

LIGHTEN UP

Friday

Drop that black mood and partake of refreshments, soothing music and holiday cheer

at Weavers Way Across the Way and Weavers Way Next Door 4-8 p.m. Dec. 4, 11 and 18.

(And don't miss the Mt. Airy Holiday Village, 5-8 p.m. Thursday, Dec. 10, with crafts, fun and festivity along Carpenter Lane.)

Stag & Doe NIGHTS

Join us for Chestnut Hill's oldest holiday tradition!

Both Weavers Way Chestnut Hill and Next Door will be open 'til 9 p.m. **Wednesday, Dec. 2, 9, 16 and 23**, with specials, snacks and plenty of merriment!



The Shuttle

December 2015 Vol. 43 No. 12

Community-Owned, Open to Everyone

the JOY OF giving

Sponsor a classroom at Saul High School



W.B. Saul High School for Agricultural Sciences is a unique public school and home to one of our farms and the Henry Got Crops CSA. Students gain hands-on experience in small-scale organic farming, and Weavers Way Community Programs provides additional learning opportunities.

For details on what Saul teachers need, visit www.weaversway.coop/holiday.

VALLEY GREEN BANK'S HOLIDAY BOOK DRIVE

GIVE THE GIFT OF READING

DONATE KIDS' BOOKS TO THE MASTERY CHARTER ELEMENTARY SCHOOLS, THE MT AIRY SCHOOLS COALITION, THE WISSAHICKON CHARTER SCHOOL & HEALTH CENTER #9

- New or gently used children's books
- Preschool-8th grade reading levels

Drop new or gently used preschool-8th-grade books in the bins at both stores to benefit the Mt. Airy Schools Coalition, Mastery Charter, Wissahickon Charter and Philadelphia Health Center No. 9. Buy and donate a book at Big Blue Marble and get 10% off!

Help a Needy Senior in Your Neighborhood



Unitarian Universalist House Outreach helps older adults remain independent in their own homes. During the holiday season, UUH will deliver much-needed groceries in Mt. Airy, Chestnut Hill, Germantown, West Oak Lane and East Falls.

To learn how you can help, check in at the stores, or visit www.weaversway.coop/holiday.

Give Where You Live

by Jill Fink, Executive Director, Weavers Way Community Programs

WEAVERS WAY MEMBERS understand the importance of shopping locally. It's a great way to contribute to the place we live, supporting our neighbors and neighborhoods alike. When we frequent local businesses, we reinforce an ecosystem for the good of our community — taxes fuel the local economy, jobs are created and relationships are fostered. In short, when we spend our money locally, we all benefit.

The same is true when it (Continued on Page 2)

Meat Is . . . Cancer? (Says WHO)

by Paul Cantagallo, for the Shuttle

NOBODY THOUGHT TO ASK THE CHICKENS HOW THEY felt about the news that the World Health Organization has classified red meat as probably carcinogenic, but we can imagine they are scared. Very scared.

In case you missed it, red meat's reputation suffered another ding recently when the WHO's International Agency for Research on Cancer snagged headlines with its announcement that processed meats — hot dogs, sausage, lunch meat — do cause cancer in humans and that red meat — beef, veal, pork, lamb, goat and horse — probably does. In the United States, while poultry consumption per capita has risen sharply over the past 50 years or so, the majority of meat we consume is still red meat, nearly a quarter of which is processed.

Debate over meat consumption has been with us since at least the early 20th century. Historians of public health and nutrition will tell you that starting around this time, experts came to believe that protein was the foundation of good health. Meat, while still scarce and costly

in what were even in those days largely agrarian economies, soon became something of a nationalistic cause célèbre. Its high protein content was supposed to combat child malnutrition and strengthen soldiers headed off to war. In 1960, the United Nations issued a report calling for a "global strategy to avert the impending protein crisis" and seeking contributions from world powers to close the "protein gap" between protein-rich and protein-poor nations. Meanwhile, particularly in post-World II America, meat for dinner, with or without potatoes, became not only a status symbol but a birthright.

With the world's growing population suddenly eating more meat, the system that provided it revolutionized. Enter Big Food, the Meat Industrial Complex. The thousands of family-run or cooperative meat and poultry operations throughout the United States devolved into a few hundred sprawling, nightmarish factory farm complexes.

At the height of the global "protein crisis," a counter-current emerged among medical scientists and nutri-

(Continued on Page 20)

Editor's Note



by Mary Sweeten, Editor, Weavers Way Shuttle

MY PAL PAUL CANTAGALLO IS A VEGAN. Me, not so much. (Although I did count up that I went meatless four days out of seven last week.) He is also a thoughtful guy, which is why I was glad he volunteered to write a little something about meat in the wake of the World Health Organization's announcement in October that processed meat causes cancer. (And red meat probably does.) His piece provides, among other things, some background on how we got to where we are, which is a place where eating meat is considered essential to life.

The WHO report seems to have been met mostly with a shrug, if our meat and deli folks and one guy I talked to at Claudio's are any indication. (Even the WHO itself backed off a bit, issuing an additional statement a few days lat-

(Continued on Page 20)

Weavers Way Cooperative Association
559 Carpenter Lane, Philadelphia, PA 19119
WWW.WEAVERSWAY.COOP
CHANGE SERVICE REQUESTED

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AND DON'T FORGET — parking is free in Chestnut Hill Wednesday nights and weekends in December. At other times, remember to ask the cashiers for kiosk tokens for the Chestnut Hill Parking Foundation lots when you spend \$5 or more at the Co-op!

Happy Holidays

Weavers Way is closed Friday, Dec. 25, and Friday, Jan. 1.



Give Where You Live

(Continued from Page 1)

comes to making donations: When we give to local charities and nonprofits, those in our immediate community benefit and we tend to our collective well-being. At Weavers Way Community Programs, we are particularly invested in helping those in our community grow and cook healthy food, knowing that a neighborhood in which everyone has enough good food to eat is happier, healthier and more vibrant than one in which people struggle to meet this most basic need.



There are many reasons this is true, but here are a few of the big ones:

- Healthy eating decreases the risk of chronic illnesses and cancers. People who eat well are more likely to be unencumbered by illness, enabling them to uplift their community, while also demanding less of our health-care systems.
- There's a correlation between how kids eat and their performance in school, and nutrition is directly connected to physical and mental development. A balanced diet doesn't just help children grow big and strong; it directly affects their ability to keep up in school. (www.cdc.gov/healthyschools/nutrition/facts.htm)

With this in mind, it's tragic that nearly 500,000 Philadelphians have experienced food insecurity in recent years, finding themselves unable to reliably access any food, let alone food that fuels their bodies and minds. (Source: www.hungercoalition.org/fact-sheet-hunger-philadelphia). Intervening in this reality is a deeply meaningful way to tend to our city, so at WWCP we invest in individuals, teaching people of all ages how to grow and cook healthy foods, enabling them to eat well on a budget. This is key to strengthening the community we live in, and it's work we're honored to do.

In this season of giving, I encourage you to pause and look around — rich as our community is in ways both tangible and intangible, there's still great need. And then I encourage you to give locally, maximizing your gift by making an impact in the place we call home.

jill@weaversway.coop

5 MORE WAYS

Because Weavers Way is committed to community

To Give Back Locally

If you can spare the funds and/or time, here are some other organizations with a presence in Northwest Philadelphia that work with the needy and could use your help.



1

Philadelphia Interfaith Hospitality Network: Extends professional human services to families who have lost their home. They provide private rooms and meals from host congregations, and connect families to resources that help move them toward permanent housing. They're committed to keeping families intact during their time of transition. **Donate or volunteer at philashelter.org.**



2

Face to Face Germantown: Helps to meet the basic needs of struggling families and individuals. Their dining room serves a meal four days a week, and they also offer health, legal and social services, along with a computer center and art studio. **Website: facetofacegermantown.org.**



3

Covenant House PA: The Pennsylvania arm of this international agency offers shelter, food and crisis care to homeless and runaway youth. They operate a 51-bed crisis center in the old Asher's chocolate factory in Germantown, along with centers in Kensington. **Give at covenanthousepa.org.**



4

Center in the Park: A nonprofit community center located in Vernon Park in Germantown. It focuses primarily on the needs of older people, and offers programs that support healthy, positive aging, as well as social services. **Website: centerinthepark.org.**



5

Depaul USA: Provides short-term, transitional and permanent housing to men through Depaul House in East Germantown. They offer a medical respite program to homeless men recuperating after a hospital stay, and run Immaculate Cleaning Services, a for-profit commercial cleaning company that employs Depaul House residents and builds up their job readiness and work histories. **Donate or volunteer: depaulusa.org.**

Local Gifts on the Shelves

by Karen Plourde,
Weavers Way Chestnut Hill Grocery Staff

i'm local

Weavers Way loves local vendors—really. We make it a point to seek them out and support them where possible. So if you're committed to shopping

local this season, the co-op is a good place to start. Here's a roundup of gifts that will show your giftee you went the extra mile—except you didn't.



DIY Herb Kits... have the fixins to make herbal tea, vinegar, hydrosol, tincture, glycerite, or salve. Some kits require at least four weeks to steep; some can be made in an afternoon. Note: Alcohol not included in tincture kit. Supplies for six pieces for \$44. Available Across the Way.

More than a few points of light ... thanks to candles from Christina Maser in Lancaster, Zia Company in Chestnut Hill, Bee Boys in Bryn Mawr and The Benevolent Bee in Bala Cynwyd. The Zia and Maser candles are soy. The Bee Boys sell beeswax tapers.



Benevolent Bee makes beeswax tapers molded from twigs they've collected. They also offer rolled Shabbat and poured Shabbat candles, along with candles molded into various shapes. Rolled tapers are on the way. Find them Next Door and Across the Way.

Give the gift of skin care... with bar soaps and sugar scrubs from Delaware County's

Urban Essence, lavender bath soak from Christina Maser, rose body powder from Ithaca, NY's Stinky Girl, and salves from Bee Boys and The Benevolent Bee. Both bee keepers also offer lip balms to keep smackers kissable all winter. So does Stinky Girl (theirs is a beet balm). They live Next Door and Across the Way.

Share some amazing local chocolate... from Tradestone Confections of Conshohocken or John & Kira's of Hunting Park. Both stores carry boxes of Tradestone chocolate-covered caramels, turtles, and



assortments in two sizes. Mt. Airy also has their bags in five varieties. John & Kira's delectables are only in the Hill.

Get spicy... with hot sauces from Homesweet



Homegrown of Kutztown. They come in three flavors: Punch Drunk Ghost Pepper, Aramingo Mango, and Orange Crush Habanero. Or go for a little shaken on spice with Philly's own St. Lucifer habanero blend. In Chestnut Hill.

Or get saucy... with offerings from Three Springs Fruit Farm in Aspers, Adams County. They make a spicy chile garlic ketchup, spicy peach barbecue sauce, and Muscle-Bound LummoX hot sauce. Go over to the jams on the endcap to check out their hot pepper jelly. Also in Chestnut Hill.



kplourde@weaversway.coop



All stores close at 6 p.m. Friday, Dec. 24. and at 8 p.m. Friday, Dec. 31.

CHEF'S
CORNER

In with the New Menus!

By Bonnie Shuman, Weavers Way Executive Chef

A FEW MONTHS AGO, I ANNOUNCED THAT WE WOULD BE CHANGING OUR menus, and the new ones got here just in time for the holidays.

This is the first update we've done in several years and we hope you are happy with the changes. We've made improvements to the platter brochure, which is limited to "stationary" cold platters, including our sandwich trays. We've kept some stalwart standbys, like the Mediterranean platter, but we have, for instance, added a Middle Eastern meze platter.

But we've substantially changed the catering menu. Among other things, we added whole new sections that include skewers, sliders and crostini. Many of these new options are also featured in the holiday specials menu (see Page 24).

We did lots of research, considered lots of competitors' menus and read lots of cookbooks. We are excited about the changes and happy to freshen things up for those of you who use our services frequently.

The feedback we have received has been nothing but positive, but people still are surprised when their host informs them that the Co-op did the catering. We've really grown the catering arm of the Weavers Way prepared foods operation. In the last few years, we've done weddings for up to 200 people and health fairs for 400.

But I think our catering operation, while it's grown extensively, is still the best kept secret at the Co-op.

