



The Shuttle

April 2016 Vol. 44 No. 4

Community-Owned, Open to Everyone

Weavers Way Elections 2016: Now It's Up to You

AS A MEMBER-OWNER OF WEAVERS Way Co-op, you have a chance to vote on the Board of Directors and on an amendment to the Bylaws. (New members, this is your first opportunity to vote!) Voting is part of what distinguishes cooperative food stores from chain grocery stores: You have a role in our governance.

Please take the time to exercise your rights as a member-owner and vote for your Board and Bylaws.

Visit the Elections page in this edition of the Shuttle (Pages 16-17) or the website at www.weaversway.coop/Election-2016 to learn about the candidates. In this issue you will find their written answers to

five questions about their leadership positions. On the website you can also see video interviews of each candidate answering five additional questions.

After you familiarize yourself with who is running, please vote for up to three. You can vote by paper ballot in the stores or online. All members with email addresses on file were sent a custom link to the online voting center; you may also access the ballot by logging into the Online Member Center.

Voting ends on May 15, 2016. Results will be announced that day at the Spring 2016 General Membership Meeting.

While you are voting for Board candidates, please vote on the amendment proposed to the Bylaws. Weavers Way's Bylaws were fully revised last year. This one amendment has been proposed by the Board in order to ensure that Weavers Way pays the minimum amount of federal tax on income attributable to member sales.

Your vote is important, and we are looking for a good turnout. Vote today!

Weavers Way Leadership Committee

Lisa Hogan, Chair Larry Daniels
Sylvia Gentry Margaret Lenzi
David Woo Susan Zipin

Weavers Way Treasurer

Emmalee MacDonald



Food for All: Not a Panacea ... But a Start

by Nathea Lee, Co-founder/
Co-chair, Weavers Way
Food Justice Committee

Living Your Values at the Next Membership Meeting

by Alisa Shargorodsky, Zero Waste Consultant, and
Sandra Folzer, Weavers Way Environment Committee

AH HA . . . YOU VALUE THE ENVIRONMENT, AND THAT'S ONE reason you shop at the Co-op.

That belief is about to be tested. We, of the Environment Committee, are asking you to Walk Your Talk, or more literally, Eat Your Talk.

Weavers Way's Spring 2016 General Membership Meeting on May 15 at the Schuylkill Center will be a Zero Waste event.

Do you know what that means? It means bringing your own plate and cup and fork and spoon and cloth napkin. We plan on throwing out nothing. Don't worry — we won't make you eat every morsel of food. We'll compost leftovers, but we encourage you to take just what you will eat.

There will be no wastebaskets, only a composting container. We'll have a sink with soapy water for you to wash your dish, cup and utensils before stuffing them in your cloth bag to take home. Just in case you forget to bring them, the Environment Committee will accommodate you by having extra plates, cups, utensils and cloth napkins. We'll charge \$1 rental fee, which will be used for our grant program, a good cause.

This is a family-friendly event! Summit Children's Program will provide childcare. Art teacher Mindy Flexer will host a drop-in upcycling/recycling arts-and-crafts workshop for children starting at 5 p.m.

Our speaker, Brittany Anuszkiewicz, will talk about Zero Waste. She is stepping in for Alisa Shargorodsky, who was originally slated to speak but cannot attend.

According to Alisa, "Zero Waste" involves designing and managing products and processes to reduce the volume and toxicity of waste and materials, conserve and recover all resources, and not burn or bury them. This is different from "Waste to Energy" processes wherein materials are incinerated. Some consider Waste to Energy a form of Zero Waste, even though it produces more carbon dioxide and mercury emissions than coal. Power plants fueled by municipal solid waste emit approximately 3,000 pounds of carbon dioxide per megawatt hour as compared with coal, which emits 2,250 pounds per megawatt hour. Incineration also generates other emissions and residual toxic ash.

For our purposes, we are considering Zero Waste as working toward no waste, no incineration.

Currently, 23 percent of all landfill waste is the result of single-use everyday packaging. Weavers Way is working toward reducing this waste by embarking on an analysis and inventory of current practices, including waste generation, recycling and composting. Helping the rest of the Co-op's membership to understand our continuing commitment is the goal of the Zero Waste GMM.

We expect to have fun while being environmentally responsible!

See you at the Schuylkill Center on May 15!

enviroment@weaversway.coop

THE PRICE OF FOOD IS A HUGE CONCERN for many Weavers Way members. At a recent Food Justice Committee meeting, the topic overwhelmed the conversation. (It reminded me of the eponymous NYC political party whose platform is: Rent's Too Damn High!) General Manager Jon Roesser noted our super-tight profit margins; I even reminded folks about the impact of the relatively laudable pay scale and benefits our staff receives. But the fact is that it's expensive to shop at the Co-op! Many of us continue to do so because it aligns with our values more than our incomes.

The conversation reminded me why members of the committee, led by co-chair Sue Wasserkrug, spearheaded consideration of what developed into the Food For All program that launched in January 2015. Food For All lowers the bar for Co-op membership and offers a 10 percent discount to members who re-



(Continued on Page 27)

Weavers Way Cooperative Association
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www.weaversway.coop
CHANGE SERVICE REQUESTED

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Editor's Note

by Mary Sweeten, Editor,
Weavers Way Shuttle



VISITING FRIENDS RECENTLY, WE were reminiscing about the old Berkeley Co-op. Once the largest cooperative grocery store in North America, the Consumers' Cooperative of Berkeley crashed in 1988 because of . . . bitter political divisions on the board? Imprudent overexpansion? The Berkeley gourmet revolution? All of the above?

But at least we have lots of great memories of being guilt-tripped. Those little signs on store shelves, with extra information about the product? In the grocery biz, they're called "shelf talkers." At the Berkeley Co-op, they had shelf-scolders: These apples have been gassed. This tuna may contain mercury. We do not recommend Tang for regular use. Read the price comparison chart — good people don't make impulse purchases!

Which brings me to Nestlé.

I'm not saying exactly where I stand on the great San Pellegrino soda debate. (Except that I am sorry when I "discover" something I like and it turns out I know about it because some multinational is marketing the hell out of it. And you know what else? Heineken just bought Lagunitas.)

I firmly believe, however, that a lot of Weavers Way's shoppers expect us to screen, scrutinize and vet the products we carry. We do it all the time, and we've been doing it for years. (Seen a Hershey bar in the store lately?) It's right there in the product philosophy. It's something that makes us different from other grocery stores. And I think people like it.

The fact is, though, as at the late, lamented Berkeley Co-op, not everything on our shelves lives up to our principles. Sometimes that's because folks want the product anyway, or we've always carried it, or nothing better actually exists, at least not at a price point real people can afford.

And sometimes, we just haven't gotten around to it.

So do we parse our products less than some of you think we should? Sure. And more than some of you would like? You bet.

Now put down the Limonata and back away. It's full of sugar.

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The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

The purpose of the Shuttle is to provide information about co-ops, healthy food and other matters of interest to Weavers Way members as consumers and citizens.

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

Advertising

Advertising for each issue is due the 1st of the preceding month, e.g. Dec. 1 for January. Ad rates are available at our stores, online at www.weaversway.coop/shuttle, via email at advertising@weaversway.coop or by calling 215-843-2350, ext. 314. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

The Shuttle is printed on 100% recycled paper.



What's in Store at Weavers Way

5 THINGS

Five Things is a service of Weavers Way.

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

For a Fresh Start

Spring flowers are springing. The Phils are back with new blood. Revel in the spirit of renewal with a few items from the Co-op.



1

Organic Mechanics Premium Potting Soil — It all starts with the dirt. From Modena, Chester County.



2

Ramps! They look like scallions, but they're more delicate. And they have a stronger taste than leeks. If your foraging hasn't turned up any, we'll have some. For a minute.



3

Chick Starter/Grower — Three types are available Across the Way, including organic Nature's Best from Snyder County. Give your fuzzy little gals what they need, then pester your City Councilperson to make them honest.



4

Raw Revolution bars — Kick off your spring upheaval at snack time. They're vegan, organic, GMO-free and packed with sprouted superfoods.



5

Hope Hummus — Because where are we without a little hope? In out-of-the-box flavors like Thai coconut curry, kale pesto and spicy avocado. Organic, fair-trade, vegan, kosher and GMO-free.

New on the Shelves

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

All Wellness and Good

We're all about vitamins, including the new spray-on kind.



We know we should be taking our vitamins. But the thought of choking down a mega-capsule is a deal breaker for some. Enter Garden of Life My Kind Organics vitamin sprays, now Next Door. Use them like mouthwash spray. Available in Vitamin C, B12 and D3.



If you take more than one type of vitamin, Vibrant Health has come up with a way to be sure you take all of them. Their Trilogy Daily Supplement Power Packs for men and women include a multivitamin, fish oil and a probiotic. One box gives you 30 days' worth. Now what's the excuse?

Meat & Fish Market

Don't be had; pick up some shad—and a bag of chicken, too.

Shad have started to make their way northward, and we've got it boneless and on sale the first half of April for

\$12.99 a pound, a savings of \$4 per pound.

Meanwhile, in the Hill, the sale on five-pound bags of Bell & Evans chicken parts goes on all year long. Wing bags are \$17.99, whole legs \$12.49 and thighs \$11.99. Time to bring your grill back to life!



Bulk & Beyond

Curry some flavor with Indian spices from Frontier and Weavers Way Blend mud.

If you've been jonesing to do some Indian-inspired cooking, give a cheer: The Incredible Bulk now carries Frontier organic vindaloo curry and My Spice Sage curry leaves in big ol' jars for you to scoop from as needed. (Curry powder isn't made from curry leaves, but you can include curry leaves in your curry. Got it?)

Meanwhile, the java junkies among us (so, almost everyone) can take heart in the knowledge that One Village's Weavers Way Blend has taken up residence at the coffee station in Chestnut Hill. Our self-named brew has notes of milk chocolate and mixed nuts. And all of the blends from our buddies in Souderton are organic and fair trade.



Picks in Produce

Look yonder: Local asparagus is on the horizon.

Most of the year, the asparagus we put in our baskets comes from Mexico or Peru. But around the end of the month, the local hero should be showing up in the produce bins. In between, you should be able to snatch up some of the California variety.



The cooking of asparagus can bring on anxiety; nobody wants to end up with woody, stringy spears. But with stir-frying, roasting, grilling and steaming, you never actually have to throw them in boiling water. Snip off the toughest part at the bottom and you've got it made. Bring on the oil, balsamic vinegar, lemon — whatever's your fancy. Victory!

kplourde@weaversway.coop



What's in Store at Weavers Way

Local Fish

Spring for Shad, the Fish That Comes Back

by Margaret Fahringer, for the Shuttle

FOR THE PAST 27 YEARS, I HAVE BEEN DOING MY CO-OP work in March and April, perfect timing for a shad-lover like me. This is when the first hint of spring is in the air and it's time for me to have my Dad's Spring Shad Feast. I go looking for Weavers Way Mt. Airy fish buyer Dale Kinley and put in an order for a filleted whole shad or two.

When I was growing up in Alexandria, VA, in the 1960s and '70s, shad was one of my favorite foods. Both of my parents were gourmet cooks and early in March my dad would cook a big shad dinner for the family. He always served it with asparagus and new red potatoes with parsley and butter. At the time, I was too naive to appreciate the bounty of my father's large vegetable garden, including a huge asparagus patch. I actually viewed the asparagus with disdain, because I hated the chore of having to cut them every night just before dinner. Imagine as much asparagus as you could eat! But I loved shad because it tasted so good, and because I got to

squish each bit with my fingers to make sure I didn't swallow a bone. When I came to Philadelphia and had my first shad fillet, I thought they had taken all the fun out of the fish!

The American shad (*Alosa sapidissima*) is related to the herring. It is an oily, fleshy, flavorful fish and often referred to as the "fish that fed our nation's founders" due to its (former) abundance. It is anadromous, which means that it lives in the ocean but returns to fresh-water rivers and streams to spawn each spring. The season for catching shad starts in Georgia in January and cascades up the Eastern Seaboard until the fish can be found in Maine from May into July when water temperatures there reach 50 to 55 degrees. In southern regions, shad die after spawning, but farther north they may survive and return to the ocean, spawning again several times. The male of the species weighs from 1 to 3 pounds and the females can weigh 6 pounds and more. The female is a prized catch, for she has the roe (egg) sac, considered a delicacy by many.

Shad was an important food for Native Americans and early settlers, and supposedly fed the troops at Valley Forge. But starting in the 19th century, the widespread construction of dams cut off the ability of the shad to run upstream and many rivers and streams lost their shad populations.

The Schuylkill was dammed in 1820. In 1979, in an effort to restore American shad and river herring to the Schuylkill, the



City of Philadelphia, the U.S. Fish and Wildlife Service and the Pennsylvania Fish and Boat Commission installed a fish ladder on the bank across from the Fairmount Water Works. Fish have never returned in the hoped-for numbers and the ladder has been in and out of disrepair. Now managed by the Philadelphia Water Department, it is linked to the Water Works with a fish cam. Visitors to the Water Works, open Tuesday-Sunday, may be able to spot migrating shad and other aquatic animals in the river, and can learn about the ecological effects of the dams and the measures we have taken in the last 30 years to restore ecosystems for native species. It's an educational, fun and FREE place to visit. (Info: www.fairmountwaterworks.org.)

In other parts of the East, fish elevators like the one at Conowingo on the Susquehanna have proven marginally successful in helping shad — and eels — work their way upstream. (Eels, by the way, are catadromous — they live in fresh water but spawn in the ocean.)

The Delaware is another story. "The free-flowing Delaware river is the only main-stem major river in the forty-eight contiguous American states that is not blocked by a dam," John McPhee says in "The Founding Fish." Shad can run 300 miles upriver from the Delaware Bay. But at one time, the Delaware was so polluted that the number of fish that came to spawn each spring became alarmingly low. This sign of an unhealthy environment brought people together to clean up the Delaware and in 1981 the people of Lambertville, NJ, started their Shad Festival, which still attracts thousands of people to watch demonstrations of seining, the netting method used by the Leni Lenape, and to see hundreds of shad cooked on planks over open fires. This year's Lambertville Shad Festival is April 30-May 1. Be sure to get a dinner ticket ahead of time or you will be out of luck if you want to eat a shad dinner with corn on the cob and potato salad on the banks of Delaware!

If you can't make the Lambertville Shad Festival, enjoy shad in season with my dad's recipe. Shad is in the fish case now or just ask Dale to order some through the first week of May.

A shad dinner represents Spring and has for hundreds of years in the Americas.

Margaret Fahringer (marg226@gmail.com) is a Weavers Way member. A good place to learn more about shad is the website of the Delaware River Shad Fishermen's Association, www.drfsa.org.

Broiled Shad with Dad's Sauce

- 1 part soy sauce
- 1 part Worcestershire sauce
- 1 part fresh lemon juice
- 2 parts melted butter

Place boneless shad fillet(s), skin down, on foil-lined pan suitable for broiler. Brush with sauce, making sure to coat the inside of fillet flaps (start with 1 tbs. per fillet, adjust as needed). Broil for about 4 minutes, allowing fish to become crispy on the edges and basting as needed. Serve with lemon wedges.

Emeril Lagasse's Pan-Seared Shad Roe with Brown Butter

- 4 roe sacs (about 4 oz. each)
- Salt and freshly ground pepper
- 1 cup flour
- 1 egg beaten with 1 tbs. milk
- 2 cups fine dried bread crumbs
- 3 tablespoons oil
- 1/4 cup butter
- 2 tablespoons capers
- 1 large lemon, zested and juiced
- 1 cup small-diced white potatoes, blanched
- 1 tbs. finely chopped parsley

Season the roe with salt and pepper. Separately, season the flour, egg wash and bread crumbs with salt and pepper. Carefully dredge the roe in the flour, tapping off the excess. Dip in the egg wash, letting the excess drip off. Finally dredge in the seasoned bread crumbs, coating completely. In a large skillet, over medium heat, add the oil. When the oil is hot, pan-fry the roe for 2 to 3 minutes on each side, or until crispy and golden brown. Remove and drain on paper towels. In a saute pan, over medium heat, melt the butter. Cook the butter until it starts to turn brown, about 2 to 3 minutes. Add the capers, lemon juice and potatoes. Season with salt and pepper. Saute for 1 minute. Remove from heat and add parsley. To serve, place one crispy roe in the center of a plate, spoon the brown butter mixture over and garnish with lemon zest.

