

# Selene Whole Foods Co-op

Newsletter



July 2008

Supporting a Local, Sustainable Economy

## News from the Board

At Selene's June Board of Directors' meeting, *Jackie Dooley* was elected as Vice President, and *Maria Valentin* as an interim Board member. There are a few vacancies on the Board, so if you have enough community spirit to "step up to the bat," then contact Board President, Peter Listino, at [FinancialAdvisor@peterlistino.com](mailto:FinancialAdvisor@peterlistino.com). Many thanks to Jackie and Maria!

## July Co-op Potluck!

On *19<sup>th</sup> July*, *Ira Josephs*, our intrepid Co-op Manager, is hosting a potluck, 5:00-8:00, at his house, 10 Applebough Lane, Rose Valley, PA, 19063. You can RSVP at the store (610-566-1137) or his home (610-565-4058). Ira asks if *you can please provide an ingredients list for your potluck dish*, so those with food limitations or preferences can best choose their eats. Thanks so much!

## Second Saturday



July's *Second Saturday, 12<sup>th</sup> July*, will be a doozy! As usual, we'll be open late, featuring tie-dye artist *Bob Deane*, who teaches creative tie-dye (see left) at the Wallingford Art Center. Music will be provided by *Anthony*

*Monastra*, or as he says, "*Selene Co-op with explainitmyself artwork and more*"!!! See [here](#) for more about Anthony, his art, and his music. Anthony tells Ira that "*There will be other people but it's more of us all playing together and intertwined...acoustic music by acoustic people. Music made from the soul and manifested through friends to the ears.*" As well, we'll be featuring *chair massage in the store*, 5 minutes free, from *Replenishing Touch Massage* of Media (see [here](#))!

*But wait, there's so much more!* In addition to being Second Saturday, 12<sup>th</sup> July is ALSO the *2<sup>nd</sup>-anniversary celebration of Media's status as the U.S. first fair trade town*, one of our amazing accomplishments! Further,

because the 12<sup>th</sup> falls in between American Independence

**2<sup>nd</sup> Saturday MEDIA**  
BASTILLE DAY IN MEDIA!  
JULY 12, 2008 5:30-10:30 PM  
(BETWEEN JULY 4TH & BASTILLE DAY!)  
WWW.MEDIAARTSCOUNCIL.ORG

- STREET PERFORMERS - WORKING ARTISTS -
- FAIR TRADE TOWN ANNIVERSARY -
- BASTILLE STORMING - CARRIAGE RIDES -
- CHIC DOG FASHION SHOW - WASHINGTON & LAFAYETTE -
- PERFORMANCES BY HEDGEROW & MEDIA THEATRES -
- KIDS' ACTIVITIES - WORLD WAR II VETERAN AWARD -
- SARTRE'S PLAY: "NO EXIT" - CAJUN DANCE LESSONS -
- LIVE MUSIC -

LAVIN AMERICAN POLK MUSIC BY **KATARI**  
& straight from New Orleans  
**Dwayne Dopsie**  
& The **Zydeco Hellraisers**

PRESENTED BY **MAC** media arts council  
SPONSORED BY **LA BELLE EPOQUE**

Day and France's independence from royal rule, we're also celebrating *Bastille Day*, with incredible activities of all kinds: musical, patriotic, gustatory, historical, artistic, and anything else you can think of! Truly, there's so much happening that it can't all be listed here

(click [here](#) to see a larger version of the poster at left [artwork by Drew Arata] and *detailed listings of events on 12<sup>th</sup> July* on the Media Arts Council website). Just a few highlights: a *Chic Dog Fashion and Adoption Event*, the *Storming of the Bastille*, Marching Drills by *George Washington and General Lafayette* and an award to a *World War II D-Day* veteran, *Cajun dance lessons*, music by *Dwayne*



*Dopsie and the Zydeco Hellraisers*, carriage rides, lessons in making *Corn Dollies* (fertility symbols!), face-painting, *outdoor dining*, & so very much fun! For detail



about various events, see *Philly Fun Guide*, [here](#). (Above, left, Jean Houel, *Storming of the Bastille*, 1789 [[here](#)]; and right, J.-L. David, *Oath of the Tennis Court*, 1789, [here](#))

## Selene Whole Foods Co-op

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](mailto:selenecoop@verizon.net)

### Media's New Fair-Trade Website!

See [here](#) for a new website devoted to Media, PA's status as the U.S.' first fair trade town! Under "Events," they provide more details about our 12<sup>th</sup> July celebration, including discussion of the *Latin-American folk music* that will be presented by *Katari!* The site also features a wonderful film about Media's businesspeople and residents and their feelings about fair trade as the right movement to "tweak" Media's personality, as *Hal Taussig* puts it in the film (by [Coyopa Productions](#)). And there are a number of clips of our own *Ira Josephs!!!* See [here](#) for the YouTube version of the whole film (~6 minutes).