If you have not used Weavers Way for your catering needs, we think you should really give us a try! Whether you're hosting a dinner party for 12 or a bat mitzvah for 200, we can take care of all your needs — we can even help you find servers and bartenders.

If you have the old brochures, please throw them away and pick up the new ones in either store, or check them out on the website at www.weaversway.coop/catering.

We look forward to working with you over the holidays and throughout the new year. Cheers!

bonnie@weaversway.coop



5 THINGS

Five Things is a service of Weavers Way.

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

For Your Holiday Happy Hour

So much mingling, so little time. Arrange these alongside the hooch and enjoy the sparkle of the season.



1

Powell & Mahoney Mixers —This lineup of vintage cocktail mixers uses essential oils and pure cane sugar. Seven varieties, along with clarified lime juice and true grenadine. Available in Chestnut Hill.



2

Bitters —Essential to manhattans, mojitos, mai tais, and drinks that don't start with "m." The Urban Moonshine bitters come in four flavors. Angostura aromatic bitters are in Chestnut Hill; Urban Moonshine bitters in several flavors are Across the Way and Next Door.



3

Egg Nog — Oh, holy nog, guide us to the end of 2015 and beyond. Plenty of Trickling Springs and Merrymead on hand, along with non-dairy versions. Elevate with your favorite spirit and a dash of nutmeg.



4

QTonic —Be extra nice to your vodka and gin this season. New York's finest is made from hand-picked quinine from the Peruvian Andes and sweetened with organic agave. Available at both stores.



5

Prep Foods Brie-stuffed Olives —or go fresh with a wedge of citrus or the sprig of an herb. Because it's important how you finish.

Cheese of the Month

Cheese, Please, & Crackers for the Holidays and Beyond

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

THE THREE CHEESES WE ARE FEATURING THIS MONTH are some of my favorites and came to mind this season because of the pine, the fireplace and the love of cheese and crackers.

Harbison from Jasper Hill is a brie-style cheese from Greensboro Bend, VT. The small wheel is wrapped with a band of spruce bark, which adds some evergreen flavor and a pretty, rustic look. When the cheese is ripe, mustard and lemon flavors become noticeable and the texture is nearly liquid. The best presentation is to cut around the top, leaving the band of bark in place and spoon out onto crusty bread! I would enjoy this with a dry, funky French cider, sour beer or oaked Chardonnay. Harbison is pas-

teurized and made with animal rennet.

Rogue Creamery Smokey Blue is made in Central Point, OR. The smoky flavor of this cheese is unique — the cold smoking process uses hazelnut shells. The campfire aroma goes beautifully with the sweet creaminess of the blue. It's a big flavor that will fortify and warm you up. Pedro Ximenez Sherry would be well worth trying with this cheese, and it would make for a nice dessert pairing. Smokey Blue is vegetarian and made with raw milk.

Sartori is a Wisconsin company that makes very good complex cheeses. The Bellavitano is a reserve Montasio style; this loosely translates as a fruity, grassy, nutty sort of Italian Cheddar. It comes washed with various delicious things to add to its cheese pop-star status — olive oil and rosemary, Merlot and balsamic vinegar are some of the most popular flavors, and chai and espresso are also fun. Rarely have I met someone who doesn't like these cheeses,

and they make the ultimate cracker topper. I suggest La Panzanella crackers or the old classics —Ritz or Triscuit-type. (*Editor's note: Like Back to Nature's all-natural Harvest Whole Wheat not-Triscuits . . . yum.*) A crisp pilsner or a porter would be great with any of these. Sartori Bellavitano cheeses are pasteurized and vegetarian.

Helping with pairings and cheese boards are my and Matt Budenstein's favorite things to do. Please come see me in Mt. Airy or Matt in Chestnut Hill to make your life easier this holiday season. And not just with cheese — both delis have so much to offer!

We look forward to helping you put together your spread. Happy holidays!

soconnell@weaversway.coop

Mt. Airy deli: 215-843-2350, ext. 109

Chestnut Hill Deli: 215-866-9150, ext. 209

Cheese of the Month

December



Rogue Creamery Smokey Blue
\$1.50 off /lb



Jasper Hill Harbison
\$1.50 off /lb



Sartori
Balsamic, Merlot & Rosemary
\$1.00 off /lb

THE MT. AIRY ART GARAGE 6TH ANNUAL

HOLIDAY MARKET

FEATURING OVER 30 LOCAL ARTISTS!
LIVE MUSIC, OPEN STUDIOS!

December 5/6 & December 19/20
Noon to 6 pm

11 West Mt. Airy Ave., Philadelphia, PA 19119

mtairyartgarage.org 215-242-5074

Santa Claus

is Coming to Mt. Airy!

All are invited to visit with Santa at **Rothe Florists** on **Friday December 4th**, from 6 ~ 8:00pm ...bring your camera!

30% Off all Holiday trimmings Store-wide!



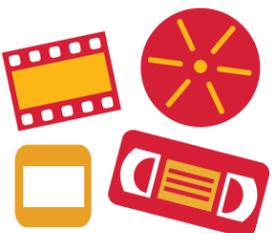
Rothe Florists Est. 1900

7148 Germantown Ave. • Mt. Airy
(across from The Sedgwick - Next to FitLife)
(215) 247-0832 www.rotheflorists.com

ARCHIVAL REVIVAL

from **PHOTO Lounge**

Now in Chestnut Hill at the **Market at the Fareway**, behind the hotel



myphotolounge.com



Our Hope Kitchen graduates got Fresh Start kits, and credentials too.

New Initiatives, Same Old Joy at WWCP

by Jackie Schrauger, WWCP Program Director

WEAVERS WAY COMMUNITY PROGRAMS has had a BIG year of educational programming at our site! Thanks to the Co-op community for all of your support in making it happen.

Our students at MLK enjoyed learning about horticulture, growing their own food and exploring healthy cooking. We even had an outdoor educational classroom erected so that they could continue learning on rainy days or when it's really hot!

Saul High School students did lots of work in their own raised beds, as well as on the Henry Got Crops Farm run by Weavers Way. Several students also used their agricultural expertise to help other schools in the city build their own gardens! Finally,

we started an after-school Farm Club for our really dedicated Saul students.

Stenton Family Manor Garden Club was action-packed as always! From planting, weeding and harvesting in Hope Garden to cooking with just-picked produce to assembling picnic tables, the kids were never bored.

Our newest program is Hope Kitchen, a cooking class for parents at Stenton. Our participants explored ways to make healthy, affordable food both tasty and family-friendly, and graduates enjoyed earning their Fresh Start kits loaded with kitchen essentials for their transition to living in their own homes.

For more warm fuzzies, follow WWCP on Facebook or Instagram!

jschrauger@weaversway.coop

Winterfest

SATURDAY, DECEMBER 12, 3 - 6 PM

\$7/PERSON | \$5/SCHUYLKILL CENTER MEMBERS

Join us for a lantern walk through the dark winter forest

Make a lantern to take home
Enjoy s'mores & hot cocoa around the bonfire
Listen to stories of darkness & light



The Schuylkill Center for ENVIRONMENTAL EDUCATION

The Philadelphia School CITY COUNTRY CLASSROOM

8480 HAGY'S MILL ROAD, PHILADELPHIA, PA 19128
215-482-7300 | SCHUYLKILLCENTER.ORG

Weavers Way Community Programs

Why I Give, & Why You Should Too

From the desk of Rachel Reynolds
Weavers Way Working Member and WWCP Volunteer

WHEN I MOVED TO PHILADELPHIA A FEW YEARS BACK, WEAVERS Way Co-op was one of the first things I loved about the city. I am deeply grateful for the knowledge I have about the food my family and I put in our bellies and for the sense of community surrounding the basic human need for quality food. Simply put, it feels good to be part of a food community, to have support and connection with those around us when it comes to tending to our bodies in the most essential way.

I was especially thrilled to learn about Weavers Way Community Programs (WWCP) and the incredible food justice work our nonprofit does, working to increase food security and knowledge about nutrition, and to empower individuals to grow and prepare their own food. It was such a logical extension of the co-op – and my own values – that I decided to volunteer with WWCP and complete my co-op work hours with them.

While getting to know WWCP better, I realized that I misunderstood the relationship between WWCP and Weavers Way for years. Somehow I had the idea that in spending money at the co-op, I was also sending funds to WWCP. This isn't the case, though; Weavers Way doesn't fund WWCP. Instead, WWCP raises money independently – from people like you and me – to ensure the invaluable programs they offer keep running. When I realized this, I instantly regretted all the fundraising pitches I'd ignored and committed myself to giving whatever I can going forward.

I give because the access we enjoy to healthy food is – unfortunately – a way in which we lead privileged lives. Not everyone has access to the information and choice we enjoy, nor do they feel the support of their neighbors when it comes to fueling their bodies in a way that honors their value. I believe in these fundamental truths: How we eat matters, and access to healthy food is a basic human right.

As a fellow Co-op member and neighbor, if you feel the same as I do, please make a contribution to WWCP. After all, WWCP is our nonprofit — I hope you'll join me in stewarding it.



WWCP photos

Clockwise from above: Stenton Manor Garden Clubbers address the garlic row; the new outdoor classroom at Martin Luther King High; Saul High School students worked their own raised beds; kale was a hit with our MLK group.

Jazz!! Jazz!! Jazz!!
&
Songs from
The Great American Songbook
*You're Invited to attend a
Classic Jazz Event*
When
"Jazz in The Great Northwest"
returns to
7165 Germantown Ave Phila. Pa 19119
at
Alma Mater
Restaurant ♦ Bar ♦ Beer Garden
Special Guest:
Saxophonist **Larry McKenna**
Tuesday, December 8 | 7:30 & 10:30 p.m.
featuring
Arline Hilton, Vocalist | The Dave Pomontier Jazz Trio
Dave Posmontier, Piano; Craig McIver, Drums; Dave Brodie, Bass
Harold "Cowboy" Fields, Congas
Advance Tickets: \$10 | \$15 at the Door
Dining Available | Giveaways and Raffles
Open Mic: 9:30-10:30 p.m.
For information and to purchase tickets:
215.479.9849

let's socialize
f t i p
#MORRISARBORETUM

The Garden Railway display is made possible by the generous support of Gwen and Ed Asplundh.

Holiday Garden Railway

On display November 27 - January 3
Free with garden admission.

Friday Night Lights
December 4, 11, & 18
4:30 - 7:30pm

Advanced Tickets Required.
Enjoy the Holiday Garden Rail all lit up and decorated for the season!

FOR MORE DETAILS VISIT
morrisarboretum.org

Morris Arboretum
UNIVERSITY OF PENNSYLVANIA

100 E NORTHWESTERN AVE, PHILADELPHIA 19118 • (215) 247-5777 • MORRISARBORETUM.ORG

Profits, Sales Rose In FY15

by Nancy Pontone, Weavers Way Controller

WEAVERS WAY SALES increased 7.2 percent in Fiscal Year 2015 (July 1, 2014-June 30, 2015) compared to the prior fiscal year. With co-op sales nationwide increasing 4 percent annually, these are great results. Weavers Way achieved its highest week ever with sales of \$451,685 May 3-9. Senior Discount Tuesdays started that week while the Chestnut Hill store celebrated its fifth anniversary.

Gross profit increased 5.9 percent over the prior year. While net income is below the prior year by 34.4 percent, it is above budget by 16.8 percent. A reduction in net income was expected and planned for in FY2015, in part because of increases in salaries and base pay rates that increased personnel expenses by 6.9 percent over the prior year. We believe that raising salaries and pay rates is the right thing to do for our Co-op staff.

