

Higher Costs, More Staff and More Cleaning

This is the second in a three-part series on how the outbreak of COVID-19 affected operations at Weavers Way.
by Jacqueline Boulden, for the Shuttle

THE INCREASE IN NEW MEMBERSHIPS AT WEAVERS WAY has leveled off, but the cost of operations in the time of a pandemic are steep. In the first few weeks, members did not have to pay a fee for home delivery or curbside pickup. Demand for these services increased dramatically, as people who didn't feel comfortable in the stores chose alternative ways to get their groceries.

So many people submitted food orders that the Co-op had to impose fees — \$7 for home delivery and \$5 for curbside pickup. "Even then," said General Manager Jon Roesser, "the fees don't cover the operational costs of the program."

Staffing has taken the biggest hit since COVID took hold. In March and April, seven employees quit, 28 took (leaves of
(Continued on Page 22)



photo by Karen Plourde

Chestnut Hill home delivery staffers Julia Bacon-Henderson and Raheem Mitchell team up to put together an order.



Community-Owned,
Open to Everyone

A LIFE OF QUIET GIVING: Dana Tobin 1946-2020

by Jon Roesser, Weavers Way
Co-op General Manager



A FEW YEARS AGO, DANA TOBIN had an idea: Set up a way for Co-op members to have their five percent working member discount automatically donated at the register to Food Moxie, our affiliated non-profit.

From this idea, the Co-op's "High Five" program was born. And every month since, a few dozen Co-op members forgo their working member discount and instead have it donated in support of Food Moxie's various education programs. On average, it's about \$700 a month. So far, more than \$66,000 has been donated.

The High Five program is emblematic of how Dana slowly, quietly made the world a better place. No grand ges-

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The Shuttle

OCTOBER 2020 Since 1973 | The Newspaper of Weavers Way Co-op Vol. 48 | No. 8

There's Another Census in Your Future — And this One Comes from the Co-op

by Michelle Burke, Weavers Way Racial Diversity, Equity, and Inclusion Advisory Committee

AS WE'RE ALL LIKELY aware by now, the United States is in the midst of conducting the 2020 census. The census is a valuable tool, providing our government with important data meant to be used to better understand how resources can be best allocated, to determine the number of congressional representatives each state should have, and for other purposes.

With that census fresh in our minds, the Racial Diversity, Equity, and Inclusion Committee would like to ask our shoppers and members to participate in our upcoming Co-op census. We hope to gather our own valuable data that might give us more insight into the Co-op community and its needs.

In the coming months, a short questionnaire will be available to fill out in stores and online. Your engagement will positively benefit the Weavers Way community, and potentially help make it an even better place.

As the Racial DEI Committee continues our ongoing anti-racist work, we



Illustration by Ariel Dinero

want to collect data to create baseline statistics about our stores. At the start of our work as a committee, while using data available to us at that time, we were able to gather racial demographics of the Co-op's staff and neighborhoods that surround the stores within a one-to three-mile radius. We found that, depending on the store, the Co-op's staff racial demographics did not reflect the racial demographics of the surrounding neighborhoods.

(Continued on Page 9)



Farmers Employ Cardboard to Clamp Down on Weeds

by Nina Berryman, Weavers Way Farm Manager

FARMERS THINK ABOUT WEEDS. A lot.

As we continue on our no-till journey at our farms, we have turned more and more to mulching as a way to get ahead of them. It might not seem like rocket science, but when tilling is the norm in agriculture, it can take some time to switch your approach and your systems.

Tilling and disturbing the soil in any way stirs up more seeds that are deeper in the soil, so it can often be counterproductive in the long run when you are trying to get ahead of the weeds. We've adopted an approach that involved disturbing the soil

(Continued on Page 20)

WEAVERS WAY CO-OPERATIVE ASSOCIATION
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CHANGE SERVICE REQUESTED

FALL BACK ONE HOUR

2:00 AM on Sunday, November 1

Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



AFTER MUCH DELIBERATION, I've decided to give in to my inner procrastinator and wait to make any comments on the election until next month, even though I'll be writing them before Election Day and the paper will be published Nov. 6, after it's been decided. Well, maybe after it's been decided. Did you just groan, inwardly or out loud? I did.

But first, this: Although there are times (including this year) when it's natural to feel afraid, any person or group that trades on a constant drumbeat of fear demonstrates a lack of concern for those they say they represent. And it's a strategy that brings out the worst in humanity, as history has shown.

We've seen this year that smaller groups of people marching, speaking out and reaching out to those in need can bring about change. Society-wide unity may be a thing to strive for more than an achievable goal, but we can't give up on it, because we can accomplish more by pooling our resources and efforts than by splintering into factions. Let's hope for and work toward a shift in tone that leads to concrete change going forward.

Speaking of change, it looks like it's time for Purchasing Manager Norman Weiss' column to get an update. Basically, folks aren't hanging around the Co-op to write their suggestions in the black binder anymore. Staff are encouraged to write down "Snapshots" of observations from shoppers, but there's rarely any follow up on what we've done.

So Norman needs to tap into the minds of shoppers in a new way. Should we leap back into the late 20th century and give Suggestions its own email address? What about voicemail? We occasionally get questions and comments via Messenger on our Facebook page, but Norman isn't a Facebook kinda guy.

We don't want your feedback to disappear down a chasm. Email Norman (normanb@weaversway.coop) or me (editor@weaversway.coop) and tell us which means of communication you think would work best.

Catch you in the pages [ugh] next month.

The Shuttle is published by
Weavers Way Cooperative
Association.

Statement of Policy

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

Weavers Way members are welcome to submit articles (about 500 words) and letters to the editor (200 words) on subjects of interest to the Co-op community.

No anonymous material will be published; all submissions must include an email or phone number for verification. The Shuttle retains the right to edit or refuse any article or letter. Submit to editor@weaversway.coop. Articles and letters express the views of the writers and not those of the Shuttle, the Co-op or its Board, unless identified as such.

Advertising

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

What's in Store at Weavers Way



SPOOKTACULAR PUMPKIN TART

by Lisa Zerdes, Weavers Way Member and Professional Pastry Chef

HALLOWEEN, AUTUMN, FALL, PUMPKIN PATCH, cinnamon, nutmeg, cloves and ginger. The kitchen smells like fall while this tart bakes, the air sweet and spicy.

A little history of the pumpkin pie:

Early American settlers (1621) made their version of pumpkin pie by simply baking a whole hollowed-out pumpkin filled with milk, honey and spices. It was baked in the hot ashes of a fire pit.

Later on (1651) a famous French chef Francois Pierre la Varenne, published a recipe "Tourte of Pumpkin" which included a crust.

By the 1670's recipes for "pumpion pie" started appearing in English cookbooks. It wasn't until 1796 that the truly "American" style pumpkin puddings were being baked in a crust resembling present day pumpkin pies.



Ingredients

For crust:

- 9 (5 x 2 1/4 inch) chocolate graham crackers, finely ground (1 cup)
- 5 tbsp unsalted butter, melted
- 1/4 c sugar
- 1 tsp ground cinnamon

For filling:

- 1 can (15 oz) organic pumpkin
- 3/4 c packed light brown sugar
- 8 oz mascarpone cheese
- 3 large eggs, slightly beaten
- 1 tsp ground cinnamon
- 1 tsp ground ginger
- 1/4 tsp grated nutmeg
- 1/8 tsp ground cloves
- 1/4 tsp salt
- 1 tbsp orange zest from 1 medium orange
- 2 oz semi-sweet chocolate, finely chopped for decoration
- 1 9-inch tart pan with a removable bottom

Directions

Preheat oven 350° with oven rack in the middle

Make crust:

Stir together finely ground graham crackers, butter, sugar and cinnamon and press evenly onto bottom and side of tart pan. Bake for 10 minutes until firm. Cool on rack 15 to 20 minutes.

Make filling:

In a medium bowl, whisk together pumpkin, brown sugar, mascarpone cheese, eggs, spices, salt and orange zest. Pour filling into cooled crust just to the top edge.

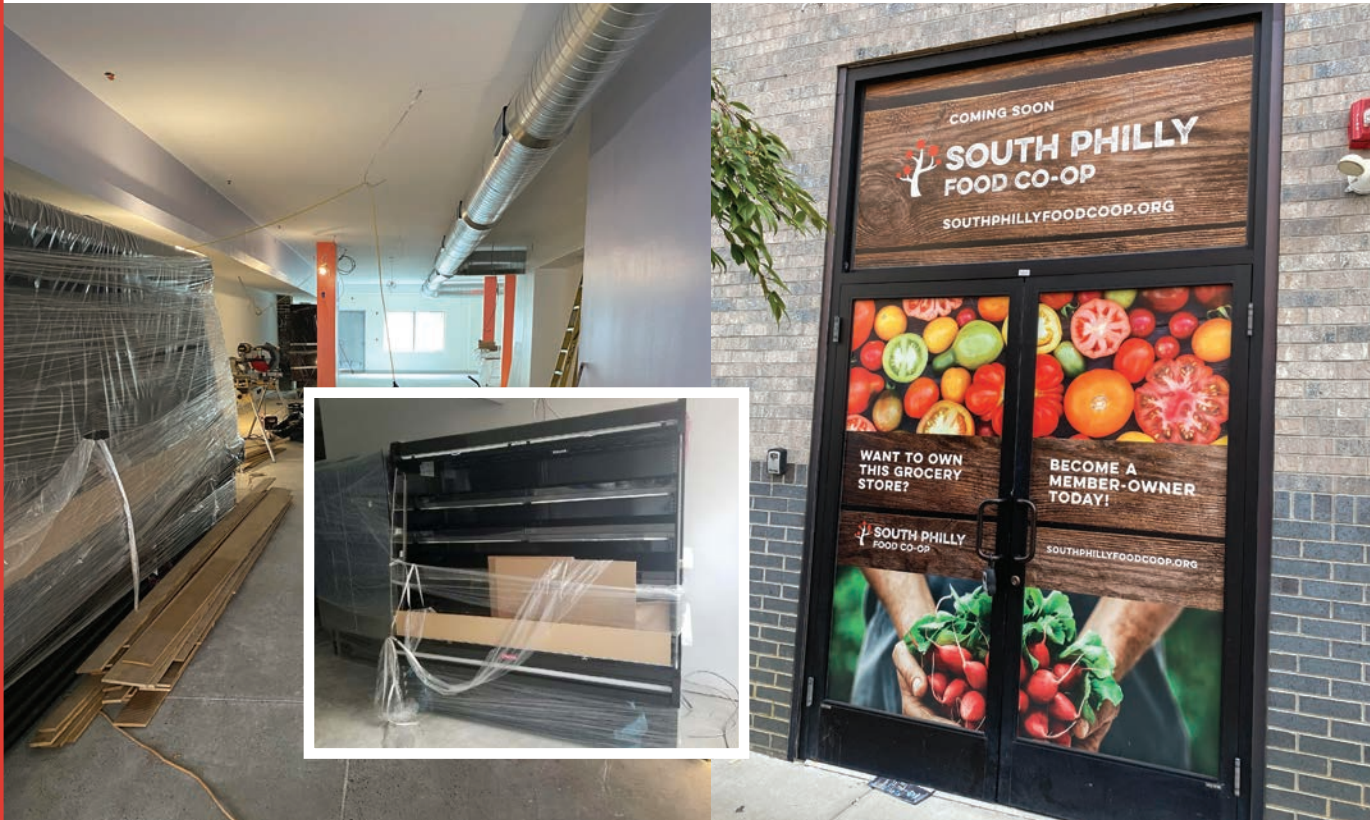
Bake until filling is set, about 40 minutes. Transfer to wire rack and let cool at least 30 minutes or longer.

