Manager’s Corner
Expanded Co-ops
by Glenn Bergman

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

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

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

So, in anticipation of the September 4 release of Blood Poison, Dublin’s second volume in the three-book C.S.U. Investigation series from Penguin, I had no trouble setting up an interview with the elusive author well in advance. Then it happened. And “its” name is Harry Potter.

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

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And of course...scads more
The big story in this issue of the Shuttle, as it has been for the last 15 years, is the debate over expansion. As members gathered at the July 9 meeting to discuss the pros and cons, there were many reasons cited for expansion, including new products and services. Some members expressed their desire for a larger store, while others were concerned about the impact on the local community.

In other news, the USDA wants to gas your nuts. You almonds, to be specific. Your nuts, to be more specific. Local artists are encouraged to sign up on Allen Lane Art Center’s new database of local artists. Not only do you become part of an essential local artists resource, but you’ll be helping our keep our country safe from the terrorists.

Finally, I must issue an apology for the'shameless self-promotion.' I have submitted neatly typed, on disk, or e-mailed to the editor has the right to edit all articles. Articles should be under 500 words and can be about anything from local events to personal anecdotes. The editor reserves the right to accept or reject any article submitted. The editor also reserves the right to edit any article submitted.

The Shuttle is published by Weavers Way Co-op and is mailed to all members. Deadlines for each issue areoy 29, 2007, for the September issue. The Shuttle is supported by membership dues, advertising, and grants. Ads are available upon request in the advertising section on the second floor of the Co-op. The staff of the Shuttle is composed of volunteers and is supported by the members of the Co-op. Members are encouraged to contribute to the Shuttle and to be involved in the decision-making process.

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

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

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

What’s Up Upstairs

Squiggly Enamel Saver Toothpaste

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

New Wave Enviro Products

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

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

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

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

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

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

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

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

Produce News

Back to School with Produce: Lunches and Snacks by Jean McKean, Produce Manager

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

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

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

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

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

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

Slice it. Research shows that we’ll eat lots more of almost anything, but especially apples, if it’s sliced into bite-sized pieces. Unfortu-nately, many fruits, especially apples, discolor quickly when sliced. I’m still trying to find affordable convenience packs of sliced organic apples. Crisp it. What is it about salty-crunchy that is so satisfying? Instead of chips, try roasting green beans, asparagus, broccoli, cauliflower, beets, rutabaga, carrots, sweet potatoes, and of course potatoes with some oil, maybe a dash of vinegar, and whatever seasonings you like. Toss in a few nuts. Stand back.

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

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

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

Took them. Actually, in my line of work, this is not a trick. I buy a few vari- (continued on page 4)

Deli & Bakery News

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

Rolings Bakery
Round Challahs (Plain, Raisin, Whole Wheat)
Bagels
Apple cake

Mindy's/Greenberg Bakery
Challah
Babka
Pound cake
Rye bread
Pumpernickel
Pastries

Goldberg Bakery
Bagels
Rye Bread
Honey cakes

Night Kitchen Bakery
Challah (Round or Twisted)
Honey cakes

Please place bakery preorders by September 5 for Rosh Hashanah and September 14 for Yom Kippur.

Weavers Way Deli will also carry our usual plethora of olives and cheeses.
Now that September has arrived, fall seems right around the corner. I thought this would be a perfect time to learn more about wild bird feeding. I meet many members who are very serious about feeding wild birds, and bird seed is a big seller for the reasonable cost. Often though, they are to ground feeders. We stock black oil sunflower seeds in 25-pound and 50-pound bags, both of which are a good value. For those who are concerned about the mess that the shells can leave, there is an option of sunflower chips.

Dried whole corn kernels are a favorite of jays, pigeons, doves, turkey, pigeons, and quail. Cracked corn is better for smaller birds like blackbirds, starlings, and grackles. Commercial seed blends are very popular not only for the convenience but also for the reasonable cost. Often though, these can be wasteful. They can be laden with fillers that are less appealing to most wild birds, resulting in a leftover mess. Seed blends are best sprinkled on the ground or a platform feeder as they are often higher in millet, which is preferred by ground feeders.

Milo is a round, reddish seed that is commonly used as filler. Most birds will eat it only if there is nothing else. It can also attract undesirable aggressive birds like cowbirds, starlings, and grackles. Seed blends are very popular not only for the convenience but also for the reasonable cost. Many wild birds are also fond of fresh fruit and fruit seeds. These can be a good treat while the weather remains mild.

Some suggestions are raisins or currants works especially well when your kids have friends over. Lie. When I was a kid, my mom told us that carrot sticks helped prevent carsickness. I don’t know whether she believed this, but we sure did. Twenty miles into the weather turns colder. It is a high energy treat made from the rendered fat that surrounds beef kidneys. There are a good variety of flavors which can also attract more specific species of bird depending on which you choose. Many wild birds are also fond of fresh fruit and fruit seeds. These can be a good treat while the weather remains mild. Some suggestions are raisins or currants softened in water, or diced apples, melons, or grapes. Orange halves are very desirable to orioles in particular. Birds that do not eat seeds as a major part of their diet, such as goldfinches, siskins, and redpolls. This seed is more expensive than the others, so it is best offered in special thistle seed feeders, which feature small openings that discourage larger birds and prevent spillage.