Cash on hand increased \$47,396, to \$1,344,453

Weavers Way Co-op Financial Summary FY2014, FY2015

	6/30/14 Actual		6/30/2015 Actual		Current to Prior Year Change	6/30/2015 Budget		Actual to Budget Change
	\$	% of Sales	\$	% of Sales		\$	% of Sales	
Income Statement								
Sales	19,324,328	100.0%	20,724,601	100.0%	7.2%	20,478,986	100.0%	1.2%
Cost of Goods Sold	12,032,624	62.3%	13,000,169	62.7%	8.0%	12,740,322	62.2%	2.0%
Gross Profit Margin	7,291,704	37.7%	7,724,432	37.3%	5.9%	7,738,664	37.8%	-0.2%
Expenses								
Personnel	4,967,292	25.7%	5,311,202	25.6%	6.9%	5,465,463	26.7%	-2.8%
Other Operating Expense	1,800,008	9.3%	2,008,885	9.7%	11.6%	2,086,924	10.2%	-3.7%
Operating Profit	524,404	2.7%	404,345	2.0%	-22.9%	186,277	0.9%	117.1%
Other Income/(Expense)	(114,618)	-0.6%	(131,962)	-0.6%	15.1%	60,430	0.3%	
Income Before Taxes	409,786	2.1%	272,383	1.3%	-33.5%	246,707	1.2%	
Income Taxes	59,574	0.3%	42,765	0.2%	-28.2%	50,128	0.2%	
Net Income	350,212	1.8%	229,618	1.1%	-34.4%	196,579	1.0%	16.8%
Balance Sheet								
	As of 6/30/2014	As of 6/30/15	Current to Prior Year \$ Change	Current to Prior Year % Change				
Assets								
Cash	1,297,057	1,344,453	47,396	3.7%				
Inventory	608,482	636,101	27,619	4.5%				
Other Current Assets	144,058	99,170	(44,888)	-31.2%				
Fixed Assets	6,340,602	6,013,944	(326,658)	-5.2%				
Other Assets	444,681	442,664	(2,017)	-0.5%				
Total Assets	8,834,880	8,536,332	(298,548)	-3.4%				
Liabilities & Equity								
Accounts Payable	587,304	667,735	80,431	13.7%				
Other Current Liabilities	1,312,552	1,278,650	(33,902)	-2.6%				
Long Term Liabilities	3,806,790	3,209,396	(597,394)	-15.7%				
Total Liabilities	5,706,646	5,155,781	(550,865)	-9.7%				
Member Equity	1,775,679	2,015,378	239,699	13.5%				
Retained Earnings	1,352,555	1,365,173	12,618	0.9%				
Total Equity	3,128,234	3,380,551	252,317	8.1%				
Total Liabilities & Equity	8,834,880	8,536,332	(298,548)	-3.4%				

on June 30, 2015, despite an extra \$300,000 paid on a mortgage loan at Valley Green Bank. Long-term liabilities declined by 15.7 percent from the prior year.

Your shopping keeps the Co-op strong and drives results. And right now, Co-op member-owners are re-

deeming patronage rebates from FY2015 income. This is the second year in a row that the Board has declared a rebate. So come to the Co-op to redeem your rebate and add to your FY2016 patronage!

npontone@weaversway.coop

SUMMIT PRESBYTERIAN CHURCH



Christmas Eve Candlelight Service

Thursday, December 24th, 7:30pm

Special Music 7:15pm

Christmas Pageant

Sunday, December 20 at 10 a.m.

Worship Sundays at 10 a.m.

Sunday School and Child Care

Reverend Cheryl Pynch, Pastor

6757 Greene St. (corner of Westview) • 215-438-2825 • www.summitpres.net

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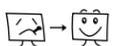
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Mayor Kenney, We're Here to Help You Co-op

by Jon Roesser,
Weavers Way General Manager

FOR PHILADELPHIANS, IT HAS HISTORICALLY been advisable to ignore statistics. Whether it's crime rate, population decline or the Eagles score, looking at the stats is usually not a good idea.

But lately things are looking up. A recent study by the Pew Philadelphia Research Initiative found that 65 percent of residents think that "the city's best days are ahead." Only 33 percent, mostly my relatives, think the city's on the wrong track.

Our city's comeback is at this point at least 20 years in the making but it does appear that the positive vibes have now reached a sort of critical mass. It's not just Center City and its environs that are enjoying a renaissance. There's lots of good stuff happening all over town.

All in all, it's not a bad time to be a Philadelphian.

Unless you're looking for a job. As of September, there were about 640,000 jobs in Philadelphia, a city with over 1.5 million people. Boston, a city less than half Philadelphia's size, has about 680,000 jobs.

As I said, Philadelphians are best advised to ignore statistics.

Of course, many city residents are employed beyond the city limits. Just look at all the cars racing north on Cresheim Valley Drive each morning and you'll get a sense of how many residents of Northwest Philadelphia are heading to jobs in places like Fort Washington and Horsham.

There are many well-documented reasons for Philadelphia's employment imbalance, but the bottom line is that the lack of meaningful employment opportunities within the city will continue to hold us all back. Our best hope for shared prosperity lies in getting more Philadelphians to work in Philadelphia.

Enter Jim Kenney, who becomes our 99th mayor in January. Kenney ran as a progressive — Mt. Airy dutifully rewarded him with 92 percent of its vote — and like all good progressives, he talked a lot about job creation.

Kenney's campaign website says he wants to "grow a more diverse, inclusive economy." He's talked about expanding the port and taking full advantage of our rail infrastructure, and creating job opportunities for immigrants and ex-offenders.

All good stuff. But while I listened hard throughout the campaign, not once did I hear him say, "We need to grow the cooperative economy in Philadelphia!" That's too bad, but it's not too late.

In the months ahead, as Kenney considers the best ways to create new job opportunities for our city, he should embrace the cooperative business model.

Cooperatives provide the best economic bang for the city's development buck. Giving incentives to some Houston-based for-profit corporation to build a widget factory might create some new jobs, but the profits derived from that widget factory flow back to Houston. Offering incentives for Philadelphians to build a cooperatively owned widget factory ensures the profits stay where they're earned.

With cooperatives, there's a lot less economic leakage.

Right now, we're well-positioned to grow the local cooperative economy. The solidarity among cooperatives in and around the city is stronger than ever. Consumer co-ops, worker co-ops, housing co-ops, credit unions and more are working together as never before. We've built meaningful coalitions like the Philadelphia Area Cooperative Alliance, the Delaware Valley Food Co-op Partnership and the Mid-Atlantic Food Co-op Alliance.

There are various ways Weavers Way can, and should, be a part of growing Philadelphia's cooperative economy. Expanding our own operations is one. Serving as an incubator for other cooperative enterprises, or supplying start-up co-ops with our professional expertise, are others. There's been some exciting talk lately about a cooperative development fund, in which people could pool their resources to invest in new cooperative endeavors, to serve as the cooperative alternative to the venture capitalists.

However we do it, for the city's cooperative economy to grow in a meaningful way, Weavers Way needs to take the lead. It's good for our city and it's good for us.

So as all of us at Weavers Way wish our new mayor good luck, we also offer our assistance. It's what co-ops do!

If history is any guide, Jim Kenney will be the Mayor of Philadelphia until January 2024. Cooperatively, we can do a lot between now and then.

See you around the Co-op.

jrösser@weaversway.coop

The Shuttle is published
by Weavers Way
Cooperative Association.

Statement of Policy

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

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

Advertising

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

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Seeds for Education

WEAVERS WAY CO-OP HAS BEEN A big part of my life; for years I went with my parents to buy our weekly groceries. I especially love this community's dedication to sustainability and agriculture. It is this passion that has driven me to become a food activist and environmental-science major. I see amazing ways in which the Co-op community could impact local and regional attitudes toward sustainable food. One very simple way is to help local schools develop garden programs.

Gardens provide students many beneficial experiences. An interesting case study is the Edible Food Garden in Berkeley, CA. These students grow and eat their own produce and learn along the way. In the garden, students directly engage with (eat) their hard work, creating a sense of pride and lifelong healthy eating habits. The students can also work together with each other and surrounding residents to care for the garden, enhancing their sense of responsibility in the community. Lastly, in terms of education, teachers can use the garden as inspiration for English, math, geography, history and art classes; the garden allows students to apply theoretical learning in a real-world context, which has been found to solidify understanding.

The Edible Food Garden is no different from the community and benefits displayed in the Co-op and their urban farms. Directing this experience to students increases health and environmental awareness, and Philadelphia kids would benefit

from the applied, interdisciplinary learning that comes from working directly with the earth. Weavers Way is an active community that could reach out to stakeholders and make a powerful change in the pedagogy of Philadelphia schools. So please, write a letter, send in this article to William R. Hite Jr. or engage with local schools. The benefits would be immense.

Julia Boyer

The writer is a senior environmental science major at Skidmore College.

One Way on Carpenter?

INORMALLY AM IN MT. AIRY EVERY Tuesday, and when there, I stop in to the store to shop. This past week, I was driving down Carpenter toward the store from Wayne Avenue, and a police officer stopped me to say that I was going the wrong way on a one-way street. I assured her that I'd been there thousands of times before, and that it was a two-way street.

Apparently, I was wrong, and had been driving the wrong way on that street for a number of Tuesdays. Although I was not ticketed, I wish I had learned from one of the Co-op's many emails, the Shuttle or the website about the change of traffic pattern. It seems to me that access to the store is a major part of shopping at the store, and that the Co-op would normally take on such a community-focused task to spread the word in a timely fashion.

Jenny French

Whose Rebate Is It Anyway?

IREAD WITH INTEREST NANCY PONTONE'S ARTICLE TITLED "GIVING BACK TO OUR Members Two Years Running" in the November, 2015 issue of the Shuttle. But I was dismayed when I read the fine print: 20 percent of the rebate is in cash, and 30 percent is added to member "Regular Equity" that is returned when we leave the Co-op. But one half of the rebate — over \$100,000 — is to be returned to members as "Reserve Equity." Reserve Equity is money that is used by Weavers Way and is only "returned to members if and when the coop ceases to function as a business."

Despite Nancy's assertion that the Reserve Equity rebate belongs to the members, we have no control over it, earn no interest on it, have no choice about it being given to the Co-op for the Co-op's exclusive use, and are not likely to see the money in our lifetimes. You say you are giving the money back to the members, but Reserve Equity does not fit any definition of "my money" with which I am familiar.

I understand that the IRS code creates an incentive for the Co-op to return its annual surplus to the members. But let's really return it to us — not use some sleight of hand by which you say you've returned the money to us but the Co-op has complete control of it. I suggest you change the rebate to 70 percent cash and 30 percent member equity — or even 100 percent cash. Then each member household can decide if it wants to contribute any or all of its cash surplus to the Co-op as equity or an outright contribution.

Stuart Bogom

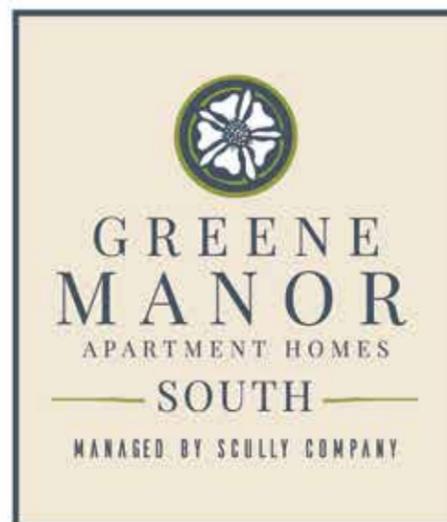
Weavers Way Controller Nancy Pontone responds: *Weavers Way's bylaws give the Co-op Board the authority to determine when and how patronage rebate allocations and distributions are made. The minimum cash rebate required by tax law is 20 percent. The Board decided that this percentage would be given in cash for the FY15 rebate. This is standard practice for co-ops; Member equity helps keep us stable and sustainable. You received information about your FY15 rebate and can see that most of your equity is in regular equity and is available to you when and if you leave the Co-op. Your suggestion to pay out more in cash could be considered for future rebates.*

Editor's note: *Look for a response from the Co-op Board in the January Shuttle.*

SHUTTLE LETTERS POLICY

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

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Prepared & Empowered For Aging

by Larry Schofer, Weavers Way Education Committee

MORE THAN 125 PEOPLE GATHERED at the Unitarian Society of Germantown last month to discuss how to be “Prepared and Empowered.”

The Nov. 8 free community forum was sparked by local interest in Atul Gawande’s book “Being Mortal” and co-sponsored by Ralston My Way, Northwest Village Network and Weavers Way. Beth Lazer was the planning coordinator and moderator of the event.

One of the messages of that book is that we need to learn how to take charge of our own fate; the forum discussion described here was a step in that direction.

Four panelists, all specialists in caring for individuals who are thinking about the last stage of life, dealt with the fact that bodies are in a way like machines. We need to recognize that they run down, and to make plans for dealing with problems.