Melt chocolate for decoration:

Place chocolate in a double boiler over barely simmering water: heat until melted, stirring occasionally. Transfer chocolate to a parchment paper cone. Pipe about 15 evenly spaced lines from one end of the tart to the other. Pipe curved lines around perimeter of tart connecting each spoke. Continue piping curved lines spacing them closer together as you near the center. Refrigerate tart until set, at least 1 hour or up to 1 day.

Serves: 8

The March to Opening Day continues at South Philly Co-op



photos by Kerri Sitrin

South Philly Co-op is located at 2031 South Juniper St. between McKean Street and Snyder Avenue. Their register scanner scales were delivered late last month, along with McCray refrigeration cases (left). Check future editions of the Shuttle and eNews for more updates and grand opening info.

What's in Store at Weavers Way



Wholesome Dairy Farmer Gets Back to the Lab to Develop a Plastic Alternative

by Charlie McCurdy, for the Shuttle

AFTER A SIX-MONTH COVID-imposed hiatus, Mark Lopez, owner of Wholesome Dairy, and his partner in science, Hudson VanOrmer, have recently resumed their research into developing alternative plastic food packaging made of milk products and plant fiber at Lopez' 100-acre dairy farm in Yellow House, Berks County.

"There's lots of library work [and] a whole lot of planning, talking and meeting," Lopez said. "But that's what research is. This month, we'll get out the lab coats and test tubes."

Lopez, 56, and VanOrmer, his niece's husband and a formulation chemist, were awarded a \$123,884 grant for the project from the Pennsylvania Department of Agriculture's Dairy Investment Program earlier this year, and they have a three-year window to spend it. A little more than half of that amount will go toward developing the packaging composite material; the rest will finance construction of a building for research and storage.

Their idea is a twist on galalith, a casein and formaldehyde-based plastic that was invented in the late 1800s. Among other things, it was used to make artificial ivory and buttons and was employed to insulate electrical wire. Petroleum-based plastic was invented at the turn of the century, and over time, it replaced galalith.

The raw milk sits at the center of their research.

"Phase One of the grant is the experiment phase," he said. "We're trying to develop food quality milk plastic with the intent of making a milk-based container for yogurt or food. The hard part is taking the material and scaling it into a container."

The casein proteins in milk start sticking together as you lower the Ph of the milk, as when making kefir, yogurt or cheese.



Mark Lopez with two of his girls, Corvette and Chevelle.

Lopez and VanOrmer are trying to find a way to mold it into a usable substance.

"We don't want to use just milk protein," he said. "We want to use plant fibers as well. The trick is finding the right one. We want to use local milk and waste-stream fiber such as corn, hemp or grasses."

Lopez is passionate about the health benefits of unpasteurized milk because it contains conjugated linoleic acid, or CLA — an 18-carbon-chain fatty acid that's produced in a cow's rumen. CLA has been

found to fight cancer in mice, and has been credited with reducing body fat.

Finding alternate and organic uses for a product such as milk makes sense to Lopez. Sustainability is central to his work — and in his blood.

"I was raised frugally," he said. Both parents were teachers, and he observed his mother repurposing plastic bags into bread bags, glass jars into containers for canned preserves, and leftovers into creative new dishes.

Despite a decline in the overall fluid milk market, he sees no decline in demand for raw milk. During the early part of the pandemic, when a lot of panic buying was going on, he found he couldn't meet the increase in demand. Since then, sales have returned to typical levels.

"Cows like boring, and my job is to give them a stable environment," he said.

Wholesome Dairy is home to about 80 cows. Lopez has around seven employees and sells his products, including raw milk, cream-top whole milk yogurt, kefir and Greek style yogurt, to about 30 retailers in southeastern Pennsylvania, including Weavers Way.

HENRY GOT CROPS

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SLICE IT
DICE IT
SERVE IT

Purple Top Turnips & Rutabagas

by Kieran McCourt, Weavers Way Ambler

Both are members of the Cruciferae family, along with cabbages, brussels sprouts and cauliflower.

- Start coming into season locally in August and run through November
- Keep well —they can be bitter when raw, but are mellow when cooked.

Purple top turnips can be peeled or not, depending on size. Bigger ones should be peeled.

When available, buy local and organic rutabagas — they are less likely to be waxed for storage.

- Are infinitely easier to peel before cooking (I've ruined a number of peelers on waxed rutabagas).

Ways to Prepare and Eat Both:

- Steamed/boiled: For fresher and younger turnips. For the paleo or keto-minded, they can be mashed as a potato alternative.
- Roasted: Dice into chunky or medium pieces, toss with oil and roast at 400°F until tender and golden. Combine with other roots like carrots, parsnips or potatoes for balance.
- Layer into your favorite au gratin or scalloped tuber recipe for a more nuanced, and dare I say, healthy-ish comfort food.

FOOD

MOXIE

An offshoot of Weavers Way Co-op

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foodmoxie.org

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GIVING

TWOSDAY

Drop \$2 (or more!) at any register to benefit Food Moxie programs

FOOD MOXIE

We dig what we eat.

Our Volunteers Help Get Us From Seed to Supper

by Lisa Mosca, Food Moxie Executive Director

AS WE HEAD INTO FALL, TWO OF THE THEMES THAT RUN through our Food Moxie curriculum are harvest and gratitude. This month, we wish to express gratitude to a number of people for their contributions to our work. Although we were unable to host our Seed to Supper annual dinner event this year, we are still honoring the contributions of three people who have contributed substantially to the organization. We will be hosting a staggered Urban Farm Bike Ride on Saturday, Oct. 17 (rain date Saturday, Oct. 24) for everyone who is interested in getting to some growing spaces with us. You can find updated information on our website for that.

Our 2020 Seed to Supper Honorees:

Margaret Guthrie has been a long-time volunteer for Food Moxie; she is also an active participant in Dining for Women. Margaret is best known to our staff, program participants and volunteers for her contributions to the flowers and herbs that border our Stenton Family Manor growing space. She can be seen weekly helping weed, plant and otherwise tend the spaces. Margaret has also brought joy to our programs through her extensive horticulture knowledge, which she shares regularly with staff and learners.

Eldredge Ragsdale is the president of the Awbury Arboretum Community Garden. He has been actively involved in leadership in the garden for many decades. Eldredge has served as a mentor for many young people and adults involved in sustainable agriculture work in Northwest Philadelphia and has been donating produce to emergency food providers near the garden for over a decade, as well as sharing his bounty with the community. We are grateful for the leadership, knowledge and engagement he has shared at our Awbury growing space over the years.

Joseph Gifford has been a Food Moxie partner at our Martin Luther King High School growing space for many years. He retired this spring as a life skills teacher after many decades of service. We have enjoyed Joseph’s generosity and enthusiasm in working with our staff to share the MLK growing space and seasonal food tastings with his life skills students. We will miss him, but wish him well in his retirement.

We are grateful to everyone else who has supported our efforts this year, including those helping deliver food and plants through cooperator shifts; Co-op staff; Food Moxie staff and board, and our many individual and foundation and corporate donors. With your help, from seed to supper we continue to educate and inspire people to grow, cook, taste and eat healthy foods.



Joseph Gifford shaking hands with an Eagles player at orchard planting last year.

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XI

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Photo: Julieanne Harris

An offshoot of Weavers Way Co-op

FOOD MOXIE



Joseph Gifford with his life skills students during the orchard planting with Food Moxie and the Philadelphia Eagles.



Eldredge Ragsdale (right) at Comcast Cares Day .

THANKS TO...

Act II Playhouse and Pat Taddei
Graham Robb, Adam Hill
and Chris Hill

UFBR Bike Marshalls
The Bicycle Coalition of
Philadelphia

Penn Charter’s Alyson Goodner,
the Center for Public Purpose
and all the families and students
who have been packing pantry
bags

All the Cooperators who have
supported workdays, produce
and activity kit deliveries

All our recent individual donors,
sustainers, high five members
and volunteers

All our partners, their staff
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The Food Moxie board

The ongoing support from
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O.P.I.N.I.O.N

Co-op Community Should be Open to Alternate Approaches to COVID

by Douglas Zork, Weavers Way Co-op Member

WEAVERS WAY HAS ALWAYS BEEN A DIVERSE community — committed to each other, committed to respecting our differences, believing that inclusiveness supports richer lives for all. Though diversity has never been easy, we have always sought to include everyone in our cooperative home.

This year we have been challenged by the COVID-19 pandemic. The counter-measures required to conduct Co-op business, while protecting lives, are taking a financial and emotional toll that is not indefinitely sustainable.

Co-op members have risen to the occasion, doing as we have been asked in order to protect the health of our neighbors. We have responded with patience and dignity out of respect for those around us. We have gone far out of our way to protect those who are more likely to suffer a serious illness. At moments like this, our community shines, and I’m proud to be a member of the Co-op.

A minority among us have different beliefs about the virus and the government’s response. A segment of our community doesn’t trust the pharmaceutical industry and will be suspicious of any “warp speed” vaccine that has not been tested for its long-term effects. Some follow this reasoning to the next step: Without a vaccine, how can the COVID lockdown end?

Some members of our community believe that the media has conducted a scare campaign, that the virus is no longer a threat that warrants closure of our schools and businesses or limitations of public gatherings. We may be tempted to dismiss such notions as selfishness or anti-science.

Dr. Johan Giesecke, Sweden’s former chief epidemiologist and recently appointed member of the World Health Organization’s Strategic and Technical Advisory

Group, warned against countries building their strategies on the imminent advent of a COVID vaccine on Sept. 23 in Dublin.

“I think you should allow for the controlled spread of the disease for people below the age of 60,” he said. “Concentrate intensively on the old and frail. Keep your schools open [as in Sweden, without mandatory face covering and without distancing]. COVID is sometimes regarded as a mystical and supernatural disease...It is a respiratory viral infection...It’s not something completely new, COVID.”

For all of us, events of the last six months have been hard on our morale and mental balance. Humans cannot thrive in isolation. We miss sharing our morning coffee, yoga classes and church groups, music and theater. We miss all the cultural activities that make our community a great place to live.

Let us empathize with neighbors whose factual opinions, as well as their physical conditions, may be different from our own, though we share benevolent human values. More than ever, this is a time to appreciate our member community, and especially the dedicated Co-op staff.

If you would like to learn more, ask questions or give feedback, please join me and others for a Zoom call on Tuesday, Oct. 20, at 7 p.m. If you are interested in attending this call, please email doug.zork@att.net and I’ll add you to the list of attendees.