Peanuts are effective in attracting titmice, chickadees, nuthatches, woodpeckers, cardinals, jays, many sparrows, and Carolina wrens. These can be offered shelled or whole. Milo is a round, reddish seed that is commonly used as filler. Most birds will eat it only if there is nothing else. It can also attract undesirable aggressive birds like cowbirds, starlings, and grackles. Commercial seed blends are very popular not only for the convenience but also for the reasonable cost. Often though, these can be wasteful. They can be laden with fillers that are less appealing to most wild birds, resulting in a leftover mess.

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Coffee Klatch Grows into Fair-Trade Cooperative
by Ona Kaur

What began as a few entrepreneurs hanging out, drinking coffee, and swapping stories has grown into a unique cooperative that is bound to ignite curiosity beyond its present Philadelphia environs. Independents Coffee Cooperative (ICC) started informally in 2003 when the “four founding frothers” began to meet and share information and resources. Members have since participated in joint advertising, bulk purchasing, public speaking, educational events, and group trainings.

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

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

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

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

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

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

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

Weavers Way, Glenn pointed out, has a history of expansion, beginning as a church-basement buying club in the early 1970s, then renting 335 Carpenter Lane in 1975 and gradually growing to its current collection of buildings at the corner of Carpenter and Greene. Following a rocky stretch a few years ago, the Co-op has rebounded financially, entering a period of strong growth in terms of membership and finances. The properties on Carpenter are now owned free and clear, with property values going steadily up; household membership has increased by 14.2 percent in the past three years, from 2,800 to 3,200; and sales are growing by 10 percent per year. As a result, Weavers Way has been able to offer a wider variety of products, while supporting a number of community initiatives and expanding donations to local organizations.

Alongside this positive growth, however, has been a corresponding increase in demands on staff and the Co-op’s limited space. Weavers Way’s popularity has caused, or exacerbated, a number of problems for the Co-op and surrounding neighborhood. In particular, parking is extremely limited and the store has become increasingly cramped, making it difficult and stressful to navigate, particularly for staff. During busy times of the week, there are sometimes gridlock conditions on the sales floor. Glenn pointed out that the optimal figure for sales per square foot for comparable cooperatives is $1,200, while the figure for Weavers Way is now nearly double that at $2,200. Not surprisingly, in such a dense space, shelf-space limitations mean less product choice and cause numerous logistical difficulties for staff. It is also important to note that all of this is taking place in an increasingly corporatized environment. Wal Mart, noted, is projected to be the largest seller of organic produce in the United States in the near future, thus forcing cooperative enterprises like Weavers Way to consider what changes will be needed to survive in a far more competitive atmosphere.

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

Responses from those assembled were, not surprisingly, mixed. A number of members expressed what member Larry Schofer termed (in reference to his own comments) “the curmudgeon’s view,” asserting that Weavers Way could lose its uniqueness and sense of community with this kind of expansion, becoming too much like co-ops in other places that, though they are “real nice stores,” are also the kinds of businesses that “people can take or leave.” Weavers Way, on the other hand, was repeatedly described as a particular expression of the Mt. Airy community, with members who see one another every day while “walking the dog.” Expanding into other areas, then, would, at best, help to form a number of communities separate from one another, while perhaps undermining this one.

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

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

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

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

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Mt. Airy Village Fair 2007

Sunday, Sept. 16, 12-4 p.m.
Greene St. & Carpenter La.

We are gearing up for another Mount Airy Village Fair. The Mt. Airy Village Fair 2007 will be a gathering of good food, fun games (a Mt. Airy old-school Olympics to be exact), unique shopping, and wildly creative entertainment.

For more info, please call Meredith at 215-713-2666.

Expansion Meeting

(continued from page 6)

as Bala Cynwyd and Center City. In fact, according to Stu, only a third of members live within easy walking distance, while another third live nearby but generally drive, and the final third are spread out through the Northwest and beyond. Thus, Co-op lawyer David Kraut pointed out, a lot of Co-op members would simply like to be able to buy healthy food cheaply "without having to schlep into Mt. Airy" to be able to buy healthy food cheaply.

The Co-op's participation in the PhillyCarShare program that encourages people, members and those without a giant-index card to get their buildings certified for being environmentally sound. "They'll say, 'We build homes, office buildings, condos, and green," Fleming says. "'They've already lost me.' Green should not be a separate category. "You incorporate green into everything you do."

You may be pleased to know that Fleming gives the Co-op high marks—and bear in mind the man a va a teacher— for being environmentally aware. The Co-op's own Steve Hebden has studied sustainable architecture through Philadelphia University and is constantly tinkering with the building to make it more efficient, with projects big (moving the air-conditioning compressor) and small (making sure faucets don't leak). Then there's the Co-op's participation in the PhillyCarShare program and the monthly recycling program that encourages people, members and those without a giant-index card to their name, to recycle products that the city doesn't accept, including plastic and cardboard. "Plus you've got the Co-op Shuffle," Fleming says, referring to the packed aisles on Friday nights after work. Efficient use of space is one the hallmarks of the sustainable architecture movement. And you thought the place was just too jammed.

