

Selene Whole Foods Co-op

Newsletter



May 2008

Supporting a Local, Sustainable Economy

10th May is Hot!!!!

There is SOOOOO much happening on 10th May this year!



(Photo credit)

For one thing, it's *World Fair Trade Day* (part of "America's Fair Trade Fortnight," a two-week period from 3-18th May highlighting environmental benefits of fair trade [see [here](#) for more]). Hence there are lots of local activities centered around that! On *Saturday, 10th May*, there's a "*Human Slavery Forum*" and fair-trade talk, organized by the Delaware County Christian Academy, at *Ten Thousand Villages* on State Street from 11 am to 3 pm (see [here](#) for Ten Thousand Villages & event).



(Coffee Break, [picture credit](#))

Another event on *10th May* is the **WORLD'S LARGEST FAIR TRADE COFFEE BREAK!!!!** Help us set a record! At *3 pm Eastern time* (noon Pacific), people across the U.S. will simultaneously break for a "cuppa"—this could be fair trade coffee, tea, or other fair trade beverage! In Media, you can participate at *Selene, Coffee Club Café, Ten Thousand Villages, Media Gourmet Café, House, and Earth and State* (see [here](#) for more on the World's Largest Coffee Break). It's always good to take a break ("Don't forget to bring a towel"—whoops, I mean

napkin)! All locations also will give away *Divine Chocolate samples*, and Selene will feature fair trade *Banana Whip ice cream*, woo hoo!! And while you're at the Coffee Club Café on 10th May, check out the Fair Trade Poster Contest entries! (See [here](#) for entry rules.)

Martin Luther King on Fair Trade



I moved to Memphis fifteen years after the assassination of Dr. Martin Luther King and found my visit to the Lorraine Motel, where he was shot, very moving. Outside the motel is a rock with this passage

from Genesis (XXXVII: 18-20) carved into it: "*Here comes the dreamer. Come now, let us kill him and throw him into one of the pits; then we shall say that a wild beast has devoured him, and we shall see what will become of his dreams.*" Of course we know now what devoured King, yet we know too how his dream lives on.



Yet interestingly, King had prescient ideas about what we now call fair trade, though it's taken the rest of us a long time since his death to catch up with him on this idea. Here's what he said: "*All men are interdependent... We are everlasting debtors to known and unknown men and women. When we rise in the morning, we go into the bathroom where we reach for a*

sponge which is provided for us by a Pacific islander. We reach for soap that is created for us by a European. Then at the table we drink coffee which is provided for us by a South American, or tea by a Chinese or cocoa by a West African. Before we leave for our jobs we are already beholden to more than half of the world." (For the essay, see [here](#); Lorraine Motel [here](#); MLK in 1964 [here](#).)

Selene Whole Foods Co-op

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610-566-1137

Manager: Ira Josephs; Newsletter: Melinda B. Parsons

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

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Second Saturday

These Second Saturdays roll around like clockwork, don't they? This coming **Saturday, 10th May**, Selene and other



Media shops will be open late, featuring a wide range of art and music. Selene will show *paintings and sculpture by Sarah Gzesh* (a member and former employee). Our music will be provided by *Philadelphia's "quirk-popsters," Shout Magic!*

To hear some of their music, see videos, etc., click [here](#). (Image by Jauthien Sasnou Photography, see [here](#))

On Saturday, *Selene also will be selling fair trade flowers for Mothers' Day*. So do your Mom—or yourself!—a favor and stop by to get some lovely FT flowers!



May & June at IMBY Misty Hollow

IMBY Misty Hollow, Sally and Jim Hammerman's Westtown CSA, is offering wonderful workshops (at a discount for Selene members!) during May & June. On **17th May**, *Healing in the Garden I* focuses on creating *healing salves & soaps*, with guest artists Jennifer Ryan & Maggie Juliano. The second part of the healing theme is on **21st June**, featuring *teas, tinctures, goot* (a garlic-oil ointment) and more. See the IMBY website [here](#) (click on "workshops" at the center-top of the page, then check out May, June, and the rest!), call Sally at 610-717-6949, or email at IMBYmistyhollow@mac.com.

Three Bicycling Events!

You cyclists (and those who would like to be) have lots to anticipate in May! **Friday 16th May is Media's Bike to Work Day**, celebrating cycles, cycling and their usefulness in helping heal the planet. You can meet up with other cyclists between 8 & 10 am on the 16th by the Courthouse, at the corner of Front and Olive Sts, where you'll be welcomed with free breakfast, giveaways, and raffle goodies! Then go on your cycling way to work (or other destinations)! For more, see [here](#), and click on "events."

On **21st May**, there is a special cyclists' memorial ride, *the Ride of Silence*, commemorating cyclists who have been injured or killed in traffic while peacefully trying to bicycle. The closest event is in West Chester, though there are others in Pennsylvania as well. For more, see [here](#). Ira says that it's a very moving event. Finally, there's *Ira's Fun Bicycle Ride on 31st May*, beginning at Selene

at 9:45 am and cruising through the beautiful countryside in Ridley Creek State Park. Destination is Westtown School (check out those "nice hills"!), then back again for refreshments at Selene. For map and cue sheets, see [here](#) and [here](#), or call Ira at 610-566-1137.



Don't Get Too Used to Those Tropical Fruits...

Newsweek magazine, 5th May 2008, includes "Heat Your Vegetables," a science article by Sharon Begley discussing effects of global warming on agriculture. While many people have suggested that warmer temperatures will make it easier to grow crops in climates where they didn't grow before, Begley offers caveats. One is extreme fluctuation of precipitation and temperature—they won't go up & down uniformly but in fits and starts ruinous to many crops. As well, optimum matches between temps and soil will break down: *"Just because climate zones shift north doesn't mean crops can easily shift with them,"* as plants demand not only certain temps but also certain day-lengths & soil types. Finally, *tropical crops—think bananas—are already growing at their peak temperature range—*any higher & they will cease to grow. For more, see [here](#).

News Around the Shop



☞ Check out our **brand new refrigerator/cooler!!!!** It's bright and white and has fabulous things in it. Take a look at *Zukay's lactobacillus-preserved relishes* and condiments (Zukay Live Foods, [here](#)). Another favorite of mine (which I haven't seen anywhere else) is *Michele's Tofu Tahini and Carrot Spread*—my, it is GOOD!!! See [here](#) for more.

☞ We now carry Pennsylvania's own **Awesome Foods'** raw prepared salads, pizzas, and more (in the same new fridge)! See [here](#) for more info.

☞ We have **the freshest local organic veggies**—greens, radishes, onions, and much more!