The panelists were Dr. Karl Ahlswede, director of palliative care for Main Line Health; Dr. Gene Bishop, retired internist and geriatric specialist, now a lecturer at the medical school of the University of Pennsylvania; Wendy Liebling, MSW, aging life care professional; and Ritajean Reed, chaplain at Penn Wissahickon Hospice.



Sara Allen photos

The crowd at the Unitarian Society of Germantown listens intently to the panel, including Gene Bishop and Wendy Liebling, left and right above.



A major issue for people with serious illnesses involves who will make decisions if the patient is not in a state to make such decisions. This entails a discussion of values, and is not simply a question of forms with checkboxes that have been drawn up by attorneys. Very often, people with chronic illnesses are aware that they should start such planning, but the panelists emphasized that planning is important for everyone, regardless of health status. Everyone is subject to emergencies, accidents, and unexpected events that may place their loved ones in a position of making uncomfortable decisions.

Both of the physicians on the panel emphasized the need to start this planning early, perhaps as early as age 18. Their recommendation was that these advanced directives should then be reviewed every five years, and more frequently as

people get older or sicker.

From another point of view, doctors should also encourage young people to talk to their parents so both sides can be aware of what might need to be done in the future. If these conversations do not take place, guilt and anger can emerge within families.

Planning for advanced directives should focus on the issue of “What is important to the person? What brings the person joy?” Many patients rely on their physicians to guide them, but medical education in the past has not prepared doctors to take on this role. Dr. Bishop said that while medical schools are changing on this issue, this is a process that will take time. Many doctors do not know what to ask or how to counsel patients, and it is often social workers or spiritual counselors who do a better job. The panelists agreed there is no one system to get the job done.

Following the panel discussion, audience members posed their own questions. One of the concerns: the expense of elder care, even in the absence of chronic ailments. A minority of the population who have with adequate financial resources can afford continuing-care communities; Medicaid provides some support for those on the low end of the financial spectrum. But there currently is little help for the great group in the middle.

Another question was about the distinction between palliative care and hospice care. Palliative care is about handling symptoms, and is not necessarily just for end of life. Hospice care is for individuals who are probably in the last six months of life, and is a special case of palliative care.

Suggestions for further information included the Ralston Center’s My Way (mywayonline.org), the Philadelphia Corporation for Aging, the website caremanager.org and the Pennsylvania Health Law Project (www.phlp.org).

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Hey, You Know You're Thinking About It This Time of Year, So We're Asking . . .

Is Your Digestion Working Optimally?

by Wendy Romig, for the Shuttle

DIGESTION IS ONE OF THE MOST CRITICAL FUNCTIONS in the body when it comes to our overall health. From the moment food enters your mouth until the time it is either absorbed or excreted, vital biochemical processes are taking place that enable you to receive nutrients required for life. Our biological and life-sustaining systems are quite intricate, but understanding some basics can be beneficial.

Digestion actually begins in the brain, not the mouth.

From the moment you think about food, see it or smell it, your body begins releasing enzymes for digestion. Then, when you actually take a bite, your teeth mash up the food while enzymes begin to break down carbohydrates and fats.

As food enters the stomach, digestive juices, hydrochloric acid and proteolytic enzymes (which break down proteins) are released to continue the process. The stomach then slowly releases its contents into the upper portion of the small intestine, where it is met by enzymes released from the gall bladder and walls of the intestine. Another important substance released by the gall bladder into the small intestine is bile, which emulsifies fats for absorption. All the nutrients are absorbed in the small intestine and transported to other systems of the body via the blood or lymphatic systems. Any fiber that is not bro-

ken down continues on through the digestive tract and enters the large intestine for fermentation and creation of gut microbiota, Vitamin K and biotin. What is unused is excreted in feces.

Poor digestion can begin in the mouth, especially for those who do not chew their food sufficiently. When large chunks of under-chewed food enter the stomach for continued digestion, they often do not get broken down properly into their micronutrient (vitamins and minerals) and macronutrient (carbohydrate, fats and proteins) parts. It is recommended you chew food until it feels completely mashed up in the mouth (around 50 chews, according to Integrative Medicine expert Dr. Joseph Mercola).

Another area of digestive weakness is insufficient

(Continued on Next Page)

It is always a pleasure to shop at Weavers Way
and be part of this community!

Happy Holidays!

Warm regards,
Claudia Apfelbaum, of Claudia Listens, LLC

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(Continued from Preceding Page)

stomach acid. As we age, our bodies tend to produce less hydrochloric acid, which is essential for breaking down food, killing bacteria and pathogens, activating protein enzymes, activating the carrier for B12 and activating the release of enzymes in the small intestine. While we know that too much stomach acid is dangerous, too little can interfere with major processes.

The next place people with digestive problems commonly experience issues is in the intestines, in the form of inflammation. Inflammation occurs in gut tissue that has been irritated by foods that are not well tolerated, as well as medications, stress, bacterial overgrowth and other aggravants. Inflammation can cause conditions like irritable bowel, intestinal hyperpermeability (“leaky gut”) and nutrient malabsorption.

Lastly, we hear a lot about making sure we have enough of the “good” bacteria in our bodies. While our

large intestine nurtures a large portion of our gut microbiota, antibiotics may interfere with this.

A host of health problems can arise from digestive problems and nutrient malabsorption; the list grows by the year. Common primary symptoms of compromised digestion include, but are not limited to, acid reflux, bloating, constipation, diarrhea, bad breath and gas. Secondary symptoms can include fatigue, muscle weakness, nutrient deficiencies, depression (there are multiple studies linking gut health and depression) and weight problems.

It is important to address digestive issues to promote good health and prevent other more serious health problems. The good news is that there are natural options for getting digestion back on track, including nutritional changes, supplements and herbal medicine. Consult your

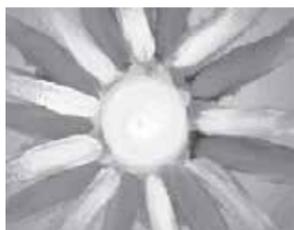


local health practitioner for guidance.

This is only a brief overview of digestion and its potential pathologies. If you are interested in learning more, you could start with Dr. Mercola’s website, Mercola.com; the National Institute of Health’s PubMed directory, for scientific studies; and the Townsend Letter, a periodical focusing on alternative medicine, www.townsendletter.com.

Happy digesting!

Health & Wellness Committee member Wendy Romig, MS, CNS, LDN is a clinical nutritionist and herbalist at Sage Integrative Health Center (SageIntegrativeHealth.com). Views expressed here are those of the author, not necessarily the Health & Wellness Committee, and are not meant to be a substitute for consulting your doctor.



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How Much Are Those Kittens in the Window? Bird in Hand Is 40

by Christine Cayer, for the Shuttle

ACROSS THE STREET FROM WEAVERS Way Chestnut Hill is Bird in Hand, a nonprofit consignment shop that has been the go-to place for reasonably priced antique china, glass, silver, jewelry, prints, small furniture and retro items for 40 years. (During a recent visit, I bought a nicely framed print and a great Frank Lloyd Wright-ish lamp for under \$50.)

At the helm of “Bird” is founder Dottie Sheffield, now 90. In 1975, Dottie chaired the Aesthetics Committee of the Chestnut Hill Community Association. Her budget was \$25! She thought, “What could I possibly do with \$25?” and proposed a consignment shop to raise money. With some seed money from the Chestnut Hill Business Association and others, the shop opened in December 1975 on E. Highland Avenue, just off Germantown. A contest to name the shop was held, and Bird in Hand was the winner of the \$25 prize. Ruth Peckmann, a friend of Dottie’s, designed the logo. By May 1976, Dottie had paid the seed money back.

“The shop was successful right away,” Dottie says. “Initially, we’d sell anything! We once sold a litter of kittens, another time a car.” The shop moved to its current location



Dottie Sheffield holds a scrapbook from Bird in Hand.

at 8419 Germantown Ave. a few years later.

In its 40 years, Bird has raised more than \$1 million for local nonprofits. Scrapbooks containing the shop’s history are chock full of newspaper clippings applauding its success and the uses of the money raised. Dottie has won the prestigious Benefactor’s Award from the Chestnut Hill Community Association for her efforts. She still visits the shop most days and still serves as president of the Bird board.

Dottie’s formula for success has been to accept quality items for consignment and keep the prices reasonable. “We have dealers who buy regularly from us because our prices are so good,” she says. Most of the staff are volunteers, which also helps. In the early days, Bird had help from professional

appraisers, but now appraisals are done in house. Dottie has taken some items “too expensive for the store” to Christie’s in New York. One memorable item was a Dutch painting that netted Bird \$9,000. Bird has also done sizeable estate liquidations over the years. Consignors come from all over, and some make tax-deductible donations of their items so all proceeds go to charity.

As the antique business has changed over the years, Bird has adapted. Though there is still a market for silver and china, “many people don’t want to polish silver anymore, and want dishes that can go in the dishwasher,” Dottie says. Bird is now on Facebook, and John Thompson, Bird’s executive director, constantly changes the window display. These days, Dottie says, “People shopping at the Co-op come to our store. We’d like more of that, and invite patrons of the Mt. Airy Co-op too!”

A vintage ad for Bird in Hand invites you to “Come in and look around. We will all benefit.”

Bird in Hand Consignment Shop is open 10 a.m.-4:30 p.m. Monday-Saturday, Consignment hours are by appointment, with walk-ins accepted 10-11:30 a.m. Monday. The phone number is 215-248-2473.

chrisccayer11@verizon.net

International Co-op Principles

- 1 **Voluntary and Open Membership**
- 2 **Democratic Member-Owner Control**
- 3 **Member-Owner Economic Participation**
- 4 **Autonomy and Independence**
- 5 **Education, Training and Information**
- 6 **Cooperation Among Cooperatives**
- 7 **Concern for Community**



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Community-owned markets open to everyone.





Erin Clark photos

GM Jon Roesser and Weavers Way Board President Chris Hill, center left and right, accept the "Co-op Champion" award from PACA board member and emcee for the evening Esteban Kelly, left, and PACA Executive Director Peter Frank.

Cooperating, and Having a Good Time in the Process

The Philadelphia Area Cooperative Alliance's annual summit Nov. 5 was an evening of conversation, inspiration and fun — plus a vegan dinner at the Rad Dish Co-op Cafe at Temple University. In addition to the State of Philly Co-ops address and six lightning talks on innovative co-op ideas, Weavers Way got special recognition as "Co-op Champion," which we are, since we take P6 ("Cooperation Among Cooperatives") pretty seriously. For more info about PACA and its programs and open-to-all activities, visit www.philadelphia.coop.



Schuylkill Center at 50

When Winter Comes, It's Already Leaving

by Mike Weilbacher, for the Shuttle

AT 11:49 P.M., JUST BEFORE MIDNIGHT ON Monday, Dec. 21, a vertical shaft of the sun's rays smacks the Tropic of Capricorn in the southern hemisphere — and it's the first moment of winter. It's the shortest day, the longest night.

And we react exactly as humankind has for thousands of years: We light lights, festooning houses with Christmas bulbs, burning Yule logs and firing up menorahs.

Here at the Schuylkill Center, we'll be celebrating the solstice early with Winterfest, on Dec. 12. This year's edition includes a candlelit lantern walk (make your own lantern to take home) through the dark forest. We'll gather around a bonfire, just like our ancestors, sharing stories and s'mores.

But consider those ancestors. They were close watchers of nature. Seeing the sun set each day since midsummer, the ancients in the Northern Hemisphere could see it "walking" south. At the same time, it got colder, with trees losing leaves, animals vanishing — as if the world was dying because the sun was leaving. And clearly, extreme action is needed to stop the death of the world! Thus traditions were born in

ancient cultures to coax the sun back. It's a delight to discover how many of them have made their way into modern times.

In Scandinavia, logs were burned in honor of the god Thor. The festival's name? Juul, as in Yule log. With leaves that neither turn color nor fall, evergreens scoff at the departure of the sun — and therefore must possess some special kind of power. Holly ups the ante with bright red fruits. And mistletoe! A ball of green leaves and white berries high in a leafless winter oak. The Norse goddess Frigg would kiss anyone who passed beneath it — which we still do today.

But here's the cool part: On Dec. 21, this year's shortest day, the sun sets in the same place as the day before — the word "solstice" translates in Greek as "sun standing." And on Dec. 22, the sun sets a little further north on the horizon, beginning its return to our world.