Fleming's excited, thrilled to be living where he does and where he does. His mother was a hippie, he said, and a lot of the awareness about the environment a day comes out of the hippie movement. Over in Manayunk, Fleming and his people are pushing cork as a flooring material. Maybe you're old enough to remember cork's first heyday, circa 1970. Peace, love, understanding—and a cork wall. "In the

Rob Fleming: Green Architect Who Walks the Walk

by Richard Kasteger

Rob Fleming lives a few doors down from the Co-op, so he's not looking for any green credit for walking to Weavers Way when he needs to do his marketing. Fleming lives—this is too easy—in a sun-drenched tower house Fleming designed, where he and his wife, Nica, who runs the technology program at the Philadelphia School, shop at the Co-op is because there's so much less waste in how Weavers Way products are packed. "It's more efficient, it keeps prices down, it's better for the environment. Now they're trying to teach conservation to their two children, Serafina, 7, and Treivan 5. "I'll ask them to help with the recycling," Fleming says. "Sometimes they just sit there watching cartoons. Sometimes they actually do it."

Most particularly when they are offered an incentive: cash money. This is, after all, Philadelphia, where money screams. Anyway, the city's getting green-er all the way around. Rob Fleming sees the whole thing unfolding, and it thrills him.
In between all the transitioning of crops, we are still at the height of harvesting with all the summer crops still very productive. We have had a few gaps, sometimes welcome, in crops such as beans and cucumbers, and will likely see a gap in carrots shortly. Beans, cucumbers and squash, among others, don’t grow all summer long and it’s necessary to do multiple plantings in order to maintain a constant harvest all season. We are still getting the exact timing down so that as one planting slows down, the next one is there to take its place. In the case of the carrots, we got so caught up in the summer crop frenzy, the next seeding got pushed back a little too far.

Despite these few gaps, the farm has been more productive this year than expected, and we’ve found that we have needed to expand to other markets to move all the produce we are growing. The bulk of it will continue to go to the Co-op, but we have also been selling to the Fair Food Farmstand at Reading Terminal Market, Mariposa Co-op in West Philly, Cafette in Chestnut Hill, and two farmers markets — one just outside the Co-op on Thursdays, and Headhouse Square at Second and Lombard on Sundays. Three harvests per week supplies all of this and is certainly enough to keep us busy. Which harvests per week supplies all of this and is certainly enough to keep us busy. Which

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

It’s back-to-school time!
Let’s all sharpen our number-two pencils and get to work.

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

If you have a college student who needs some extra touches to make that dorm room or college apartment more stylish, we have Cool Totes’ lunch bags, which are practical and fun, sturdy and attractive, good for children and grown-ups. The New Wave Enviro Lunch Box kit promises to be a big hit. Rhodia has put together a “kit” of some of their products that has excited the many Rhodia fans among us. We have academic year calendars as well as 2008 calendars.

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

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

Workshops for Owners of Older Homes
by Patrick Hauck

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

Hands-On Workshops in West Fairmount Park
Windows
Tuesday, September 4 at 6:00 p.m.

Masonry and Pointing
Tuesday, September 11 at 6:00 p.m.

Roofing
Tuesday, September 18 at 6:00 p.m.

Flat Plaster Repair
Tuesday, September 25 at 6:00 p.m.

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

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

Workshops for Owners of Older Homes
by Patrick Hauck

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

Hands-On Workshops in West Fairmount Park
Windows
Tuesday, September 4 at 6:00 p.m.

Masonry and Pointing
Tuesday, September 11 at 6:00 p.m.

Roofing
Tuesday, September 18 at 6:00 p.m.

Flat Plaster Repair
Tuesday, September 25 at 6:00 p.m.

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

Lecture Workshops Location: Cliveden, 6401 Germantown Avenue (Workshops at carriage house: enter property through the gate at Cliveden and Morton Streets)
As part of the Buy Fresh, Buy Local week, I recently joined the coordinator of Buy Fresh Buy Local, Fair Food, and a group of 50 buyers, chefs, market staff and co-op staff on a tour of three farms in Lancaster County that are part of the Lancaster Farm Fresh (LFF) Cooperative. The mission of Fair Food is to connect wholesale buyers with local farmers. It also coordinates farm tours throughout the summer. While most of these are open to the general public, this tour was industry-only and a rare opportunity to visit traditional Amish farms. LFF cooperative, as stated in their literature, is made up of 22 "Amish and Mennonite farmers who take great pride in building their soil to produce healthy plants, animals and people." I was eager to get a good look at where some of our neighborhood’s local produce comes from and to get a greater understanding of the food’s journey to our plates.

Heading Out

The tour began at the LFF warehouse, a small, clean space that was empty save for some flattened produce boxes waiting for action. We learned how each of the farmers delivers a prediction of what they expect to harvest, twice a week, and farmers deliver a prediction of what they expect to harvest, twice a week, and then weekly orders are made based on those predictions. Crops are harvested and pre-packed for individual deliveries at the predictions. All of the produce coming from the cooperative is organic, except for tree fruit and some produce from farmers that are transitioning to organic. LFF delivers meat as well, including chicken, turkey, organic duck, beef and bison. All meat is delivered frozen except for the turkeys at Thanksgiving. One of the biggest challenges for LFF right now is how to provide a greater supply of choice cuts. Bison in particular is only available ground.

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

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

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

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

As we gathered in his farm’s old tobacco drying shed, Mr. Stolzfus told us about his shift to organic farming. Though clearly a shrewd business decision, organic farming is something he came to naturally, from thinking about what all the chemicals and processes involved in his farming practices were doing to his land, his animals and his own family’s health. He began “grazing” his dairy herd and soon found that his cows were producing milk that he felt was superior to his fellow farmers’ products. He originally approached Natural by Nature, the organic milk dairy, who felt he was still three years away from a product they could use. Mr. Stolzfus continued in this direction and after three years was selling his milk certified organic. That milk is also used in the production of PA Noble cheeses, available in our very own deli cheese case. In fact, it is the grass diet that gives the cheese its distinct yellow color. Removing chemicals from the farm meant that the
as robins, thrushes, wax-wings and blue-birds, can be interested in fruit treats. An- other good option is pumpkin seed or squash and melon seeds. These can be spread out to dry and then ground in a food processor making it easier for smaller birds to enjoy.

