- and antibiotic-free, but not certified organic. They are another small family farm and are working to grow their own GMO-free corn so they can feed their own chickens rather than purchasing feed. (Norman) Organic certification, while valuable, also can be expensive, time-consuming and bureaucratic, and difficult for smaller farmers and producers, especially if their customer base is not willing to pay higher prices. Howev-



We know the farmers we purchase from and trust their values and methods. We can show up on the farm anytime and see what they are doing, ask questions and see the results. We've judged that knowing our producers is more valuable than organic certification in many cases.



er, lack of certification does not mean lack of healthy growing practices. Produce from our own farms is grown in a pretty healthy manner but is not certified organic. We know the farmers we purchase from and trust their values and methods. We can show up on the farm anytime and see what they are doing, ask questions and see the results. We've judged that knowing our producers is more valuable than organic certification in many cases, and this is the direction we're heading.

- s:** "What's with the old-fashioned scale in the produce department? The digital scale allowed one to punch in the price/lb and see what something will cost, enabling easy judgment as to whether to get more or less of something, as well as to check the cashier price, which I find is often erroneous."
- r:** (Rick MA) We are getting some great positive responses about the scale, but if shoppers start asking for the digital scale back, we can bring it back.
- s:** "To all Mt. Airy shoppers (from another Mt. Airy shopper) — Please be aware that the shelf space on the checkout line is really limited and keep baskets close together! Without being asked by the people who are standing

further down the line and holding their baskets, waiting for space to open up. This would be a great habit for us all to develop, given the new layout of the checkout line.

- r:** (Rick) Thanks, we will try to help this along.
- s:** "I wish there was the option to buy half loaves of bread (the sliced local kind). There must be other small or single households for whom a whole loaf goes bad before it's done."
- r:** (Molly MA) Thanks, this is a good idea and I have started splitting larger loaves.
- s:** "Please follow through with getting gluten-free local Taffet's Baked goods bread and muffins. They will deliver and are simply delicious. Udi's does not compare. I make a trip to South Philly to get Taffet's bread, biscotti and more and it's well worth it. I was told other Weavers Way members have made this request months ago. Thanks."
- r:** (Molly MA) You will be glad to know I have put in an order for Taffet's. I appreciate your patience. I did not forget about Taffet's but it just took a while for me to get our first order in. If the products sell, we can have them regularly.

- s:** "This is not directly Co-op related, but does involve communication between people so is kind of "cooperative." Why do some people, when calling a close friend or family member and getting their voice mail, say "Hello, it's me" If you're calling someone who knows you and your voice well enough so that it's not necessary to use your name, there is no point saying "it's me," they already know it's you. But then what do I say, just "Hello"?"
- r:** (Norman) I love questions like this since the answers are so obvious it's easy to answer. In general, I think people should pattern their behavior on nature, and usually in nature, things that are not needed simply cease to exist. Sometimes it takes a while, evolution being a relatively slow and steady process. Since they already know it's you, there is no need to say "it's me," so just say "it's." Actually, that would sound silly, so maybe just start talking. The other thing is with cell phones and caller ID usually people already know who is calling before anyone says anything, so again it should be fine to just start talking. This brings up another one of my pet peeves — when Weavers Way staffers answer the phone and say "Weavers Way." This seems unnecessary as calls are answered by an auto attendant (a tiny person that's been cloned, one of which lives in each handset, in their own tiny cottage, which is a nice life except being "on call" 24/7) that says "Hi, you have reached Weavers Way Co-op," so the caller already knows they've reached Weavers Way and a staffer saying it is a waste of energy. If my theory is correct, at some point this behavior will simply cease to exist. It will be interesting to watch this evolution at work at Weavers Way.

normanb@weaversway.coop

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Farmers Market Puts Manayunk Co-op on Map

by David Schiman, Manayunk-Roxborough Food Co-op Chair

HEY, WEAVERS Way members! Your friends and neighbors on the other side of the Wissahickon are prepped to get in on the co-op action. As many of you know, the Manayunk-Roxborough Food Co-op Initiative has emerged over the past year as a way for other Northwest Philadelphia residents to create and participate in a cooperatively owned community grocery store.