So the first moment of winter is the beginning of its end. The sun is already returning. Hold onto that thought as you light candles, kiss under mistletoe and burn that Yule log.

Mike Weilbacher directs the Schuylkill Center for Environmental Education. To register for Winterfest, visit www.schuylkillcenter.org.

coop™ deals

Great Monthly Savings.

Each month, the Co-op Advantage helps participating co-ops like Weavers Way offer their members tremendous savings on dozens of items. Most food co-ops were formed by people who realized that by pooling their resources, they could save money and have greater control over their purchases. A few years ago, the co-ops of the National Cooperative Grocers Association formed the Co-op Advantage Program, or CAP, now called "Co-op Deals." When co-ops combine their buying power to get volume discounts, their members save money!



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Featured Inside:

- Try a colorful, seasonal apple-cranberry spiced recipe for the holidays
- At the end of the month, a homemade squash jam will be just the thing
- Unleash your inner, cultured! Get to know better butter at the store
- Holiday baking is a breeze with great ingredients from your local food co-op!

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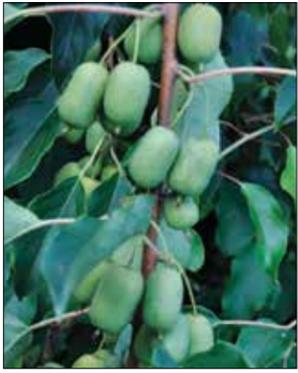
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www.weaversway.coop/connect

The Passionate Gardener



Kiwi vines can grow 6-12 feet a year and easily cover a pergola.



Ron Kushner photo

Growing Hardy Kiwis

by Ron Kushner, for the Shuttle

KIWIFRUIT ARE NATIVE TO SOUTHEAST ASIA. There are more than 50 species in the genus *Actinidia*. The most common variety grown commercially is *Actinidia deliciosa* "Hayward," the fuzzy, brown-skinned fruit found in food markets throughout the country. This variety is not hardy in our area. What I grow is *Actinidia arguta* "Ananasnaya," often shortened to "Anna." Ananasnaya was originally developed in Russia and means "pineapple-like" in Russian.

This variety is a fast-growing vine that produces fruit in the fall. About the size of a large grape, it has bright green flesh with tiny black seeds and that wonderful kiwi flavor, without the fuzzy skin so it can be eaten whole without peeling. It was originally brought to this country as an ornamental.

You need to plant one male, which does not bear fruit, to pollinate up to eight female plants. It is best to plant male and female vines of the same species to ensure that they flower at the same time. The vines are both heat- and cold-tolerant. They are relatively pest free but Japanese beetles do like them.

There are a few options for training and pruning hardy kiwis. The twining stems will quickly cover lattice or grow up and over pergolas without much help from the gardener. Fruiting shoots start near the base of a one-year-old cane and move further from the cordon over the years. Periodically, they need to be cut back drastically. Kiwi vines are very vigorous, growing 6 to 12 feet per year — left on their own, they will become a tangled mass of stems.

The fruits will ripen off the vine but only if harvested when they first start to soften. I have found they do not store well. Kiwis are one of the best sources of vitamin C, with a level twice that of an orange.

Actinidia arguta are hardy to -25 degrees F. so they perform well in our area. Very young vines are more cold-sensitive so they need to be protected. Also, warm temperatures in March may promote early bud break, making them susceptible to frost damage on young shoots.

Well drained soil and a pH of 5.5 to 7.0 is all that is required for a healthy plant. They can take full sun and partial shade. They do not do well in standing water.

When planting, do not dig the hole deeper than needed. Also, do not add fertilizer, including manures, as the roots are very sensitive to fertilizer burn. You can use fish fertilizer sparingly the first year without concern. I have never fertilized my plants in 10 years but I do occasionally mulch with compost. Be careful not to mound soil around the plant, even when it is well established. Keep the soil moist enough to promote root growth but do not overwater.

When training young vines, the main objective during the planting year is to develop a single straight trunk. Once shoots start to grow, select one vigorous shoot to train upward as the trunk. Concentrate growth by removing suckers at the base of the vine, and remove all basal lateral shoots that break along the trunk.

Hardy kiwi vines, even when well pruned, can have 10,000 flowers per vine. The flowers are pollinated mainly by insects, although wind may play a minor role. Honeybees are the main pollinators used in kiwifruit vineyards even though the flowers do not produce nectar and are relatively unattractive to bees.

Once the vines are mature, all the fruit can be harvested in one picking. Cool them immediately and enjoy them soon because they do not keep well.

Contact Ron at ron@primexgardencenter.com or visit his website, www.ronsorganicgarden.com.

What a Year For the Wissahickon!

by Erin Mooney, for the Shuttle

IT HAS BEEN A GREAT YEAR FOR THE WISSAHICKON — WE HAVE been able to make many improvements throughout the park that help give park users a better experience. Throughout the park, we have installed trail markers, kiosks, trail blazes and signs, which will increase accessibility to the park and user safety as well as promote responsible park use. There are 25 new trailhead kiosks, 150 trail markers and trail blazes along trail corridors. With new specific address information on the signs, users will know exactly where they are at a given time in case of emergency. FOW has also worked with the city to develop an extended help locator system, so that emergency services can pinpoint an exact location within the park.



We were also fortunate to be able to hire a summer field crew to work throughout the park and also around Devil's Pool, to maintain a FOW presence, assist with park education and keep the park clean.

We are working to address erosion throughout the park. You will see some of our work sites along Forbidden Drive. This will be an extended project that will continue throughout 2016. The work will help stabilize banks in these areas and reinforce the places where erosion is causing severe damage. After the work is completed, the areas will be better able to withstand stormwater runoff. It's a costly project — upwards of \$1 million — and the first time FOW has made such an investment in Forbidden Drive repairs. It's funded through grants from the Pennsylvania Department of Community and Economic Development and Department of Conservation and Natural Resources, plus private foundations and donors.

We are incredibly fortunate to have so many volunteers dedicated to preserving one of Philadelphia's most treasured places. It is their support that allows us to provide programs and park care. As you consider your giving this holiday season, give the gift of the Wissahickon — a membership to FOW, or simply a donation. Happy holidays and may 2016 be a year filled with time spent in the Wissahickon!

Upcoming Volunteer Opportunities

Contact John Holback (holback@fow.org) for more info.

Andorra Trail Sign Installation

Saturday, Dec. 5, 9 a.m. to 1 p.m.
Meet at the Tree House

Be a part of signage history! We're replacing trail signs in the Andorra Natural Area. New 4x4 posts are pre-painted but still need the sign blocks installed. The posts will then need to be carried into place and set into the ground.

Blue Bell Invasive Vine Cutting

Saturday, Dec. 19, 9 a.m. to 1 p.m.
Meet at Blue Bell Park

Bittersweet, English ivy, vine honeysuckle have all got to go! Come out and learn why we like poison ivy and why we don't cut it.

erinrosemooney@gmail.com

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CREW 2015



Farmer Heidi Ochsenreither (left) and field manager Emma display fruits of their labor.

Wow! Henry Had Crops!

The seventh season of the Henry Got Crops CSA has come and gone. All that remains is a forgotten celeriac buried in the fridge and a quiet farm. Before jumping into next year's community supported agriculture program, let's pause to celebrate a productive and delicious season. Here are some fun facts to reflect on the 24 weeks of the CSA.

- Pounds of tomatoes for a small share:** 56
- Bunches of kale harvested:** 3,700
- Types of herbs, flowers and vegetables available for You-Pick:** 29
- Pounds of potatoes harvested:** 862
- Seedlings started and transplanted:** 126,000
- CSA Shares:** 151
- Staff hours harvesting for CSA:** 2,400
- Hours by Working Share Extraordinaires (2 hours/week):** 1,200
- Miles traveled from farm to consumer:** 0 (or 4.5 if from Mort Brooks/Awbury farm)

Information about 2016 Henry Got Crops CSA shares will be available later this month. Check www.weaversway.coop/henry-got-crops-csa for updates.

Community Supported Artisanry

by Emma Dosch, Weavers Way Farm Field Manager

THE KITCHEN GARDEN SERIES IS A Roxborough-based business with roots at Henry Got Crops. Owner Heidi Barr has been a CSA member and a working shareholder for four years. Volunteering in the fields and at Headhouse Farmers Market has allowed her to observe firsthand the strengths and needs of our farms. Working with us and the East Park Revitalization Alliance in Strawberry Mansion inspired her to create The Kitchen Garden Series, line of kitchen textiles made from reclaimed materials. Not only does the Kitchen Garden Series connect food and sustainability but it also donates 25 percent of proceeds to urban agriculture.

Now, this holiday season, Barr is trying something new: The CSArtisan project.

As in the CSA model of community members supporting a local business, craft or endeavor, share purchasers will receive quarterly packages of artisan crafts from the Kitchen Garden Series and four other local makers. Paying at the beginning of the "season," your pledge of support gives artisans the security of working capital to create their wares.

In addition to Barr, participating artisans are:

- Woodworker Alex Worcester (alexsartinwood.com)
- Peg and Awl (pegandawlbuilt.com)
- Wissahickon Pottery (wissahickonpottery.com)
- Heirloom Home Studios (heirloomhomeandstudio.com).

The first share is scheduled for Dec. 21. Other dates are March 20, June 20 and Sept. 22, and shareholders can buy half shares and arrange to pick up their shares or have them delivered.

Barr's stated mission is "to provide you with heirloom quality kitchen textiles while supporting Philadelphia's growing urban agricultural movement." The CSA will also donate 25 percent of the proceeds to urban agriculture.

Since 2014, Weavers Way Farms has



Food and sustainability: Kitchen Garden napkin set.

received \$1,226 from the Kitchen Garden Series. This support has allowed us to upgrade to mechanized greenhouse seeding and purchase new harvest knives and additional harvest bins.

Weavers Way carries Kitchen Garden Series napkins and tea towels in Mt. Airy at Across the Way. Visit thekitchengardenseries.com to shop for additional items like market bags and aprons.

Contact Barr before Dec. 15 to reserve a full CSArtisans share while they last. Support the farms and artists in your local community! For more information, see thekitchengardenseries.com/csa-shares.

edosch@weaversway.coop

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ECO TIP

What to Do with Your Tree

by Marsha Low, for the Environment Committee

It's always sad to see Christmas trees stripped of their finery and sitting discarded in the street. Fortunately, you can repurpose yours once the season is over.

❄ Winter's cycle of freezing and thawing can heave plants out of the ground. Cut off some Tannenbaum boughs and place them over your perennial beds to protect them from snow and heaving. Remove the boughs when the weather begins to warm up.

❄ There are various ways to use the trunk of your tree. It can be cut into 2-inch disks that provide edging for flowerbeds or for walkways. Or saw the trunk into different lengths and use them as potted-plant risers.

❄ If you have space in your backyard, prop your tree up against a fence, or leave it upright in its stand. The birds that shelter in its branches will be even happier if you hang up bird feeders and suet cakes or a few pine cones coated with peanut butter. The needles that drop as the tree dries out make great mulch for acid-loving shrubs such as azaleas, rhododendrons and blueberries.

❄ If you'd prefer to recycle your tree, GRinCH is holding its annual holiday tree-recycling event on Sunday, Jan. 10, 9 a.m. to noon, at the Sunset Avenue parking lot of Norwood-Fontbonne Academy, 8891 Germantown Ave.

Toxins in Clothing: You've Got Skin in This Game

by Sandra Folzer, Weavers Way Environment Committee

YOU EAT YOUR VEGETABLES. YOU go to the gym. You don't smoke. But what about the clothes you wear?

Last month, Weavers Way GM Jon Roesser wrote about the harsh conditions for workers in the garment industry and the need to buy responsibly. I agree and want you, as a consumer, to think about your own health as well.

You may never have considered clothing to be a health risk, but it can be. Your skin is your largest organ. Not only does it absorb beneficial creams and lotions, but it also absorbs toxins. Sports clothing in particular is designed to form to the contours of your body, next to the skin in high friction, high heat and moisture situations. It's a perfect way to deliver chemicals to your body.

We know the toxins found in clothing are harmful; we just don't know the long-term effects.