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

The president of the company shared that his wife grew up in Philadelphia. Her family belonged to Weavers Way and she remembers it fondly. We are currently stocking the Encore formula, which is corn- and wheat-free and contains low-ash chicken and farm-raised catfish, a good choice for dogs with sensitivities or allergies. Annamaet Option also contains farm-raised catfish and ven- son. There are several other varieties that can be purchased by pre-order. Also new is a grain-free wellness line called Core, which is similar to Innova’s Evo line. There are several other varieties that can be purchased by pre-order. Also new is a grain-free wellness line called Core, which is similar to Innova’s Evo line.

There is both a feline and canine formula. There are several other varieties that can be purchased by pre-order. Also new is a grain-free wellness line called Core, which is similar to Innova’s Evo line.

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Farm Co-op (continued from page 9)

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

Continuing across the street, our group walked past the pole beans and hives of bees used to pollinate the zucchini of Meadow Valley Organics, where we naturally gravitated to the shade of a broad oak tree. Just that morning, the space had been the site of the zucchini packing, and empty waxed boxes were spread out like so many hungry mouths. Our unassuming host, Amos Beiler, echoed much of what Mr. Stolzfus had said about the shift to organic produce some 17 years ago. When running a market such as ours, consistency is a key factor in establishing good relationships with vendors. If the farms can’t hit the numbers that we need and manage the particular packing needs of the Co-op, it can be difficult to make a switch.

Also, quality of product is crucial to our customers, and until the produce from LFF is equal to or better than that of Paradise, it doesn’t make much sense to change. Weavers Way is also Paradise’s biggest customer, and a drop in our business will make a significant impact in their success. When LFF was getting started last year, the logistics were still being worked out. With a more efficient distribution network, and an ever-increasing quality of product, I’m sure there will be a place for LFF produce on our shelves at some point.

Bringing it Home

In an effort to get to know the produce currently coming from Lancaster Farm Fresh, Jean decided to buy a share of the LFF CSA (Community Supported Agriculture) summer crop and raffle the various weekly boxes to staff members. I was fortunate enough to get a week in mid-July, coincidentally the same week that I visited the farms where the produce originated. For those not familiar with CSA, consumers buy a ‘share’ in the farm before a season begins, then receive weekly boxes of farm-fresh food throughout the season. The LFF CSA brings the produce in bulk boxes on Thursdays to a centralized drop-off point (in our case a house a couple of blocks from Weavers Way). Participants receive a list of what they are allotted and pick their produce from the various boxes and bags. My list this week consisted of: 1 bunch of beets, 2 green peppers, 3 Cubanelle peppers, 1 Walla Walla onion, 12 ears of sweet corn, 1 bag of red potatoes, 2 lemon cucumbers, 1 head of lettuce, 1 bag of green beans and 11 Early GLO peaches. The produce was clean and attractive and as nice a product as you would expect to see on a farm stand or co-op shelf. The peaches were one day from being perfect and they were robust. That night, we had a salad with the lettuce, pepper, onion and cucumber. The onion was sweet, with a sharp finish; a nice contrast to the simpler flavors of the other three. Some spiced and sautéed tofu was tossed in to keep it interesting. After dinner, we enjoyed an amazing peach cobbler whipped up by my wife. Later in the week, the beans performed well, even after over-staming! The only veggies in our bag that we don’t normally buy are the beets, but we plan on using those for a beet-potato salad.

If you are a CSA participant, you certainly have to be prepared for unexpected food in your pantry and be willing to be a bit adventurous. This may feel intimidating, but even our household of two, the food we received was not nearly enough for a full week of meals, so there was plenty of room for us to supplement our own family favorites. As far as value goes, if I had bought the same produce from the Co-op that day, I would have paid roughly the same the same price as the cost of that week’s share. Coupled with the fact that you cannot choose what you are going to get, you may not feel compelled to join this CSA program. However, there is an educational element that I think is overlooked sometimes when shopping at the grocery store. Getting to know what grows in your region, and at what time of year, might help you to make a more informed choice about where your food comes from, how far it has to travel to get to you, and how fresh it might be by the time it gets to you. You can increase your knowledge of the local growing seasons, but also your sense of play and inventiveness when food is concerned. You may find yourself thinking twice about those greens driven in from California and learn to savor the wait for that bunch of chard from your own backyard.

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

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Ned Wolf Park Now Has a Sign

By Ronda Throne-Murray

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

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

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

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

Response to local fundraising efforts in the two-block area surrounding the park has been great. Neighbors have donated $1,500, allowing us to repay start-up loans and start planning for future projects. To date, from all funding sources, the Ned Wolf Park Project has raised $3,900. Costs to complete all of our lighting and wall repairs will total approximately $15,000 and require a lot more volunteer efforts. Can you help us with talent, time or contributions?