With great support from Weavers Way and the larger co-op community in Philadelphia, we at the Manayunk-Roxborough Co-op have increased our membership, incorporated, articulated our core mission and values, developed research and opened lines of communication with the community and other co-ops.

We've also established a fresh-and-local footprint in our neighborhood with the formation of a farmers market in Manayunk's Pretzel Park. In launching the weekly market, we've begun to fulfill our promise of bringing responsibly sourced food to the neighborhood. Every Saturday from 10 a.m. to 2 p.m., the community can come to the park, Silverwood and Cotton and streets, to purchase fresh fruit, vegetables, meat, herbs and other good-



Sarah Shaak photo

Saturday at Pretzel Park in Manayunk.

ies from local vendors. We update our offerings weekly at the Manayunk Farmers Market Facebook page ([facebook.com/manayunkfoodcoop](https://www.facebook.com/manayunkfoodcoop)).

We invite our Weavers Way neighbors to visit our market and experience our community dream becoming a reality. You can also follow our progress or find out how you can get involved by signing up for our newsletter (eepurl.com/pUGu1) or liking us on Facebook.

There Once Were Two Women from Nantucket . . .

by Rebecca Torpie, Weavers Way Marketing Director

. . . Who decided to try to establish a food co-op.

Landscape designer Cinda Gaynor and office manager Susan Ballard Sheehan, both self-described “washed ashore Nantucketers,” believe the island of 10,000 off Cape Cod, is the perfect place for a such an initiative.

Noted Gaynor, a founding member of the 40-year-old North Coast Food Co-op in Eureka, CA: “North Coast created a strength to the local economy after big industry left. It was a little farmers market that started things up again.”

Currently there is a Stop & Shop, plus a handful of small farms and natural provisions stores on Nantucket. Gaynor and Sheehan think positive energy in the tight-knit island community will be the key to sustaining a co-op.

“We could just build the thing, but we want to know we have year-round support,”

Gaynor said, adding that Weavers Way has been a great role model of a co-op that has evolved successfully and done exciting things with the blessing of the community.

The fledgling initiative is an exciting prospect for many island residents. Gaynor hopes to have a bricks-and-mortar store in three to five years. “Big wishes” in the future include creating a trucking distributorship throughout the Cape, a seedling kitchen and a restaurant. A community meeting is scheduled for Sept. 29.

rtorpie@weaversway.coop



Cinda Gaynor (left) and Susan Ballard Sheehan are founding members of the Nantucket Community Food Co-op Initiative.

International Cooperative Principles

International Cooperative Principles were last revised in 1995 by the International Cooperative Alliance as part of the Statement on Cooperative Identity. The Statement also includes a definition:

“A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social and cultural needs and aspirations through a jointly owned and democratically controlled enterprise.”

And a statement of values:

“Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the tradition of their founders, cooperative member owners believe in the ethical values of honesty, openness, social responsibility and caring for others.”

The International Cooperative Principles are guidelines by which cooperatives put their values into practice.

1. Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

2. Democratic Member Owner Control

Cooperatives are democratic organizations controlled by their member owners, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives member owners have equal voting rights (one member, one vote), and cooperatives at other levels are also organized in a democratic manner.

3. Member Owner Economic Participation

Member owners contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. Member owners usually receive limited compensation, if any, on capital subscribed as a condition of membership. Member owners allocate surpluses for any or all of the following purposes: developing their cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting member owners in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

4. Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their member owners. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their member owners and maintain their cooperative autonomy.

5. Education, Training and Information

Cooperatives provide education and training for their member owners, elected representatives, managers and employees so they can contribute effectively to the development of their cooperatives. They inform the general public — particularly young people and opinion leaders — about the nature and benefits of cooperation.