Minority Report — Resources for further study of COVID-19 opposing views:

- Dr. Johan Giesecke’s statement begins at 0:16:40 in this video
- <https://thehighwire.com/videos/twindemic-2020/>

- Open letter from medical doctors and health professionals to all Belgian authorities and all Belgian media.
- <https://docs4opendebate.be/en/open-letter/>
- “Facts About COVID-19”, fully referenced, provided to Swiss Policy Research by experts in the field, to help our readers make a realistic risk assessment
- <https://swprs.org/facts-about-covid-19/>
- Clinicians, Researchers, & Health Experts from Around the World Interrogating the Mainstream Narrative Around the Pandemic
- <https://questioningcovid.com/>
- No. 1 Best Selling book in Germany: “Corona: False Alarm? Facts and Figures” by Karina Reiss Ph.D. and Sucharit Bakhdi, MD
- <https://www.chelseagreen.com/product/corona-false-alarm/>
- Interview with book authors Dr. Sucharit Bakhdi, MD, and Dr. Karina Reiss, Ph.D.
- <https://thehighwire.com/videos/bestseller-book-calls-out-covid-19/>
- Ohio Stands Up! Trial in US District Court challenges the constitutionality and science justifying Gov. DeWine’s COVID-19 pandemic emergency orders. <https://www.ohiostandsup.org/>

SHUTTLE LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Send to editor@weaversway.coop. The deadline is the 10th of the month prior to publication. Include a name and email address or phone number for verification; no anonymous letters will be published. Letters should be 200 words or fewer and may be edited. The Shuttle reserves the right to decline to publish any letter.

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GM'S
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It's Time to Start Talking About the Future of Our Flagship Store

by Jon Roesser, Weavers Way General Manager

I WRITE THIS COLUMN WITH TREPIDATION, AS I AM about to commit Co-op heresy: I'm going to be critical of our Mt. Airy store.

Actually, before I do, let me stress that I truly love the store. It has been described —quite correctly — as Mt. Airy's living room, and first-time visitors often comment on how they wish their neighborhood had a store just like it.

Our Mt. Airy store epitomizes the idea of a community "third place" — those essential, almost magical spaces where one can feel a community's pulse. Any neighborhood in the city would be blessed to have such a place. Mt. Airy is fortunate.

All that being said, there are, to put it mildly, problems.

Fundamentally, there is a mismatch between the store's size and its sales volume. Back in 2010, we opened our Chestnut Hill store in part to take pressure off of Mt. Airy, which was, as we all said at the time, "bursting at the seams" with sales that had climbed to over \$8 million annually. Ten years later, annual sales in Mt. Airy are approaching \$13 million.

The sales volume of our Mt. Airy store is outlandish. From time to time we engage outside industry experts who take a look at our figures and at first assume there's an error. A store that size, they tell us, can't possibly do that kind of volume.

Beyond the size-versus-volume misalliance, the store comes with a long list of inconveniences and annoyances. Want to shop bulk? That's upstairs. Need pet food? Across the street. No room for a hot bar, salad bar or rotisserie chickens.

The small space means limited selection, which means fewer sizes, flavors and brands. And room for beer and wine? Fuggetaboutit.

Operational inefficiencies further detract from the customer experience and add to operating costs. Deliv-

eries must be received on Greene Street. Pallets must be broken down outside and carted into the building. People must walk past our trash and recycling dumpsters, an eyesore any time of year, and an affront to the senses during a heat wave.

The store's narrow aisles make it challenging to shop with a stroller or walker and impossible for anyone in a wheelchair. Bathrooms are upstairs or next door, and none of them are handicapped accessible.

All of this has the effect of eroding the shopping



Even the most devoted

will tire of long

checkout lines and

limited selection.



experience. In the highly competitive grocery biz, the shopping experience matters. Even the most devoted customers will tire of large crowds, long checkout lines and limited selection.

All of these problems are nothing new, but in recent months the pandemic has made a bad situation worse.

Social distancing in the Mt. Airy store is oxymoronic, but limiting crowds to no more than 12 customers at a time at least helps. The inevitable sidewalk queue is yet another inconvenience. It's tolerable if the weather is cooperative, but how much business have we lost when people, seeing a line stretching as many as 15 customers long, keep on driving?

Many have chosen to drive to Ambler. Even before the pandemic, some Co-op members who live in Mt. Airy and Chestnut Hill (our Chestnut Hill store suffers many of the problems we have in Mt. Airy) had taken to driving to our Ambler store, only about 20 minutes away.

In Ambler, the customer experience includes such "luxuries" as ample parking, bathrooms compliant with the Americans with Disabilities Act, wide aisles, big shopping carts and a bulk department that doesn't require climbing stairs.

Those of us familiar with shopping in our Mt. Airy or Chestnut Hill stores often describe our Ambler store as "huge" or even "too big." We need to remind ourselves that in the grocery biz, at 11,000 square feet the store is positively puny (people who've never been to our Mt. Airy or Chestnut Hill stores tend to describe Ambler as "cute").

But it is big by our standards, and its size, beyond generally improving the customer experience, also allows for things that are temporarily on hold due to the pandemic, like our Friday night community dinners and vendor tasting events.

I am not — repeat not! — advocating moving our Mt. Airy store to a new location. It is part of the culture of our Co-op, a community nexus and an iconic retail institution, comparable to Termini Brothers Bakery or the Mayfair Diner.

I am suggesting that we begin having a conversation about what makes sense for our Co-op in the years ahead. A consumer cooperative exists to meet the needs of its members. How can we best ensure we need the needs of our Mt. Airy members well into the future?

See you around the Co-op.

WEAVERS WAY WORKSHOPS



All Weavers Way Workshops and Events are cancelled or postponed until further notice.
Keep checking our website for updates: www.weaversway.coop/events

Homeowners!

If you were putting off selling your house in the Spring because of the health crisis, now may be an excellent time to come on the market. **Buyers are out and active!**

Inventory is still very low. Interest rates are low. Now is a great time to cash in on your equity.

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Gardening Success is Built on a Pile of Failures

by Chris Mattingly, for the Shuttle

MY FIRST GARDEN STARTED PERHAPS THE WAY yours did. In the spring, powered by the boundless energy and optimism that warm weather brings, I built the garden beds, filled them with soil, and seeded them with leafy greens, nutritious roots, and fruiting plants. By May, the garden was a perfect picture of the potential the garden had to offer, a real point of pride and possibility.

By midsummer however, my garden was a disaster. Stagnant tomato plants stunted by dry soil eked out just a few cherry tomatoes. All of the beet, cucumber, and zucchini leaves were devastated by a groundhog. Newly-sown seeds yielded only empty squares where a bounty of greens and herbs should have been.

My first garden was 10 percent successful. My wife and I marveled at the magic of a handful of super sweet cherry tomatoes, and remembered fondly a flush of early spring greens that tasted better and lasted longer than any store-bought spring mix. Still, it was the 90 percent of failure that taught me to be a better gardener. I learned to use more topsoil in my raised bed mix to keep moisture in, and that my garden would need drip irrigation and fencing in order to thrive.

My foray into professional gardening followed a similar path. My first clients (luckily, friends of ours) experienced mostly abject failure, and I used those failures to develop the products and processes that now yield outstanding experiences time and again for Backyard Eats clients. In fact, we’re constantly refining our knowledge through awareness of our failures. Our professional gardeners jot down a “win” or “fail” for any crop that either excels or fails to meet expectations. At the end of each season, we scour this database of results to inform our choices and strategies for the next season.

October is a great month for reflecting on your garden successes and failures. The first frosts are likely to come around Halloween, so you have plenty of time to look at your garden while the evidence of the year’s performance is still fresh.

Use a notepad or piece of paper and make a drawing of the garden layout, including what was grown where. For each crop in the garden, write down what went well and what didn’t. Be generous with your praise! How was the quantity: too much, just right, or not enough? How was the quality: mealy tasting, bursting with flavor, bitter, picture perfect, or bug-ridden? In the kitchen, was the produce loved by cooks and eaters alike, or hard to use and subject to neglect and rotting? Did the crop experience disease or insect pest problems?



(Top) Fall pumpkins on a trellis. (Below) Seedlings growing happily in a bed outfitted with drip irrigation tubing.

Also write down any global praise or problems with your garden. Consider how easy it is to maintain and enjoy, which is impacted by the location, layout, and ease of access. Describe the watering and weed control scheme. Watering and weeding have enormous potential to take up your time and energy. Finally, identify any critter problems you encountered.

You should gain a lot of clarity just by characterizing and recording your experience. For problems you identified, the answer may jump out at you. If not, here are some ideas:

- Raised beds are a game-changer when it comes to ease of maintenance, especially weed management.
- Drip irrigation set on a timer can do all the watering for you, while eliminating a common cause of foliar fungal disease (like powdery mildew).
- The right kind of fencing can keep rabbits, groundhogs and deer at bay without impeding the looks or accessibility of your garden.
- Space for vertical growing can improve productivity, longevity, and ease of maintenance.
- Changing where you grow tomatoes each year (crop rotation) helps prevent the buildup of soil disease. If soil disease is endemic, replacing the soil may be necessary.
- Organic fertilizers increase plant vigor and improve the plant’s ability to overcome disease and insect pressures. Insect barriers can yield picture perfect produce without the use of insecticides.

Finally, a clear planting plan allows you to right-size the number of tomatoes, provide space for greens and herbs, and procure enough vertical supports for your cucumbers and green beans. It also fixes relationships! I’m notorious for going rogue and planting way too many of this or that. But when my wife and I started using a Backyard Eats-style planting plan, we had a way to communicate exactly what we wanted to grow. Rather than being subject to the whims of what plant I thought was “cool” to grow, she was able to order up the right amounts of herbs and produce she knew would be useful in the kitchen.

Chris Mattingly is the founder of Backyard Eats, a full-service food gardening business with an array of offerings in the greater Philadelphia area. Would you like to share a garden win, or get help with a fail? Send an email to chris@backyard-eats.com. To receive a recording of his Weavers Way workshop, email him at chris@backyard-eats.com. To learn more about Backyard Eats or book a FREE consult, visit www.backyard-eats.com.

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Committee Hopes Upcoming Online Survey Will Produce Fresh Ideas to Boost Local Economy

by Lynne Brown, Weavers Way New Economy Incubator Committee

THERE ARE A TON OF THINGS COMING at all of us right now: What’s happening with my kids’ school? Are the COVID numbers going up or down? Will I have a job? Will my neighbor have a job? Will my local businesses still be here when this ends?

Behind all of these questions lies the anxiety of what the world will look like on the other side of the pandemic. But what can we do?

Our committee members have been asking this question for the past several months, and wondering how we can help focus people’s concerns about the economic impact of the pandemic on our Northwest Philadelphia neighborhoods. We are committed to fostering a “new economy” model that isn’t reliant on mainstream capitalism, and we feel

this commitment is especially important now.