Greenpeace International initiated its "Detox" campaign in 2011. Of cloth-

ing they tested in 2011, from a variety of well-known labels, two-thirds tested positive for nonylphenol ethoxylate (NPE), an ingredient in detergents used in clothing manufacture that breaks down into an endocrine disruptor. NPE is poorly regulated in parts of Asia where many factories are located. The 2012 survey found 63 percent of clothing contained NPE.

In 2014, Greenpeace presented results for children's clothing. Keep in mind that children are more vulnerable to toxins, especially endocrine disruptors. NPE was detected in 61 percent of the samples. Visit Greenpeace online to read the full reports:

www.greenpeace.org.uk/DirtyLaundryHungOutToDry

www.greenpeace.org/international/en/publications/Campaign-reports/Toxics-reports/Big-Fashion-Stitch-Up/

www.greenpeace.org/eastasia/monstersinyourcloset

In addition, the fashion industry is one of the most polluting businesses in the world. Only agriculture causes more



water pollution worldwide, according to Greenpeace.

According to Green American magazine (Fall 2015), the pollution comes from growing, dyeing, fireproofing, cleaning and wrinkle-proofing.

One lowly article of clothing may have been through multiple harmful processes before it reaches a store.

Athletes Beware: Sports Apparel

Every road race hands out T-shirts to the runners, so millions are distributed at races around the country. The shirts are often special polyester fabrics that

(Continued on Next Page)

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(Continued from Preceding Page)

wick away moisture and are antibacterial, wrinkle-free and stain-resistant. I know enough to wash a new shirt before wearing, but I did not realize the number of toxic chemicals in one shirt, which may not be easily removed by one washing. According to Greenpeace, sportswear from known brands contain hazardous substances such as phthalates, poly- and perfluorinated chemicals, dimethylformamide and nonylphenols in addition to NPES.

To make matters worse, I learned from Green American that nanoparticles are sometimes used in fabric. Nanosilver is woven into fabric to make it antibacterial, and nano titanium dioxide to act as a sunscreen. Dissolved by sweat and re-absorbed by the skin, nanosilver damages cells by stimulating the overproduction of free radicals, which can lead to cancer, Alzheimer's and Parkinson's. Similarly, the nano titanium dioxide also dissolves in sweat. When very small amounts were injected into mice, they caused chronic inflammation.

We never know if the clothing we buy contains nanoparticles, because it is not stated on the label. However, if clothing is

advertised as antibacterial, odor-resistant, stain-resistant or providing sun protection, then it likely contains nanoparticles.

What To Wear Instead

Used: Buying used clothing means that some of the toxins in the fabric may have been removed by frequent washing. Buying used clothing cuts down on the excessive use of chemicals used in making new clothing, so it decreases the amount of toxins entering our waterways.

Natural fibers: Organic cotton is usually the first choice in fabric, but like its conventional version, it uses a tremendous amount of water. Hemp, which is stronger than cotton, uses less water and no pesticides or herbicides.

Silk is good except when synthetic dyes are used. Wool is often contaminated with pesticides to kill parasites, so look for organic wool.

My advice is to just buy less clothing. When you do buy clothes, choose used clothing or organic fabrics. Avoid anything stain-free, wrinkle-free or antibacterial, or that claims to act as a sunscreen. All of them are likely to contain numerous chemicals.

environment@weaversway.coop

ELECTRONICS RECYCLING

Saturday, January 16, 10am to 2pm
Norwood-Fontbonne Academy
(circular driveway) 8891 Germantown Avenue

Just in time for all those broken holiday lights!

This year, Weavers Way Environment Committee is joining forces with GRinCH (GReen in Chestnut Hill) to help defray fees being charged by the recycling contractor, eForce.

By recycling your old devices with us, you keep toxic materials out of our landfills and also out of hazardous electronics-picking operations in the Third World. Plus you help raise funds for valuable community programs.

Both the Weavers Way Environment Committee and GRinCH use the event ("Anything with a Plug!") as a fundraiser. We're hoping recyclers will be generous with their donations this year. GRinCH has used its proceeds to benefit its Green Warrior Student Grants program. The Environment Committee has given grants for over 20 years. In 2015, they went to:

- | | |
|-----------------------------------|----------------------------------|
| DePaul USA | Springside Chestnut Hill Academy |
| Face to Face Germantown | Tree Tenders |
| Germantown Life Enrichment Center | Waldorf School of Philadelphia |
| Houston School | Waterview Recreation Center |
| Roxborough Development Corp. | Wissahickon Charter School |

Note that eForce charges a \$20 fee for television monitors and CRVs.

Hope to see you there!

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Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

GREETINGS AND THANKS FOR WRITING. As usual, suggestions and responses may have been edited for brevity, clarity and or comedy. In addition, no idea, concept, issue, remark, phrase, description of event, word or word string should be taken seriously. This also applies to the previous sentence.

I spend a fair amount of time thinking about what a healthy food system would look like. When I play this out in my mind, I think of elements of a food system that have appeared and vanished and reappeared over time, e.g. World War II Victory Gardens (hyperlocal, no packaging, fresh), root cellars, home food preservation (canning, drying, pickling, fermenting).

Sounds like a word you see around sometimes these days: “Permaculture.” When I first heard that term, I kind of dismissed it, as it was in a description of a workshop being presented by someone I had classified as a nut job, so I never



really looked into it. However, the more I thought about healthy food systems, the more the definition of permaculture seemed to apply, to wit: “A system of agricultural and social design principles centered around simulating or directly utilizing the patterns and features observed in natural ecosystems.” Hmm, “natural” ecosystems. Stay tuned.

Speaking of “natural,” in food industry news this week, the U.S. Food and Drug Administration is requesting public comments about use of the word “natural.” The FDA is taking this action in part

(Continued on Next Page)



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GLENSIDE

(Continued from Preceding Page)

because it received three citizen petitions asking that the agency define the term “natural” for use in food labeling and one citizen petition asking that the agency prohibit the term “natural” on food labels. The FDA is asking:

- Whether it is appropriate to define the term “natural.”
- If so, how the agency should define “natural,” and
- How the agency should determine appropriate use of the term on food labels.

Interestingly, the U.S. Department of Agriculture sort of has a definition for “natural,” at least as far as its appearance on the label of a meat or poultry product:

“NATURAL: A product containing no artificial ingredient or added color and is only minimally processed. Minimal processing means that the product was processed in a manner that does not fundamentally alter the product. The label must include a statement explaining the meaning of the term natural (such as “no artificial ingredients; minimally processed”).”

If you have thoughts about this, visit www.fda.gov and weigh in.

suggestions and responses:

s: “Lactose-free plain yogurt.”

r: (Kathryn MA) Seems like a good idea to me too, but every time we bring them in, we have to trash a bunch because they don’t sell well. I’m happy to pre-order some for you at any time — mapreorder@weaversway.coop.

s: “Can we have coconut yogurt without sweetener in Mt. Airy? Chestnut Hill carries a So Delicious pint- size unsweetened coconut. Also Ciao Bella Key Lime ice cream sandwiches. Also sweet potato chips without corn, Terra brand salted ones are yummy.”

r: (Kathryn MA) Thanks for the suggestions! I’ll add these to our Member Wish List.” We do carry One Potato Two Potato sweet potato chips in 1ounce bags — ask a staff member to help you find them.

s: “Akmak crackers, a longtime item — we love them, bring them back please.”

r: Kathryn MA) We love them too! They are out of stock at our supplier, so we’ll have them as soon as they do. We order them three times every week, so we’re

doing our best to get them back in.

s: “Multigrain bagels please!”

r: (Matt MA) I’ve been assured by Fill-a-Bagel that their “Great Grain” bagel is a multigrain bagel.

s: “Searching sadly for the Prima Donna Gouda with the Blue Rind. It’s our favorite!”

r: (Shawn MA) We’ve brought Blue Prima Donna back. Seemed to be selling slowly, but we’ve moved it to a more prominent location in the cheese case. Sorry you were missing your favorite cheese for a while!

s: “With Fresh Market coming to Chestnut Hill, I’ve heard they are more of a ‘gourmet’ food store than a ‘natural’ food store. Will we change our product line to have less ‘gourmet’ and more ‘natural’?”

r: (Norman) All our food is “natural,” either hunted or gathered in Valley Green, which is as “natural” a place as you can find. Fresh Market will not have truly natural dishes like squirrel and sparrow stew, or stale-bread-fed duck stuffed with chipmunk (“duckmunken”), or rotting-leaf salad with pebbles. (Be interesting how these fit into the FDA definition for “natural.”

normanb@weaversway.coop

The Repair Café That Wasn’t but Likely Will Be

NW Philly Repair Café

LIFE HAPPENS. BETSY WALLACE, coordinator of the NW Philly Repair Café sponsored by our local time-bank, Time4Time Community Exchange, was really looking forward to co-hosting an autumn Repair Café focusing on computers, lamps and vacuum cleaners. Before she started in earnest, however, she and her husband, Ken (both Weavers Way working members, by the way) went to Florida to celebrate the 96th birthday of Ken’s mother, Yetta. Two days after the neighborhood party, Yetta fell in her kitchen, ending up in the hospital and then rehab. Betsy and Ken shuttled back and forth in September and October, helping Yetta make the transition from living in her own home to her new life at an assisted-care facility. Understandably, Repair Café preparations took a back seat.

Undaunted, Betsy expects to be back in the saddle with a small Repair Café in the winter doldrums (February/March). She could use some help in organizing this event. If you’re interested, contact her directly at Time4TimeXchange@gmail.com.

Weavers Way members are the largest group of participants in our Northwest Philadelphia Repair Café movement. The Repair Café aims to teach people how to repair broken items instead of throwing them away. We recruit local volunteer fixers (electronics and mechanical experts, seamstresses, computer and smartphone wizards, bike tune-up specialists, repairers of jewelry, knife-sharpeners and people who can glue things together) to help you learn how to make all possible repairs, free of charge.

Many Repair Café fixers and event volunteers are Weavers Way working members who get Co-op hours credits for participating. It’s a real value-added for all of our members — a win-win for Weavers Way and for the Northwest Philadelphia community. Please join us!

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What's in Store at Weavers Way

Editor's Note

(Continued from Page 1)

er saying its review “does not ask people to stop eating processed meats but indicates that reducing consumption of these products can reduce the risk of colorectal cancer.”)

I suspect this is because many of us have already factored in the kind of lukewarm harm the report references in our oh-so-delicately balanced moral calculation for continuing to eat meat. But enough about me and, as Norman Weiss tells me, my karma:

- The WHO report doesn't say anything about causality. Basically, a panel convened by the WHO's International Agency for Research on Cancer reviewed lots of population studies where people had been queried about their diets and their diseases. The statistics were (somewhat) damning, but figuring out the mechanism was never the point. So to those of you who are saying, see, I told you all those chemicals in lunchmeat and bad enzymes generated by cooking steaks will give you colon cancer, that may very well be true — but the WHO didn't go there.
- The report also doesn't say processed meat is as bad for you as asbestos or smoking. It just puts processed meat, along with asbestos and smoking and a bunch of other things, in its Group 1, “Carcinogenic to humans.” (Red meat is in Group 2A, “Possibly carcinogenic

to humans.”) This means it surely causes some people to get cancer. How many? My favorite New York Times story on the subject (www.nytimes.com/2015/11/01/sunday-review/so-will-processed-meat-give-you-cancer.html) notes that while smoking increases your risk of getting lung cancer by 2,500 percent, “two daily strips of bacon . . . would translate to about a 6 percent lifetime risk for colon cancer, up from the 5 percent risk for people who don't enjoy bacon or other processed meats.”

So what's a worried flesh eater to do?

Stop eating meat. There are plenty of reasons to do this in addition to health, as Paul points out, including environmental and sustainability considerations and kindness to animals.

Eat our meat. Weavers Way deli and meat buyers are always on the hunt for items that are less processed and contain fewer additives. They also are always working on their relationships with local meat and dairy producers, looking for farmers who, to quote food journalist Michael Pollan, raise an animal in a way that supports “its creaturely character — its essential pigness or chickenness.” In other words, no battery cages or gestation crates or feed that makes them sick.