6. Cooperation Among Cooperatives

Cooperatives serve their member owners most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

7. Concern for Community

Cooperatives work for the sustainable development of their communities through policies approved by their member owners.

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Staff Celebrity Spotlight**A Slice of Life for Mt. Airy Deli Manager**

by Karen Plourde, Weavers Way Grocery Staff

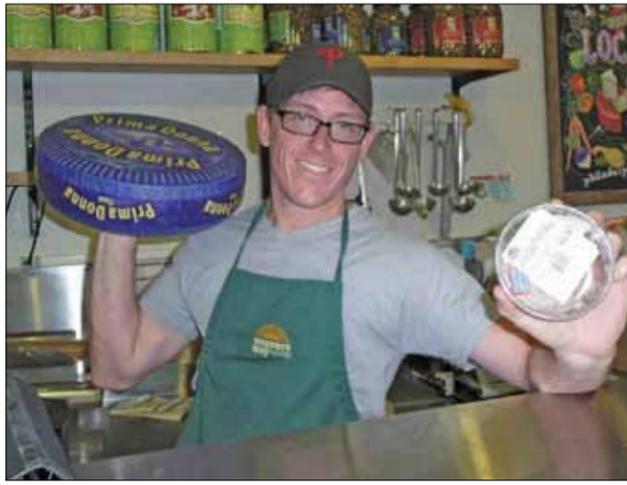
IN THE deli at Weavers Way Mt. Airy these days, Ryan Sabo is the pinch hitter, the substitute at the slicer, the guy who decides how many Boar's Head turkey breasts and buckets of pitted kalamata olives to order each week. This was the job he signed on to in mid-April, when he was hired as the interim deli manager to fill in for Jeanyne Hicks, who is on maternity leave. There's a lot to learn in a short time, but he says he's up to the challenge.

"It's more than what I expected. When I started here, I wasn't sure exactly what to expect," he said. "But the sense of community here . . . our customers really work with you, plus we have working cooperators [who] actually get to work alongside you and understand what your job is about."

Sabo, 38, has had various kinds of experience in the food and restaurant business since age 18. He holds a masters degree in mass media and communications and worked as an adjunct faculty member at various colleges in the area, but found he couldn't string enough hours together at those jobs to make a decent living. In the past, he'd targeted Weavers Way because of its mission statement, and so when he saw the ad on Craigslist for the deli position, he decided to give the Co-op another try.

"I thought that given my goals in life and what I want to accomplish that I would find some sort of position with the company," he said. "That was my hope. Y'know, there was a little bit of uneasiness, but I decided to just throw caution to the wind and do it."

Most prominent among those goals for the the Allentown native is to run a farm-to-table restaurant or co-op brewery



Mary Sweeten photo

From left: Big cheese, Ryan and Flint Hill chocolate chipotle chevre

all in one. Working at Weavers Way "is kind of the stepping stone/training for me towards that," he said. "I've done the restaurant thing, now I'm doing the co-op thing, and someday I'll blend it all together."

Sabo, who still tends bar in Allentown a couple nights a week, also wants to put his experience in video production and editing to use for Weavers Way. He and General Manager Glenn Bergman have discussed an orientation video for new employees, as well as a documentary about the Co-op. He's also planning to write for the Shuttle. Look for him next month.

Once Hicks returns to the deli, Sabo will move on to another position at Weavers Way. In the meantime, he believes the skills he's learning will serve him well no matter where he lands.

"This is all part of it," said Sabo, whose favorite product at the co-op is GT's Kombucha, in particular the Mystic Mango and Cosmic Cran flavors. "Dealing with the purveyors, dealing with the vendors, is good training for me. This knowledge is not gonna go wasted."

kplourde@weaversway.coop

New Volunteer Opportunity

by Jonathan Leeds, Weavers Way Membership Manager

IF YOU'RE a working Weavers Way member — or considering becoming one — you might be interested in joining PhillyPatientRide, a Philadelphia-based program that will enable you to earn Weavers Way work credit for volunteering to drive cancer patients to and from their treatment appointments.