New Grades, but Basically the Same Syrup

by Stephanie Kane, Weavers Way Local Purchasing Coordinator

Heads up! Your favorite type of maple syrup may soon have a new name!

As of March 2015, the U.S. Department of Agriculture classifications for domestically produced maple syrup will now follow the international maple syrup classification system. This system was adopted by Vermont, the top domestic maple syrup producing state, in 2014.

The former USDA classification of "Grade A" and "Grade B" suggested to shoppers that the latter was inferior, when the designation was purely based on Grade B's darker color and stronger flavor. Both are affected by the time of the season the syrup was made — earlier equals lighter syrup, late season equals darker. The Vermont Maple Sugarmakers Association suggests using light and delicate Grade A's poured over vanilla ice cream for a Vermont maple sundae, sometimes called the Sugarmakers' Favorite Dessert. Meanwhile, Grade B maple syrup has become a favorite for its rich color and robust flavor, which holds up to baking and cooking — pour over baked apples or squash or use as a glaze for meats and vegetables.

The international classifications better represent these characteristics, providing a more descriptive label for consumers.

The new classification will only use Grade A, with descriptions to help consumers make decisions based on the flavor profile they are looking for. All domestically produced maple syrups, including those carried by Weavers Way — Emerick's, Epler's, Field Day and Coomb's — will soon be reflecting this change on their labels. You can taste test both light and dark syrups in the bulk department of our Mt. Airy store to find your favorite!

skane@weaversway.coop

NEW GRADING SYSTEM FOR MAPLE SYRUP

Grade A Golden Color,
Delicate Taste

Grade A Amber Color,
Rich Taste

Grade A Dark Color,
Robust Taste

Grade A Very Dark Color,
Strong Taste



Weavers Way Community Programs

Why I Give *Ms. Hall*

Look for "Why I Give" each month in the Shuttle to get an inside look at volunteer experiences and what inspires people to donate their time, money and skills to WWCP. Feeling inspired? Contact Jackie Schrauger at jschrauger@weaversway.coop.

by Jackie Schrauger, Program Director,
Weavers Way Community Programs

WWCP RUNS TWO PROGRAMS, GARDEN Club and Hope Kitchen, at Stenton Family Manor, Philadelphia's largest emergency housing facility for families experiencing homelessness. We couldn't do any of it without the strong support of the Stenton staff! Ms. Hall, the front desk receptionist, is one of our biggest cheerleaders for Hope Kitchen, enthusiastically trying each recipe, encouraging folks to join us for classes, and helping advertise the program to staff and residents. It was my pleasure to sit down with her recently to learn more about what drives her generosity. Thanks to Ms. Hall for taking time out of her very busy day.

Name: India Hall

Title: Front Desk Receptionist, Stenton Family Manor

What makes you want to try all the different Hope Kitchen recipes?

I know a lot of the vegetables are fresh and grown here, and I really enjoy that! It's cool stuff. Plus, some of the combinations are intriguing



and interesting. Yesterday, for instance, they made eggs and refried beans. You wouldn't think to combine those, but it was really tasty, plus there was a lot of protein on the plate!

Do you have a favorite recipe from Hope Kitchen?

Can there be more than one? I loved the cheddar, mushroom and roasted pepper sandwich. The tuna avocado lettuce wraps with grapes were great, too, and I really liked the black-bean chili they made recently.


Why are you so supportive of Hope Kitchen?

Well, honestly, it's because you guys are so sweet, and you make me want to help you. That's the honest answer and that's the truth!

Do you see Hope Kitchen having an impact on the people involved in the program?

Yes, ma'am! I think letting the consumers know that they can eat healthily and it still can taste good is really important. I'll be honest — it's helped me! I give every recipe the old college try, even if it's made with an ingredient I don't really like, like avocado, and sometimes I love it. Now and then there's an exception, but I always try the foods Hope Kitchen makes.

jschrauger@weaversway.coop


 Food for Thought
Living Kitchens at
Cliveden

Kitchen Conversations
Friday, April 15, 7:00pm
"Coming to Terms with Slavery's
Kitchen-Quarters"
Douglas Sanford, Ph.D.
at Cliveden's Carriage House
6401 Germantown Ave., Phila., PA
(entrance on Cliveden St. near Morton St.)

*Light meal of
ham biscuits and ice tea
prepared by Chef Valerie Erwin*

Learn about kitchen-quarters, slave households, & how African Americans transformed these buildings & surrounding yards into important spaces for family & community.

Suggested Donation: \$15 Reservations required.
To reserve go to cliveden.org or call 215-848-1777, X 223



Living Kitchens is supported by The Pew Center for Arts & Heritage

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Consultations at your location

 Up-to-the-minute Co-op news...
like us on Facebook. 

Weavers Way Community Programs

Family Fun Nights



We've launched Family Fun Nights at Stenton Family Manor, giving Garden Club kids and Hope Kitchen parents a chance to come together one evening a month to cook and eat together. Our inaugural event was a huge success, and we can't wait to take Family Fun Nights outside as the weather gets warm!

Mark Your Calendar!

WWCP's 2016 event series promises to be better than ever! Tickets aren't available yet (follow us on Facebook to be the first to know they're on sale!), but save the dates and then join us for a great time dancing, eating, drinking and touring urban farms, all in support of farm and nutrition education for some of Philadelphia's most vulnerable residents. It's a good time for a good cause!



- **3rd Annual Hoedown**, Weavers Way Farm at Awbury, **June 25.**
- **11th Annual Urban Farm Bike Ride**, Saturday, **Sept. 10.**
- **5th Annual Farm to Table Dinner**, Weavers Way Farm at Awbury, Thursday, **Sept. 29.**

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LET'S #GETNERDY TOGETHER

WWCP is excited to participate in the Philadelphia Science Festival again. We had a blast last year, and we hope you'll come join us again! Both events are free.

Discovery Day
Saturday, March 23, 10 a.m.

WWCP will join other local organizations for a fun and science-filled day at J.S. Jenks School in Chestnut Hill. Swing by our table to dig into the science of seeds. We'll be taking up-close looks at all different sorts of seeds, and sending kids home with their own freshly planted seeds to tend!

Spring Farm Fun at Saul High School
Sunday, March 24, 11 a.m.-2 p.m.

Join WWCP and W.B. Saul Agricultural High School for some seasonal farming and culinary activities on the Henry Got Crops CSA Farm. The fun includes a spring vegetable scavenger hunt, healthy cooking lessons, a farm tour and much more. Farm life can be messy, so please come dressed for the weather and in clothes you don't mind getting dirty!



Participants at Science Festival 2015 event at Saul.

Giving Twosdays!

Give \$2 to WWCP!
Every 2nd Tuesday Every Month

When you shop at the Co-op on the second Tuesday of the month, please consider adding \$2 to your total bill to support WWCP programs and services. Your support enables WWCP to provide a wide range of farm education and nutrition programs to local families.



Nicole Hehn VMD
Scott Gellman VMD

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Meet Rescue Cats at the Upcoming Clover Market



Stop by the Clover Market for great food and shopping, and meet wonderful rescue cats available for adoption.

Clover Market
April 10
10 a.m. to 5 p.m.
West Highland Avenue
Chestnut Hill



Mixing Memories
Sharing History

Community Exhibition
Opening Reception
Friday, April 22, 5:00 - 8:00pm
FREE - Light Refreshments



Explore Cliveden's 1767 Kitchen Dependency & 1959 Kitchen

"Mixing Memories- Sharing History" is an exhibit of kitchen objects and recipes on loan from members of our surrounding community. The items, recipes, and memories illuminate the many roles kitchens play in our lives.

For more information or to make reservations, go to: Cliveden.org



Cliveden
Know it. Feel it. Share it.

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Living Kitchens is supported by The Pew Center for Arts & Heritage

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Coming Soon: The World's First Bottle Brick Keyhole Garden!

by Betsy Teutsch, for the Shuttle

A KEYHOLE GARDEN — A CIRCULAR raised bed with a central composting column approached through a cutout indentation in the circle — integrates permaculture techniques into a beautiful free-standing structure. Originally designed by aid workers in Lesotho to assist grandmothers in feeding their families as the country navigated an HIV/AIDS epidemic, keyhole gardens have caught on around the world, in part because of their ability to retain water, which makes them drought-resistant. The scraps composting in the central column also absorb and filter gray water, another eco-friendly virtue.

In Lesotho, retaining walls are made from readily available stone, but they can be constructed with any weight-bearing material. When I first learned about bottle bricks, made by stuffing inorganic, unrecyclable trash into plastic bottles, I thought combining these two frugal techniques would be awesome — upcycling waste and marrying it to gardening.

Jackie Schrauger, Program Director at Weavers Way Community Programs, and Tara Campbell, WWCP Youth Education Coordinator, listened attentively when I pitched this crazy idea. They immediately envisioned a bottle-brick keyhole garden at Hope Farm, nestled at Martin Luther King High School, where WWCP sponsors a program for students with autism and intellectual disabilities.

Jackie and Tara loved that a keyhole garden's height increases accessibility for gardeners with mobility issues. Plus, as at most high schools, there's an ample plastic-waste stream at MLK!

Thrilled as I was with their enthusiasm, I felt honor-bound to point out how ambitious this construction project would be. I loved their response: "We like challenges!" Within a few days, they had laid the groundwork and secured an enthusiastic green light from MLK's new principal, Keisha Wilkins. Tara's plan is for the keyhole to be 6.5 feet across and 3 feet high, requiring about 1,000 bricks, possibly more. It's an ambitious goal! WWCP will be using 20-ounce plastic bottles, such as Gatorade and Snapple, which are heavy plastic and have wide mouths that make filling them easier. The students are already at work. And you can help, too.

Anyone who would like to donate completed bricks, empty 20-ounce bottles or clean, dry materials should contact Jackie at jschrauger@weaversway.coop. Directions and a list of suitable fillings for bottle bricks are posted at BottleBrickPhilly.blogspot.com.

As the project progresses, WWCP would love input and help from local permaculturists, architects, designers and/or construction mavens to help refine the technique. General volunteers are welcome as well. Contact Jackie to get involved.

I will be documenting this histor-



Tara Campbell photos

MLK High students pack down non-recyclable junk into plastic bottles to make bricks.



ic project. Watch for updates and help spread the word about the world's very first bottle brick keyhole garden, right here in Northwest Philadelphia.

Betsy Teutsch's recent book, "100

Under \$100: Tools for Empowering Global Women," features *Keyhole Gardens (Tool #65)* and *Bottle Bricks (Tool # 74)*.

Contact her at Betsy@BetsyTeutsch.com.

Get Involved in FLAG and Help Sustain Germantown

by Peter Winslow, Chairman, FLAG

WILL YOU HELP RAISE THE FLAG?

The Free Loan Association for Germantown is the first initiative generated by the Weavers Way New Economy Incubator. The Incubator, announced in the Shuttle last November, is the outgrowth of a discussion group convened by Weavers Way in response to a meeting at Cliveden two years ago. Around 35 people attended that meeting, all of whom were eager to find innovative ways to build a more just and sustainable local economy.

FLAG provides business loans without charging interest or other fees. Modeled on the success of Hebrew Free Loan Associations, this new nonprofit expects to see the same consistent repayment rates of 98 to 100 percent achieved by HFLAs. Unlike HFLAs, FLAG is non-sectarian and dedicated exclusively to business development.

To assure repayment, FLAG relies on "social capital," demonstrated through the willingness of the community to stand behind its borrower. The barriers many

startups and small businesses face to obtain financing — high credit scores, audited financial statements, unrelated collateral and the other criteria used for commercial loan underwriting — are removed for a FLAG loan.

The Germantown United Community Development Corp. is serving as fiscal sponsor for FLAG, pending receipt of independent IRC 501(c)(3) status from the Internal Revenue Service. Contributions to FLAG are tax-deductible.

Germantown United, which received a grant from the 1772 Foundation to establish a revolving fund for the restoration of historical facades of buildings used for business purposes in Germantown, will be partnering with FLAG to administer the loan program. Germantown United is focused on the revitalization of the commercial corridors along Germantown and Cheltenham avenues. The first renovation project is planned to begin construction in May and be finished by the end of this year.

FLAG is also eager to establish revolving funds dedicated to helping cooperative businesses start and grow. In collaboration with the Shalom Center, Penn-

sylvania Interfaith Power & Light and others, FLAG is exploring establishment of a neighborhood solar cooperative for Northwest Philadelphia. And FLAG is seeking ways to assist the programs of the Philadelphia Area Cooperative Alliance.

"The FLAG provides an outlet for members of Weavers Way to collectively support economic development in Germantown through a democratic, locally controlled, targeted effort," said Chris Hill, president of the Weavers Way Board of Directors.

"I think our members will respond by providing financial support and lending their talents to help raise the FLAG."

Members of Weavers Way will be invited to be donors, serve on loan committees and set policies for development of cooperative ventures supported by FLAG. All donors, regardless of their level of participation, will be regularly updated on FLAG's activities.

For more information and to get involved, or to make a contribution, visit the FLAG website at www.PhilaFLAG.org, or contact Peter Winslow at 914-227-3795 or Winslow@PhilaFLAG.org.

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GM'S CORNER

We're Taking a Careful Look at Ambler Expansion

DEAR FELLOW MEMBER-OWNERS,

The Board and Management of Weavers Way are united in our commitment to growing the local cooperative economy. We're constantly working on ways that Weavers Way can play an active role in this growth, by providing assistance to other co-ops and serving as an incubator for new cooperative ventures.

We have also been actively exploring ways of growing our own business, most obviously by considering communities that would embrace a cooperatively owned natural-food market as places for future Weavers Way stores. Much of that exploration has been directed toward the borough of Ambler, predominantly in partnership with Ambler Food Co-op.

Ambler is in Montgomery County, just 7 miles from Chestnut Hill. It is a densely populated, diverse community with a charming central district, a beautiful old subscriber-owned movie house and a busy rail connection to Center City.

After a period of steady decline, as businesses shifted to suburban-style shopping centers, Ambler residents have worked in the last decade or so to turn things around by developing their "Main Street," and now restaurants and small shops thrive along Butler Avenue. With this renewal, more and more people are calling Ambler home, preferring the "village" lifestyle that is ultimately more sustainable than the suburban subdivision.

One thing Ambler doesn't have is a grocery store. For the last four years, the people of the Ambler Food Co-op have been working to change that. This group of neighbors, tired of waiting on for-profit grocers to come to town, came together, embraced the cooperative model and began building the social capital necessary to make a co-op grocery a reality.

They also realized the inherent advantages of partnering with an existing co-op with the experience and

name awareness to help make a store successful — which is why, for over a year now, the Ambler Food Co-op and Weavers Way have been in active collaboration to bring a cooperative grocery store to Ambler.

At an Ambler Food Co-op meeting last year, we asked how many people had heard of Weavers Way. Nearly every hand went up. We asked how many had shopped at one of our stores and nearly every hand stayed up. Many members of the Ambler Food Co-op are also members of Weavers Way.

If we've learned anything about our previous efforts to grow to new communities, we've learned this: Go where the people are familiar with both the Weavers Way name and the cooperative business model.

Some people have suggested that this new era of competition is the wrong time for opening a new store. But the threat of competition will only increase as more and more for-profit natural-food stores move into our communities. Our own growth is one important way of protecting Weavers Way from the effects of an increasingly competitive marketplace.

From a business standpoint, now is an ideal time to consider growing. Our sales have never been stronger, we have more member-owners than ever before and our cash balance is higher than it's ever been. And the rapid expansion of our for-profit competitors demonstrates that the natural-foods business is likely ripe for growth.

We are approaching this possible expansion with exceptional care. A professional third-party market study and a realistic business plan will be at the heart of our decision on whether to move forward. Without them, we don't go ahead. As we go through this due-diligence process, at a minimum we have learned that growth makes sense for Weavers Way, and Ambler represents an ideal community for such growth.