Clip from Coyopa's *Fair Trade in Media, PA* ([source](#))

### So Is It the Tomatoes...???

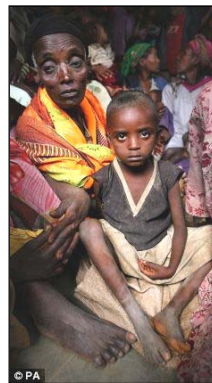
First, we thought the salmonella was in tomatoes of certain kinds, though no one seemed to be able to pinpoint a source of contamination (Florida and Eastern Virginia were contenders, though). But now there are other ideas—on the local news a week or so ago, there was a confusing story suggesting that salmonella was occurring in people's homemade salsas (HUH?). Of course, that would mean that perhaps other ingredients than tomatoes were to blame. At Wolff's Apple House (where I work), we were told it was now being blamed on cilantro (hence you find no fresh cilantro at Wolff's at the moment). But *Bill Marler, a food-poisoning lawyer* with an amazingly informative blog (see [here](#)), notes that actually tomatoes have been recalled every year for the last decade! And, in [this post](#), he says that agencies are now blocking imports of tomatoes, cilantro, hot peppers, scallions, and bulb onions from Mexico. In his words, "*These outbreaks should be good news to a lawyer like me... But it isn't, because it means I'll be seeing more 4- and 5-year-old kids hooked up to kidney dialysis machines, their lives hanging by a thread because they ate a tainted burger topped by contaminated tomatoes.*" Marler also has 11 ideas for the next President to fix food problems.

### Speaking of the Food Crises...

Two prestigious conferences of late have convened to address escalating food crises around the world, along with their links to biofuel & other issues. The first was the UN Food and Agricultural Organization meeting in Rome. For a concise and critical view of what the "ETC Group" calls

the "*Failure-as-Usual Food Summit*," see [here](#).

Writer Raj Patel takes up the FAO summit and other food issues on his blog, "*Stuffed and Starved*" ([here](#)), which is also the title of his first book (about the fact that the same number of people in the world are obese, as are starving).



The other conference, the *G8 summit in Japan*, has also been described as useless regarding the food crises. E.g., just after Gordon Brown urged everyone to stop wasting food and work to remedy rising prices and food shortages, the group sat down to a *6-course lunch* and an *18-course dinner*. Talk about conspicuous consumption. I wonder who among the eaters noticed the irony of those moments. See [here](#) for the article and image credits.

#### Lunch & Dinner Menu

Working Lunch	
White asparagus and truffle soup	Boiled clam, tomato, shiso in jellied clam soup
Chaud-froid of Kegani crab	Water shield and pink conger with soy sauce vinegar
Almond oil foam and tapenade	Boiled prawn with toszazu vinegar jelly
Supreme of chicken, with stuffed thigh, nuts and orange savoury and beetroot foam	Grilled eel and burdock
Cheese selection	Fried goby fish with soy sauce and sugar
Peach compote, ice-cream and raspberry coulis	Hairy crab bisque soup
Coffee and petits fours	Grilled bighand thornyhead fish with pepper sauce
<b>Wines</b>	Mik-fed lamb flavoured with herbs and mustard, and roast lamb with cepes and black truffle
Chateau Grillet 2005	Cheese, lavender honey and caramelised nuts
Chambolle-Musigny 2005	G8 'Fantasy' dessert
<b>Dinner</b>	Coffee and candied fruits and vegetables
Corn and caviar	<b>Wines</b>
Smoked salmon and sea urchin	Le Reve Grand Cru Brut/La Seule Gloire Champagne
Hot onion tart	Sake/Isojiman Shuzo Shizuoka
Winter lily bulb and summer savoury	Corton Charlemagne 2005/Louis Latour
Kelp-flavoured beef and asparagus	Bourgogne
Diced tuna, avocado and soy sauce jelly, and herbs	Ridge California Monte Bello 1997,
	Tokaji Esszencia 1999

### News Around the Shop



☞ Reading the above makes me so thankful that here in PA we have access to many sources of *local food*, most of it organic. We are SOOO lucky. Currently we have local lettuces, greens of various sorts, summer squashes, radishes, broccoli, scallions, tomatoes (w/o salmonella), and cucumbers. Good eats!

☞ New products include *Liz Lovely Fair Trade, Organic, Vegan Cookies* in 4 new flavors—Snicker Dudes, Macaroones Sock-It-To-Me, Chocolate Moose Dragons, and Gingersnap Dragons. See [here](#) for more.

☞ We also now carry the "*first in the world Falafel Chip—healthy, organic, gourmet taste, high in protein & fiber, low in sodium, kosher—kids of all ages love it!*" These are brought to you by Flamous Brands, Inc. See their website [here](#).