PhillyPatientRide is a joint venture between the American Cancer Society and Enterprise CarShare. Since its inception in early 2011, it has provided more than 5,000 trips. Volunteers use Enterprise CarShare vehicles instead of their own cars to transport patients. Despite the program's success (or perhaps because of it), there is still a great and growing need for drivers.

Here's how it works: You must be over 21 and have a valid driver's license and safe driving record. You must attend a short training session in Center City, and undergo a criminal background check. Once you are approved, the American Cancer Society will help you to find a driving slot that fits your schedule. Treatment appointments occur throughout the week, typically 7 a.m.-7 p.m., and usually involve a commitment of a few hours.

For more info, contact Jamie McCann at the American Cancer Society: Jamie.mccann@cancer.org or 215-985-5359, or Jonathan Leeds at member@weaversway.coop or at 215-843-2350 ext. 119.

**What's What & Who's Who at Weavers Way****The Shuttle**

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Across the Way

Pet Store & Wellness
610 Carpenter Lane, 215-843-2350 ext 276
Monday-Sunday 8 a.m.-8 p.m.

www.weaversway.coop
contact@weaversway.coop

Follow us!

**Weavers Way Community Programs**

www.weaversway.coop/wwcp

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Manager, Wellness
Martha Fuller, 215-843-2350 ext 114
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Advertise in the Shuttle advertising@weaversway.coop

Weavers Way Welcome Meetings

We encourage all new or prospective members to attend an orientation meeting, where you can learn all about our co-operative and our Working Member program and meet like-minded people who share our values. If you have not already joined, you can do so at the meeting!

Orientation dates are below and also on our website at www.weaversway.coop. Meetings include a store tour. We look forward to seeing you there!

The Back Yard, Weavers Way Chestnut Hill
8424 Germantown Avenue
6-9 p.m.
August 15

Attend a Weavers Way Welcome Meeting and Get Two Hours Work Credit!

Meetings are held monthly in the summer in the Back Yard at Weavers Way Chestnut Hill. It's a great way to find out more about what Weavers Way is all about, and what membership offers. And you get two hours work credit just for attending! (Limit two hours per household.) Current members welcome, and you'll get two hours' work credit for helping host by sharing your experience as a Co-op member.

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

Sephardic Flavors

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ing the Rosh Hashanah blessings over a candied quince. The process of poaching the quince in simple syrup transforms the golden color of its skin into saffron-red.

Round Flatbreads

Saying the blessing over a challah is a tradition acquired in Germany, which spread to all of the Eastern European Jewish communities. In the Sephardic tradition, the blessing over the bread is chanted over flatbreads. The round shape of the flatbread connotes the same symbols as the round shape of the Rosh Hashanah challah. It symbolizes the never-ending circle of life and the yearly cycle. It helps express wishes for a good year, which will bring blessings, peace, prosperity and sweetness.

Moroccan Couscous with Seven Vegetables

It is customary to wish for a year with as many blessings as there are grains of couscous in a bowl. Seven appears many times in the Torah. It epitomizes blessings, good luck and Creation. This is a beautiful fall dish, filled with late harvest vegetables and Mediterranean spices.

Lubiya: Black-Eyed Pea and Fenugreek Stew

A delicious stew, *Lubiya* is the result of a pun from the Aramaic, the language spoken in ancient Israel during the Second Temple period (539 BCE-70 CE). The names of its ingredients in Aramaic rhyme with the Hebrew for "will increase." This stew is eaten with the hope that one's mer-

Try It for Yourself

Get a taste of Sephardic Rosh Hashanah at Weavers Way Chestnut Hill, 3-6 p.m. Thursday, Aug. 15 and Thursday, Aug. 22. Ronit Treatman, with assistance from Executive Chef Bonnie Shuman, will be sampling several dishes. Info: outreach@weaversway.coop.