Since we last communicated about the possibility of growing to Ambler back in the summer of 2015, we've

Member Forum

Wednesday, April 27

7:30 p.m.

Community Room

555 Carpenter Lane

looked at several properties there that for one reason or another have not worked out. With each property we consider, we get a little bit closer to understanding what will ultimately make the most sense. It is a similar process to what eventually led us to buy the former Caruso's market and open our Chestnut Hill store.

No building will be perfect, but what we envision is a store similar in size and scope to what we have in Mt. Airy and Chestnut Hill, with a mix of products that adheres to our product philosophy while meeting the needs of the Ambler community. And because we are a co-op, the store will necessarily engage the resources and interests of Ambler and its residents, creating a unique feel, just like at our other stores.

All members are welcome to attend our next quarterly Member Forum on Wednesday, April 27, during which we'll be able to talk in greater depth about our progress with bringing a co-op to Ambler and about growing Weavers Way in general. The meeting is scheduled for 7:30 p.m. in the Community Room, 555 Carpenter Lane, adjacent to the Mt. Airy store.

Sincerely,

Chris Hill, President
Weavers Way Board of Directors
Jon Roesser, Weavers Way
General Manager



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Thanks from Lankenau High

LANKENAU HIGH SCHOOL WOULD LIKE to personally thank you for all the support you have given us as we restore our school. Your generosity has opened a lot of doors to help spread the word about our story. The vandalism done to our property was a heartbreaking experience, but, we did not let it break us. When we first began this process we did not expect to get the responses that we have received from the community; in so many ways your support has motivated us to move forward and stay the course.

This the work of many hands. We have worked daily and now we are seeing our hard work pay off. Without your help this would not have been possible! Thanks to you, we now have a piece of our school back. In the coming weeks, we plan to keep moving forward.

*Lankenau Environmental Science Magnet High School Student Body
(Gardens at Lankenau High School, 201 Spring Lane, were ruined by a truck or ATV driver in February. Weavers Way contributed to a work day to repair the damage last month.)*

Zucker Life Celebration

THIS IS TO ALERT YOU TO THE DEATH OF Gloria McIntyre Zucker on Feb. 17. Gloria was a longtime Mt Airy resident and Weavers Way member. She loved shopping at the Chestnut Hill store. She was honored by Temple University upon her retirement in 2010. Her obituary appeared in the Inquirer on March 6.

A service in celebration of her life will be held at 1 p.m. April 16 at First United Methodist Church of Germantown, 6001 Germantown Ave.

Steven Zucker

Why We Should Stop Selling Nestlé

WE BELIEVE WEAVERS WAY should stop selling San Pellegrino and other Nestlé products. Why? Because shoppers expect the products sold at Weavers Way to have met high standards of labor and environmental justice. Having a product on the Co-op shelves is a bit like giving it a stamp of approval. Our shoppers feel they can let down their guard and not feel a need to agonize over labels. The Co-op is not just another grocery store.

Nestlé has been called the most boycotted company on the planet. The original international boycott against Nestlé began in 1977 over Nestlé's infant formula marketing. In 1984, after intense pressure, the company agreed to adhere to the International Code of Marketing for Breastmilk Substitutes. But by 1989 the boycott was relaunched as the company had not lived up to its promises.

Nestlé aggressively markets infant formula in ways that undermine breastfeeding. The World Health Organization says breastfeeding could prevent about 800,000 deaths per year in children under 5. Yet Nestle continues to advertise that their formula "protects" babies. The truth is that a breastfed baby is less likely to have gastroenteritis, diabetes, allergies, respiratory and ear infections. Since unclean water is usually used with the formula, a bottle-fed baby is 25 times more likely to die of diarrhea from waterborne diseases.

It is true that Nestlé has made some progress. For example, Nestlé USA plans to remove all artificial flavors and colors from their candy products, including Butterfinger and Baby Ruth.

Nestlé was rated well by Oxfam, concerning their agricultural sourcing, but last year their action did not match their commitment, so Oxfam is monitoring them.

The fact that the resumption of the Nestle boycott is less widely known than its temporary suspension is itself a tribute to Nestlé marketing.

Aside from Nestlé's disregard for the health of infants, Nestle is taking water from California, which is experiencing its fourth consecutive year of severe drought. Businesses and individuals are being urged to conserve, but Nestlé, with five bottling plants in the state, continues to pump full volume from underground aquifers. They are unwilling to cut back in any way, which has a serious environmental impact at plants located in desert ecosystems. Meanwhile, Nestlé CEO Peter Brabeck-Letmathe contended in a youtube video that privatizing water is a good thing "because people have a sense of entitlement that causes them to waste copious amounts of water."

We don't think the Co-op should support Nestlé by selling San Pellegrino, Poland Spring or Perrier water.

*Joan Martini and Sandy Folzer
Weavers Way Environment Committee*

Don't Remove, Let Shoppers Keep Choosing

THE CONCERNS THAT HAVE COME UP AROUND San Pellegrino and Nestlé got me thinking about this case and also about our product philosophy in general. I'm on the Weavers Way Board, but I'm writing as a Co-op member. I love that we are a store and a community having a discussion.

Our product philosophy — especially around things we don't carry for one reason or another — has always been consciously inconsistent. For example, we don't carry factory-farmed eggs, but we carry products that contain factory-farmed eggs (pasta, mayonnaise, etc.).

Product removals or boycotts are tricky things. Some co-ops have had painful, polarizing experiences as a result of similar disputes and I'd hate to see that happen at Weavers Way. As with Nestlé, if you google another "company name + boycott", there's a good chance something will pop up. My own preference is that we follow the path we followed with Eden Foods (producer of organic soy milk, beans, etc.). Eden is a company with a great environmental reputation, but they challenged the insurance-covered-birth-control provision of the Affordable Care Act (google "Eden Foods + boycott"). Weavers Way decided that, if members stopped buying the Eden product, our store managers would get the message and we would stop carrying it.

Food is such a personal issue (even understanding that "soda" isn't exactly "food"), and no one likes being told what to eat, even if it's junk food. San Pellegrino remains one of our top selling products and I'm reluctant to tell our member and non-member shoppers they can't buy it in our stores. (The offer to special-order San Pellegrino seems disingenuous on our part.) Not carrying San Pellegrino might give some shoppers a reason to visit a competitor, and that would be bad for Weavers Way.

Josh Bloom

SHUTTLE LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Include your name and email address or phone number so we can contact you for verification; no anonymous letters will be published. Letters should be 200 words or less and may be edited. The Shuttle may decline to publish any letter for any reason. The deadline is the 10th of the month prior to publication. Send to editor@weaversway.coop.

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Enslaved Fishermen, Your Cats, Our Dilemma

by Bradley Maule, for the Shuttle

IN LAST MONTH'S SHUTTLE, WEAVERS Way Purchasing Manager Norman Weiss conceded that Nestlé, one of the biggest of the big food corporations, is a "company people love to hate." He then noted some of Nestlé's better traits, like their philanthropy and sustainable buildings. One thing he didn't mention is Nestlé's own admission of slave labor in its food chain.

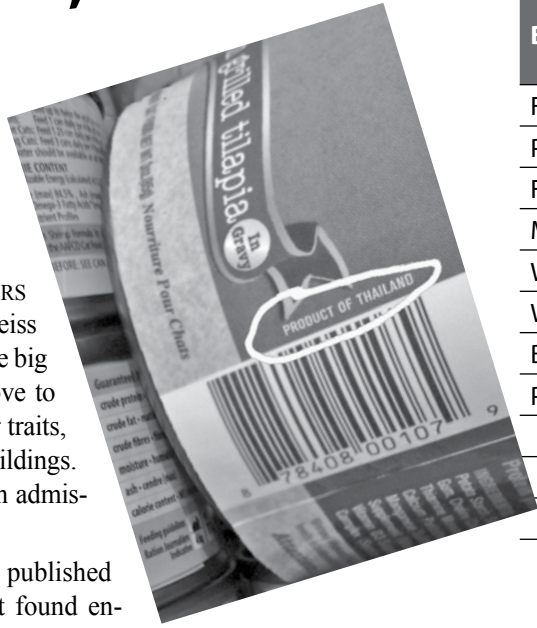
In March 2015, the Associated Press published the results of a yearlong investigation that found enslaved migrant workers catch and process much of the seafood that fisheries in Thailand sell to food suppliers across the world, including in the United States. Fancy Feast, a brand of Nestlé-owned Purina, was among several brands of canned cat food cited in the report, a list that also includes Wellness.

Credit where it's due — for a company as large and controversial as Nestlé to confirm the Associated Press revelations is commendable. (Wellness, owned by Berwind Corp., released no such statement.) Nestlé's disclosure was the result of its own internal investigation following the report.

Weavers Way carries both Wellness and Fancy Feast, as well as four others — Almo Nature, Fussie Cat, Weruva and B.F.F. — that were not named in the Associated Press report, but whose seafood is sourced in Thailand. (See accompanying chart.)

PetGuard and Newman's Own are American-owned, American-made cat foods. Merrick's Purrfect Bistro has long been a reputable natural cat food, and while it came with a promise from the founder to remain organic and American-made, Merrick was sold to Nestlé last year.

Weavers Way works to avoid chocolate from West Africa, where slavery and child labor have long been problematic. The Co-op also only stocks Equal Exchange bananas when possible, as they assure that farm-



ers are being treated fairly in another industry where abuse pervades.

In February, the Shuttle asked readers to help choose alternatives to San Pellegrino sodas, in anticipation of phasing them out on account of Nestlé's ownership of the San Pellegrino brand. So in the case of Fancy Feast and Wellness?

"Personally, I don't feed this brand to my cats because I want them to eat a higher quality diet which is only slightly more expensive," said Pet Food Buyer Anton Goldschneider. "And knowing the back story of Nestlé's practices would make me choose a different food anyway. . . . I do understand why this brand is important for other pet owners, though, and it would be my preference that we decide as a group about the decision to remove Purina from our shelves."

"Although our Environment Committee may want to continue to make efforts for us to drop it, our Board and staff seem reluctant for the Co-op to take a formal position to not stock it, barring a large and vocal increase in interest in dropping it from the members, and a drop in sales — which has not happened," said Weiss.

Goldschneider and Weiss gave these reasons to consider keeping Fancy Feast:

- Lower income customers and those on fixed budgets

need affordable cat food. There are other brands in the same price range such as Iams and Whiskas, but they are owned by the Mars Corp., who may not be any better than Nestlé in terms of ethical practices.

- Some cats can't transition to another food, stopping eating and becoming anorexic. Since this is a food used for strays, shelters and feral colonies (because of the affordability factor and through donations by companies like Nestlé) these cats become accustomed to the food and it is difficult to transition.
- Not turning away customers who purchase Fancy Feast gives us the opportunity to recommend a higher quality diet, free of by-products and artificial flavoring. Otherwise, they may simply buy the food elsewhere and not receive the guidance of our knowledgeable staff.

"We can guide, but not decide the politics of our members," Goldschneider concluded, adding, "We would really like people to give us feedback about whether or not you want the Co-op to continue selling Purina cat food."

To read the AP's report, visit bit.do/fancyfeast and <http://bit.do/fancyfeast2>

Weavers Way member Bradley Maule (mauleofamerica@gmail.com) is a freelance writer.

Cat foods Carried by Weavers Way

Brand	Parent company	Parent company HQ location	Country of origin (if on label)
Friskies	Nestlé Purina	Swiss	N/A
Purina Pro Plan	Nestlé Purina	Swiss	N/A
Fancy Feast	Nestlé Purina	Swiss	N/A
Merrick Purrfect Bistro	Nestlé Purina	Swiss	USA
Wellness	WellPet	USA	USA*
Weruva	Weruva	USA	Thailand
B.F.F.	Weruva	USA	Thailand
PetGuard	PetGuard	USA	N/A
Almo Nature	Almo Nature	USA	Thailand
Fussie Cat	Pets Global	USA	Thailand
Newman's Own	Newman's Own	USA	USA

* Wellness brand's label indicates that it is made in the USA, but Wellness was one of several companies named in the AP report with food linked to tainted supply chains.

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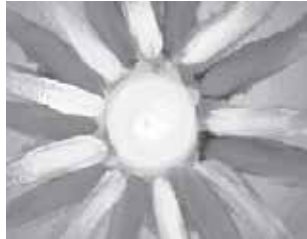
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'Fear of Forgetting' Is Topic of Senior Health Panel

By Larry Schofer, Weavers Way Education Committee

THE FEAR OF ALZHEIMER'S DISEASE affects both seniors and their families, and undoubtedly ranks among the most frightening worries in family life. "Fear of Forgetting," a panel and discussion Sunday, May 1, from 1:30 to 3 p.m., at the Unitarian Society of Germantown, takes on this most difficult issue.

The panelists will include several experts in the field: Dr. Jason Karlawish, associate director of the University of Pennsylvania Memory Center and nationally recognized authority on geriatrics; Felicia Greenfield, MSW, director of clinical research operations at the Penn Memory Center; and Frederica Waugh, outreach coordinator for the Delaware Valley chapter of the Alzheimer's Association. The topics will include normal changes to the brain as we age, types of dementia, medical interventions, care options and several other relevant areas.

Small discussion groups emerged last fall around the book "Being Mortal," by Atul Gawande. An informal coalition of Weavers Way, the Northwest Village Network and My Way eventually was joined by the Unitarian Society, cul-

minating in a panel discussion and conversation that drew a large crowd in November at the Unitarian Society.

Well over 150 people attended that session, with discussion ranging over various subjects, such as advance directives, choices of nursing homes or assisted care facilities, common issues in caring for elderly parents and other relatives and the costs associated with all these activities.

Weavers Way continued this discussion with two workshops led by member Martha From, a nurse specializing in palliative care. These centered on what kinds of documents are necessary for assuring appropriate advance care directives. Most importantly, Martha emphasized that anyone entering a hospital should have such a document and other family members should be aware of what is in it.

Since then, Northwest Village Network, along with the Weavers Way Education Committee and My Way, has sponsored or helped publicize a series of open programs on such topics as health through meditation, bone health and advocacy for the rights of the elderly.

At the forum in November, two very large issues loomed: 1) costs; 2) caring for persons with dementia, particularly

Fear of Forgetting

PANEL AND DISCUSSION

Sunday, May 1
1:30-3 p.m.
Unitarian Society of Germantown
6511 Lincoln Drive

Alzheimer's. Costs are something that most of us are aware of and are something that must be discussed in the future. Dementia and the associated problems are next on the agenda of the coalition.

The May 1 panel is open to the public and will be followed by group discussions and refreshments. The Unitarian Society of Germantown is on Lincoln Drive at Wayne Avenue.

For more information on Alzheimer's, visit the website of the Alzheimer's Association, Delaware Valley chapter: www.alz.org/delval.



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Some Ways Yoga Facilitates Healing

by Michelle Stortz, for the Shuttle

INHALE, RAISE THE ARMS. EXHALE, lower them.”

Perhaps you’ve experienced these yoga moves. Perhaps you’ve enjoyed moving and stretching in yoga class, feeling your heart rate gently increase as your body becomes warm and supple; feeling your body’s strength and power and how easily the breath flows. Then there’s that quiet, blissful state at the end of class — everything slows down, way down. You become deeply still inside.

While you may know how great yoga feels, you may not know how yoga is working on the inside to heal the body.

Yoga facilitates healing on multiple levels: physical, emotional, intellectual and spiritual. The word yoga means “union” or “to yoke.” It yokes the power of the mind to the body; it brings into union both breath and movement; it yokes our deeper sense of spirit to our mundane actions.

Yoga is an ancient body/mind practice, but when it moved to the West, the physical practices came to the forefront. Traditionally, yoga was concerned with the mind and higher states of consciousness. Yogis sought to achieve and sustain the calm that we now associate with meditation.

Now through contemporary neuroscience and magnetic resonance imaging (MRI), we see how deeply entwined mind and body are.

Yoga works through four main activities: breathing techniques, movement and poses, meditation and deep relaxation (savasana).