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

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

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

The group of neighbors and individuals who showed up on our big workdays have varied widely from toddlers to grandparents, some of whom were Ned Wolf’s family members. Others were at-risk teens needing to perform community service. Many dog-walkers and parents of young children are now seen in the park every day with their “babies” in arms, in strollers, or on leashes, lingering in what is becoming an attractive public space. They now route their walks through the park to enjoy the gardens, chat with each other, and give thanks to the volunteers working. People even call to us from their cars as they are stopped at the stop sign at the corner of McCallum and W. Ellet Sts., where the park is located. The comments we receive are generally about how nice the park looks and that they appreciate the remediation of a neighborhood eyesore. We invite you to visit and see it for yourself and let us know what you think. We do ask that those who bring their four-footed family members remember to please pick up after them, as we have had a bit of trouble with that.

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

Mike McCleary, Steve Donegal and Bruce P. Murray, who assembled and installed the sign at Ned Wolf Park

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Allens Lane Art Center Renovations Approaching Completion

Allens Lane Art Center has been undergoing renovations since early May, and the work is expected to be completed in early September in time for a full fall season of theater, classes, and gallery exhibits. A state capital grant of $1,250,000 supported by Senator LeAnna M. Washington initiated the project, and the Center has decided how the information will be disseminated, whether only upon request or also public if requested. Artists are welcome to send links to their websites, but for now just basic information, and there is an option to not have that information made available if requested. Artists are welcome to send links to their websites, but for now digital photographs, other large files, and hard copy materials cannot be accepted. For more information about the Artists Directory, the renovations or Allen Lane’s other programs, visit the art center’s website at www.allenslane.org.

The idea is not new, though an earlier effort to compile this information did not have the advantage of being computerized. In the late 1990s, an organization called the Mt. Airy Arts Alliance created a Cultural Arts Directory that was published by the Chestnut Hill Local as a supplement. It included painters, printmakers, photographers, sculptors, calligraphers, and more; however, all artists listed were in the 19119 zip code. The Center is applying for some small foundation grants to help with the technology and human resources that will be required for capturing, managing and using the data effectively. It has not been decided how the information will be disseminated, whether only upon request or also published. The project is ongoing and artists will be added continually. Allens Lane Gallery is planning to create annual exhibits of artists who are included in the directory, with a new group being featured each year as more submissions are received.

Allens Lane Art Center

Approaching Completion

by Amy Masterman

Allens Lane Art Center has been undergoing renovations since early May, and the work is expected to be completed in early September in time for a full fall season of theater, classes, and gallery exhibits. A state capital grant of $1,250,000 supported by Senator LeAnna M. Washington initiated the project, and the Center has decided how the information will be disseminated, whether only upon request or also public if requested. Artists are welcome to send links to their websites, but for now just basic information, and there is an option to not have that information made available if requested. Artists are welcome to send links to their websites, but for now digital photographs, other large files, and hard copy materials cannot be accepted. For more information about the Artists Directory, the renovations or Allen Lane’s other programs, visit the art center’s website at www.allenslane.org.

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Visual and performing artists are asked to visit Allens Lane’s website to see guidelines for submitting their information. For now, the Center is requesting just basic information, and there is an option to not have that information made available if requested. Artists are welcome to send links to their websites, but for now digital photographs, other large files, and hard copy materials cannot be accepted. For more information about the Artists Directory, the renovations or Allen Lane’s other programs, visit the art center’s website at www.allenslane.org.
Historic Rittenhouse Town Hosts Paper Mill Run

by Chris Owens
Historic Rittenhouse Town Executive Director

On September 8 at Historic Rittenhouse Town we will host our Eighteenth Annual Paper Mill Run, the name of which was chosen to honor the legacy of the Rittenhouse family as the builders of the first paper mill in British North America. Today the Mill Site and adjacent Homestead and Bake House remind us all of the importance of the papermaking industry to the development of early America and the essential role of the Rittenhouse family as suppliers of locally produced paper for letters, legal documents, receipts, and the essential role of the Rittenhouse Mill to industry to the development of early America. To today the Mill Site and adjacent Homestead and Bake House remind us all of the importance of the papermaking industry to the development of early America and the essential role of the Rittenhouse family as suppliers of locally produced paper for letters, legal documents, receipts, and the flourishing community of weavers who lived and worked in Germantown transforming flax into fine linen cloth. When the cloth had outlived its usefulness, linen rags were transported to the Rittenhouse Mill and made into pulp. For the first few generations, the Rittenhouse family produced high quality paper from linen rags which found its way to printers in Germantown, Philadelphia, and New York City. At technology changed, the family expanded their water-driven milling operations and began to grind grain, produce textiles and carpets, and make blankets for the Union Soldiers. By the last decades of the 19th century, however, steam engines had replaced water as the principal source of energy and the Rittenhouse family gave or sold their land to Philadelphia's newly formed Fairmount Park. Nearly a century later, Hugh Hanson and Paul Rittenhouse, father and son, were interred in the burying ground adjacent to the Meetinghouse.

At the heart of the thriving early industrial community known as Rittenhouse Town was the first paper mill in British North America, built on the banks of the Mononohone Creek by William Rittenhouse and his son, Nicholas, in 1690. Skilled papermakers, they had learned their craft from William's uncle, who operated a successful paper mill in Amsterdam. When the cloth had outlived its usefulness, linen rags were transported to the Rittenhouse Mill and made into pulp. For the first few generations, the Rittenhouse family produced high quality paper from linen rags which found its way to printers in Germantown, Philadelphia, and New York City. At technology changed, the family expanded their water-driven milling operations and began to grind grain, produce textiles and carpets, and make blankets for the Union Soldiers. By the last decades of the 19th century, however, steam engines had replaced water as the principal source of energy and the Rittenhouse family gave or sold their land to Philadelphia's newly formed Fairmount Park. Nearly a century later, Hugh Hanson and Paul Rittenhouse, father and son, were interred in the burying ground adjacent to the Meetinghouse.