Meanwhile, here are two recipes. (For more, see Ronit's website, www.handsonjewishholidays.com.)

Chizu Salada (Carrot Salad)

This recipe is from food writer and historian Copeland Marks.

- 1 pound carrots, peeled and sliced
- 1 garlic clove, minced
- 1 lemon, juiced
- 1 tablespoon parsley
- 3 cups water
- 2 tbs. olive oil
- 1 tsp. ground cumin
- 1 tsp. ground paprika
- ¼ tsp. ground black pepper
- 1 tsp. salt
- ¼ tsp. ground chili pepper

Place the water and salt in a pot. Bring to a boil and add the carrots. Cook over medium heat until al dente. Drain and cool. Place the carrots in a large bowl and add the other ingredients. Mix well and refrigerate overnight. Serve cold.

Candied Quince

This recipe is adapted from "Simply Quince" by Barbara Ghazarian.

- 1 fresh quince
- 1 1/2 cups sugar
- 1 1/2 cups water

Core and peel the quince. Cut it into thin slices. Pour the water and sugar into a heavy pot. Cook over medium heat while stirring until the sugar completely dissolves into the water. Add the quince and simmer for 45 minutes. The quince slices will be soft and a rich golden red color.



Ronit Treatman



its will increase in the coming year. Black-eyed peas and fenugreek are slowly simmered with beef, cinnamon and allspice until very tender.

Chraime: Spicy Fish Stew

Fish is served on Rosh Hashanah to symbolize fertility for the New Year. One

dish is *Chraime*, a spicy fish stew prepared with fillets of whitefish, potatoes, tomatoes, peppers and spices. It is reminiscent of the Portuguese *Caldeirada*.

Keftes De Prasa: Leek Fritters

Leeks are symbolically eaten for protection from enemies. As with Spanish

tortillitas, the leeks are mixed with spices, eggs and flour, and fried in olive oil until crisp and golden.

Roasted Beet Salad

Beets are another edible amulet for symbolic protection from enemies. Whole multicolored beets are brushed with olive oil and roasted. The cooked beets are cut up, mixed with olive oil and spices and served cold.

Tirshi: Pumpkin Salad

Sephardic Jews serve pumpkin in the hope that their merits are read and remembered, and that a good year will be inscribed for them. In the Sephardic tradition, a fresh pumpkin is roasted, and then pureed with exotic spices and lemon. It is served cold, which accentuates its vivid color and bright flavors.

Tispishti: Walnut Cake with Honey Syrup

The Rosh Hashanah feast is concluded with a delicious nut cake soaked in honey syrup. This cake contains no wheat, just ground nuts, eggs, spices, and a dash of whiskey.

We invite you to renew yourself this Rosh Hashanah with the fresh new flavors of the Sephardic tradition. Surprise and delight your family and friends with a feast unlike any other they ever have had.

Ronit Treatman is the food editor of The Philadelphia Jewish Voice (online at blog.pjvoice.com).

She is the creator of www.handsonjewishholidays.com, a celebration of Jewish traditions.

Contact her at ronit.treatman18@gmail.com.



High Holidays Menu

Prepared Foods & Deli in Chestnut Hill & Mt. Airy
ORDERS MUST BE PICKED UP FROM THE STORE LOCATION WHERE THE ORDER IS PLACED.

Holiday Specialties

- Chicken Liver Pate/Bell and Evans Chicken Livers \$10.99/lb
- Homemade Fresh Horseradish with Beets \$9.99/lb
- Homemade Matzo Ball Soup with Chicken Stock (2 matzo balls per qt) \$9.99/qt
- Homemade Matzo Ball Soup with Vegetable Stock (2 matzo balls per qt) \$9.99/qt
- Extra Matzo Balls \$1.00/ea
- Walnut Lentil Pate (vegan) \$7.50/lb

Smoked Fish Platters

Ducktrap Nova - A generous portion of the best sliced Smoked Salmon (over 2 lbs), cream cheese, cucumber, tomatoes and red onions, garnished with lemon, dill, and capers (feeds 20 to 24 people) Lg only \$99.00