One of yoga’s many breathing techniques is especially effective in reducing anxiety. Diaphragmatic breathing triggers the parasympathetic nervous system, which is the calming part of the autonomic nervous system. The belly expands on the inhalation. On the exhalation, it either softens or pulls in toward the spine. In yoga, we use the breath to either calm or stimulate the nervous system. The breath is the connector, yoking our awareness to the body.

For many, yoga is just about movement — stretching, strengthening, finding balance and increasing circulation. Healing occurs through this increased circulation, which feeds cells and tissue with fresh nutrients and oxygen. Yoga’s physical practice keeps the heart and lungs healthy, and its inversion poses help the lymph system clean up debris and pathogens. Certain poses help the digestive system stay regular and improve circulation, which reduces inflammation, as in arthritis. Even gentle, easy

movement accomplishes this, which is one reason why yoga is making its way into medical settings.

Meditation is the oldest aspect of yoga. Meditation is an exercise in reducing external stimulation and watching what’s happening internally. It strengthens concentration and cultivates a compassionate witness to all we experience. Beginning meditators find this very difficult because the mind seems like a wild beast, going off wherever it wants. But using concentration practices begins to tame the beast and direct the mind toward calm awareness. Once achieved, that meditative state slows the heart rate, slows brain waves, reduces muscle tension, lowers stress hormones and, for some, decreases blood pressure.

All yoga sessions end with a few moments in savasana. Here the student rests in a profound state of quiet, calm awareness as the teacher directs the relaxation of different body parts. It is typically a deeply restful experience, not intended for sleep — though many do fall asleep. Physiologically speaking, the body enters a hypometabolic state, in which energy goes into repairing and restoring tissue.

If you are interested in beginning yoga, look for “gentle” or “beginners” or even “chair” yoga. Be sure to tell the



teacher that you are new to yoga. Or you can try a yoga app at home. A few are: Yoga Studio, Fit Star Yoga, 5 Minute Yoga. Make sure you listen to your body and honor your limitations. And keep breathing!

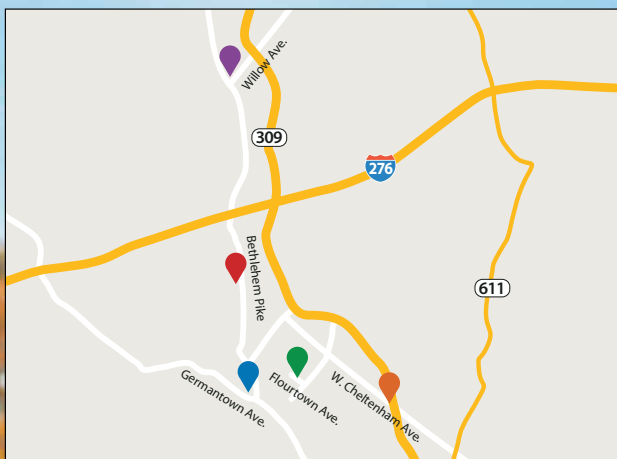
Michelle Stortz specializes in yoga for cancer and chronic illness and teaches in numerous medical settings throughout the Philadelphia area. She enjoys designing custom yoga programs that anyone can do regardless of ability and, since 2010, has worked with hundreds of survivors in group classes, private settings and retreats. Her teaching is augmented by her studies in meditation and Buddhism. Learn more at www.MichelleStortz.com.

Views expressed here are those of the author, not necessarily the Health & Wellness Committee, and are not meant to be a substitute for consulting your doctor.

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Love West Mt. Airy Neighbors

by Della Lazarus, President, West Mt. Airy Neighbors Board

COME ONE, COME ALL TO EAT YOUR Heart Out! It's a great community event and delectable dining experience. As our many regulars know, Eat Your Heart Out is unique. Where else but in Mount Airy could you start out the evening with a group of strangers sharing an amazing, never-to-be-replicated meal and by the end of the evening, have formed amicable relationships with those people!

Eat Your Heart Out, West Mt. Airy Neighbors' signature event, will take place on Saturday, April 16. It starts with a grand cocktail party at the home of Elise Singer and Don Perelman. A bit later in the evening, participants will fan out to one of 13 homes in the neighborhood to attend an intimate dinner party, each featuring a different theme and menu. (If you have other plans for later in the evening, you can still support WMAN and join the festivities by opting to come to the cocktail party only.)

For the last few years, several chefs from Mount Airy's finest restaurants, as well as some superb local caterers, have lent their time and culinary passion to EYHO. This year, chefs from **Alma Mater, Malelani** and **Earth, Bread + Brewery** will be among those preparing dinners for us, along with local caterers **William Johnson (Mia and Me)** and **Kimberly Fonville (KF Culinary Designs)** and **Weavers Way chefs Bonnie**



Eat Your Heart Out
Dine and socialize to benefit West Mt. Airy Neighbors
Saturday, April 16
Cocktails start at 6 p.m.
To reserve your place at the table, visit www.wman.net

Shuman and Alisa Consorto. On the host side, many generous West Mt. Airy residents, including some veteran participants, have opened up their homes and their pocketbooks to host Eat Your Heart Out dinner guests at their tables.

While we always strive to keep EYHO fresh by seeking out new hosts and new chefs, it retains its character as a community dinner first and foremost, at which people have a great time socializing with one another. Just ask some of the many people who have attended it for most, or all, of the 10 years that it has been running.

To buy your tickets to EYHO, visit the WMAN website (www.wman.net). Browse among the categories of dinners available and whet your appetite. Dietary preferences or allergies? No problem — our amazing chefs should be able to accommodate you.

Get ready for an evening of great conversation and conviviality! Need more info? Email wman19119@gmail.com or call 267-713-WMAN.

Get a Line on A Wissahickon Tradition

by Erin Mooney, for the Shuttle

ALL WINTER, ANGLERS HAVE BEEN counting the days, waiting for April to arrive. And for the last few weeks, the waiting has been especially painful, as temperatures have become warmer and signs of spring are all around us. Fishing rods have been dusted off, waders have been checked for leaks and flies and lures examined for new hope for the coming fishing season.

For Philadelphia-area fisherfolk, the Wissahickon Creek is the place to be on opening day of trout season, which occurs this year on Saturday, April 2. Freshly stocked with trout, the creek is alive with promise.

What many anglers don't know is that the Wissahickon is under extreme pressure. Though its riffles and pocket water may appear promising, it's a resource that needs help.

The 64-square-mile Wissahickon watershed plays a critical role in our region — it supplies drinking water to 350,000 Philadelphians, 10 percent of the city's supply. But the health of the Wissahickon Creek is impaired, the result of a century of heavy development.

Stormwater management is one of the biggest problems for the creek. Because of increased development, stormwater cannot be absorbed naturally into the landscape. The gushing runoff leaves severe erosion in its wake and also brings with it bacteria and chemicals.

Fertilizers, pet waste, chemicals and road salt are some of the things that degrade the stream quality and make it unhealthy. Treated discharge from sewage treatment plants compounds the problem. Development in upstream suburban communities like Ambler and North Wales has reached an all-time high, which means that there are fewer places for water to go. Much of that water flows directly into the Wissahickon, which can function more like a pipe than a stream.

But you can help. These tips, developed by the Wissahickon Valley Watershed Association, our suburban partners in creek preservation, can help improve water quality in the Wissahickon Creek:



FOW photo

Fishing the Wissahickon.

Annual Creek Cleanup!

Saturday, April 30
9-11 a.m.

Meet on **Forbidden Drive**
below **Northwestern Avenue**

Join FOW and the Wissahickon Valley Watershed Association as we clean the Wissahickon



Creek from top to bottom. Then, join us for the Talkin' Trash picnic at the Flourtown Pavilion in Fort Washington State Park and share all your interesting trashy finds!

FOR INFO AND TO REGISTER, contact FOW Volunteer Coordinator John Holback at holback@fow.org.

- Reduce fertilizers on your lawn.
- Install a rain garden or rain barrel.
- Replace some of your lawn with a natural meadow or garden.
- Use native plants in your garden.
- Redirect downspouts onto your lawn, instead of the road.
- Always pick up after your pets.
- Dispose of used car oil and household chemicals properly.
- Wash your car at a car wash.
- Keep yard clippings away from drains and stream banks.
- Let the vegetation along stream banks grow naturally.

Erin Mooney (erinrosemooney@gmail.com) writes for Friends of the Wissahickon.

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The Passionate Gardener

These Bulbs Will Have Your Garden Blooming All Summer Long

by Ron Kushner, for the Shuttle

SUMMER BULBS ARE NOW ON SALE again. It's time to get reacquainted with lilies, gladiolus, begonias and dahlias, and maybe make the acquaintance of some other options. Bulbs can be used in any garden or patio setting, giving you flowers, fragrance and brilliant color with very little effort.

Not all summer bulbs are cold-hardy, but those that are not can be saved indoors and replanted year after year.

As a general rule, plant bulbs at a depth of two times the largest diameter of the bulb. Place the bulb in the hole with the pointed end up. Which way is up is not always apparent, so when you purchase your bulbs, ask a professional in the store for advice. Mix some fertilizer with the soil (Espoma Bulb-tone is recommended), cover the bulb and water well. Space bulbs far enough apart to allow for good air circulation once they are blooming.

Lilies

Lilies distinguish themselves by their dazzling colors and shapes. An important addition to any garden, these hardy "true" bulbs prefer full sun to partial shade and well-drained soil. Lilies can reach heights of 2 to 5 feet and produce magnificent flowers in mid to late summer. Many Oriental varieties such as "Casa Blanca," "Stargazer" and "Mona Lisa" are very fragrant. They also tend to be the latest to bloom.

Oriental lilies, Asiatic varieties, trumpet types and the common tiger lilies are all popular and widely available.

Lilies can be planted as early as possible in spring. Give good winter mulch, especially during the first winter. They never go completely dormant, so plant the fragile bulbs carefully soon after you buy them. Stake tall lilies and deadhead after blooming. After the tops die back, cut the stems to a few inches above the ground.

Gladiolus

Superb cut flowers and effective in the border, gladioli offer a spectrum of colors from the familiar red, pink, white and yellow to the intermediate shades of multicolored varieties. Blooms start to open from the bottom of the spike upwards and a full two weeks of continuous color can be obtained from one plant alone. Plant "Glads" in sunny locations at two-week intervals for season-long color. Most need to be staked individually as they tend to blow over or even fall under their own weight. Dig up corms in the fall and store for the winter — although I have had many come back in the spring when covered with a heavy winter mulch.

Begonias

Begonias, in their many shapes and colors, are best known as plants for containers. However, there are many other ways to use begonias. Beautiful hanging begonias like "Champagne" are an asset to any balcony. Single- and double-flowering varieties make an ideal ground cover or border. These "non-stop" begonias are well-named as they flower constantly through summer and well into fall.

Start begonias indoors in a light-weight potting mix, then move outdoors to a location in partial shade after the last frost. Move plants indoors before the first frost or store tubers over the winter and replant year after year.

Dahlias

Since dahlias continuously produce new flowers, you can enjoy their rich display of color right up to the first frost. They come in many different varieties and colors, ranging in height from 2 to 4 feet (sometimes even taller) with flowers as small as 1 inch across to the "dinner-plate" types with 12-inch blooms. Two elegant variations are the quill-petalled "cactuses" and the elongated "spiders."

Dahlias require rich soil with extra



Don't be afraid to throw a few glads into your flowerbed. And did we mention that dahlias come in a riot of colors and shapes?



potassium and phosphorous and full sun to partial shade. Plant them after all danger of frost is past in deep, fertile, moist but well-drained soil. Enrich the soil with plenty of organic matter (compost is best). Set the roots horizontally 3 inches to 6 inches below the soil surface. Don't cover the unsprouted tuberous roots com-

pletely at planting time; gradually fill in the holes as the plants grow. Sink a stake immediately after planting 6 inches from the plant. Water often and fertilize liberally throughout the summer with fish emulsion, bone meal or other fertilizers not excessively high in nitrogen.

Remember to move tuberous roots indoors for the winter after a killing frost. Store in barely moist peat or vermiculite.

Other interesting summer-bulbs,

Keep a lookout for hardy cyclamen, calla lilies in a wide variety of colors, cannas, acidanthera ("peacock orchid"), elephant ears, caladium, hardy gloxinia, agapanthus ("Nile lily") and anemone, also in a variety of colors.

For questions or comments: ron@primexgardencenter.com.

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Got one of these? Use a mulching mower to chop up the leaves and leave them right on the lawn.



Got one of these? If the leaves are really piled up, use a hand rake to remove the excess leaves, then put them in garden beds.

Consider a Street Tree

The best time to plant a tree is 20 years ago. The second best time is now. (Chinese proverb)

by Mary Pomichter, Chestnut Hill Community Association Green Space Initiative

A BEAUTIFUL TREE-LINED STREET IS an urban thing of beauty. This alone is reason to work to preserve and enhance our street trees. But beyond their lovely appearance, there are also many practical reasons to treasure them. Trees purify the air by absorbing pollutants and help absorb and deflect rainwater, decreasing pressure on sewer systems. In summer, trees lower the temperatures of sidewalks, streets and car interiors. In winter, trees provide protection from cold air and wind, and native trees provide food and shelter for birds and other wildlife. Tree-lined streets foster safer, more sociable neighborhoods.

Unfortunately, our canopy of street trees is aging. There are many empty spaces where trees have died. Some trees are not thriving because of disease or blight, some because they were never suitable for our local environment.

There is a wealth of knowledge available now that did not exist in years past, and there is much interest in encouraging the growth of native species and those that will thrive and coexist well within our larger community.

You can take advantage of this, and it's free. Through a joint effort of the Pennsylvania Horticultural Society and Philadelphia Parks and Recreation, Philadelphia residents can apply to have a free street tree planted in Fall 2016. Applications are due April 29.

Residents of the Northwest can apply through these neighborhood organizations:

In Chestnut Hill, a Tree Tenders group has just been formed. Contact Mary Ann Boyer at maboyer61@gmail.com for information.

In West Mt. Airy, contact the WMAN Streetscapes Committee. Download the form at www.wman.net/2016/02/18/get-a-free-tree or contact Louise Hayes at wmatrees@gmail.com or 484-477-5616.

In Germantown, contact Germantown Green (formerly Tree Germantown) at www.germantowngreen.com/request-a-street-tree.

Meanwhile, the new Chestnut Hill Tree Tenders, with the neighborly support of East Oak Lane neighbors, will be planting 30 trees on Saturday, April 23, from 10 a.m. to 2 p.m. Contact Leslie Cerf at lesliecerf@gmail.com for info or to help.

Leave the Leaves for a Healthy, Sustainable Landscape

by Brian Ames, for the Shuttle

LOOK AROUND OUR NEIGHBORHOODS—many gardens look tidy. But is it beneficial for a garden to be so neat?

To create this look, a gardener must “clean” off leaves and debris, often using a blower. Waste materials must be trucked away and then truckloads of mulch brought in and distributed throughout the garden. These processes require significant amounts of time, labor, fuel and emissions. And overblowing your landscape can remove the upper quarter-inch of prime organic material.

But this approach to gardening practices and aesthetics also has the hidden

effect of reducing garden health.

I offer an alternative to the time-intensive spring cleanup. You might begin a small shift in your landscape management to arrive at a more natural and sustainable practice. Instead of removing all the leaves that have accumulated during the winter, consider leaving them in your garden beds to improve soil health, increase plant strength, improve drought tolerance for plants and decrease erosion. It's easy, it costs less and may decrease the need to use chemicals to improve stressed plants.

For many of us with “clean” yards, this may seem like a big leap. But in actuality, it is only a slight shift in aesthetics

and practices. To me, the winter look of leaf litter in the forest is a beautiful, desired look, and it is appropriate for most garden beds and styles of gardening, particularly for those in the tree-filled northwestern parts of our city. This is easy to achieve in a naturalistic design, and most formal gardens will handle it well without diminishing refinements and with minimal modifications.

Using a rake, clean leaves and debris from hard and paved surfaces and from the front of garden beds. Chop these leaves with a mulching lawn mower (most mowers have a little attachment on the side), and spread these chopped leaves back in the garden beds, as you would with mulch. Chop the leaves on the lawn and leave them there. If they are too thick, spread them around with a rake. A light mulching in the spring can help give that fresh, tidy look, while the garden benefits from the nutrients in the leaves. Cleaning just the front edges of beds has a remarkable way of “neatening” a property. In the spring, plants push through and grow over the leaf litter. This process minimizes disturbance and does not rob the landscape of essential components critical to its natural processes.