William and Nicholas served as ministers of Mennonites in America, both important part of their community and purpose that has characterized this beautiful Fairmount Park, the first paper mill in British North America. Today the Mill Site and adjacent Homestead and Bake House remind us all of the importance of the papermaking industry to the development of early America and the essential role of the Rittenhouse family as suppliers of locally produced paper for letters, legal documents, receipts, and the essential role of the Rittenhouse Mill to industry to the development of early America. To today the Mill Site and adjacent Homestead and Bake House remind us all of the importance of the papermaking industry to the development of early America and the essential role of the Rittenhouse family as suppliers of locally produced paper for letters, legal documents, receipts, and the essential role of the Rittenhouse Mill to industry to the development of early America. To
country and the Mennonite family as the builders of RittenhouseTown to be an important part of their history.

Nestled in the quiet and peaceful valley of the Mononohone Creek in beautiful Fairmount Park, our National Historic Landmark District welcomes visitors of all ages throughout the year. Over 200 school children from the greater Philadelphia area learn about local history as they make paper in our Barn Studio, tour our early industrial village, and participate in a colonial German cooking demonstration in our 18th century Bake House. We are open to the public for tours from June until September on weekends from 12 until 4. Visitors to Historic RittenhouseTown can still experience the sense of community and purpose that has characterized this unique spot since the 17th century. We also host a variety of themed weekend events including an Egg Hunt, Family Fun Day, Spirits of the Wissahickon, our Holliday Weekend, and the upcoming Annual Paper Mill Run 5K Race. Our Summer Paper Arts Workshop Series brings together professional paper crafters and enthusiasts of our community for a day of paper arts. Visit www.rittenhousetown.org for more information about RittenhouseTown.

If you are a runner, or wish to support one, please join us. You can register to participate by calling us at 215-438-5711 or visiting active.com and searching “paper mill run.” Runners may also register before 9:30 a.m. on the morning of the race. We hope to see you there!
Celebrate Fall at the Morris Arboretum’s Fall Festival

by Susan Crane

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

The Arboretum’s glorious landscape provides the perfect backdrop for this lively event. Colorful trees burst forth with hues of orange and red as families gather to make a scarecrow or paint a pumpkin. Fall Festival is a highlight of the Arboretum’s fall calendar, last year drawing over 1,700 visitors. What makes the event so unique is that almost all the activities are free. Visitors are encouraged to come early for scarecrow-making, as many visitors head right to that area to ensure their pick of the best outfit.

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

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

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

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

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

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

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

The Fall Festival is the perfect way to enjoy an afternoon of fun in a glorious autumn setting. Make plans to visit the Arboretum and it will become an annual event for your family too.

The Morris Arboretum of the University of Pennsylvania is located at 100 North Western Avenue in the Chestnut Hill section of Philadelphia. The 92-acre horticulture display garden features a spectacular collection of mature trees in a Victorian landscape. The Arboretum features numerous picturesque spots such as a formal rose garden, Japanese gardens, swan pond, meadows, and the elegant Fernery. The Morris Arboretum is listed on the National Register of Historic Places and is the official arboretum of the Commonwealth of Pennsylvania. For more information, please visit www.morrisarboretum.org.
Northwest Artists Exhibition at the Sedgwick on October’s First Friday

by Barbara Lemu

Sixteen artists from the Northwest Artists Collective will exhibit their work at the Sedgwick Cultural Center on Mt. Airy’s October First Friday in preparation for Philadelphia Open Studio Tour (POST) 2007. Several years ago, POST artists located in Germantown, Mount Airy, and Chestnut Hill recognized the need to support the vibrant creativity of practicing artists in our communities and formed the Northwest Artists Collective. The Collective, which meets monthly, includes painters, sculptors, printmakers, photographers, and fiber artists. The group has had several exhibits, with more in planning stages through 2008. In addition, they have produced “Brickyard Notebook,” a compendium of images and biographies of the artists. It is available as a notebook and compact disc, with a catalog publication in the works. Featured artists in the exhibition — most of whom are members of Weavers Way — include Elena Maria Andrete, among the artists in the collective are (L to R): DEBORAH CURTIS.
Salad Daze
by Peter Samuel

You garden people know that spring and early summer is when the world of salad greens explodes and you can graze on a multicolored feast of leaves like mache, arugula, Mizuna, baby purple kale, cress, sorrel, chicory — not to mention a panoply of lettuces of all hues. And later in the summer it’s the time for fresh sliced tomato with a little basil and olive oil drizzled over them, or a big bowl of sliced cucumbers with vinegar and fresh picked dill. Wow, that’s superb eating! For those without backyard hordes of homegrown greens, you can drop by the Co-op and splurge on a variety of colors, shapes, and tastes. And of course, except for the greens from the Co-op farm, most of this is available year round, thanks to places like Yuma, Arizona (“winter lettuce capital of the world”), or Florida and California. Rarely is there a time when you cannot pick up romaine, iceberg, mesclun and spinach. And there are also organic versions of the same.

