

Selene Whole Foods Co-op

Newsletter



Apr 2008

Supporting a Local, Sustainable Economy

SECOND SATURDAY ROOTS RAMBLE & MORE—IT'S A DOOZY!

Second Saturday—*12 April 2008*—is a triple whammy at Selene! First of all, it's the sixth annual *MediAmericana Roots Ramble*, a spring celebration of American music from 7:00 pm to 1:00 am, rain or shine! The Roots Ramble site, [here](#), notes ticket prices are \$15 in advance and \$20 the day of the event—to order tickets call 610-566-5039, or see the MediAmericana website ([here](#)) for other ways to get them. The event is presented by the *Media Business Authority*, and features an astonishing number and range of musicians and types of music! Among the luminaries are roots musician *Sleepy LaBeef*, the *Human Jukebox*—see [here](#); South Philly's *Charlie Gracie* (see [here](#) for his **fabulous** 1957 performance of *Butterfly* on the Ed Sullivan show and click [here](#) [& then on the word "video" near top-center screen] to see a more recent performance, equally fabulous!); for a listing of all the great artists, see MediAmericana,

[here](#). At 7:00 pm, Selene will feature *Jim Hobson, Keith Grewell & Friends* (left; photo [credit](#))! And we'll have paintings by *Maggie Hobson*. As she says, "...I am alone with the paint and the world around me. This act, time after time, teaches me about myself and... the world. In painting I lose all track of time, all

sense of self. I become absorbed by the paint..." (quote & image, [here](#))



Maggie Hobson, *Two Lemons*—(what luscious paint!!!!)

But wait, there's more!!! Also on Second Saturday,

Blackwell's Organic will be giving an in-store demo and samples of their fabulous *organic, vegan, fair-trade gelato and sorbetto*, from 5:00-9:00 pm! Their products will be on sale, 10% off, too! Come on down!



Selene Open on Sundays—Woo Hoo!

Starting 20th April, Ira will open Selene on Sundays from 11:00 am to 5:00 pm. I'm psyched (I feel SO stranded on Sundays if I can't run down there for some vital missing ingredient for dinner!) BE THERE OR BE SQUARE!!

IMBY Misty Hollow Workshops for Kids!

IMBY Misty Hollow, the Westtown CSA run by Sally and Jim Hammerman, is offering three *workshops for children* this season, planned by Terry McAlone. The dates are 12th Apr, 12th Jul, and 11th Oct. They center on creating, maintaining, and harvesting children's gardens. At this month's workshop, they'll prepare the ground, plant carrots, pumpkins, watermelon, flowers & maybe potatoes. Kids also make their own lunches, prayer flags or placemats, and play garden games! See the IMBY website [here](#) (click on "workshops" at the center-top of the page, then scroll down the workshops page to the "Kids in the Garden" section, lower left), email Sally (IMBYmistyhollow@mac.com), or call at 610-717-6949.

North Star Orchard & Indian Orchard

Ira has discovered a new fruit CSA, North Star Orchard, that delivers to IMBY, among other places. Ira will purchase a fruit share and also allow Selene members to purchase shares, which could then be picked up at Selene. We'd need volunteers to drive to IMBY in Westtown to

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305 West State Street, Media, Pennsylvania, 19063

610-566-1137

Manager: Ira Josephs; Newsletter: Melinda B. Parsons

Hours: Mon-Tues, 10-6; Wed-Fri, 10-7; Sat, 10-5; closed Sundays

<http://selenecoop.org>; email: selenecoop@verizon.net

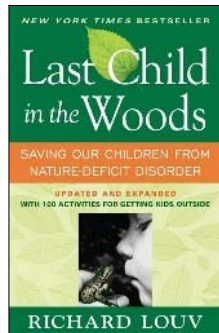
pick up the shares. The North Star fruit shares start in August and feature mainly autumn fruits (apples, peaches, plums, pears, etc). *If you're interested in more extensive, more local selections of fruits, starting with spring berries*, then contact Nancy and Bob Bernhardt at **Indian Orchards** (on Copes Lane off 352 in Media—see [here](#) for a map and more info on Indian Orchards' wider selection of fruits). And, you can purchase fruit from Indian Orchards without buying a CSA share—just choose what most appeals to you! Nancy Bernhardt can be reached at 610-565-8387. For North Star Orchard, see [here](#).