Repeating this process over just a few years with leaf litter or the right depth and application of mulch over leaf mulch should benefit your garden.

Soil is very fragile and can take years to build, and it is the most precious commodity in your garden that helps your plants stay healthy. By not over-managing your property, the quality of your soil will continue to improve.

Protect your soil, heal and beautify your garden, reduce your impact, and leave the leaves.

Weavers Way member Brian Ames is the proprietor of Wissahickon Tree & Landscape. His email address is wissadesign@gmail.com.

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Philadelphia's First Earth Day Took a Whole Week

by Mike Weilbacher, for the Shuttle

FRIDAY, APRIL 22, MARKS THE 46TH commemoration of Earth Day, which has quietly emerged as the world's largest secular holiday after New Year's. This year, about a billion people from some 200 nations will commemorate Earth Day, and the United Nations expects countries to begin signing its Paris climate change treaty that day in New York.

As big as it is, I bet a lot of you remember what a key role Philadelphia played in Earth Day's birth and development.

Earth Day began in 1970 when U.S. Sen. Gaylord Nelson of Wisconsin called for a national teach-in on pollution and the environment modeled on Vietnam teach-ins of the time, choosing Wednesday, April 22, because, for the college audience he targeted, it was after spring break and before final exams.

Given what was happening at the time — smog choking cities, lead in gas and paint, DDT in eagles' eggshells, smokestacks belching pollutants into the sky while unregulated effluent poured into rivers — the idea exploded. Nationwide, an astonishing 20 million people — then the largest mass demonstration in American history — protested and partied, buried cars in ceremonial funerals and threw dead fish into corporate lobbies.

Locally, a group of planning and landscape architecture students from the University of Pennsylvania, many of them disciples of program founder Ian McHarg, grabbed onto the concept. Led by Edward Furia, a coalition grew, including kids from many area colleges, and they were hugely ambitious, planning numerous events that filled an en-



Muskie at Belmont Plateau, left; the Philadelphia organizers' logo led the CBS News.

tire week and culminated in two big ones. The first, at Independence Mall on April 21, featured Ralph Nader, the Broadway cast of "Hair" and a "mass signing" of the Declaration of Interdependence. The next day, on Belmont Plateau, 50,000 people gathered to hear McHarg, sci-fi author Frank Herbert, architectural critic Lewis Mumford, U.S. Sen. Edmund Muskie of Maine and Allen Ginsberg, the latter reading his beat epic "Howl."

Philadelphia's edition was so successful that Walter Cronkite's recap of the day on the CBS Evening News featured Philly's Earth Day logo — one still seen hereabouts — in the background.

Earth Day was also a political success. President Nixon birthed the Environmental Protection Agency, signed an Endangered Species Act, created environmental impact statements and later ap-

proved versions of Clean Air and Clean Water acts, becoming, gulp, our most important environmental president. Hundreds of environmental groups big and small formed across the country.

Fast forward 20 years to 1990, as 200 million people worldwide participated in the now-global Earth Day, an event that jump-started recycling in communities across the country and gave new life to environmental education programs. Locally that year, a coalition of many people and nonprofits working with the Pennsylvania Environmental Council — yes, I confess, including me — returned to Fairmount Park for a Sunday celebration that saw 120,000 people cram into

a concert and festival that shut down the Schuylkill Expressway for hours. Imagine that: 120,000 Philadelphians in one place. This year, the Earth Day Network predicts one billion participants, and climate change will be the day's big push.

So here's the sea change across 46 years: In 1970, people like you and me led such a formidable parade that it forced Nixon's hand. In 2016, however, President Obama will be begging us to get behind his parade on climate change. But we resist, and, like Ginsberg, that makes me want to howl.

This April 22, become one of the one billion doing something important. Happy Earth Day!

Mike Weilbacher is the director of the Schuylkill Center for Environmental Education, which presents its 5th annual Naturepalooza! Earth Day festival on April 26. He began his environmental career leading a 7th grade clean-up for Earth Day 1970, and met his wife while organizing 1990's Philadelphia Earth Day. Reach him at mike@schuylkillcenter.org.

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PECO Has a Choice to Make: Power Local Green Jobs

by Eileen Flanagan, for the Shuttle

AT LAST REPORTING, PECO, SOUTH-eastern Pennsylvania's local utility, gets a paltry 0.144 percent of its energy mix from solar power. That means that if you look at its energy pie chart, you may have to put on glasses to even see the solar slice. The good news is that the region has potential for much, much more. If PECO made a major shift to local rooftop solar, it would bring thousands of needed jobs to our area, while helping people to save money and the climate. In August 2015, the Power Local Green Jobs campaign was launched to pressure PECO to make this shift.

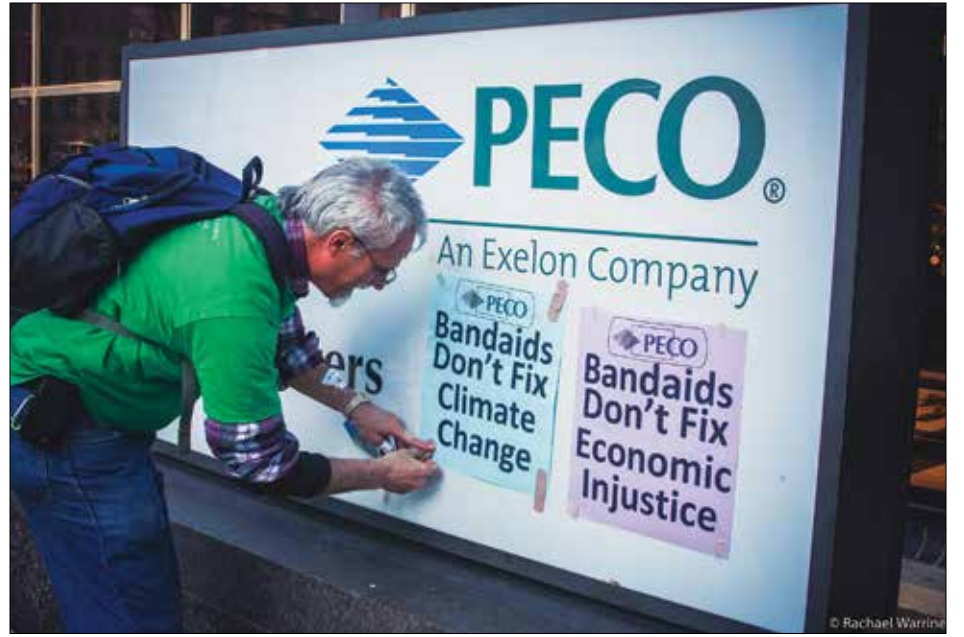
To give the utility a concrete first step, the campaign challenged PECO to purchase its 2016 required solar increase from suitable rooftops in North Philadelphia — a neighborhood that has experienced systematic disinvestment in recent decades — rather than from a solar farm in some far-off place like Virginia or Texas. Making this choice would increase local solar capacity, create well-paying jobs and save money for institutions that put solar panels on their roofs.

Representatives of Earth Quaker Ac-

tion Team (EQAT) met with PECO officials in September and October to discuss how greatly expanding solar energy was both necessary to address climate change and an opportunity to reduce economic inequality in our region. During those meetings PECO touted its energy-efficiency program and solar projects by its Chicago-based parent company, Exelon, as well as Exelon's subsidiary, Constellation. When pressed, PECO staff admitted that they did not have a plan to transition to renewable energy themselves.

Knowing it would take more than discussion to motivate the corporation to change the way it does business, EQAT launched direct action in September, when 75 protesters gathered at PECO's Philadelphia headquarters, assembling a giant puzzle depicting what a transition to a green economy could look like. PECO CEO Craig Adams was invited to put in the final piece, representing PECO's role, but he declined.

Through the fall, there were five other actions at the Market Street headquarters. One included 75 people dancing the "Electric Slide" with the message "PECO, Get Moving." Another involved prayerful silence out of which activists



Rachael Warriner photo

Weavers Way member Walter Hjelt Sullivan at an action he helped organize.

shared why they were there before hanging signs on the PECO building, urging it to move past Band-aid solutions to climate change and economic inequality.

To highlight the fact that PECO will be choosing where to purchase its 2016 solar increase this May, on Feb. 17 activists delivered an ultimatum in person and through certified letters and faxes. If PECO does not announce by May 2 that it is purchasing its solar increase from North Philadelphia roofs, EQAT will "blow the whistle" in a major May 10 action that plans to highlight the ways

the utility is not living up to its publicity about itself. Throughout March and April, protests will continue to help build the pressure.

The Power Local Green Jobs campaign has included many Weavers Way members. Visit eqat.org to learn more or register for updates.

Weavers Way member and environmental activist Eileen Flanagan is the author of "Renewable: One Woman's Search for Simplicity, Faithfulness, and Hope." Visit her website at www.eileenflanigan.com.

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Feeling Good? Thank Your Inner Microbes

by Sandra Folzer, Weavers Way Environment Committee

GERM-FREE MICE ARE SICKLY, AND germ-free guinea pigs can't resist common diseases. We're learning that being "too clean" is unhealthy, because our personal microbes play such a large and complicated role in our well-being.

In humans, microbes make up 90 percent of our cells. You may not be who you think you are since there are somewhere between 40 and 100 trillion microbes living in your gut!

These microbes form a microbiome that responds to our body's needs. Even the way your immune system develops is influenced by the microbes in your gut, where there are more immune cells than anywhere else in your body.

While the largest and most diverse community of microbes lives in your large intestine and mouth, some also reside in the genital tract and on your skin. And like it or not, your life depends upon these little rascals.

For example, babies born via caesarian section are much more vulnerable to disease. When they travel down the birth canal during a normal birth, they acquire lots of microbes from their mothers. Some studies suggest that C-section babies are at a higher risk for diabetes, allergies, asthma and obesity. Some doctors now swab C-section newborns with bodily fluids from the mother to introduce some of the needed microbes.

"Friendly microbes living happily in our bodies help train our immune system, help digest our food and absorb nutrients from it, and help keep pathogens at bay," says science writer Lydialyle Gibson.

Antibiotics

When antibiotics were first discovered, they were considered a wonder drug and saved many lives. Yet they exact a cost. Antibiotics kill good bacteria along with the bad. And researchers are learning that disrupting or depleting the gut biome may have longer reaching effects than a nasty case of diarrhea.

- As antibiotics became more common in the last century, it was noted that wealthier people, or those more likely

to have been given antibiotics, had more allergies, while people in poorer countries, with less up-to-date hygiene, had fewer allergies.

- Today, autism researchers are wondering about heavy childhood exposure to antibiotics. In her excellent book on the body's microbes, "10% Human," Alana Collen says autistic children are three times more likely to have been treated with antibiotics. Meanwhile, others suggest that certain antibiotics have been helpful for autistic children. Dr. Sydney Finegold of Guelph University is convinced that autism is affected by gut microbes, whether helping or provoking.

- Livestock have been fed antibiotics for years to promote growth, i.e., fatten them up. Thus, we should not be surprised to learn that antibiotics might be implicated in obesity in humans.

Studies in mice are suggesting that obesity may be related to an imbalance in gut bacteria. When lean mice were given gut bacteria from obese mice, they gained weight. Similarly, obese mice given microbes from thin mice lost weight. Food intake in both cases remained the same. And a French study found that 40 percent of overweight children had been given antibiotics, compared to only 13 percent of normal-weight children.

- Antibiotics given in surgery impact the gut flora. Thus, the more complicated the surgery and the longer a hospital stay, the worse prognosis for a patient to have gastrointestinal problems because the natural colony of microbes in the gut have been disrupted. One precaution is to store some of one's microbes before surgery. You can guess what this entails: saving some of your poop. The procedure is called Fecal Microbiota Transplantation or FMT. While FMT was first mentioned in medical literature in 1958, the first findings were not published until 2013, so it is a relatively new procedure.

When many of our natural microbes are destroyed, *Clostridium difficile*, or *C. difficile*, can take over, causing debilitating diarrhea. It is often contracted in hospitals. Treating *C. difficile* with antibiotics has a 30 percent cure rate; with

FMT, the cure rate is 80 percent.

"It's hard to think of another life-threatening disease that can be treated in a single nonsurgical procedure without the need for drugs, at a cost of just a few hundred dollars, with such a high success rate," says Collen.

FMT is simple enough that one can do it at home. Instructions may be found at thepowerofpoop.com/epatients/fecal-transplant-instructions. But a healthy donor is difficult to find because that person must not have had much or any antibiotics and have a healthy elimination pattern, to put it delicately.

Researchers are also studying the connection of microbial imbalances and the role of inflammation in degenerative diseases.

Patients with Parkinson's, the second most common neurodegenerative disease in the United States, often have "leaky gut," which enhances inflammation. Inflammation, in turn, is affected by the integrity of the lining of the gut — which is protected by the microbes there.

What to Do

Be selective in your use of antibiotics. If your doctor wants to prescribe antibiotics, Collen suggests asking: Are you sure this is a bacterial infection? What are the risks of not taking antibiotics?

If you do have to take an antibiotic, avoid the broad-spectrum type, which may kill more bacteria or microbes than you want.

Avoid antibiotic soaps.

To feed your microbes, make sure you have lots of fiber in your diet. Avoid meat and eggs from animals given antibiotics. Make or buy fermented food when possible. I make my own sauerkraut, which is easy. If fermented foods have been pasteurized, then the microbes have been killed.

Appreciate your microbes — they are keeping you healthy!

environment@weaversway.coop



Environment Committee

ECO TIP

The Straight Skinny On Shredded Paper

by Marsha Low,
Weavers Way
Environment Committee

I was surprised to learn not long ago that shredded paper can be a problem for recyclers. For one thing, the length of the paper fiber determines its value — longer fiber can be used to make higher-grade paper and can be recycled more times — so when you shred paper, you're cutting the lengths of the individual paper fibers, thus cutting its future recycling potential too. But it's not only that. The shredded pieces are too small for most recycling facilities. The pieces fall through the cracks of sorting machines, stick to the belts and end up littering the floor.

Because the prices commanded for paper and other recovered materials are at near-record lows, recyclers and municipalities are taking another look at shredded paper. Some municipalities no longer accept it. Fortunately, Philadelphia still does, though you are asked to place your shredded paper into a paper (not plastic!) bag that's folded closed, or suggests Phil Bresee, the city's Recycling Director, in a cereal box or other cardboard box with closeable tabs. This ensures that the paper will not blow out of your recycling bin and cause a litter problem. It also makes it less likely that the shreds will gum up the sorting machines and more likely they will make it into paper bales.

Have any other questions about how and what to recycle in Philly? Here's the link to the city's guidelines for recycling: www.recyclebycity.com/philadelphia/guide.

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Grow with the C.W. Henry School Garden

by Kelley Tannen,
C.W. Henry School PTA

THE C.W. HENRY SCHOOL GARDEN is beginning its sixth growing season! A project of the C.W. Henry PTA, the garden has become a cherished resource for student learning and outdoor activity. This year we are working to increase the number of student learning hours in the garden and to support the science curriculum more directly. We also want to provide more opportunities for students to eat their harvest during the school day and to share the harvest with their families.

As a City Harvest site, we will once again receive seeds and seedlings to help us grow a variety of delicious vegetables and to continue to improve our organic gardening practices. With City Harvest's help, we grew over 500 pounds of vegetables in 2015! It was shared with students, neighbors and two local shelters. We are also working with Weavers Way Co-op to

increase the involvement of our Mt. Airy neighbors, especially during the summer months, and to find new ways to utilize the garden as an educational resource for the neighborhood. We are very grateful for the support of these partners.

Keeping a garden healthy and thriving is a lot of work, as is making sure that it also serves as a learning environment and ensuring that the produce does not go to waste. We invite you to help us expand the team of volunteers who are stewarding the garden. Gardening knowledge is helpful, but not required. Please consider getting involved — it is a great way to meet your neighbors and to support your neighborhood school. If you are a Weavers Way member, you can earn work credit.