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

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

The Greeks believed that lettuce cooled the body and therefore munched salads after the meal to offset the wine drinking that continued onto the evening. In England and Europe today salads after the meal to offset the wine drinking that continued onto the evening. The word salad comes from the Latin word for salt, sal — apparently the Romans liked to eat greens dipped in salt. Salata meant “having been salted.” The French turned that into salade and in English it became salad.

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

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

If you have not yet investigated the prepared foods cooler in the Co-op, I suggest that you take a look, and I guarantee that you will be impressed with the selection. On a recent day I found salads such as forbidden rice and snap pea; green bean, mozzarella, and tomato; vegan Thai cabbage and tofu; pasta with white beans, spinach and wild mushrooms; Mediterranea tuna salad; Mom’s tuna salad; Waldorf chicken salad; soba seaweed salad; Dale’s barley salad; fresh beet and red onion salad; deviled ham salad; spinach feta pasta salad; white bean, arugula, roasted pepper, and smoked mozzarella salad; egg salad; and cole slaw. Besides these items, which are assembled at the Co-op, there are offerings from Moshe and his Co-op garden had baby carrots, cucumbers, fennel, lettuce mix, baby leeks, radishes, purple and white scallions, sorrel, and small slicing tomatoes.

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

There are five different groups of lettuce:

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

In the “other greens” category there is:

Chicory, which includes:

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

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

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

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

Don’t forget all of the other great foods that can be mixed into your salad bowl; what my children call “toppings.” Besides the traditional celery, carrots and cucumbers, consider: bacon, beets, chicken, grilled salmon, crestones, walnuts, sprouts, avocado, hard boiled eggs, beans, asparagus, artichoke hearts, ham, feta, goat cheese, and olives — the list is probably endless. If you are strict about purchasing things grown locally, this past July the Co-op garden had baby carrots, cucumbers, fennel, lettuce mix, baby leeks, radishes, purple and white scallions, sorrel, and small slicing tomatoes.

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

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

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SEPTEMBER 2007
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Dr. Lenny Roberts
Chiropractor

Roberts Family Chiropractic is proud to offer an array of wellness services. Call the office or check our website for more information.

Where Wally, Eddie and the Public Wall go
To the Reader and to the Reader’s Concerns.

Notebook
September Garden Notes
by Brenda Malinics

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

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

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

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

Fall Plants. If you’ve dismissed “win- ters pansies” (planted in fall) as too com- monplace and too yellow and violet, re- consider planting pansies this fall. There are many advantages to planting pansies. First, you will have a colorful display when almost everything else in the garden is dying. Second, pansy colors run the spectrum from white to near-black with over 340 color combinations, including some combination of pink, purple, blue, and white.

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

Plants for a Religious-themed Garden: star-of-Bethlehem, St. John’s wort, Baptisia, Jacob’s ladder, Maltese cross, burning bush, rose of Sharon, Jerusalem artichoke, St. John’s wort, bap- tisia, Jacob’s ladder, Maltese cross, burning bush, rose of Sharon, Jerusalem artichoke. Of course, you will irrigate these plants with holy water and pull out the bishop’s weed.
USDA Plan to “Pasteurize” Almonds Has Consumers Going Nuts

Plan Would Require Use of Chemical Fumigant or Heat Treatment on “Raw” Almonds from the Cornucopia Institute

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

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

In early August, the California Almond Board suddenly requested that the USDA delay the treatment mandate until March 2008—it had been scheduled to take effect on September 1. “We support this request for a delay,” said Fantle, “but a delay, due to the industry being recklessly experimenting with the suicidal treatments processes, has not been fully or adequately analyzed, nor have the economic costs to small-scale growers and the loss of consumer choices.”

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

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

And the fear in the farming community is that this will competitively injure smaller sustainable and organic growers. “This will put American farmers at a distinct disadvantage compared to the U.S. and abroad,” says organic almond farmer Mark McAfee. Fumigated almonds are banned in the EU and many other countries. McAfee says concerns about the impact of the rule on his business. Seventy percent of California’s crop is exported. Several large companies that use California almonds are already investigating foreign sources for their needs. After buying almonds from local producers for over 25 years, Lindsay Tree Community Foods, a Berkeley, CA-based natural foods supplier, will soon begin buying almonds from Italy and Spain. Dr. Jesse Schwartz, the president of the specialty retailer, believes the rule, if implemented, will be a travesty for American agriculture.

“California almonds are the heritage of the American people,” he says. “They are superior in every way.”

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

The equipment to meet the new USDA mandate is very expensive, ranging from $500,000 to $2,000,000. Farms can outsource the pasteurization process, but Hendrik Feenstra, a small-scale California almond handler of organic almonds, believes that to do so will be prohibitively expensive for modest-sized growers and handlers.

“This is a decision by the Board that is clearly trying to protect itself from bad press and lawsuits.”

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Anita Lam

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The Simplicity Dividend
CouchSurfing
by Betsy Teutsch

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

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

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

1) not being able to get rid of them, if they overstay their welcome,
2) not being able to communicate with them, since I only speak English, and
3) feeling the need to entertain them.

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

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

Back in the tragic 2004 presidential campaign when Pennsylvania was a destination for out-of-state campaign volunteers, some local organizations requested home hospitality for them. This was a little more distant a screening process than the safety worries. This community no doubt has addressed all of these concerns perfectly well; this is just the resistance that comes up within me.