Many new economy measures can help fill the gaps in the capitalist system. Worker co-ops are one way, and one we are particularly interested in helping to incubate. In a worker co-op, the owners of a business are also its only employees. Norwich, Vermont’s King Arthur Flour is one example of a worker co-op.

There are challenges to building worker co-ops, but Northwest Philadelphia enjoys many advantages that could make this model work here. For example, there are a number of legacy businesses located along 52nd Street and the Germantown Avenue corridor that may be ripe for the transition to worker co-ops. And, of course, there’s Weavers Way to look to as an example of a suc-

cessful co-op.

Although we think this is a great idea for possibly dealing with small businesses in distress, we know there are other ideas out there. Maybe you are sitting on one right now but don’t know where to express it. The NEI committee wants to gather them as part of a “New Ideas Survey.” We’re hoping to take some of your ideas and incubate them as possible solutions to the local economic crises exacerbated by the pandemic.

David Collins is a new member of the NEI committee and has donated the survey project. He has 30 years of experience in career services, organizational development and the promotion of social responsibility. He served on Gallup, Inc.’s foundation board. In addition, he launched Green Seal, a Washing-



ton, D.C.-based global nonprofit organization that pioneered the ecolabelling movement, and ACCESS, a national nonprofit job referral network. He also helped sell 700,000 copies of the book “Shopping for a Better World.”

The survey only takes three minutes to complete, but your input and thoughts could help our neighborhoods weather the pandemic. Click on the link in an upcoming eNews or go to www.surveymonkey.com/r/WeaverswaycoopNEIdeassurvey

Co-op Census in Your Future

(continued from page 1)

Seeing the differences in the data sets posed many questions. We realized that we needed more information about the people who already participate in the Co-op community in order to consciously create a more diverse, equitable and inclusive environment that is welcoming to all.

While the Co-op is typically a welcoming community hub to those who know it well, it has come to our attention that this is not always the case for those who come through our doors. We hope to change that, and to better align with our Ends — particularly “End 7”: “Weavers Way will have a welcoming culture that values diversity, openness, inclusiveness and respect in all that we do.”

We need to come together as a community to do our part, big or small, to make sure we are living up to these Ends. If we want to see change in our communities, we need to actively participate to make that happen.

Please help the Racial DEI Committee create the change we want to see at the Co-op. Stay tuned for details on the kickoff date for the census and other information.

A Life of Quiet Giving: Dana Tobin

(continued from page 1)

tures, no photo ops with bulky promotional checks — just steady, reliable support, delivered without fanfare and with no strings attached.

Last month, the Co-op lost Dana. He did not die of COVID-19, but his death in the middle of the pandemic adds to the sense of sorrow and loss we are feeling this year.

Up until the pandemic, Dana was a fixture around the Co-op, and while it was often to go shopping, just as often he was up to something else. Picking up cardboard for reuse. Dropping off used egg cartons for someone with backyard chickens. Returning a pile of slightly used paper bags.

Above all, there were books. A brilliant guy with an extraordinary intellectual curiosity, books helped him understand the world. If you had a conversation with Dana, chances are he’d be back in a day or two, a book in his hand about the subject of which you had last spoken, with a note attached recommending this or that chapter.

He didn’t share his personal beliefs often, and it drove him a bit nuts when others would venture opinions on subjects they barely understood, not an uncommon occurrence here at Weavers Way.

Dana was generous with his time and his money, but never in a showy way. His gifts were small and frequent, and always anonymous, never with an expectation of anything in return.

He earned his Co-op hours by putting together two weekly email lists — “Thursday Food” and “Sunday Food” — in which he would compile links to articles about local food news, agriculture, food systems and the environment. These emails kept us informed and made sure we didn’t miss important news related to our industry.

More than anything else, he was a good friend. When I needed someone to talk to, I could always count on Dana. True to character, he rarely gave advice or opinions. Mostly he would listen, smile, comfort and help me find perspective.

And now that he’s gone, I am truly, deeply sad.

A tree planting ceremony to honor Dana’s memory will take place Saturday, Oct. 24 at 1 p.m. at Awbury Arboretum. Please email Jon at vroesser@weaversway.coop if you are interested in attending and would like more details.

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Would You Buy a MyHouse Pie Without the Plastic Packaging?

by Karen Melton, Weavers Way Plastic Reduction Task Force

WHILE THE COVID-19 PANDEMIC has forced a slowdown in efforts by the Plastics Reduction Task Force to decrease plastic packaging used at Weavers Way, we were delighted when Swarthmore’s My House Cookies, who supply the Co-op’s pies and quiches along with other baked goods, agreed to test a plastic-free alternative.

According to MyHouse co-owner Tom Connell, the company would love to switch to a more sustainable package than the plastic clamshells used for pies and quiches, but their experience is that people are more likely to buy products they can see. Plastic containers are sturdy and easier to handle, but their footprint is devastating to our planet.

We are counting on the Co-op’s eco-friendly shoppers to show their support for plastic-free packaging and consider buying My House pies in their new compostable Kraft Boxes, which are set to debut in our stores in December. At this point, we’re unsure if the change will take place before or after Hanukkah and Christmas.

Pies regularly available at the Co-op include apple, apple crumb walnut and pecan, with additional varieties available in the spring, summer and fall. The refrigerated prepared foods section always features a variety of quiche options such as broccoli or ham and cheddar.





Plastic Reduction Task Force

The food business makes heavy use of plastic containers and wrappers, and these practices are what the PRTF is seeking to change. According to Environmental Health News, more than 360 million tons of plastics were produced in 2018, with almost all of it disposed of after a single-use. Plastics are made from fossil fuels and can persist in the environment for hundreds of years, whether in landfills or the oceans, leeching chemicals and breaking down into smaller and smaller particles. Microplastics can be found in the air we breathe, in fish and other marine life, and even in fruits and vegetables, according to an article published in August on the website Science Direct.

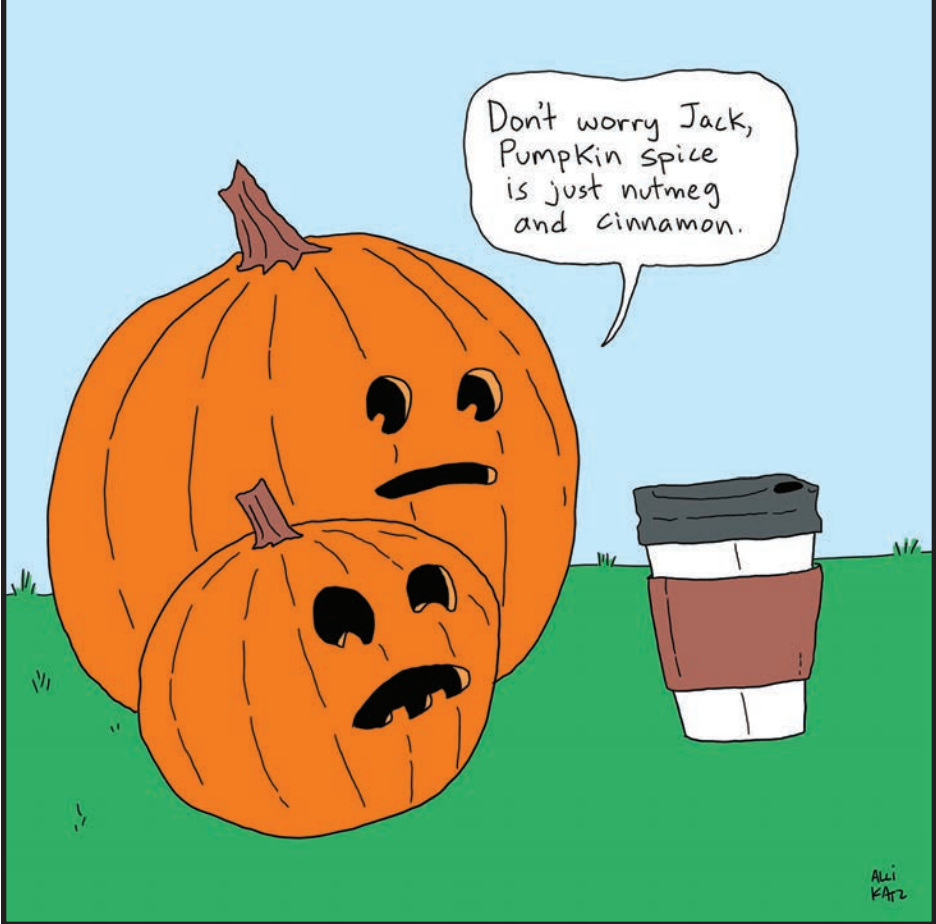
As part of our efforts to promote the packaging switch, the PRTF will be hosting an outdoor pie tasting at all of the Co-op locations later this month. We will adhere to all safety protocols, and ask that if you attend this event you practice social distancing and avoid attending the event if you or anyone close to you has tested positive for COVID within the last 14 days.

We’ve recently put together a survey on shopper use of My House products and their feelings about the packaging change. You can take the survey here: weaversway.coop/cookie-survey

We encourage customers to make purchasing decisions that minimize single-use plastic packaging. And we look forward to post-pandemic days when we can once again resume a deeper level of plastic reduction.

Locally Grown

Illustration by Alli Katz



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- **Almost all of the polling places in Philadelphia in this year’s election are the same as in 2019.** The Philadelphia City Commissioners are promising a complete list 20 days before Election Day. PA voters outside Philly can find their polling places (and find demonstration videos of their new voting machines) at [VotesPA.com](https://votespa.com).
- **If you have questions about the election,** check out the Committee’s Vote by Mail Myths and FAQs and other info on their website, wevote.seventy.org

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SAVE THE DATE VITURAL FALL WEAVERS WAY GENERAL MEMBERSHIP MEETING THURSDAY, NOVEMBER 12

PACA Director to Speak on Co-op Racial Equity at Virtual Fall GMM Next Month

by Roz Dutton, Co-chair, Weavers Way Racial Diversity, Equity and Inclusion Advisory Board

OUR SPEAKER FOR THE FALL GENERAL Membership Zoom Meeting on Thursday, Nov. 12 is Jamila Medley, executive director of the Philadelphia Area Cooperative Alliance. She’ll be speaking on “Entrenching the Commitment — Economic and Racial Equity in our Food Co-op Community.”

Medley was originally scheduled to speak at the Spring GMM, which was cancelled due to the coronavirus pandemic. Under her leadership, PACA provides a space where co-ops across the region come together to share resources and create a network of people power.

Weavers Way is a member of PACA, along with two other food co-ops in the city — Mariposa Food Co-op in West Philly and Kensington Community Food Co-op. Currently, there are 25 PACA member co-ops, including food, housing and worker co-ops, credit unions and others. In addition, there are four regional food co-ops in the process of opening: South Philly Food Co-op, Bethlehem Food Co-op, West Chester Cooperative, and Kennett Community Grocer. PACA member co-ops throughout the area support each other to work on economic and racial equity. Medley believes in and envisions what is possible when we work together.

Food co-ops are community hubs. They can lift up important issues and make contributions to the larger community through the growth and values of the cooperative economy. Food co-ops can operate under the principles of food sovereignty—the right for all people to have access to food that is healthy and sourced in ways that are ecologically, socially, economically and culturally appropriate.