Stay in touch with what is happening in the garden and hear about volunteer needs as they come up by joining the School Garden Google Group (email Sylvia Forman at syforman@gmail.com to be added) or the C.W. Henry School Garden Facebook group.

Here are some upcoming opportunities to help:

- Participate in the Philly Spring Clean Up, 9 a.m.-2 p.m. Saturday, April 9. Henry is one of many sites around the city where volunteers will be cleaning and greening. Volunteer activities will take place both in the garden and around the schoolyard.
- Support our annual plant sale, April 30, from 10 a.m. to 1 p.m., in the faculty parking lot (off Carpenter Lane adjacent to the garden). We are partnering with Weavers Way to plan workshops in the garden in conjunction with the sale. If you are thinning your perennials this spring, please consider donating plants to the sale. Potted perennials can be dropped off at the garden any time before April 22.

We also need help with projects like rebuilding raised-bed frames and making informational signage. Later in the spring and summer, we will need help with cleaning and sharing the harvest



First graders enjoy a salad they grew.

with Henry students, families and others.

If you would like to help in any of these ways, or have questions about the garden, please email Kelly Tannen at kbtannen@hotmail.com.

And be sure to save the date for the 4th Annual Fun Fit Fest on Saturday May 14th! Want to be a sponsor, vendor or volunteer? Please email Shana Kennedy at skennedy@phillycircus.com.

MT. AIRY DAY SEEKS VOLUNTEERS, VENDORS, SPONSORS

THE ANNUAL MT. AIRY DAY CELEBRATION SPONSORED by East and West Mt. Airy Neighbors will be held on Saturday, May 7, from 11 a.m. to 5 p.m. As it has for many years, the community celebration will take place at the historic mansions Cliveden and Upsala, located across the street from each other in the 6400 block of Germantown Avenue. Rain date is Sunday, May 8, and admission is, as always, is free.

Mt. Airy Day features more than 150 vendors of crafts, attic treasures and personal services; children's games and pony rides; information tables; musical entertainment; a food court; a plant sale sponsored by Weavers Way Co-op; valet bike parking, and the popular Rock N Roll raceway. Visitors may tour Cliveden house and stroll the azalea-filled, dogwood-ringed grounds.

Now is the time to get involved! The Mt. Airy Day Committee is looking all kinds of help, from serving on

the Committee to helping out on the day of the event. Community service hours are available for students.

We are also seeking businesses and individuals who are interested in lending financial support to Mt. Airy Day, helping to support the organizations that have been serving the entire community for more than 50 years.

For more info, visit MtAiryDay.org or call 215-287-7056.

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Bread & Roses Dance Party

MEET VOLUNTEERS, VISIONARIES and vendors, then dance the night away at the Dance and Fair/Fare to benefit Bread & Roses, Saturday, April 30, at the Germantown Life Enrichment Center.

The Bread & Roses Community Fund is a unique gathering of activists committed to supporting social justice by raising and distributing funds. Bread & Roses has distributed over \$10 million to groups working for access to health care; economic justice; a clean, safe environment; civil and human rights; peace; and other social-justice issues. In addition, Bread & Roses provides services like technical assistance and leadership development, to grantees and donors.

The party is 7-10 p.m. at GLEC, 5722 Greene St. Tickets are \$10 for adults, children free. There's plenty of free parking on site.

For info, call 215-438-6106. To learn more about Bread & Roses, visit www.breadrosesfund.org. To learn more about GLEC, at the historic Germantown YMCA, visit www.glifecenter.org.

A Public Service Announcement from the Co-op:

Going to the Farm Market? Get Ready to Go Around

Starting around April 1, the Walnut Lane Bridge will be closing for six months. Best alternates from the east side of the Wissahickon: School House Lane or Bell's Mill Road.

Henry Got Crops Farm Market
at W.B. Saul High School, 7095 Henry Ave.
Tuesdays Noon-7 p.m. Fridays 11 a.m.- 6 p.m.

weavers way farms
grown in PHILADELPHIA

Henry Got Crops Farm Market Reopening

by Stephanie Kane, Weavers Way Local Purchasing Coordinator and Farm Market Manager

WARM DAYS ARE COMING, AND we're excited to get back on the farm! Tuesday, May 3, marks the reopening of the Henry Got Crops Farm Market. Henry Got Crops is our Community Supported Agriculture (CSA) farm partnership with W.B. Saul High School and Weavers Way Community Programs. The market is open Tuesday and Friday during our CSA pickup and offers the best of Weavers Way's local produce and products through October.

If you shopped the farm market last year, you'll be as excited as we are about some of the improvements! With a new, larger refrigerator, we'll be able to offer more varieties of milk, cheese and yogurt, as well as having space for new offerings like kombucha from Food and Ferments

(Continued on Next Page)

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MEMBER BENEFIT

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Learn canning techniques with Marisa McClellan, enjoy movies in the fields.

(Continued from Preceding Page)

and iced coffee from Backyard Beans. We'll also be able to sell some of our favorite local wellness items, such as SG Beauty Deodorant and Soap Box Philly soap.

The farm market provides CSA members with the opportunity to pick up other staples while they're at the farm, nearby residents with a handy source for locally produced fruit and vegetables and Saul students a place to grab an after-school snack.

We're also bringing back our most popular events, including canning classes with Marisa McClellan and Movie Night.

Preserving the Harvest

Canning classes are held at the farm or at Chestnut Hill Friends Meetinghouse, led by Philadelphia-based canning blogger and cookbook author Marisa McClellan (www.FoodinJars.com).

Pickles Two Ways: Quick Vinegar and Fermented

Wednesday, June 15, 7-9 p.m.
Henry Got Crops Farm, 7095 Henry Ave.

Jam Making with Natural Sweeteners

Wednesday, July 13, 7-9 p.m.
Henry Got Crops Farm, 7095 Henry Ave.

Easy Tomato Salsa

Wednesday, Aug. 24, 7-9 p.m.
Chestnut Hill Friends Meetinghouse, 20 E. Mermaid Lane.

Movie Night at the Farm

All movies are FREE and start at sunset. Come early, bring a picnic and enjoy the farm!

Friday, June 10, 8:30 p.m. (Movie TBA)
Awbury Arboretum Farm, 1011 E. Washington Lane

Tuesday, Aug. 2, 8:15 p.m. (Movie TBA)
Henry Got Crops Farm, 7095 Henry Ave. (at Saul High School)

Friday, Sept. 23, 7 p.m., "The Wizard of Oz"
Henry Got Crops Farm, 7095 Henry Ave.

Awbury Gala Marks 100 Years

AWBURY ARBORETUM CELEBRATES its 100-year legacy Thursday, April 14, with an evening of festivity and the presentation of Awbury's Thomas Pym Cope award to Jenny Rose Carey, author, garden historian, and senior director of the Pennsylvania Horticultural Society's Meadowbrook Farm.

For 100 years, Awbury has served the public as a free and open 55-acre passive recreation oasis and active learning center in Germantown. Since 1916, when it was gifted as a public garden by the Cope family, Awbury has been connecting urban residents with history and nature.

Awbury is the site of Weavers Way's Mort Brooks Memorial Farm, and the Co-op and Weavers Way Community Programs partner frequently with Awbury on events and projects.

The party, at the Francis Cope house at the Arboretum, is 6-9 p.m. For tickets and more information, visit www.awbury.org.

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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. In addition, no idea, concept, issue, remark, phrase, description of event, word or word string should be taken seriously. This also applies to the previous sentence.

In the news lately is Mayor Kenney's proposal of a 3¢ per ounce tax on sugary drinks like soda, sports drinks and ice tea. The revenue is promised to go to worthy causes like early childhood education, debt reduction, parks and rec-center improvements and so on. There is lots of opposition from business interests that claim people will go out of the city to purchase drinks, depriving the city of revenue. The opponents have a website, nophillygrocerytax.com. Here is an excerpt: "A 3¢ per ounce tax on *everyday grocery items* [italics mine] like sodas, sports drinks, juice drinks and some teas adds up fast. Hardworking Philadelphia families can't afford to pay more at the grocery store. Enough is enough. It's time to make our voices heard."

I'm not sure what to make of this. It's not like people have to have these drinks. They are, in essence, luxury items — people buy them for pleasure, not need. So it's not more expensive if you switch to something else, like water or non-sugar-added juice in the same price range (which may or may not exist). Makes me question whether a tax like this would actually be hard on poor and increase gro-



cery bills, as the opposition claims. After all, it's a consumer's choice whether to buy these drinks or not.

However, if people do switch to non-taxed drinks, the tax revenue will be lower, so the programs won't be funded as well as anticipated.

The jobs issue is also a sticky problem. The drink industry employs lots of people. However, the tax might also be an opportunity for entrepreneurs to create new, affordable, tasty drinks with no added sugar and so could stimulate new business and jobs.

I did find something in this controversy to object to — referring to these drinks as "groceries." A "grocery" is a store that sells food ("groceries"). "Food" is "any nutritious substance that people or animals eat or drink or that plants absorb in order to maintain life and growth" (Oxford English Dictionary). Since most of the drinks this tax would apply to have almost no nutritional value, they are not food, and therefore cannot be an "everyday grocery item." This is part of the problem with our food system: Many of

the people involved in it, running it and profiting from it don't even recognize what food is. In my view, the people running the ads that equate the proposed taxed items with food could be charged with false advertising.

If the soda tax passes, it will be interesting to see how it affects the price of our controversial San Pellegrino soda. Maybe sales of this line will decline; so far our internal publicity around this being a Nestlé product has had no significant effect on sales. San Pellegrino sodas are considered a "soft drink," subject to PA sales tax, and I'm assuming also subject to Kenney's proposed sugary drink tax.

In an interesting bit of timing, the British government just budgeted for a national sugary drinks tax to take effect by 2018.

Incidentally, in case you were wondering what a "juice drink" is, the Pennsylvania sales tax code defines it as: "Fruit drinks, noncarbonated or reconstituted, containing less than 25% natural fruit juice." Oh wait, there's that word "natural" again.

suggestions and responses:

s: "Please try to get quinoa chia crunch cereal, Peace Cereal brand. I found this in the new Fresh Market — would rather get it at the Co-op."

r: (Kathryn MA) Wow. Sounds good. I'll bring it in on a trial basis and see how it does. Thanks for the suggestion!

s: "Please consider adding Scarlet Citrus Rooibos tea to the Tazo tea selection!"

r: (Kathryn MA) Thanks for the suggestion! Rooibos isn't that popular in the Mt. Airy store, but if I get several more requests for it, I will consider trying it out.

You can also pre-order a case of 6 for \$23.17.

s: "Heavy cream in 8-ounce containers (not 16 oz.) — really don't want to buy more than I need for fear of eating the rest! You used to sell it in 8 oz. size. Thanks."

r: (Kathryn MA) Yes, I'm sorry about this, Merrymeade stopped making them in 8 oz. so we had to switch to the 16 oz. One option is to freeze half; heavy cream freezes well. Move it to the refrigerator a day or two before you need it, and shake well to re-emulsify. (Note — light cream and half-and-half do not freeze as well.)

s: "Complaint / warning! Roland brand smoked oysters can be dangerous. We recently bought some and will never do so again. Cans were full of shredded oysters (no whole ones) minced up with as much oyster shell as oysters — sharp fragments, entire small oyster shells. Maybe their machinery broke down. If so, they need better quality control."

r: (Kathryn) Oh, yuck. So sorry this happened with an item you bought at the Co-op! I hope you were able to return it — we'll absolutely reimburse you. We will inform the company. And thank you for letting us know. (Norman) Here's Roland's response: "Thank you for contacting Roland Foods! We apologize for the problem your customer experienced with our product. Unfortunately, without the lot number or manufactured coding, our FSQA Dept is unable to investigate appropriately. We would be happy to send a replacement directly to your customer." In general, when you have a problem with a product, it's helpful to inform both us and the manufacturer, and include any

(Continued on Next Page)



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Please fill out your Weavers Way Member Satisfaction Survey when you get it in your email this month.

Don't have email? Got other questions?
Contact Membership Manager Kirsten Bernal at 215-843-2350, ext. 119, or member@weaversway.coop.
Surveys are due Friday, April 22.

(Continued from Preceding Page)

date and lot codes on the package. In almost all cases, the manufacturer will appreciate the feedback, apologize and send you coupons or product to make up for the problem.

s: “Our office recently adopted a cat. She’s very intelligent. We’d like her to be able to have an EasyPay account so as to buy the occasional treat and toy. We can add a key fob with membership barcode to her collar, but it means she’d have to jump onto the counter for a moment so staff could scan it. Will that be OK? Some people are squeamish about cats on counters for some reason. She keeps herself very clean via an unpatented self-licking process using only natural chemicals generated inside her body. It’s a very sustainable, zero-waste cleaning process. Thanks.”

r: (Norman) Should be fine, just be sure cat attends new member orientation so she knows about co-ops. Our experience is that cats can be somewhat aloof and non-cooperative, and we don’t want to encourage that kind of behavior at Weavers Way.

s: “Could you please swap one row of regular Almond Nut Thins for the Sea Salt / Low Sodium Almond Nut Thins? Regular are so salty they burn your lips! Low salt is so much better and you only sell them in Chestnut Hill, and you have two rows of shelf space in Mt. Airy devoted to a not-as-good version. It’s a no-brainer!!”

r: (Kathryn MA) Thanks for the suggestion! We’ll try them out and see if they sell.

s: “These Silk yogurts are pretty good! Could we try stocking the larger sizes? Also, seconding the Treeline cheese request.”

r: (Kathryn MA) It’s so good to hear that you like the Silk yogurts. We’ve had a hard time finding a good dairy-free yogurt. Anyway, if the small Silks do well over the next couple months, we will consider bringing in the 24-oz. sizes too.

r: “Please get Talenti Vanilla. The other flavors are great but vanilla is still the best!”

s: (Kathryn) That’s a hard one. Our shoppers love the Talenti flavors. I’ll add Vanilla to the wish list and maybe try it out as the weather warms up. Thanks for the suggestion!

s: “Challah? Came in at 5:45 on a Friday and they were gone. Are you ordering fewer of them?”
r: (Matt MA) As business picks back up after the winter lull, we are increasing orders again. Sorry we were out that day.



Since most of the drinks this tax would apply to have almost no nutritional value, they are not food, and therefore cannot be an ‘everyday grocery item.’ This is part of the problem with our food system: Many of the people involved in it don’t even recognize what food is.



s: “What happened to Annie, my favorite Weavers Way cashier? She seems to be missing lately. I miss her laser insight and wit.”

r: (Norman) After about 6 years working at Weavers Way, Annie got tired of acting cheerful and helpful when what she really wanted to do is sling sarcastic one-liners. In keeping with her true inner nature of wanting to insult all people, she’s left the Co-op to work at a social-service agency, where she can use her training in criminal justice to help seniors experiencing difficulties. Just think — now some seniors in the Philadelphia area will be getting the Annie version of Dale Carnegie self-improvement training to help them win friends and influence people by insulting everyone they come across.

Good luck, Annie!

normanb@weaversway.coop



Glenn Bergman: Heritage Award

Bergman Is Cliveden Honoree

CLIVEDEN OF THE NATIONAL TRUST is proud to present Philabundance Executive Director Glenn Bergman with its 2016 Heritage Award, to be presented at The Flavors of Community celebration to be held Saturday, May 21, 5-8 p.m., at Cliveden, 6401 Germantown Ave.

The Cliveden Heritage Award recognizes an individual who has significantly contributed to the communities of northwest Philadelphia, to the importance of history and to Cliveden. The Cliveden Board of Directors applauds Bergman, the former general manager of Weavers Way for his commitment to cooperative local partnerships, sustainable agriculture, and the health and well-being of underserved communities.

For tickets to the award dinner, visit 2016heritageaward.eventbrite.com. For more info about Cliveden, established in 1767 and site of the 1777 Battle of Germantown, visit www.cliveden.org.



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The days are getting longer, the spring flowers will soon peek out from the frozen ground and the temperatures are getting warmer. Now is a good time to assess if there’s any winter damage to your home and make plans for spring home improvement projects.