First Community-Building Potluck!

Selene member **Adam Levine** is hosting a Selene potluck on Saturday, 26th April, from 5 to 8 pm. Thanks Adam! The address is 314 Gayley St in Media, where Gayley & Jefferson intersect (front door on Gayley). Questions? Call Ira (610-566-1137) or Adam (610-891-0780).

Regional Environmental Events

Richard Louv is author of *Last Child in the Woods*; *Saving Our Children from Nature Deficit Disorder*, a



book about the way today's children have lost touch with—and knowledge of—nature. Louv will speak at Longwood Gardens on Thursday, 17th April, at 5:15 pm. For more info, including a link to tickets, see [here](#).

Eric Lienhard sends news about *Ag Day* at the University of Delaware in Newark, 26th Apr. from 10 am to 4 pm. The theme is "*Sustaining Life*

from Soil to Sky," and events include educational activities, games, food, music, and other family-friendly stuff. And it's free! For FAQs, see [here](#).

Ecuador Floods Trouble Fair Trade Banana Growers



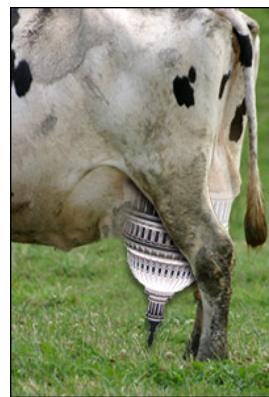
Our *OKé fair trade banana growers in El Guabo* (a co-op of 500 small farms on the Ecuador coast) have had terrible flooding from heavy seasonal rains. Four people are dead, a number of farmers lost all their land, and the rest

are having difficulty transporting their fruit to market. **Ira is putting a donation basket out in Selene**, and you can check out more about these serious problems [here](#).

The Farm Bill, Yet Again

A member of PASA Southeast sent along the information that *this coming Friday, 11th April*, the WHYY program

Bill Moyers' Journal, from 9:30-10:30 pm, will be an exposé "*regarding alleged abuse of farm subsidies" and the Farm Bill*. (I checked WHYY online, which doesn't list a topic for that Moyers episode, but let's hope this info



is correct.) The Farm Bill began in the 1930s as an effort to prevent overproduction of food commodities. It comes up for legislative renewal every 5 years and generally is tailored to suit agricultural lobbyists and the wealthiest farmers (see [here](#) for last month's article on local food vis-à-vis the FDA, USDA, and Farm Bill). Those are powerful groups to try to buck, but Sen. Tom Harkin has been trying his best to tweak the

latest version so that it places more emphasis on small farmers, local food, organics, avoidance of toxins in the food supply, & so forth. There is an excellent article from the April 2008 *Gourmet* magazine about many of these issues. (Yes, I know that seems like an unusual venue for food politics, but since Ruth Reichl assumed the editorship of *Gourmet*, it's become a bit more radical, publishing a series of articles called "Politics of the Plate.") Sometimes these are in the print version, though more often they appear on *Gourmet's* blog (see [here](#)). Sam Hurst's essay, "*Betting the Farm*," was in the print version, but now is available online, [here](#). *It's a great read* about a South Dakota organic farmer and his experiences with the Farm Bill. For a more radical view, see Tom Philpott's "*Victual Reality*," [here](#), suggesting that local politics is an effective agent of change for agricultural policy.

News Around the Shop



☞ We're getting *locally grown spring mix* and *spinach* this week! Finally, really fresh salads!

☞ Got a sweet tooth? We have *Sjaak's organic, fair trade chocolates* in flavors from Extra Dark, thru Espresso, to Milk Chocolate! See [here](#).

☞ No green thumb? We have what you need: copies of *Gardening by the Moon Calendar*, which tells you how to get your thumb in sync with natural cycles; it's useful all year round! See [here](#) for more.

☞ We now carry *Madhava brand Agave Nectar* in 46-oz. packages. It's organic and kosher! See [here](#).

☞ New product: *KOV organic, non-dairy ice cream*, made from coconut milk sweetened with agave. Yummy! See [here](#) for more.

☞ Check out our *brand new refrigerator/cooler!!!!*