Jamila Medley, PACA executive director

Medley grew up in Brooklyn and moved to Philadelphia 10 years ago. Her Master of Science in Organizational Dynamics is from the University of Pennsylvania. She is a former Mariposa Food Co-op employee, a current Weavers Way Co-op member and a Mt. Airy resident. She served on the steering committee to plan the opening of PACA from 2012-2014 and on the group’s board from 2014-16. She has been PACA’s executive director since 2017.

PACA and Medley are known to the board and staff of Weavers Way, but members should know that PACA is there for us, too. There is untapped energy among us to be part of the movement for economic and racial equity within the Co-op community and in neighborhoods surrounding the stores. With PACA as a resource and the staff, including Jamila, as advocates, translating our values (Ends) into change and transformation becomes more possible when we work together.

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Less Driving, More DIYing, Home Haircuts: Local Changes to Daily Life Due to COVID

by Betsy Teutsch, for the Shuttle

AS WE ENTER MONTH EIGHT OF COVID RESTRICTIONS, our international experiment in radical life-style change is yielding new habits and infrastructures. We see both catastrophic evidence of climate change and greener behaviors. What do our 2020 collective carbon emissions look like?

There is good news and bad news.

The COVID-related recession has dampened all kinds of economic activity. That has resulted in decreased carbon emissions, since such a high percentage of global pollution is generated by manufacturing and transport. That’s good.

Unfortunately, included in this slowdown is the manufacturing and construction of renewable technologies: Fewer electric cars are being produced and sold, construction of solar and wind generation sites has been postponed, etc. Hence, 2020’s emission reductions are negatively offset by delays in long-term decarbonizing activity.

What about individuals and households? Green policies will always have far more carbon-shrinking impact than humans’ eco-virtue, but all eco-friendly life-style changes combat climate change. Many of us, facing endless whiteouts on our calendars where trips and plans used to be, have adopted new, greener practices.

We have, out of necessity, become more efficient shoppers. Planning ahead means less waste. Beth Ellen Holimon, president of Dining for Women, reports from South Carolina that her family prioritizes using the food they have on hand. “We question if we need something, and try to redesign home projects with materials we have,” she wrote.

Many households have switched to home delivery, with Weavers Way playing a starring role. It is more fuel efficient for one Co-op delivery car to drop off groceries

to several homes on an optimized route. Extra points for those using fuel-efficient delivery vehicles.

Fewer vehicles out errand running means less traffic and lowered demand for parking, a collective benefit. Ann Mintz and Clifford Wagner of Mt. Airy sold their second car. Demand for electric and non-electric bicycles is through the roof.

In addition, people are growing more of their own food. My son-in-law Micah built raised beds in his little West Philly backyard and, like a multitude of others, became a newbie gardener. This was on his to-do list, but working from home more gave him a chance to focus on the project.

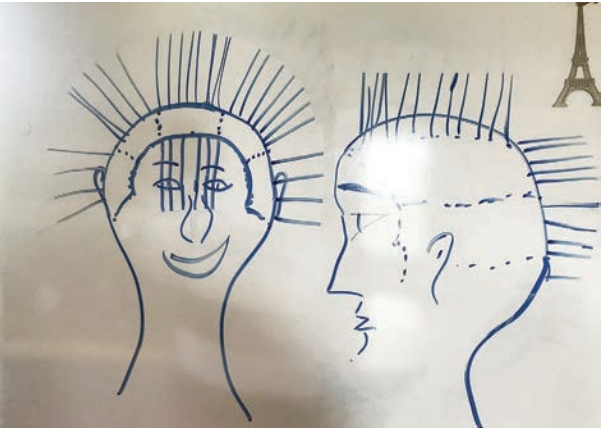
Marsha Low and her husband, David, who’ve been sticking close to their Flourtown home, expanded their garden to include more pollinators. They are enjoying the bees and butterflies attracted to their enormous stand of Joe Pye weeds, though Marsha can’t wait to get back to singing in choral groups.

The DIYing extends to appliance repairs. Karen Smith of Laverock changed her dryer belt and re-attached the exhaust tubing, repaired her vacuum cleaner and rug/upholstery shampoo vacuum, and is getting ready to build her own chicken coop. She credits YouTube videos for showing her the way.

Naomi Klayman of Mt. Airy, who is adhering to strict COVID protocols, changed the soap dispenser in her dishwasher. “It involved figuring out what the part was, ordering it, then using their video to take the front of the dishwasher door off, among other things,” she wrote. “In the past, I would have paid someone to come into my house to do it.”

Repairing is always greener than replacing, and doing it yourself cuts back on mileage from repair trucks.

Many friends report experimenting with family hair-



Retired Mt. Airy hairdresser Joyce Thomasson (left) shared haircutting diagrams she drew on her refrigerator during her FaceTime tutorials.

cuts. Some of the newly clipped are pleased with the results, and the neo-barbers are feeling empowered. Haircuts have a relatively small carbon footprint, but the DIY approach saves car trips and the use of gobs of product.

With the absence of safe long-distance travel, many have gone exploring locally. State parks are experiencing a huge uptick in visitors. These under-appreciated natural resources will hopefully be better-funded moving forward, as citizens realize how valuable they are. How about a renewed Civil Conservation Corps to get people back to work?

Which COVID changes will stick around is anyone’s guess. I do think that working from home, or in a co-working space, will be normalized, as will virtual education. Businesses will be far less eager to pay for employee business trips, now that they see how much can be accomplished via Zoom and Slack.

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New Name, Same Great Local Bread

Another change for 2020 that's been easier to swallow than most happened in the middle of last month, when Germantown's Philly Bread, developer and purveyor of the Philly Muffin, changed its name to Merzbacher's. Why? According to founder Pete Merzbacher, it signifies a return to his original mission: "Bringing people together by breaking bread with open minds and open hearts."

With the new bakery, which opened in March 2019, Merzbacher was able to open a bread shop at the factory, located at 4530 Germantown Ave., between West Apsley and West Berkley streets. He has that offers fresh bread and a starter kit for aspiring home bread bakers and has also opened up a pickup window at the facility for online and walk-up orders. Additionally, he offers a home delivery service and drives the bread truck himself.

According to Pete, there has been little to no confusion regarding the name change. "Some people are concerned that other people will struggle with the name's pronunciation," he wrote in an email. "But that doesn't concern me."

For the record, it's pronounced Merz-bok-er.

—Karen Plourde



local

Artists in Our Aisles



Craig Stover

Craig is a graduate of the University of the Arts and apprenticed for internationally known artist Sam Maitin. He has had several exhibitions in and out of Philadelphia, and is currently the executive director for Allens Lane Art Center in Mt. Airy.

"My work has is always changing and that's what interests me. I'm currently working on a series of large-scale drawings of constructed abstract figures called Sentinels. I am trying to see how far I can push the deconstructed figure."

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Thank you.



good for you



good for the neighborhood.

Land Preservation Matters to Our Local and Migratory Bird Population

by Margaret Rohde, Conservation Manager, Wissahickon Trails

SOMETHING INCREDIBLE HAPPENS EACH fall — almost invisibly, almost silently — while we’re all sleeping. Each night, thousands and thousands of birds move across the night sky, guided by the moon, the stars, and Earth’s magnetic field. Sparrows, flycatchers, herons, thrushes, orioles, cuckoos and tiny warblers are all heading south to warmer places.

Some of them were with us all spring and summer — pollinating our plants, controlling mosquitos and other pests in our backyards, and filling the air with song. In this year of challenges, they remind us that life and beauty exist in nature, no matter what’s happening.

We tend to think of these neotropical migrants as our birds, since they come to breed in North America. In truth, they spend far more time in other countries, only flying north to us in the summer — a destination with less competition for food and breeding territory — and leaving again in the fall.

Perhaps that is partly what makes birds and bird-watching so enchanting. When I am looking through my binoculars at an orchard oriole or a wood thrush, I am seeing a being that has traveled thousands upon thousands of miles in its life. It sees more of the world in a single year than many of us will in a lifetime. That realization fills me with awe. And yet, even more miraculously, for each journey they follow the same migratory pathways, which means they rely on stopping at the same patches of forest, meadow, and wetland each year to rest and refuel. They return to the same places to nest, too.

The smallest patch of habitat contains life-giving resources, and does so for generations. Protecting and caring for those places is central to our mission, because the impacts of their loss are drastic to the countless birds who depend upon them – not only the neotropical migrants that come and go, but also the birds that stay with us throughout the seasons.

Take, for example, one song sparrow at Crossways Preserve in Blue Bell, whose life we have followed the last five years. We first caught him back in 2015, the year we established a small banding station to study breeding birds at the preserve. He was two then, and by attaching a small, aluminum band on his leg, numbered 2691-98614, we would recognize him if he was caught again. Every year since, “614,” has shown up and always in the same net, where the meadow meets the forest. This year, he turned six.



In our state, song sparrows don’t migrate (as some northern populations do) and birds like “614” have small territories of just 1.5 acres or less. His life has likely been spent entirely at Crossways. Lucky him.

In one summer, a pair of song sparrows may raise anywhere from 12-20 nestlings. Survival is tricky and life is dangerous as a young bird. But even if we assume 60% of those nestlings survive to adulthood, which is about average, then “614” might have raised anywhere from 42-72 nestlings over the six breeding seasons since we first caught him — generations and generations, all of which called one small corner of Crossways home.

When you think about how many birds nest at Crossways each year, how many young are raised there each season, and how many migrants rely on its natural habitats for food, rest and cover, you can begin to appreciate the importance of one single acre. Every patch of earth – every field, wood lot and swamp they nest in, migrate through winter in — is essential.

While “614” will stay at Crossways through the winter, our migrant visitors have already left and begun their long-distance journeys to places like Panama, Columbia, and Venezuela. The hummingbirds we watched outside our windows throughout the summer and early fall — those vibrating, iridescent gems made of beauty and wildness — relied on the native flowers in our backyards and preserved lands to help them make their incredible, non-stop flight across the Gulf of Mexico. Once there, those same birds may be seen outside the windows of others who will love them as we do — a reminder that birds connect us to the rest of the world.

In the words of author Aldo Leopold, “Hemisphere solidarity is new among statesmen, but not among the feathered navies of the sky.” Not only do birds connect us to places and people far away, but they demonstrate that the work we do here in Montgomery County to protect and restore habitats has impacts far beyond our county lines — that every acre matters.



Ruby-throated Hummingbird with Bee Balm



Song Sparrow at Crossways Preserve



Song Sparrow's band

photos by Margaret Rohde



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Huzzah to Our Wissaheroes for Pitching In to Keep the Park Clean

by Noah Kulak, Communications Coordinator, Friends of the Wissahickon

FRIENDS OF THE Wissahickon’s 2020 plans for stewarding Wissahickon Valley Park were simple at the start of the year: bigger and better. With more Super Saturdays and the second annual Super Mega Service Day, FOW would cover more ground for trail improvements and native plantings. Meanwhile, our education efforts around “carry out what you carry in” would be supported by a new summer outreach crew and staff from Leave No Trace, which designated Devil’s Pool a 2020 Leave No Trace Hot Spot.