So if you're worried about the effects of factory farming on the environment and your own karma, but possibly not enough to give up eggs or bacon or even brisket just yet, Weavers Way is a place to start.

msweeten@weaversway.coop

Meat

(Continued from Page 1)

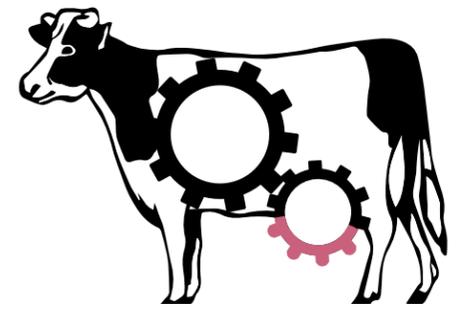
tionists who turned on meat and its fortifying proteins because of another of its distinct qualities: high saturated fat content. According to the U.S. Department of Agriculture, U.S. per-capita consumption of red meat has slowly eroded since the mid-'70s, while consumption of poultry (“lean meat”) has surged. Taken together, however, total consumption of meat in our country has grown steadily.

The WHO agency's report on red meat should be seen in light of broad historical trends, which have placed all meat in an embattled position in our national culture and psyche. Even as consumption grows, our concerns about eating meat grow with it.

As we now know, meat is far from the only or even the best source of protein, and we can live without it - live longer and healthier. According to a recent study published in JAMA Internal Medicine, vegetarians and vegans enjoy a 20 percent lower mortality rate than meat-eaters. Meat is also, of course, far from just protein. It is one vital part of a staggeringly vast and complex food system whose values may be slowly changing.

When, around a century ago, meat became central to our national diet, we did not worry about climate change, biodiversity loss or water pollution and scarcity.

According to the landmark study “Livestock's Long Shadow” released by the United Nations Food and Agriculture Organization in 2006, global livestock production is responsible for 18 percent of global warming, 9 percent of total carbon-dioxide emissions, 37 percent of methane and 65 percent of nitrous oxide. As the FAO puts it, “The livestock sector is a major stressor on many ecosystems and on the planet as a whole. Globally, it is one



of the largest sources of greenhouse gases and one of the leading causal factors in the loss of biodiversity, while in developed and emerging countries it is perhaps the leading source of water pollution.”

A hundred years ago, there were no factory farms, no million-acre agribusinesses devoted to growing feed for billions of animals raised to slaughter every year. Right now, says the UN's World Food Programme, nearly 800 million of our fellow humans don't have enough to eat. Surely, it must occur to us now and then that we could feed at least some of these hungry souls with food grown on land currently used to grow food to feed animals used to feed other, more affluent humans.

The WHO has informed us that consumption of red meat probably causes cancer. So what? We've known for decades now that we should limit our consumption of red meat. But the real so what is much bigger and badder. The real so what involves expanding our vision to see how meat might be a cancer not just in our diet, but in our conscience and on our planet. So far as the devastating effects of red meat and processed meat are concerned, a relatively small risk of colorectal cancer to humans hardly ranks.

Ask the cows, pigs, lambs, goats, and horses. Ask the chickens; even though they are not red meat, right about now they probably wish they were.

Weavers Way member Paul Cantagallo (paulcantagallo@gmail.com) has plenty of protein in his diet, thank you.

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What's in Store at Weavers Way

Local Vendor Spotlight

Two Guys Who Hope It's Hot Enough for Ya

by Nikolai Fomich, Weavers Way Chestnut Hill Grocery Staff

AMONG THE MORE PIQUANT OF OUR SEASONINGS available at Weavers Way, one spice owes its name to the devil himself.

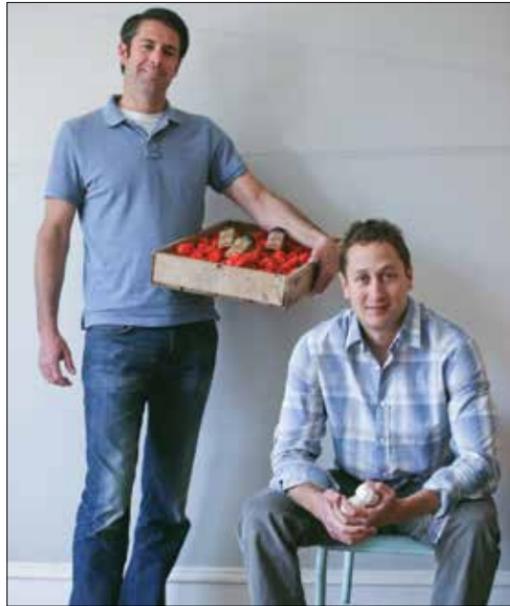
The brainchild of native Philadelphians Ted Ebert and Tom Hewell, Saint Lucifer spice blends first hit stores two years ago, and ever since then they've been bringing the heat to kitchen tables throughout our city.

What became a business for Ted and Tom began as a hobby. As post-college roommates in Manayunk, Ted said he and Tom shared a passion for "hot sauce and all things condiments," but they soon found themselves "sick of the same old dance."

"We were always adding too much crushed red pepper and getting too little flavor," said Ted. "So we tried to make something better than what we were used to, and it was fun." The two began experimenting with habanero peppers, aging them in vinegars and incorporating other ingredients like garlic, searching for the perfect balance between heat and sweet. Finally, they came up with the batch that would become Saint Lucifer Habanero Spice Blend.

"It turned out really well, and we began giving it to our families and friends at holidays. It was a real hit. We started to mass produce it in our kitchen, trying to make pounds of it, for our own personal stash and to give out as gifts. We couldn't stop using it."

After perfecting the taste of their spice, Ted and Tom began to explore the idea of creating a business. They began to research the spice manufacturing world, visiting grocery stores and calling manufacturer after manufacturer until they finally found a company willing to bring them in. "We



Tom (standing) holds habaneros, Ted's got the garlic

walked into the boardroom, with the raw product in hand," said Ted. "They looked at us like we were crazy, but they liked the product, and they liked us. They could see how passionate we were about it, how genuine. So now we go there four times a year, and they sit us down and show us how to refine our process and bring what we have to life — package it, bottle it and bring it out to the masses. And that's how we became Saint Lucifer."

With the consistency of a salt, Saint Lucifer has "deconstructed the hot sauce." "We've gotten a great response, from Weavers Way, Wegman's and others. We're being embraced by restaurants throughout Philly, who are putting it with — or in place of — the hot sauce," said Ted.

Though habanero peppers have a reputation for being overpowering in their heat, when used correctly these chili peppers can enhance your food's flavor with a natural and complementary zest. Ted says he recommends Saint Lucifer on everything, though he particularly enjoys it on linguine, mac and cheese, and baked potatoes.

Ted hopes Saint Lucifer will someday become "as ubiquitous as salt and pepper." A lofty goal, but if anything has enough heat to catch fire, it's Saint Lucifer.

nfomich@gmail.com

THINKING COFFEE Bittersweet

by Neal Fordham, Weavers Way Mt. Airy

BITTERSWEET IT IS THAT YOU'LL NO LONGER FIND ME SAMPLING coffee on the second floor in Mt. Airy. No longer am I the coffee buyer! I've been working in the warehouse and driving our truck part-time since I first worked for Weavers Way, but now I'll do that full-time. I will miss talking to everyone, making children laugh and playing Bach cantatas over the stereo. At the warehouse, I'll be with Bill Quern, and on breaks, he'll pick up a mandolin, banjo or accordion, and I'll begin strumming my guitar and singing. So bittersweet is this change — good and bad together.

I am thinking of my early days up amongst the coffee bins, sniffing appreciatively and then plotting an exploration. I took home perhaps a quarter-pound from one bin, brewed the coffee for two or three mornings, and then moved to another bin. I can still remember that, of the Equal Exchange coffees, Ethiopian really grabbed my attention and San Fernando was yummy and smooth; May Day was a nice mellow coffee to drink too many cups of on a lazy Sunday morning.

When I became coffee buyer, I proceeded to seek out new coffees from each of our local roasters. Early on I couldn't help but bring in every Ethiopian I could find, discovering that they were all delicious, and all different. Over the past year I became familiar with the tastes of coffees from Papua New Guinea, Sumatra, Guatemala, Congo, Bali, Nicaragua, Peru, Colombia, Honduras. As I explored, I brewed up each new arrival for everyone to sample.

Now I can no longer sample coffee for you, but I invite you to experiment as I once did. Do some coffee testing of your own. The convenience of the coffee bins is that you can buy just a small amount — take a quarter-pound home and you'll have coffee to sample for two or three days.

If you are a regular French Roast drinker, and many of you are, look at some other Equal Exchange labels, and try a different French roast — Peruvian, Guatemalan or Midnight Sun. Try the bins that are not Equal Exchange! They are there because every one of them is special, with flavors not to be found from Equal Exchange.

On this morning as I write, I now raise a cup of Backyard Beans Segovia. Cheers, till next time!

nfordham@weaversway.coop

Coffee of the Month

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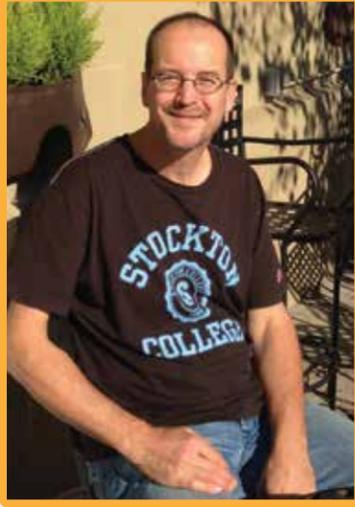
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Meredith Rogers
Weavers Way MA Staff

coop basics

Good Deals Every Day.

Cooperator of the Month



Nathan Long

Joined Weavers Way: 2005

Lives in: Germantown, with his partner, Courtney, and another housemate.

Current job: Fiction writer; teaches creative writing at Stockton University in Galloway Township, NJ. Also teaches writing for Mt. Airy Learning Tree.

Why he's a working member: "It's nice to have the discount; that's definitely part of it. I like the idea of working for the Co-op and being a part of it, not just shopping."

Co-op job history: He's done stocking and has worked at the farm. For the last three or four years, he's helped tend the grill at the Mt. Airy Village Fair.

Favorite Co-op product: Day-old croissants ("They're still fresh") and kalamata olives; he also enjoys the curried chicken salad.

What he likes about the Co-op: "That it's walking distance — it's like 10 blocks for us. I like that it pays its workers well. I love the Co-op ambience of feeling like I know the cashiers, and we joke. That's all kind of nice."

Ready to Run for the Board? Here Are Some Next Steps

- Attend a Weavers Way Board meeting. All take place the first Tuesday of the month at 7 p.m. The next meetings are:
 - Dec. 1, 2015
 - Jan. 5, 2016
 - Feb. 2, 2016
- Attend an information session for prospective board members. Sessions start at 6:30 p.m.
 - Thursday, Jan. 14, 2016
 - Wednesday, Jan. 27, 2016
- Schedule an interview with the Board Leadership Committee.
 - Wednesday, Feb. 10, 2016
 - Thursday, Feb. 18, 2016
- Candidate applications are due Friday, Feb. 26, 2016.



MEMBERSHIP CORNER

Get Committed!

by Kirsten Bernal, Weavers Way Membership Manager

WE'RE BUILDING OUR NEW Membership Committee and we need you!

Enthusiastic members who are interested in supporting membership at Weavers Way are invited to attend an introductory meeting on Thursday, Jan. 7, in the Community Room at 555 Carpenter Lane. We'll present some exciting new initiatives, as well as talking about specific tasks that you can take on to earn household credit. Those include ongoing activities such as welcoming and supporting new members, helping to revitalize our community partnership program and simply spreading the cooperative word.

Seven seats are available on the Membership Committee.

Your participation will be a huge contribution to the Co-op community and is an enjoyable and easy way to be a Working Member. Please contact the Membership Department with further questions or to RSVP: member@weaversway.coop or 215-843-2350, ext. 119.

We look forward to seeing you Jan. 7!

kirsten@weaversway.coop

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Co-op's Training Coordinator Is Focused on the Future

by Karen Plourde, Weavers Way Chestnut Hill Grocery Staff

KYRA WOODSON HAS WORKED THROUGH SOME hard knocks in her life. The first happened right at the beginning; the second during her teenage years. But since then, the going has gotten smoother for Weavers Way's training coordinator. And she still has a whole lot of future ahead of her.

Kyra, 24, was taken into foster care as a newborn and adopted at age 4. She grew up in Northern Liberties as an only child, and attended private and charter elementary schools. For high school, Kyra chose Bodine High School for International Affairs, walking distance from her house.