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GLENSIDE

McGoran Debuts New Eco-Thriller

FOLLOWING UP ON HIS FIRST TWO ecological thrillers, “Drift” and “Deadout,” author and former Weavers Way operative Jon McGoran is set to publish his latest novel, “Dust Up,” on April 19. The release will be celebrated that evening with a free launch party at The Skyline Room & Roof Deck atop the Free Library of Philadelphia’s Central Branch, 1901 Vine St.

“Dust Up” (Tor/Forge Books) expands McGoran’s examination of the insidious role of biotechnology in food and agriculture today with a look at the international influence exerted by today’s agribusiness giants. Once again, McGoran combines action and suspense, tragedy and humor, with unforgettable characters and a nuanced look at some of today’s most controversial issues as Detective Doyle Carrick is drawn into a plot that begins literally on his own doorstep and unfolds explosively on an international scale.

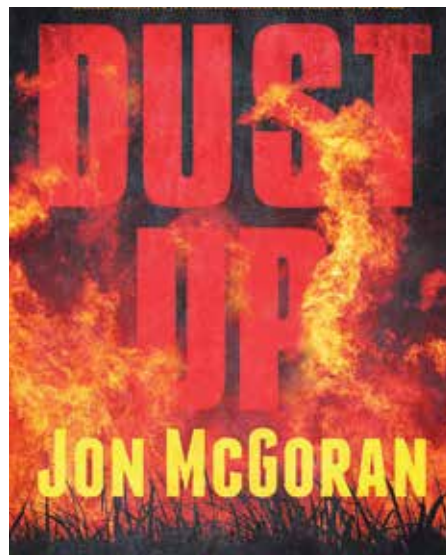
In a starred review, Booklist says, “McGoran [is] one fine thriller writer... It’s a delight to watch McGoran propel

the narrative forward, with minimal back story and artful use of detail. . . . The action is unending, and McGoran displays enviable skill. . . . A first-tier thriller.”

The free launch party, open to the public, is 6-8 p.m. In addition to the spectacular views from the Central Library’s roof deck, participants can enjoy beer from St. Benjamin’s Brewery, snacks from Weavers Way Co-op and live music from Rich Ciocco and Matt Davis. McGoran will read, and a portion of the proceeds from sales at the event will support sustainable agriculture and education in Haiti, where much of the book takes place. Registration is requested: bit.ly/dust-up-launch.

McGoran will also be reading from and signing copies of “Dust Up” at Big Blue Marble Bookstore, 551 Carpenter Lane, at 7 p.m. Wednesday, April 20.

In addition to his six novels, McGoran writes shorter fiction. In March, Tor/Forge published “Down to Zero,” a novella in the Doyle Carrick series. His output also includes the science fiction



Ex-Shuttle editor Jon McGoran: Still working.

novella “After Effects,” from Amazon StoryFront; “Bad Debt,” which received an honorable mention in Best American Mystery Stories 2014; and stories in a variety of anthologies, including the new X-Files anthology “The Truth Is Out There” (IDW, March 2016).

McGoran has been writing about food and sustainability for more than 20 years, first as .communications director at Weavers Way Co-op and editor of

the Shuttle and then as editor-in-chief at Grid magazine. He is an advocate for urban agriculture, cooperative development and labeling of genetically modified foods. He is a member of the International Thriller Writers, the Mystery Writers of America and a founding member of the Philadelphia Liars Club, a group of published authors dedicated to writers helping writers.

His website is www.jonmcgoran.com.



Stagecrafters Presents ‘The Country Girl’

THE 1949 CLIFFORD ODETS DRAMA “THE COUNTRY GIRL” opens Friday, April 8, at The Stagecrafters and runs through Sunday, April 24.

Best known from the 1954 film adaption that won Grace Kelly and Bing Crosby Academy Awards, “The Country Girl” depicts the strivings of three people enmeshed in a love/dependency triangle. Theater director Bernie Dodd, determined to give a second chance to washed-up actor Frank Elgin, finds himself in confrontation with Frank’s protective wife, Georgie.

Odets (1906-1963) gained fame from his socially relevant works. He directed the first Broadway production of “The

Country Girl” (1950), which won Uta Hagen a Tony. It has been revived on Broadway twice, most recently in 2008 with Frances McDormand and Morgan Freeman.

Performances are April 8-10, 14-17 and 21-24, at 8 p.m. Thursdays, Fridays and Saturdays and 2 p.m. on Sundays. A “Meet the Cast and Director” Q&A session will be held following the performance on Friday, April 15. Tickets are \$17 online, \$20 at the door; discounts are available on Thursdays, as well as for and for students and groups. For information call 215-247-8881 or visit the website, www.thestagecrafters.org; for reservations-direct, call 215-247-9913.

The theater is at 8130 Germantown Ave.



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What's in Store at Weavers Way

Lentil Spinach Soup for 4-6 (adapted from 'The Greens Cookbook')

Ingredient	Quantity	Price/unit	Price/extended Non-member	Price/Working Member	Price/Senior or Food For All	Price/Working Senior or Working FFA	
Brown lentils, bulk	1 cup (.5 lb.)	\$1.49/lb.	\$0.75	\$0.71	\$0.68	\$0.64	
Bay leaf, bulk	1 leaf	\$25.55/lb.	\$0.05	\$0.05	\$0.05	\$0.05	
Celery	1 stalk, chopped	\$0.30/ea.	\$0.30	\$0.29	\$0.27	\$0.26	
Olive oil, bulk	3 tbl (.09 oz.)	\$10.09/lb.	\$0.91	\$0.86	\$0.82	\$0.77	
Red onion	1 lg (.5 lb.), chopped	\$1.99/lb.	\$1.00	\$0.95	\$0.90	\$0.85	
Garlic	2 cloves (.5 oz.), minced	\$4.99/lb.	\$0.62	\$0.59	\$0.56	\$0.53	
Parsley	3 tbls., chopped	\$1.50/bunch	\$0.20	\$0.19	\$0.18	\$0.17	
Tomatoes	3 fresh, about 1 lb.	\$1.99/lb.	\$1.99	\$1.89	\$1.79	\$1.69	
Spinach, frozen	10 ounces	\$1.75/box.	\$1.75	\$1.66	\$1.58	\$1.47	
Parmesan cheese	1 ounce, grated	\$16.99/lb.	\$1	\$0.95	\$0.90	\$0.85	
(Tap water)	7 cups						
(Red wine vinegar)	to taste						
(Salt)	to taste						
(Ground pepper)	to taste						
TOTAL COST							

Directions

- ▶ Put lentils, bay leaf and celery in a soup pot with the water, the reserved juice from tomatoes and 1/2 tsp. salt. Bring to a boil and skim off any foam that forms on the surface. Lower the heat to a slow boil.
- ▶ While the lentils are cooking, heat the oil in a skillet and add the onion and 1/2 tsp. salt; cook briskly for a few minutes, lower the heat and stir in the garlic and parsley. Continue cooking until the onion is soft. Add the tomatoes and cook for 5 minutes, then combine with the cooking lentils.
- ▶ When the lentils are soft, stir in the spinach. Once well integrated, thin the soup, if necessary, with more water and taste for salt. Simmer the soup 5 more minutes, then splash with vinegar to taste, to brighten the flavors. Serve with freshly ground pepper and Parmesan cheese.

Food Justice

(Continued from Page 1)

ceive some form of public assistance. The Co-op also launched Senior Discount Tuesdays last May, after a spirited meeting with members, some of whom have been here since the Co-op began. (They noted that the original intent included coming together to save money on groceries — what a concept!) In fact, there are a number of other discount programs that can have a positive impact on your Co-op bottom line: Co-op Basics, Co-op Deals, Weavers Way Deals and Weavers Way-branded products. There are signs and flyers about these deals in the stores and information online and in the Shut-

tle. And as Jon noted, stacking these various discounts can save members quite a bit (with “members” being the operative word). Of course, buying in bulk can bring real cost savings as well, hence the popularity of the great bulk section at the Mt. Airy store.

Like charity, food justice begins at home, so what else can the Co-op do to make shopping more affordable for more people? Your thoughts are most welcome. Meanwhile, each month, the Food Justice Committee will share recipes using bulk ingredients and/or items from the discount programs mentioned above. Our first entry is Lentil Spinach Soup from “The Greens Cookbook” (Deborah Madison, originally published in 1987 and updated several times since then), sug-

gested by Weavers Way Outreach Coordinator Bettina de Caumette, with pricing courtesy of Purchasing Manager Norman Weiss. Prices are our best estimates! Let us know what you think at foodjustice@weaversway.coop

On another matter, what do you think the Co-op should do about carrying products from companies like Nestlé that are accused of engaging in unethical practices? Folks on the Environmental Committee (and others) would like the Co-op to phase out San Pellegrino sodas, one of Nestlé’s brands currently on our shelves. I personally don’t think we should sell any Nestlé products. Email or otherwise contact Mt. Airy Grocery Manager Kathryn Worley (worley@weaversway.coop), or join the conversation online at



weavers way COOP

Food Justice Committee

www.weaversway.coop/soda.

Got a burning food justice issue? Join us at 6 p.m. the first Wednesday of each month in the Community Room at 555 Carpenter Lane (adjacent to the Mt. Airy store). Hope to see you there.

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What's in Store at Weavers Way

Cheese of the Month

Farm at Doe Run's Back Story Is Almost as Good as the Cheese

by Shawn O'Connell, Weavers Way Mt. Airy Deli Manager

THE FARM AT DOE RUN, LOCATED IN HORSEY CHESTER County between Coatesville and Unionville, has a really interesting history. A portion was owned by Quaker James M. Taylor, who supposedly provided a stop on the Underground Railroad for runaway slaves. Years after, it was part of the Chester County holdings of the fabled King Ranch — a cool eastern outpost for Texans and their Santa Gertrudis steers.

In the 1920s, the 200-acre property became the estate of Sir John Rupert Hunt Thouron, the famous English-born horticulturalist and philanthropist, and his wife, the former Esther DuPont. Renamed Glencoe Farm and finally Doe Run, it was a gentleman's farm and center of horticulture until Sir John's death in 2007. The next

year, Doe Run was purchased by Urban Outfitters founder Dick Hayne, whose dreams of farming and creating a "Culinary Arboretum" have surely come to fruition.

The cheesemaking operation began with Christian Holbrook, a former chef who once tended the Blackberry Farm in Tennessee with his plant-savvy wife, Haesel Charlesworth. The couple nurture what is now a thriving small farm devoted to sustainable organic farming.

Doe Run's Seven Sisters, Hummingbird and Bathed in Victory are our featured cheeses for April. They are three very different and wonderful examples of fine cheese making by Samuel Kennedy and Matthew Hellinger.

Seven Sisters has both butterscotchy Gouda and nutty Alpine characteristics. It's cave-aged from 3 to 12 months with a natural rind and made from Jersey cow's milk.

Hummingbird is a beautiful oval-shaped cow-and-sheep Robiola style. Robiola is a soft-ripened Italian two- or three-milk (cow, sheep, goat) cheese. It's a very different cheese at each stage of ripening, with a range of tangy, peppery flavors.

Bathed in Victory is a semi-soft cow's milk cheese washed in Golden Monkey ale from Downingtown-based Victory Brewing. It is stinky and beefy and would go with nothing better than more beer. "Madame Fromage" blogger Tenaya Darlington says it best, that beer is great with cheese because "the effervescence in beer cleanses your palate in a way that wine (especially red wine) does not."

These three Doe Run Farm cheeses will be \$1 off per pound in April.

sconnell@weaversway.coop



Cheese of the Month
April

Farm at Doe Run
Chester County Cheese Artisans
\$1 off per pound



Seven Sisters
Aged cow's milk



Hummingbird
Soft-ripened cow's and sheep's milk



Bathed in Victory
Semi-soft, washed-rind cow's milk



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Coffee OF THE Month

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- Organic Birds of Paradise **\$7.99** reg. \$11.99
- Organic French Roast Decaf **\$11.99** reg. \$14.49

All others EXCEPT other Decaf, Sumatran, Eight Rivers and Cold Brew **\$8.99** reg. \$11.99

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ANOTHER GREAT REASON TO JOIN.

What's in Store at Weavers Way

Kaiser on a Roll

Breathe Easy With Co-op's Salad Bar

by Chris Kaiser, Weavers Way Chestnut Hill Prepared Foods

IN 1986, THE FOOD AND DRUG ADMINISTRATION banned the use of sulfites to maintain the color and crispness of fresh fruits and vegetables, such as in salad bars.

But the FDA doesn't require food establishments to disclose if sulfites were used in the preparation of food. So of course, some businesses will play fast and loose with sulfites. An internet search confirms as much, with relatively recent accounts of people who discovered the hard way that they are sulfite-sensitive.

Weavers Way customers can feel confident that sulfating agents have nothing to do with the fresh appearance of fruits and vegetables on the Chestnut Hill salad bar. Why is this important? Because no sulfites means no chance of getting "salad bar syndrome."

Yes, salad bar syndrome is a real concern, particularly for people with asthma.

What exactly are sulfites? They are inorganic salts with antioxidant and preservative properties that have been used since ancient times to help prevent spoilage. Sulfite compounds include sulfur dioxide, sodium sulfate, sodium and potassium bisulfites and metabisulfites.

In the decade before sulfites were prohibited, the FDA accumulated reports of adverse reactions associated with eating fresh produce. Many complaints were found to originate with salad bars — hence the term "salad bar syndrome." The adverse reactions can range from a persistent but nonthreatening cough to a serious airway blockage.

Salad bar syndrome is relatively rare. Estimates vary, but in general, it will affect about 1 percent of the general population and 5 percent of asthmatics, according to "Sulfites: Separating Fact from Fiction," published by the University of Florida Extension. While the mechanism for the adverse reaction is not fully understood, some believe the threat to asthmatics is caused when ingested sulfating agents release gas in the form of sulfur dioxide, which then expands in the lungs.

A regulation, however, is only as good as its enforcement. In the case of sulfites and fresh veggies, the FDA relies on proprietors to self-report.

Shipping In Freshness?

Another distinguishing feature of Weavers Way is that all the prepared foods in the deli case, at the hot bar and most salad bar items are made or prepared on the premises. This is an important indicator of freshness.

In fact, an investigation by Consumer Reports (March 2016) found that only half of the prepared meals sampled from six chains in the Northeast (Costco, Fresh Market, ShopRite, Stop & Shop, Wegmans and Whole Foods) were made on



SALAD BAR TIMELINE

- **1939:** Revolving smorgasbord in Swedish pavilion at World's Fair is huge success.
- **1950:** The Sky Club in Plover, WI, claims the first ever salad bar. It celebrates that milestone with the words "first EVER Salad Bar" emblazoned on its website.
- **1950:** The Cliffs in Springfield, Ill., also lays claims to the invention of the salad bar. An advertising postcard features a photo of the multi-tiered contraption.
- **1959:** Sneeze guard patented.
- **1966:** Norman Brinker opens first Steak and Ale in Dallas; entree comes with unlimited salad bar.
- **1980s:** Steak and Ale imitators saturate the market, cementing popularity of salad bar.
- **2004:** Chinese engineer perfects "one-trip salad bar hacking"; uses a base of interlocking radiating carrots and walls of cucumbers to create 3-foot-high tower.



the premises. Some of the dishes "weren't even prepared in the same ZIP code as the store," the article said.

The report found that "some chains use centralized kitchens to prepare big batches of ready-to-serve dishes such as soup, then deliver them to stores." Some markets receive frozen prepared meals and reheat them in the on-site kitchen.

While these practices are not necessarily harmful to consumers, prepared foods sales often depend on marketing spin. Once a niche item, prep foods has grown to a \$29 billion-a-year business because buyers perceive them as healthful alternatives to fast food.

This is not the case at Weavers Way. In our open kitchen at Chestnut Hill, customers are always welcome to observe the creative process. Be forewarned, however: Creativity can appear chaotic!

chris.newassignment@gmail.com

CHEF'S CORNER

Don't Sniff at Onion Family

by Bonnie Shuman, Weavers Way Executive Chef

MY MOTHER ALWAYS USED TO say that every good meal starts with an onion. Whether she came up with this theory herself, I don't know, but I do see where the sentiment has value. Onions are used in every cuisine I can think of, and that makes sense, since they have such sweetness and provide beautiful aromatic complexity to any dish.