But FOW’s best laid plans didn’t factor in coronavirus. Overnight, our usual group volunteer days, trash cleanups, and in-person outreach became impossible, while more people than ever sought refuge in the Wissahickon’s green. With the park under stress from increased visitation, we needed heroes to keep stewarding — and they showed up in a big way!

“From the beginning, our volunteers were still pitching in, asking about cleaning up trash and how to get grabbers and supplies to do things solo,” said FOW Volunteer Manager Shawn Green. “It was one of the few places you could be socially distanced and safe and continue to do an activity that felt normal with so much going on.”

Even without scheduled volunteer days, FOW’s community of volunteers came together from a distance to get the job done. To make their work easier, FOW created a reporting system for volunteers to record their hours and a list of sites in the park that needed extra attention. But as the number of Wissaheroes grew, many wanted supplies or needed help for their cleanups — which led FOW to take solo volunteering to the next level



by releasing Wissahero kits in August. Inspired by our partners at the Tookany/Tacony-Frankford Watershed Partnership in Northeast Philadelphia, each Wissahero kit includes gloves, trash bags, instructions on how to request a trash grabber, and a FOW orange volunteer mask. In the first three days, over 200 people signed up for kits, which FOW distributed with the help of Cedars House Cafe and Paper Trail Bike Cafe. The response has been overwhelming and enthusiastic, with new Wissaheroes bringing family members and four-legged friends to help out with their efforts.

The success of the kits and the dedication of the Wissaheroes to cleaning the park is inspiring and speaks to FOW’s roots as an organization. Since 1924, our stewardship and programming have been driven by volunteers and our community of park stewards. When we asked, they responded in a huge way, and we are so grateful to our Wissaheroes for their hard work and love for the park.

While FOW returned to limited weekly volunteer cleanup days in September, with pre-registration and distancing required, we still need Wissaheroes! Visit fow.org/wissahero to get more information on solo volunteering, and sign up for a kit when supplies are available. Weavers Way members can also count time spent volunteering for FOW toward their working member hours, so you can spend some time outside while fulfilling your obligations.

Wishing you good health — and hoping to see you (at a distance) in the Wissahickon!



photo by Lonna Gordon



photo by Stan Kozakowski



photo by Maci Stein

(Top) Michael, Ayal, and Zev Kopinsky comb the creek bank for litter
(Middle) FOW Trail Ambassadors Stephanie Stein and Rose Fisher
(Bottom) FOW Trail Ambassador Anne Silvers-Lee goes hardcore to capture trash in the creek

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Liberate Your Lawn & Garden

The Time is Now to Rid Your Yard of Invasive Ground Clutter

by Sarah Endriss, for the Shuttle

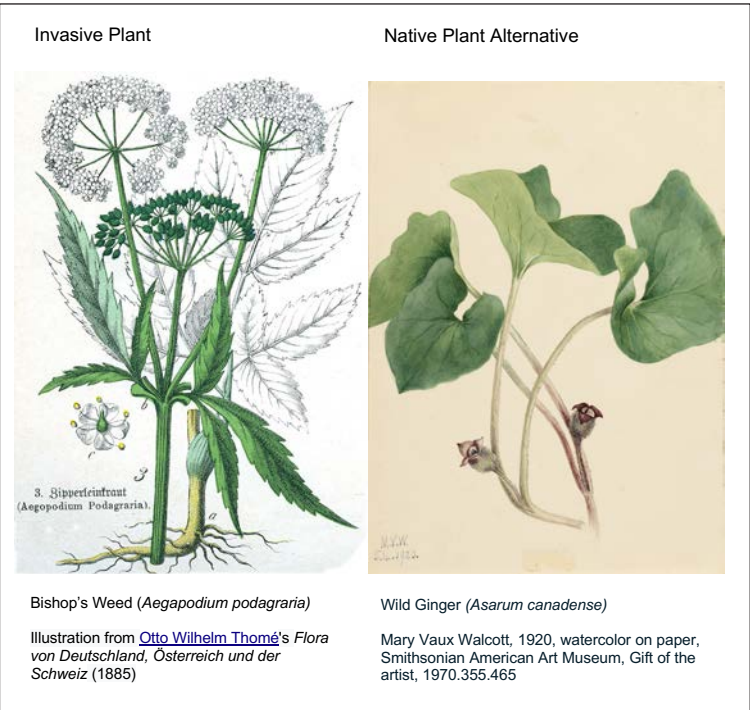
THERE IS AN OLD SAYING— “AN OUNCE of prevention is worth a pound of cure.” When it comes to weeds and invasive plants, this is totally the truth! And fall is the time to handle them.

Before I was pregnant with my daughter, I had worked for four years to eradicate Bishop’s Weed (*Aegopodium podagraria*) from my side yard. The tapestry of fibrous roots with small nodules were the bane of my existence. After every rain, I would head out and dig up a few plants, working carefully to follow each to unearth all of its small bulbs. Time and again the roots would break, guaranteeing yet another season of weeding.

After a couple years, I realized it wasn’t enough to dig the plant up; I also needed to prevent its seeds from hitting the ground. From that time forward I would cut off the flowers after they bloomed to prevent them from going to seed. My time and attention eventually paid off, and the combination of digging and seed removal suppressed them.

However, two years later, while nine months pregnant with my daughter, I saw it — one small plant sitting quietly between bricks in my walkway. I couldn’t bend over to pull it out and I distinctly remember thinking that I would get it once the baby was born in April.

She was born, and I was a bit exhausted. Spring came and went and, in that time, that one plant found its way under our walkway and over to the slope at the front of our house. And again, I distinctly remember



thinking “I will get it out when it blooms in July.”

It didn’t bloom. And I forgot about it as the rest of the garden came in.

Eight years and many excuses later, my front slope was now covered in Bishop’s Weed. That one small plant had grown to over 200 square feet. and removing it this time was going to take a whole new approach. It actually took two years and implementing the full-scale nuclear option to eradicate it: The English ivy (*Hedera helix*), Japanese pachysandra (*Pachysandra terminalis*) and periwinkle (*Vinca major and V. minor*)

it had gotten friendly with all had to go as well.

Moral of the story: In 2010, tired or not, I should have got down on my hands and knees and pulled that little sucker out!

Invasive exotic plants are all over Fairmount Park and in yards throughout the region. Some of them we call weeds, and a weed by definition is any plant you don’t want, native or not. But Bishop’s Weed is an invasive.

Autumn is the time of year when perennial plants (shrubs and trees included) put most of their energy into root development. Rhizomatic plants like Bishop’s Weed are working hard to guarantee their survival by quietly branching out underground and setting seed above ground. When undisturbed, the fruits of a plant’s labor pay off. To this end, good old hand pulling is really the way to go. Cut the seeds off first, then pull, taking care to get the roots; your work will not be in vain.

So get your pruners, trowels or planting knives and take a stand against weeds in your garden and community before their roots run further afield. Also, don’t forget to vote. There’s a bunch of noxious invasive weeds in Washington that plague the state of our nation. They must go and now is the time to take that on!

Sarah Endriss is an ecologic restoration design professional. She is principal of Asarum LandDesign Group, adjunct faculty at Jefferson University and a restoration design consultant for WildLawn, an ecological alternative to the suburban lawn.

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The Wisdom of Indigenous Peoples Can Help Us Weather Our Current Crises

by Sandra Folzer, Weavers Way Environment Committee

DURING THESE TRYING TIMES OF political unrest, racism and a pandemic, we are often tempted to look to new ideas and technology for answers. However, sometimes looking back might offer the most viable means of moving forward. New is not always better. Instead, we should listen to the wisdom of indigenous peoples, who have historically been ignored.

Throughout American history, beginning with colonization, agricultural systems based on cooperation and shared resources have been overtaken by ones of individualism and personal profit. Large scale factory farms have ultimately come to dominate farming. Federal policy has played a role in this trend, providing greater assistance and subsidies to large monocrop, industrialized farms growing lucrative crops like soybeans and corn versus smaller farms growing fruits and vegetables, which are deemed “specialty crops” under the Farm Bill. Consequently, less than five percent of farmland used to grow food is devoted to fruits and vegetables, according to data from the U.S. Department of Agriculture.

In times of crisis like the pandemic, factory farms are not able to be flexible. Since they tend to grow one crop in large quantities, they struggle when they can’t get their products to distributors. The New York Times reported in April that a farmer in Idaho buried one million pounds of good onions while others in Wisconsin and Ohio dumped thousands of gallons of fresh milk. In May, the commissioner of the Minnesota Department of Agriculture, Thom Petersen, told the

Minneapolis Star Tribune that an estimated 10,000 hogs were being slaughtered each day during the pandemic.

Smaller farms are more resilient because they can deliver locally. Borrowing from techniques used by indigenous peoples, smaller farmers tend to grow diverse crops side by side, providing more natural pest control. Instead of clearing the land for miles, as factory farms do, many smaller farms plant trees along with crops to control the temperature and reduce susceptibility to wind and rain—a practice developed by indigenous peoples. The trees improve the soil, reduce erosion and store carbon.

As climate change accelerates, the agriculture industry needs to learn from indigenous farmers how to survive in harsh environments. Worldwide, indigenous people found unique ways of farming — from terraced gardens in mountain areas, which prevent soil erosion, to floating gardens in flooded fields.

These effective practices have been developed over thousands of years: Grow native crops, which adapt to local conditions and thus are less susceptible to drought and flooding. Do not till the soil after harvest, leaving the ground naked, causing erosion. Instead, leave some plants in place to protect the soil. Grow crops following the contour of the land, which reduces water runoff, prevents soil erosion, and increases crop production. Practice crop rotation to preserve the soil and minimize the need for pesticides.


In the United States, the Traditional Native American Farmers Association



tion provides training in natural farming and earth restoration. Elsewhere, the Mesoamerican Permaculture Institute, an NGO in Guatemala, empowers indigenous farmers through a native seed bank and by promoting traditional methods of growing food.

At the start of this year during the Australian wildfires, National Public Radio interviewed Aboriginal elder Noel Butler, who said that Aboriginal people have knowledge of managing the land that goes back generations, but that their expertise is generally ignored by government officials. Aboriginal people traditionally prevented destructive forest fires by setting preventative fires, first reducing underbrush to lessen the intensity and factoring in temperature, humidity and wind conditions to keep fires under control. Biased beliefs that new technology and methods are inherently better have, in part, prevented widespread adoption of this practice.

I wish we all could adopt the Māori idea of “kaitiakitanga” and be guardians and protectors of nature, showing our respect for future generations. Hopefully in this time of crisis, we can all learn to view nature as sacred, as so many indigenous people do.

eco tip

Don't Trash Those Silica Packs — They Are Useful, After All

by Marsha Low, Weavers Way Environment Committee


(Editor's Note: This Eco Tip originally appeared in the October 2015 Shuttle.)

What should you do with those annoying little silica gel packets that come in everything from medicine and supplement bottles to boxes of new shoes and even inside new handbags? Since silica is a non-toxic substance that absorbs and holds water, these packets can be repurposed in many ways.