The second knock happened in 2007. Kyra was 16 and rebellious; her mom, Angie, would have none of it and kicked her out. Kyra hopped from her Aunt Cheryl's house to her friend Nafeesha's until she graduated from Bodine in 2009.

At that point, Kyra really had to grow up. Both Nafeesha and Aunt Cheryl told Kyra she was on her own. So she moved into a shelter in North Philly and got a job as cashier at the Fresh Grocer on Broad Street near Temple University.

"A good phrase that I use to encompass my whole experience in the shelter is 'closed mouths don't get fed,'" Kyra said. "If you don't ask for something, no one's going to ever know that you want anything, and you're never going to get anywhere in life unless you let people know what you want."

In 2011, Kyra got enough financial aid to start in the journalism program at Eastern University. She commuted to classes in St. Davids from the shelter for a year and a half, then moved onto campus. But at the end of the semester, she got a bill for student housing that she couldn't pay, and she had to leave school.

Kyra moved back in with her mom, but tensions resurfaced, and Angie kicked her out again. This time, though, she and her boyfriend got a place together. She continued to work at Fresh Grocer, then left there and worked at Five Below and Toys R Us. While working at Toys R Us in August 2012, she ran into then-Weavers Way Chestnut Hill assistant grocery manager Erin Harrington. They had worked together at Fresh Grocer.

"She was just like, 'Come up to the job, we have a spot for you,'" Kyra said. She worked in grocery, then became a cashier. In 2014, she became the Chestnut Hill store's customer service coordinator. This past June, she took over the new job of Weavers Way training coordinator.

In her current job, Kyra conducts and coordinates safety training and new-hire orientations. She's developed an "onboarding" program for all new hires that includes required training protocols and classes.

Staff Celebrity Spotlight: Kyra Woodson



In case the face is familiar, Kyra is also the poster woman for our SEPTA station billboards.

"We're trying to make sure our employees know as much about the Co-op as they possibly can," she said. "That's my job — to make sure that we're investing in our employees, so they feel as though they're a part of the Co-op."

"I like developing plans and structures," she said. "Without being in this position I probably wouldn't have realized that."

These days, Kyra is thinking of a different career than journalism. Her school bill is almost paid off, and she's considering going back — this time to major in human resources.

kplourde@weaversway.coop



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

Weavers Way Board

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

The December Weavers Way Board meeting is 7 p.m. Tuesday, Dec. 1, in the 2nd-floor meeting room at the Chestnut Hill Community Center, 8419 Germantown Ave. (The first meeting of the new year is Tuesday, Jan. 5.)

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

2014-2015 Weavers Way Board

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

The Shuttle

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OPEN EVERY DAY

www.weaversway.coop

Mt. Airy main number: 215-843-2350

contact@weaversway.coop

Chestnut Hill main number: 215-866-9150

Mt. Airy

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

Chestnut Hill

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

Across the Way

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

Next Door

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

HOW TO REACH US

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

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

Purchasing Manager
 Norman Weiss, ext. 133
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HR Coordinator
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outreach@weaversway.coop

Mt. Airy Store Manager
 Rick Spalek, ext. 101
rick@weaversway.coop

Chestnut Hill Store Manager
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dstefano@weaversway.coop

Executive Chef
 Bonnie Shuman, ext. 218
bonnie@weaversway.coop

Farm Manager
 Nina Berryman, ext. 325
nberryman@weaversway.coop

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

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

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

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

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

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

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

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

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

Weavers Way Welcome Meetings

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

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

Meetings start at 6:30 p.m., in Mt. Airy in the Community Room, 555 Carpenter Lane, or in Chestnut Hill upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave.
 RSVP: outreach@weaversway.coop or
 215-843-2350, ext. 118.

NEXT MEETING: Wednesday, Dec. 9
 Mt. Airy

weavers way COOP



Connect to the network WW_PUBLIC
 Use the password weaversway

Follow us!   

Advertise
 in the Shuttle
advertising@weaversway.coop

BEEF

NATURALLY RAISED

Bottom Round Roast	reg. \$6.79 lb	\$6.49 lb
Rump Roast	reg. \$7.59 lb	\$7.29 lb
Bone-In Rib Roast		\$13.99 lb
Stew Meat	reg. \$6.99 lb	\$6.49 lb
Ground Beef	<i>grass fed Co-op Basics</i>	\$5.39 lb
Filet	reg. \$24.99 lb	\$22.99 lb

POULTRY

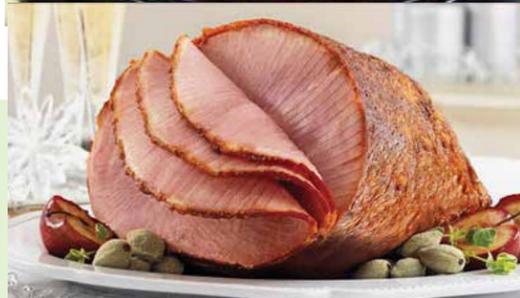
Bell & Evans Cornish Hens		\$6.29 lb
Naturally Raised Whole Turkey		\$2.59 lb
Order online		
Koch Natural Boneless Turkey Breast		\$6.99 lb
D'Artagnan		
Pheasants 2.5-3 lbs		\$11.69 lb
Rohan Duck		\$4.99 lb
Duck Breasts		\$15.75 lb

SEAFOOD

Live Maine Lobsters	1 1/4 lb lobsters for steaming or broiling. Preorder only.	\$11.99 lb
Frozen Canadian Lobster Tails	4.5 oz tails. Excellent firm meat.	\$6.35 ea
Mexican Shrimp	Large wild shrimp from a co-op of shrimp boats that operate out of Mazatlan, in the state of Sinaloa. Premium quality and free of additives!	\$15.59 lb
<i>Jumbo and medium sizes available.</i>		
Black Pearl Shetland Island Atlantic Salmon	reg. \$13.99	\$13.99 lb
<i>Mussels, oysters in the shell or jar, crabmeat or any filet, steak or whole fish can be pre-ordered.</i>		

HOLIDAY HAM

All Natural Spiral Cut Ham		\$6.29 lb
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Party Platters (Available In Mt. Airy & Chestnut Hill)

Antipasto ✨ Classic Shrimp Cocktail ✨ Deli Meat And Cheese ✨ Ducktrap Nova ✨ Smoked Fish
 Fresh Mozzarella & Tomato ✨ Fruit & Cheese ✨ Grilled Vegetables
 Mediterranean Feast ✨ Dolmas & Hummus ✨ Veggies & Dip

To place an order, please call:

Chestnut Hill 215-866-9150

Mt. Airy 215-843-2350

catering menu available exclusively at Weavers Way Chestnut Hill

HOT HORS D'OEUVRES

MINIMUM ORDER 15

Coconut Shrimp Sweet Chili Dipping Sauce	\$2 EA
Grilled Polenta Wild Mushroom Ragout	\$2 EA
✔ on request	
Mini Potato Pancakes Sour Cream & Chives	\$2 EA
Mini Crab Cakes Tartar or Cocktail Sauce	\$3 EA
Mini Spiced Chicken Quesadillas	\$2 EA
Lollipop Lamb Chops Garlic Tahini Sauce	\$3 EA
✔ Mini Spring Rolls Cilantro Chutney	25 for \$10, 50 for \$20, 100 for \$40
✔ Mini Potato Samosas Cilantro Chutney	25 for \$10, 50 for \$20, 100 for \$40

SLIDERS

Vietnamese Pork Spicy Asian Slaw	\$3 EA
✔ Black Bean Burger Vegan Spiced Aioli	\$3 EA
Pulled Chicken Barbecue Classic Slaw	\$3 EA
Classic Black Angus Burger Cheddar	\$3 EA
Classic Turkey Burger Smoked Gouda	\$3 EA
Mini Corned Beef Reuben	\$3 EA
Grilled corned beef, sauerkraut and melted Swiss and Russian on rye.	

SKEWERS

Chicken Satay Peanut Dipping Sauce	\$2 EA
Stuffed Dates Goat Cheese, Wrapped in Bacon	\$2 EA
Gochujang-Marinated Grilled Shrimp	\$3 EA
Teriyaki-Sesame Salmon	\$3 EA
Chili-Glazed Cocktail Meatballs	\$2 EA

COLD HORS D'OEUVRES

MINIMUM ORDER 15

CROSTINI

Smoked Salmon	\$3 EA
Red Onions, Capers & Dill Cream	
House-Roasted Filet Mignon	\$3 EA
Pickled Onion & Horseradish Cream	
Wild Mushrooms & Leeks	\$2 EA
Truffled Goat Cheese	
✔ Eggplant Caponata	\$2 EA

PHYLLO PASTRY CUPS

Curried Mango Chicken Salad Cashews	\$2 EA
Salmon Mouse Dill Pickled Cucumbers	\$2.50 EA
Herb Goat Cheese & Pickled Beets	\$2 EA
Ricotta, Leek & Parmesan	\$2 EA
Smoked Trout Salmon Caviar	\$2.50 EA
Greek Feta, Spinach & Pine Nuts	\$2 EA

SIDES

✔ Roasted Seasonal Vegetables	\$8.99 LB
✔ Roasted Cauliflower & Fennel	\$12.99 LB
✔ Grilled Seasonal Vegetables	\$8.99 LB
Cheddar-Chive Twice-Baked Potatoes	\$6.99 LB
✔ Broccoli Rabe Garlic & Red Pepper	\$8.99 LB
Maple Whipped Sweet Potatoes	\$6.99 LB
Mashed Potatoes	\$6.99 LB
✔ Roasted Brussels Sprouts	\$10.99 LB
Leeks & Shiitake Mushrooms	
✔ Roasted Asparagus, Artichokes & Hazelnuts	\$12.99 LB
✔ Wild Rice	\$10.99 LB
Butternut Squash & Cherries	

SALADS

MINIMUM ORDER 12 PEOPLE

Caesar Salad	\$4.95 PP
Crispy Romaine, Grilled Chicken, Aged Parmesan, Herb Croutons, Caesar Dressing	
Kale Caesar Salad	\$3.50 PP
Sun-Dried Tomatoes	
✔ Mixed Green Salad	\$3.50 PP
Tomatoes, Cucumbers, Chickpeas, Carrots, Peppers, Red Cabbage & Balsamic Vinaigrette	
Spinach Salad	\$3.50 PP
Bacon, Toasted Walnuts, Red Onion, Dried Cherries & Balsamic Vinaigrette ✔ on request	
Wedge Salad	\$3.50 PP
Crispy Romaine, Bacon & Chunky Blue Cheese Dressing	

ENTREES

MINIMUM ORDER 12 PEOPLE

Honey Walnut-Crusted Lamb Chops	MP
Mustard Sauce	
Roasted Filet Mignon	MP
Whole side only	
Marinated Hanger Steak	\$19.99 LB
Chimichurri Sauce	
Brandy-Glazed Boneless Pork Chops	\$16.99 LB
Orange Pistachio Chicken Breast	\$18.99 LB
Grilled Lemon-Oregano Chicken	\$18.99 LB
Chicken Piccata	\$18.99 LB
Whole Salmon	\$20.99 LB
Cucumber Scales, Sour Cream Cucumber Sauce	
Salmon Fillet	\$20.99 LB
Chef's Choice Topping	
Lump Crab Cakes	\$7.99 EA
Tartar or Cocktail Sauce	
Panko-Crusted Pollack Fillet	\$16.99 LB
Korean Vegetable Pancakes	\$10.99 LB
Mushroom-Leek Risotto Cakes	\$5.50 EA
✔ Black Bean Burger	\$5.50 EA
Spinach-Parmesan Stuffed Portobello ✔ on request	\$14.99 LB
✔ Peanut-Crusted Tofu	\$10.99 LB
Asian Dipping Sauce	
✔ Grilled Asian Eggplant	\$7.99 LB
Scallions & Peppers	
Three-Cheese Polenta	\$6.99 EA
Black Bean & Corn Salsa	
Chickpea & Butternut Squash Pancakes	\$10.99 LB

LASAGNA

MINIMUM ORDER 1/2 PAN (SERVES 12-15)

Beef \$65 Turkey \$60 Vegetarian \$55

✔ = vegan PP = per person MP = market price
 We use Bell and Evans chicken & Aspen Ridge natural beef.