We use onions in so many applications that I think they are taken for granted. While I cherish our heirloom tomatoes in the summer months, I rarely think about heirloom onions. There are pearl onions, torpedo onions, cipollini and the super-sweet Walla Walla onion from Washington state. With spring approaching, there are wild ramps. (Last year, one of our chefs found a proliferation of ramps. Where is a secret.) Then there is the ever-popular Vidalia onion from Georgia. In 1986, Georgia's state legislature passed a law giving the Vidalia onion legal status and defining a 20-county production area. There is even an official state Vidalia onion committee.

There are so many great things to do with onions; one simple thing I like to do is pickle them and use them as a garnish for meat and fish. The secret for amazing pickled onions that will get attention is to use coloring from spice or juice. In the Co-op kitchen, I've been using beet juice to make bright purple pickled onions and turmeric for bright yellow pickled onions. These add great flavor and color to sandwiches.

There is also the classic French onion tart called pissaladière, which is super-easy to make and so delicious. There are several methods, but for simplicity I use store-bought puff pastry. The recipe that follows is one of my favorite ways to make this.

Bon appetit!

bonnie@weaversway.coop



Hot out of the oven, a pissaladière from the Chestnut Hill kitchen.

Pissaladière (French Onion Tart)

- 1 lb. store-bought puff pastry
- 2 lb. sliced sweet onions, such as Vidalias or Walla Wallas
- 3 tbs. olive oil
- ½ cup shredded Gruyère cheese
- 2-oz. can anchovies
- 20 pitted Nicoise or Kalamata olives
- Fresh herbs of your choice (I like thyme, but basil and rosemary would also work.)

Preheat oven to 450 degrees F. Roll pastry into a 12-by-16-inch rectangle and transfer to a baking sheet. Brush edges of pastry with water and fold over to make a border. Prick center of pastry with a fork.

Cook onions in 3 tablespoons of olive oil until nicely caramelized. Allow to cool.

Spread onion mixture over pastry. Top with cheese, then olives and anchovies. Return to oven to melt cheese. Remove from oven and top with fresh herbs.

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Cooperator of the Month



Evan Tracy

Born into the Co-op: His mom, Dickie Lynn Gronseth, is also a member.

Lives In: East Mt. Airy

Current job: Self-employed graphic designer. He's also a senior at Temple University, majoring in marketing.

Co-op job history: He's done end-of-the-night cleanup, shelf stocking and deli. As a teenager, he earned extra money by doing other members' hours.

Favorite Co-op job: Working the floor. "It's kind of relaxing. You don't have to think too much."

Why he's a working member: "You get better discounts. Also, you're just helping the Co-op community out."

Favorite Co-op products: "When I was a kid, I loved getting the little turkey jerky snacks." Nowadays, he's a fan of deli meats.

A little Co-op love: "I think [it's] really important for the community. If you have a place like that in your community, I think it makes it much stronger. It's like, a social gathering place and it's also healthy alternatives."

What Do You Think? We Want to Know

by Kirsten Bernal, Weavers Way Membership Manager

IT'S THAT TIME OF YEAR. SPRING HAS SPRUNG AND DEMOCRACY is in the air. I won't talk politics, but there is one thing that I hope is on all of our minds, and that is raising our voices! While it will be a little while until we head to the national polls, we can all begin to get our vote on by voting in the Weavers Way Board elections, starting April 1, and by taking the Weavers Way Member Satisfaction Survey!

I know, I know, we all love a good survey! What I will assure you is that we have significantly improved the survey as compared to previous years. You will find that it takes less time and that the questions are much more relevant. Trust me!

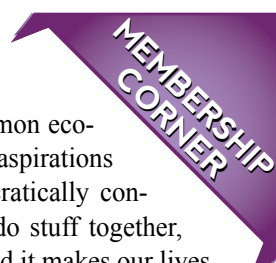
Members make a difference. Over the past year, we have seen a number of significant programs and improvements driven or inspired by members, including the Food for All low-income discount, Senior discount Tuesdays, and the Easy Pay Pays You cash incentive. It is so gratifying for me to work with members to consciously strengthen our Co-op.

This is what sets us apart from conventional businesses. According to the International Co-operative Alliance, the cooperative model 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." That means we do stuff together, because it is really important to us and it makes our lives, and the lives of those around us, a whole lot better. That is why we need you, why we need every member to participate. Your vote in the Board election is the opportunity for you to support the candidates that best represent our members and the survey lets us know how we are doing. We truly want to hear what you have to say. Your feedback serves to guide us and ensure that we are on the right track.

That all sounds good, you say. But why, you ask, should I take a moment in my already overburdened day to click on that link you've sent me for the second time now or to read through the Board candidates' bios? The answer is simple. Member participation is integral to the health of our cooperative. Democracy without participation is no democracy at all. We are Weavers Way. Our voices are essential to the life of the Co-op. Weavers Way exists to serve our members. Are we serving you? Let us know. Take the Member Satisfaction Survey. We're listening!

kirsten@weaversway.coop



Now You Can See Us in the Temple Library Archives

WEAVERS WAY IS NOW FINDABLE at Temple's University Libraries.

An index to the collection — or in librarian-speak, "finding aids" — has been posted on the website of the University Libraries' Special Collections Research Center. Take a look at library.temple.edu/scrc/weavers-way-co-op-records-1972

The summary describes the materials and includes a detailed inventory of the records, which span 1972 to 2015 and take up "10.5 linear feet" of space.

To actually peruse the old Shuttles, General Membership Meeting minutes and committee records, head down to the Paley Library, on campus at 1210 Polett Walk, just off 12th Street and Montgomery Avenue. The SCRC is open to the public — no Temple or other academic affiliation is necessary. You'll need to set up a researcher account online and show

ID when you arrive.

Weavers Way member Jane Easley, a librarian by trade and an archivist at heart, spent several months last year organizing our stuff and preparing it for transfer from an assortment of ragged cardboard boxes to the climate-controlled confines of the Temple library.

Here is the library's description of the Weavers Way collection:

Description of Collection

The Weavers Way Co-op records document the philosophy, operations and management, finances, membership, programming, and newspaper, The Shuttle, of the Weavers Way Food Co-op, from its 1973 founding to 2015. Records were gathered from members' homes and staff offices, and include governing documents, including articles of

incorporation, mission and bylaws; minutes for board and committee meetings; minutes and other records related to co-op membership, staff, and a variety of affiliated programs and cooperative initiatives. Of note are scant records related to an energy co-op, credit union, recycling program, and endorsed food boycotts. There are financial records dating back to 1976, including records concerning the 2002/2003 "financial crisis." There are issues of The Shuttle, the Weavers Way newspaper, from 1973 to 2015, and a small collection of photographs and slides featuring members, the store(s), and events. This collection also includes preserved versions of the organization's website, available through Archive-It: www.archive-it.org/collections/4487.

Check it out!

Get Your Brain Around WORKSHOP THURSDAYS

Regular Thursday night FREE workshops roll out in April!

Topics are as wide and far-reaching as the interests of our members. Check the online events calendar for details: www.weaversway.coop/events.

Upcoming:

Timebanking	April 7
Peaceful Parenting	April 14
FarmPhilly	May 12/26
Homebrewing/BeerTasting	May 19
Backyard Chickens	June 2

Or why not give a workshop yourself?

Workshops are expected to last an hour and a half, and are worth three hours of working member credit. **For more info or to propose a topic:** outreach@weaversway.coop or 215-843-2350, ext. 118.

HENRY GOT CROPS FARM MARKET

HOURS: TUESDAY, NOON–7 P.M.
FRIDAY, NOON– 6 P.M.

7095 HENRY AVE. (AT SAUL HIGH SCHOOL)

OPENS FOR THE SEASON

TUESDAY, MAY 3

FEATURING FRESH PRODUCE AND LOCAL PRODUCTS

MAY THROUGH OCTOBER

AN AGRICULTURAL PARTNERSHIP:

With Boost from Family, Chestnut Hill Manager Is Back on Road to Degree

by Karen Plourde, Weavers Way Grocery Staff

KYLA COLEMAN HAS HAD A COUPLE OF FALSE starts on her way to getting a college degree. But with the help of family, the cashier/manager on duty at Weavers Way Chestnut Hill is back in school and working part time so she can finish and move on to her next challenge.

Kyla, who's in her 20s, grew up in South Philly with her mom, Joyce, and grandmother, Lucille Grisset. Her parents separated when she was young, but she would see her dad, Wylie, on weekends.

"I don't think it was like, 'Oh, I wish my dad were here' or 'I wish my mom and dad were living together,'" Kyla said. "I had basically two parents in the household, so I don't really think I ever paid attention to it."

Kyla graduated from Prep Charter High School in 2005 and headed to Penn State Schuylkill Haven to major in criminal justice. But she soon found herself homesick. She was also aware of how much of a sacrifice her mother was making to send her to college.

"My mom lived off \$3 a week while I was in school living off \$200 a week," she said.

So after her freshman year, Kyla moved back home, transferred to Community College of Philadelphia and got a part-time job in retail. But she had trouble juggling school and work. She wanted to finish, but felt she should pay her own way, so she dropped out of school in 2008.

Kyla found out about Weavers Way through Kyra Woodson, Weavers Way's training coordinator. They had worked together at the Fresh Grocer in North Philly, and Kyla learned she could make more at the Co-op and have more flexibility in her work schedule. She was hired for the front end in 2012.

Although Kyla always intended to go back to college, it was her uncle, Bill Fletcher, who gave her the extra push she needed to re-enroll in CCP in January 2016. He was disabled from a stroke but would have liked to have become a teacher. "He told me he wanted to see me get back into school," she said. "Finally, when I get back into school, I wanted it to be a surprise, to mainly get the semester done." But she didn't get the chance to tell him: Uncle Bill died suddenly in February.

She's officially a liberal arts major, but is leaning toward a concentration in business management. She'd eventually like to run her own business or operate one.

"I have dreams," she said. "I do see myself being my own boss, being in charge of something that will make me secure and financially supported. I want to make sure that if I would bring a child in this world that their future is secure, too."

Kyla's favorite thing about working at Weavers Way is the food and learning where the local food comes from. "I never heard of Weavers Way until I started working here," she said. "I never heard of the

Staff Celebrity Spotlight: Kyla Coleman



Kyla Coleman's getting the hang of that work-school balance.

foods and the vendors and everything being made from scratch homemade." Her favorite Co-op product is the Marich chocolate sea salt caramels in bulk.

No matter where she ends up next, she wants to make sure that she makes her mom — who dropped out of college herself after a year — proud of what she does. "I want my mom to see me succeed," she said. "I just want her to see me get my degree."

kplourde@weaversway.coop

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

Weavers Way Board

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

The Board meets at 7 p.m. on the first Tuesday. The April 5 meeting is in the upstairs meeting room at the Chestnut Hill Community Center, 8419 Germantown Ave.

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

2014-2015 Weavers Way Board
President: Chris Hill
Vice President: Joshua Bloom
Treasurer: Emmalee MacDonald
Secretary: Laura Morris Siena
At large: Megan Seitz Clinton, Larry Daniels, Lisa Hogan, Stu Katz, Joyce Miller, Linda Shein, David Woo.

The Shuttle

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OPEN EVERY DAY

www.weaversway.coop

Mt. Airy main number: 215-843-2350

contact@weaversway.coop

Chestnut Hill main number: 215-866-9150

Mt. Airy

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

Chestnut Hill

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

Across the Way

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

Next Door

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

HOW TO REACH US

General Manager
 Jon Roesser, ext. 131
jroesser@weaversway.coop

Controller
 Nancy Pontone, ext. 116
npontone@weaversway.coop

Purchasing Manager
 Norman Weiss, ext. 133
normanb@weaversway.coop

Marketing Director
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dstefano@weaversway.coop

Executive Chef
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bonnie@weaversway.coop

Farm Manager
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nberryman@weaversway.coop

Next Door Manager
 Amira Shell, ext. 220
ashell@weaversway.coop

Mt. Airy Wellness Manager
 April Pedrick, ext. 114
apedrick@weaversway.coop

Pet Department Manager
 Anton Goldschneider, ext. 276
petstore@weaversway.coop

Grocery
(MA) Kathryn Worley, ext. 140
worley@weaversway.coop
(CH) Riley Luce, ext. 217
rluce@weaversway.coop

Prepared Food
(MA) Dave Ballentine, ext. 102
dballentine@weaversway.coop

Deli
(MA) Shawn O'Connell, ext. 109
soconnell@weaversway.coop
(CH) Matt Budenstein, ext. 209
mbudenstein@weaversway.coop

Meat, Poultry & Seafood
(MA) Dale Kinley, ext. 104
dale@weaversway.coop
(CH) Ron Moore, ext. 205
rmoore@weaversway.coop

Produce
(MA) Jean MacKenzie, ext. 107
mackenzie@weaversway.coop
(CH) Mike Herbst, ext. 211
mherbst@weaversway.coop

Floral Buyer
 Ginger Arthur, ext. 317
floral@weaversway.coop

Weavers Way Welcome Meetings

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

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

Meetings start at 6:30 p.m., in Mt. Airy or Chestnut Hill.
 RSVP to:

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

NEXT MEETING: Thursday, April 14
Community Room, 555 Carpenter Lane
 (adjacent to the Mt. Airy store)

weavers way coop



Connect to the network WW_PUBLIC
 Use the password weaversway

Follow us!   

Advertise in the Shuttle
advertising@weaversway.coop

Passover Specials

PRE-ORDER PASSOVER FAVORITES

The first night of Passover 2016 is April 22.

Matzo Balls	\$1 ea
Matzo Ball Soup (vegetable or chicken stock, quart size only)	\$9.50 qt
Passover Haroset	\$9.50 lb
Winter Borscht (quart size only)	\$9.50 qt
Assorted Sweet and Savory Kugel	\$9.50 lb
Potato Latkes	\$9.95 lb
Walnut Lentil Paté	\$7.50 lb
Chicken Liver Paté	\$10.99 lb
Freshly Pureed Horseradish with Beets	\$9.95 lb
Whole Roasted Chicken	\$11.99 lb
Whole Side Braised Salmon with Cucumber Dill Sauce	\$20.99 lb
Whole Braised Brisket with Baby Onions	\$19.99 lb
Dried Fruit and Nut Platter (12-inch platter)	\$36.99 ea
Sweet Potato Tzimmes	\$8.99 lb
Citrus-Roasted Asparagus	\$12.99 lb
Glazed Carrots with Apples	\$7.99 lb
Green Beans with Toasted Almonds	\$10.99 lb
Brussels Sprouts with Shiitake Mushrooms and Leeks	\$10.99 lb

Don't forget to check our catering menus for additional options!

www.weaversway.coop/catering

Call 215-866-9150, ext. 209, for Chestnut Hill Prepared Foods.

Call 215-843-2350, ext. 102, for Mt. Airy Prepared Foods.

We are happy to accommodate special requests with advance notice. We prefer a week's notice on holiday pre-orders, but will fill last-minute orders whenever possible.



Chestnut Hill
8424 Germantown Ave.

Mt. Airy
559 Carpenter Lane

MEAT & SEAFOOD SPECIALS

Shank bones free with purchase from the Meat Department!

Koch Whole Turkeys 14-16 lbs. (no antibiotics)	\$2.99 lb
Empire Whole Kosher Chicken	\$4.75 lb
Empire Cut-Up Kosher Chicken	\$4.75 lb
Aspen Ridge Beef Brisket	\$8.49 lb
Stryker Farm Beef Brisket	\$8.49lb
Bone-in Leg of Lamb	\$6.99 lb
Boneless Leg of Lamb	\$8.70 lb
Black Pearl Scottish Farm-Raised Salmon (antibiotic-free, sustainable)	\$13.99 lb

Pre-order from our butchers at either store:

Chestnut Hill, 215-866-9150, ext. 205; Mt. Airy, 215-843-2350, ext.104

Ask about house-cut roasts!

weavers way COOP
CHESTNUT HILL

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