For one, they can keep mold away from seeds that you're saving. Put the seeds into a relatively airtight container along with a silica packet. Then store the containers in a dry, cool place.

Other possible uses:


- Speed up the flower-drying process by placing a bouquet into a plastic bag with some packets.
- Help prevent your silver jewelry or flatware from tarnishing (a process facilitated by humidity) by placing a few packets in your jewelry box or silverware drawer.
- Help dry out a waterlogged cell phone. You have to move fast, though. Dry off the phone as best you can, remove the battery, then put the phone and battery into a plastic baggie with several silica packets. Seal the bag, and wait a day or two before turning on your phone.




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- 4 Autonomy and Independence
- 5 Education, Training and Information
- 6 Cooperation Among Cooperatives
- 7 Concern for Community

Suggestions

by Norman Weiss, Weavers Way
Purchasing Manager

GREETINGS AND THANKS FOR WRIT-
ing. As usual, suggestions and re-
sponses may have been edited for brev-
ity, clarity and/or comedy. In addition, no
idea, concept, issue, remark, phrase, de-
scription of event, word or word string
should be taken seriously. This also ap-
plies to the previous sentence.

Only three suggestions came in this
month, but two have resulted in long re-
sponses. Is it time for an online forum or
something to augment the old book? May-
be we can figure out an email-based sys-
tem? Should we just rely on in-store com-
munications from staff? The Suggestion
Book is open to suggestions for its future;
contact me at normanb@weaversway.coop
or Karen Plourde, Shuttle editor at
editor@weaversway.coop.

suggestions and responses:

s: “How is our dependence on Califor-
nia-grown produce responsible for the
fires raging there? If we are culpable,
what if we no longer ate food grown
in California and only purchased what
was locally available? What would the
Co-op’s produce section look like?
Thanks!”

r: (Norman) I don’t know how our de-
pendence on California-grown produce
contributes to the fires other than the
links I’ve heard about between the fires
and global warming. I haven’t seen
anything pointing out a direct link be-
tween California agriculture and global
warming that is any different from oth-



er industries that use a lot of petroleum
products. I have read that large-scale
agriculture in California (and most
places) involves a lot of fossil fuel en-
ergy and agricultural chemicals which
can contribute to global warming, so
that may be the link. Also, there is the
packaging, transportation and refriger-
ation involved, all of which are most-
ly fueled by fossil fuels. Some organ-
ic agriculture proponents claim organic
production methods reduce emissions
of carbon dioxide by avoiding fossil
fuel-based fertilizers. Here is an
excerpt from the Sept. 16 “Organic
Matters” blog:

“The production, transport and use of
fossil fuel-based fertilizers and pes-
ticides are the main uses of energy in
agriculture. They are significant con-
tributors to greenhouse gas emissions,
particularly carbon dioxide. Organic
production reduces emissions of ni-
trous oxide by avoiding soil applica-
tions of synthetic nitrogen. Most im-
portantly, organic production actually
sequesters carbon in the soil, taking it

(Continued on Next Page)

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(Continued from Preceding Page)

out of the atmosphere and putting it back into the ground, which promotes healthy soils, healthy food and healthy people.”

California grows about a third of the country’s vegetables and two-thirds of the country’s fruits and nuts. Meat and dairy are also big in California. If we switched to only locally-grown produce, there would be somewhat of a paradigm shift — selection and availability would go way down, at least for a while. Prices would go up, because local produce often costs more, often due to production being smaller scale. I suppose if demand for local scaled way up, there would be investment in larger scale production, including greenhouses and hydroponics, so maybe price, availability and selection could eventually improve. There is already a little of this happening with companies like Bright Farms, Gotham Greens and Philly’s own AGreen Farms.

- s:** “What’s with all the fake meat products? Plant-based and all...seems like there’s a never-ending parade of new companies and products. Plus, I saw an ad in the New York Times from Lightlife calling out Beyond Meat and Impossible Foods. Care to comment?”
- r:** (Norman) Yes, would love to comment. There was some bickering in the *Times* initiated by Lightlife Foods (makers of Tofu Pups, the first vegan hot dog in wide distribution in the early ’80s, I think). The ad had the headline “An Open Letter to Beyond Meat & Impossible Foods.” The ad included this content: “Enough with the hyper-processed ingredients, GMOs, unnecessary addi-

tives and fillers, and fake blood.” Impossible Foods published a response that reads in part: “The campaign leans on spurious arguments typically used by the meat industry: Attack Impossible’s products not based on their indisputable quality, nutrition, wholesomeness or deliciousness, but based on the number of ingredients — a logic-defying concept with zero relevance to health or product quality, intended to distract consumers from the obvious inferiority of Lightlife and Maple Leaf’s products.” OMG, sounds like our politics!

Another plant-based food company, Planterra, responded with their own open letter, and it included these marketing type phrases: “...reimagined protein sources for everyone.” And “...big plans and disruptive innovations...” From what I’ve seen, most of these new plant-based products are the result of a fair amount of food technology, with main ingredients like pea protein and soy protein. None of these products are what I would call whole foods, or even “natural” foods. In addition, like most of the perishable food sold in the United States, also included is a healthy dose of packaging and energy for refrigeration.

Without much “re-imagining” of protein sources, how about an ad stating that plant-based food like lentils has existed since pre-historic times, is 25% protein, packed with other nutrients and fiber, costs like 50 cents for a decent-size cooked serving, uses little packaging when purchased in bulk, and has an extended shelf life with no

“
The only
disruption needed
is recognizing
that much of
the healthiest
food has already
existed for
centuries.”

refrigeration.
The only disruption needed is recognizing that much of the healthiest food has already existed for centuries, comes from fields not factories, and is not patented. Impossible Foods describing their product as “wholesome” rings an alert to my ears. While a nutritionist might question the wholesomeness of saturated fat, processed oils and leghemoglobin, I take issue with the “whole” in “wholesome.”
Most of the main ingredients in Impossible Burgers are extractives of whole foods — soybeans, coconut, sunflower and potato. Extractives can be creat-

ed in a few ways, including chemically (solvent extracted) and mechanically (pressing, spinning, etc.). Extractives are no longer whole foods, which is not automatically bad (think olive oil), nor is processing.
We all process food — cooking lentils is processing them. However, there are situations in which processing passes my threshold for rendering food unwholesome, and most of these plant-based meats in the market surpass this level of processing. They’re so far away from being whole, they can’t be described as being wholesome, to the extent the word defines being healthy by staying as close to whole as possible.
s: “When will snow melt be for sale? Even though I’m stuck inside the house, I might want to go out to play in the snow and would need snow melt. My religion doesn’t permit using shovels because they are close relatives to pitchforks, a tool of the devil.”
r: (Norman) Not to worry. With global warming hitting so many places in the world so hard, it’s only natural our area will get its turn. We’re betting on no snow or ice this winter, or maybe ever again, so we’ve discontinued all snow melt products.
Instead, for people who like snow, we’ll be stocking a fake version made from pea protein that has all the attributes of real snow except that it’s not cold and doesn’t melt when heat or salt is applied. You can sprinkle it out when you want snow and sweep it up when you don’t for re-use anytime. It’s pet and concrete safe, stays where applied, and no two flakes are alike.



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AS A RESULT OF ALL WE DO:

- END 1** There will be a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community.

END 2 Our community will have access to high quality, reasonably priced food, with an emphasis on local, minimally processed and ethically produced goods.

END 3 There will be active collaborative relationships with a wide variety of organizations in the community to achieve common goals.
- END 4** Members and shoppers will be informed about cooperative principles and values; relevant environmental, food and consumer issues; and the Co-op’s long-term vision.

END 5 Members and shoppers will actively participate in the life of the Co-op and community.

END 6 The local environment will be protected and restored.

END 7 Weavers Way will have a welcoming culture that values diversity, inclusiveness, and respect.

Farmers Employ Cardboard to Clamp Down on Weeds

(Continued from Page 1)



as little as possible, and covering the surface with any mulching material we can get our hands on.

Often this material is leaves. Sometimes it is landscape fabric or the debris of the previous crop that has since been cut down. We'll even sometimes use old burlap coffee bags covered with salt hay.

One of my favorite quotes from orchardist Michael Phillips is "Diversity above the soil creates diversity below the soil." He preaches this as it pertains both to plants and mulch material.

With the delays in recycling in Philadelphia this summer, we found ourselves with a growing mountain of cardboard at our disposal. Much of it is generated from the local products that we purchase to sell at our Henry Got Crops farm market.

While many of our vendors are extremely environmentally conscientious, it is hard to escape the need to package a quantity of product in some sort of lightweight, disposable container like cardboard.

Rather than letting this material get dumped in the landfill, we have been using it in our orchard for mulching material. We first remove tape and stickers and then weigh it down with wood chips. So far it's been working splendidly, and we plan on using the same techniques in some of our major weed problem areas in the vegetable fields as well, such as along the borders of our fences and beds.

Many of you have helped with this endeavor during cooperator shifts and volunteer days. Thanks for your efforts — there's much more to come!

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Weavers Words

STUPID JOY

The dogs come to the sea in gallant strides
Outgaining their owners in a loping dance
The seabirds scatter, and make upon the glinting sand
The arched, staccato sketch of the ocean's million eyes

When we play, as dogs do
With their easy loping and their loving, idiot eyes
When we play, under the moon, with the fires on the sand
Let it be this stupidly, for joy, until the sun comes

—Dan Reynolds

HAIKU

Three goldfinch in flight
chasing one another
a flash of yellow

—William Hengst



HOPE

Hope, a promising four letters.
Then again, it's only a word and what else?
Once more you realize that hope makes you succeed.
It is the making of a wish that you don't say aloud.
Hope, when the clouds break in the furious storm
Just to form a gap.
But that gap alone, and nothing else,
Is the hope that comes pouring in from the darkness.

—Ivy Clair, age 11

Feeling Inspired? Here Are Our Guidelines:

1. Poems must be written by you and can contain no more than eight lines.
 2. The Shuttle editor has the final say as to whether a poem is suitable for publication.
 3. The number of poems in an issue is determined by the amount of space available.
 4. Members and nonmembers are welcome to submit.
 5. Email your submissions to editor@weaversway.coop and put "Poetry submission for Shuttle" in the subject line.
 6. Preference for publishing will be given to those whose work has yet to appear in the paper.
- Thanks. We're looking forward to your creation!