Smoked Fish - Sliced Ducktrap Nova, Whitefish and Smoked Salmon Salads, Smoked Trout and Mackerel, tomatoes, cucumbers, red onion. Comes with assorted bagels, cream cheese and flavored cream cheese \$9.95 per person
(Holiday Discount Price)

Smoked Fish

- Whole Whitefish 2-2 ½ lbs. \$11.99/lb
- Whitefish Pieces \$13.99/lb
- Kipperd Salmon \$19.99/lb
- Sable (pre-order only in CH) \$35.99/lb
- Whitefish Salad \$8.75/lb
- Salmon Salad \$9.99/lb
- Nova Bits \$12.44/lb
- Blue Hill Herring \$4.46/jar
- Acme Sliced Nova \$6.39/4 oz. pkg. \$10.29/8 oz. pkg. \$14.99/12 oz. pkg.

The following is available in Mt. Airy only:

- Blue Hill Bay Baked Salmon \$6.30/4 oz. pkg.
- Blue Hill Bay Baked Salmon w/pepper . . \$6.30/4 oz. pkg.
- Acme Salmon Pastrami \$6.78/4 oz. pkg.

*Assorted Cream Cheese spreads and other holiday items are also available in the prepared foods case.

ORDERS MUST BE PICKED UP FROM THE STORE LOCATION WHERE THE ORDER IS PLACED.

Check out the bakery area for a selection of Plain, Whole Wheat, and Raisin Round Challah, Apple Cake, Honey Cake, and Rugelach!



Available in Chestnut Hill Only:

Main Courses

- Brisket Pot Roast \$19.99/lb
- Poached Salmon \$19.99/lb
- Herb Roasted Free Range Whole Chicken \$11.99/lb
- Cranberry Stuffed Turkey Breast \$18.99/lb

Companion Dishes

- Moroccan Couscous with Seven Vegetables \$6.99/lb
- Chizu Salada (Moroccan Carrot Salad) \$6.99/lb
- Mansanada (Fragrant Apple Compote) \$8.99/lb
- Tzimmes of Sweet Potatoes, Carrots and Butternut Squash \$12.99/lb
- Noodle Kugel—Rich and buttery, studded with Raisins \$10.99/lb
- Spinach Kugel—A delicious savory Kugel \$10.99/lb
- Mashed Sweet Potatoes \$6.50/lb
- Mashed Red Potatoes \$6.50/lb
- Honey Glazed Carrots \$7.99/lb
- Green Beans with Toasted Almonds \$12.99/lb
- Braised Brussels Sprouts \$8.50/lb

Salads

- Caesar Salad** with grilled chicken and our homemade croutons
Sm \$36.99 Med \$49.99 Lg \$59.99
 - Spinach Salad** with toasted walnuts, red onion and dried cherries with raspberry vinaigrette
Sm \$39.99 Med \$52.99 Lg \$62.99
- Small feeds 8 to 10, Medium 16 to 20, and Large 20 to 24 people.*

Chestnut Hill

8424 Germantown Avenue, Phila., PA 19118

Mt. Airy

559 Carpenter Lane, Phila., PA 19119

Please feel free to call our prepared foods staff for guidance on quantities needed for your celebration. See our catering brochure for any other catering needs we can assist you with. Also, check out our grab-and-go section for a wide variety of soups, salads, dips, and spreads.

All pre-orders must be received one week in advance. Please call the Chestnut Hill Store at 215-843-2350 ext. 209. Ask to speak to **Bonnie** or **Pat**.

All pre-orders must be received one week in advance. To order call 215-843-2350 x102 and ask for **Jenna**.

We are happy to accommodate special requests or customize a menu for you.

Call: 215-843-2350

There is a 3 lb. minimum on all pre-orders and a 2 qt. minimum for soup. Smaller quantities will be available for sale on the shelf.