The Natural Resources Council for the State of Maine, practically aristocracy. I felt quite honored to host him. As you can see, my idea that hosting strangers would be unpleasant does not match at all with my actual experience, which has been quite positive. Is this discomfort a result of social conditioning, perhaps, in our privatistic society? Or perhaps my gut resistance is reflective of a generation gap, since CouchSurfers are my kids’ age, and I can afford a nice hotel? Fortunately there are 263,000+ active CouchSurfers, so my non-participation isn’t affecting their success.

Would you like to CouchSurf, as host or visitor? If so, check out their site at www.couchsurfing.com. Betsy blogs about socially responsible investing and consuming and about cool things like couchsurfing: www.money-changesthings.blogspot.com.

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With Autumn Comes... Braising

by Annie Branson

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

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

However, if you have the time to cook something for a few hours, there is nothing better on a fall or winter day than the aroma of a long-cooked, one-pot meal. Though you can braise on the stove top, I much prefer to braise in a slow cooker, as it allows liquid to absorb. Add thyme and salt or, as in this recipe, kohlrabi. Stir the vegetables in the beginning and let the oven do the rest of the work for you.

Another important factor in braising is your cooking vessel. My favorite kitchen pieces are made by a French company, Le Creuset (Laura Crew-Say). Their Dutch oven is best for braising. Le Creuset is around forever and if you’re lucky you’ll find a piece in your mother’s or grandmother’s kitchen, tucked away in the back of a cabinet, replaced by more modern-day cooking vessels. If you do happen upon such a windfall, be sure to abscond with it. (As a collector of this stuff, I myself would take it off your hands if it proves too burdensome for you. Hint, hint.)

No doubt, this stuff is heavy, and I may encourage folks with back problems to stay away from it, but it works better than anything else I’ve experimented with. There are other enamel-coated cast iron Dutch ovens available, but they’re not quite up to stick with the high-quality stuff. Don’t be tempted to buy celebrity chef products knock-offs. You’ll often end up with an inferior quality product with an ill-fitted lid (a real no-no for braising, as a tight seal is necessary to keep the steam locked in). So if you fall in love with this cooking method, as I have, invest the money in a good Dutch oven.

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

Braised Kohlrabi

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

1 tbs. chopped garlic
1 ½ lbs. kohlrabi, peeled and julienned
1 tsp. butter
1 tbs. chopped fresh thyme
Fresh ground black pepper & kosher salt to taste

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

Adapted from a recipe by Chef Jouf Coleman.

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WW Film Series Returns

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

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

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

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

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

Wed., Nov. 14
China Blue

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

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Sun, Oct 14th: 2:00-6:00 pm
• Meet teachers & students
• Parent led Campus tour
• Classroom visits
• Call to RSVP

1st, Nov 8th: 5:00–11:00 am

Oak Lane Day School
137 Stoner Ave., Blue Bell, PA. 610-825-1855 • www.oaklanedayschool.org
The annual sales figure for their small store is only $900,000 per year, but it is really small. A few years ago they expanded about three miles away on the other side of town. This second location is in a modern shopping center in front of a Kmart store. The second store is about 7,000 square feet of retail space and grosses about $8.5 million a year. The store has a large prepared food section and plenty of local products. The staff seemed just as friendly as the downtown store and as connected with the people in the smaller store. I thought that WW member owners/shoppers would love this store.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

– Eve Segal

Suggestions (continued from page 24)

Ditch the Lactaid 70% Lactose Reduced

r: (Chris) Good point. Look for ½ gal-

r: (Norman) One of Steve’s mainte-

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

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

s: “Whipped cream cheese.”

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

“Part skim ricotta, could you alter-
nate between whole milk and skirf if there
is a space problem? Thank you.”

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

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

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

Co-op Meetings

Board: 1st Tues., 7:00 p.m. • Education: 3rd Wed., 7:30 p.m.
Environment: 1st Wed., 7:30 p.m. • Finance: 3rd Thurs., 7:30 p.m.
Diversity: 3rd Tues., 7:00 p.m.
Operations, Membership, Merchandising, and Leadership Committees meet as need-
ed. All meeting schedules are subject to change. Meetings are held at 610 and 559
Carpenter Lane and at members’ homes. For more information about committee meet-
ings, e-mail boardadmin@weaversway.coop or call the store.

Weavers Way Recycling
New Courtland Elder Service
(Enter from Carpenter Lane)
9:00 a.m. - 1:00 p.m., 3rd Sat./month.
Greetings and thanks for writing. As usual, suggestions and/or responses may have been edited for clarity, brevity, and/or comedy.

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

“Pure spring water is available for almost nothing...Andorra Spring water used to have its bottling plant here on Barren Hill Rd 1.1 miles past Andorra Shopping Center, across from Masonic Village. When they moved, they put up water dispensers for spring water. BYOB, one gallon of pure spring water for a quarter. You can choose 1, 2, or 3 gal. spigots. Go down Barren Hill (slowly, please!) about a mile, on the right is an Andorra Spring Water sign.”

This past July I attended a national co-op conference located in Minneapolis. During one of the sessions a few of us were discussing product selection criteria at our co-ops, and things of that nature. One woman said her co-op wouldn’t sell any Garden of Eatin brand items due to the woman told me it is exploitative. The woman said that this is a good example of development resulting in the producers diversifying income-generation and moving up the value chain to include roasting and retailing, thus no longer being primary product producers only.

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