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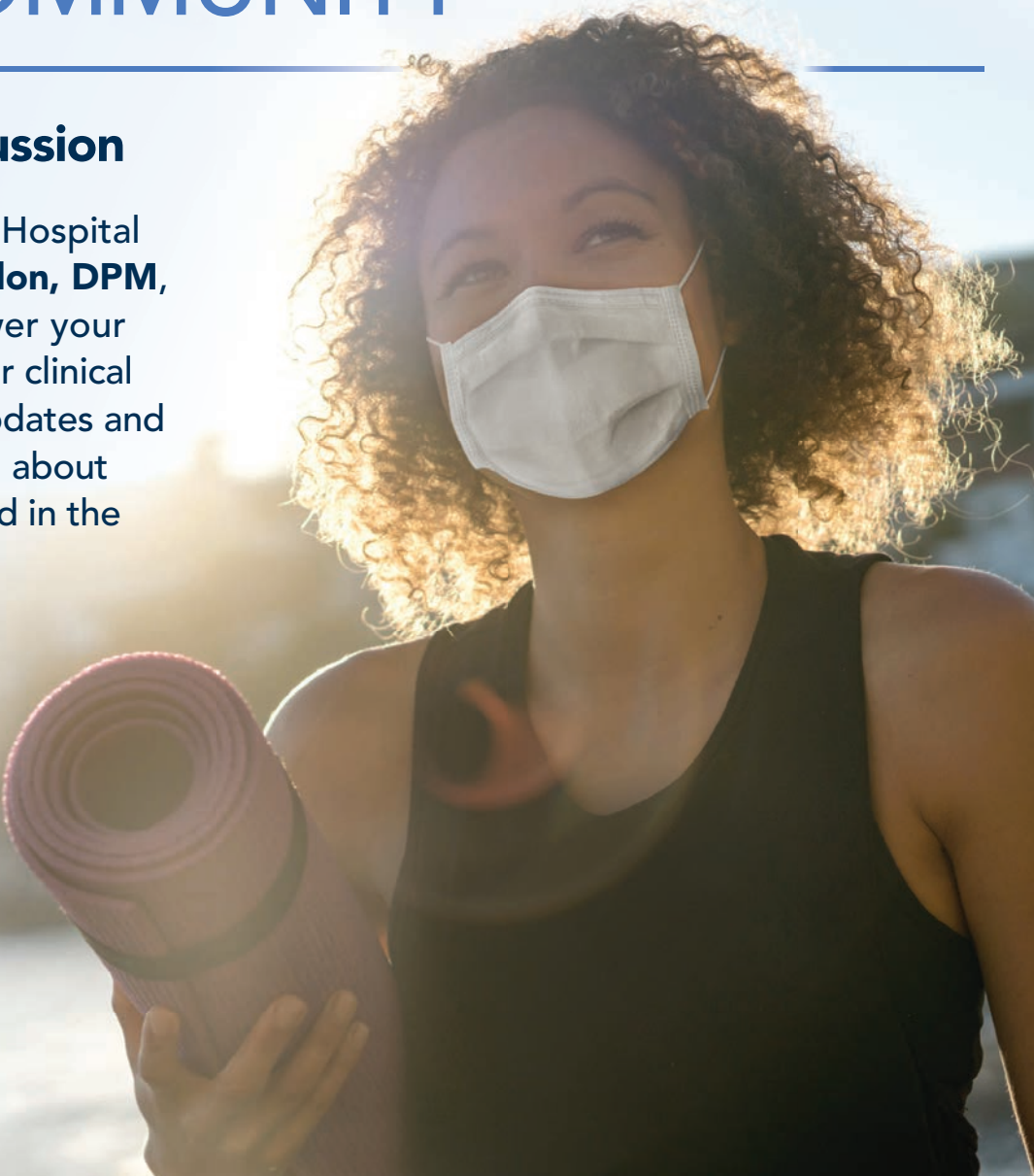
A Community COVID Panel Discussion

Join an expert panel hosted by Chestnut Hill Hospital physicians **John Cacciamani, MD, John Scanlon, DPM,** and **infectious disease experts** as they answer your COVID-19 questions. Physicians will share their clinical experiences, and discuss the most relevant updates and recommendations regarding COVID-19. Learn about COVID-19's impact on our community now and in the coming months. Register today!

WHEN: Wednesday, October 14
5:30 to 6:30 p.m.

WHERE: VIRTUAL SEMINAR
Join us from the comfort of your home for this online lecture.

Program is **FREE**
Registration required
Visit [CHWellnessEvents.com](https://www.chwellnessevents.com)
to register.



Higher Costs, More Staff and More Cleaning

(Continued from Page 1)



photos by Karen Plourde

(Top) Raheem Mitchell goes over a customer's shopping list. (Middle) Chestnut Hill home delivery staffer Chris Switky consults with Moffat Welsh on a customer's order. (Bottom) Hill staffer Margaret Funderberg at the start of her picking duties.

absence?) and two employees were furloughed, according to Human Resources Manager Janet Potts. Some quit when the pandemic forced businesses to close and quarantines were imposed, because they had children to care for; others left because they were concerned about their personal safety and health. Potts said of those who left voluntarily, 16 did not return.

As a result of the staffing changes and increased traffic in the store, the Co-op had to move quickly and hire 39 additional personnel, Potts added. Some of those, about four per store, were hired just to process home delivery and curbside orders. In addition, all staff interacting with the public were given an additional \$2 an hour at a cost of \$12,000 per week. To date, hazard pay has totaled close to \$300,000.

Doing the Social Distancing Dance

Increased cleaning and sanitizing has also required the purchase and use of more products and more staff hours.

"We always deep-cleaned the register every hour and we've always done our best to keep things clean," said Ambler Front End Manager Jax Arnold, whose responsibilities include overseeing the registers, shopping carts and baskets. "But we're definitely being more cautious about wiping down certain areas that we didn't think about before. Cleaning the carts and the baskets — that was new."

The Ambler store is the largest of the Co-op's three main stores, but even so, the area near the registers can get crowded during busy periods. And while signs indicate where to stand for social distancing, Arnold admits the register lines can be confusing.

"We have five registers, but with trying to keep social distancing between the cashiers, we have three open at a time," she said. "If it's busy, we will open another one just to get the line going. Also, the flow of the line can be challenging. There are guides on the floor. People don't always follow them, and so it can look like a cluster in the front and I'm sure people feel like someone's cutting in front of them."

The Shift in Co-op Shopper Culture

Before the pandemic, shoppers could often be found clustered just about anywhere and everywhere in the Co-op's flagship Mt. Airy store. The changes in shopper habits have likely been felt more there than in the other locations, according to Store Manager Rick Spalek.

"The biggest changes for us is that we are very busy in the morning getting deliveries together, but much slower at dinnertime and Sundays, which were our busiest times pre-COVID," he said. "It's really odd for us, especially on Sundays, when we could have done \$50,000 in sales, and now we are doing little more than half of that."

The pressures and challenges faced every day by the Co-op's store managers and staffers include keeping stores clean for shoppers, making sure everyone is wearing a mask, and monitoring any staff who don't feel well or call out sick.

"We are constantly on top of all sick-outs, making sure symptoms are not COVID-related, and if so, taking action even if it seems unlikely," Spalek said. "That sets off a chain reaction of other people with close contact. We have had two positives in this store, which is remarkable considering the space and number of staff and shoppers."

Two Ambler staff members tested positive for COVID in the spring; none have to date in Chestnut Hill. Staff at all the Co-op's stores remain on alert to spot anyone, staff or shopper, displaying symptoms of COVID. Some days are more of a challenge, and sometimes morale can be tough.

"Morale is down just in general around the world," said Valerie Baker, assistant store manager in Chestnut Hill. "Taking that into consideration, I believe the morale in the Chestnut Hill store is excellent. There is singing in the aisles in the morning, and a general sense of comradery. Our staff has really stepped up and put their focus into getting products back in the store that our shoppers need, making sure those of our members who are ill or high risk are getting what they need to sustain themselves."

The Co-op delivers the support and sustenance that the community needs, but it is coming at a cost to the Co-op's other two principals.

"We operate a triple bottom-line business — people, planet, profit," Roesser said. "And in theory that means all of our business decisions make good sense from the financial bottom line, the community bottom line and the environmental bottom line. Well, the pandemic moves the community bottom line up to a higher level, and the other two suffer as a result."

NEXT MONTH: How COVID has changed what we can buy, and where we shop.



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STAFF CELEBRITY SPOTLIGHT

Chris Dalnodar

Job: Wellness buyer, Weavers Way Next Door

Since when: Last fall; he came over from Weavers Way Across the Way to get a change of scene after being in Mt. Airy since 2014.

Age: 33

Where he's from/where he lives now: New Paltz, NY/Germantown

How he got to the Co-op: He graduated in 2010 with a bachelor's in classical music performance (clarinet and saxophone) from the State University of New York at Plattsburgh, but couldn't find a full-time job in music. In 2012, he started working at North Country Food Co-op in Plattsburgh, doing "everything," including buying for their bulk department. In 2014, he had the opportunity to relocate to Philly because some friends were living in the area.

How he got into Wellness: "I was always interested in that sort of thing...had been self-educating myself on that for awhile. A job opened up there, so I applied for it."

Working in Wellness during COVID: "People always want information about stuff, but now it's more so...we've really been talking about boosting the immune system and how important that is throughout all of this, because that information isn't out there."

Outside pursuits: He reduced his hours recently because he enrolled in the surgical technologist program at Delaware County Community College. He'll graduate from the program next summer.

Favorite Co-op products: Special editions of GT's Kombucha; Prep Foods selections, including their jalapeno lime hummus.

Thoughts on the Co-op: "I think they do a good job with community support. They actually walk the walk...do a lot of stuff to help the local community. It's important, especially in this time."

—Karen Plourde



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

Weavers Way Board

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

The Board's regular monthly meeting is held on the first Tuesday of the month. Meetings are taking place online during the COVID-19 crisis. Check the Co-op's Calendar of Events for the date of the next meeting.

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.

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Weavers Way Mt. Airy

559 Carpenter Lane

9 a.m.-8 p.m. (temporary)
215-843-2350

Weavers Way Across the Way

610 Carpenter Lane

9 a.m.-8 p.m. (temporary)
215-843-2350, ext. 6

Weavers Way Chestnut Hill

8424 Germantown Ave.

8 a.m.-8 p.m. (temporary)
215-866-9150

Weavers Way Ambler

217 E. Butler Ave.

8 a.m.-8 p.m.
215-302-5550

Weavers Way Next Door

8426 Germantown Ave.

9 a.m.-8 p.m. (temporary)
215-866-9150, ext. 221/222

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New Member Orientations

are postponed

during the COVID-19 crisis.

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2020 CO-OP MONTH



Food co-ops create 9.3 jobs per \$1 million in sales, compared to 5.8 in traditional grocery stores.

"You Are the Co-op Difference," Stronger Together, National Co+op Grocers, 2017

More than 52 percent of credit union CEOs are women, 10x higher than commercial bank CEOs.

"Credit Unions and CEO Gender," Policy Analysis Issue Brief, Credit Union National Association, November 2018

3,000 housing co-ops create 300,000 units of affordable housing

"Counting Limited Equity Co-ops," Research Update, Urban Homestead Assistance Board (UHAB), February 2016

More than 100 electric co-ops are working toward diverse solutions to bridge the digital divide. The sector is poised to bring broadband service to 6.3 million underserved households.

"Electric Co-ops part of the Solution to Expand Rural Broadband," Fact Sheet, America's Electric Cooperatives, April 2019.

Find out what your Co-op is doing at
weaversway.coop/racial-justice