



## Community-Owned, Open to Everyone

# The Ups and Downs of Home Delivery During a Pandemic

**by Josephine Leigh, Weavers Way  
Chestnut Hill Home Delivery Staff**



photo by Karen Plourde

Josephine Leigh

**I**T'S ANOTHER DAY AT WEAVERS WAY Chestnut Hill, where a swirling group of staff endeavors to fill and deliver, or make available, more grocery orders than the store can comfortably handle. The supply chains are erratic and it's possible some customers are greedy. Nearly everyone who works here now fills orders and a handful of us deliver.

I don't know how many of our shoppers are aware, but our esteemed store manager, Dean Stefano, has been missing in action since the new coronavirus erupted. He had major surgery weeks ago and is not yet fit enough to return. So, the onus has been on Assistant Manager Valerie Baker and Front End Manager Kellie O'Heron to manage this volcano of a transition, with its constant challenges.

I asked Alfonso Lassiter, one of our senior cashiers who's also a fine artist, how he felt about our current situation.

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# The Shuttle

MAY 2020

Since 1973 | The Newspaper of Weavers Way Co-op

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# Farm Market Strategizes for a Season Under the “New Normal”

**by Lauren Todd, Henry Got Crops Farm Market Manager**

**T**HANKS TO A MILD winter, the 2020 growing season for regional farms, including Weavers Way Farms, was well underway when the new coronavirus roared onto the scene. While our farms in Roxborough and East Germantown were deemed “life-sustaining,” with stay-at-home orders, social distancing mandates, and customer caps in grocery stores, it was clear we had been thrust into a new reality.

The Farm Team responded by taking our weekly in-person meetings online. We discussed how our farms, CSA, and farm market would respond to COVID-19 concerns, much like farmers markets, small businesses, and food retail establishments throughout the country.

## What Others Are Doing

The internet is abuzz with blogs, webinars, and online meetings where farmers, market managers, restaurateurs, and food producers are sharing how they are innovating to meet the needs of their communities during a viral global pandemic. The takeaway is clear: the demand for quality, nutritious, locally-sourced



photo by Lauren Todd

Hannah harvesting with mask.

food from trusted producers is higher than ever.

Many farmers markets and CSAs have pivoted to new operating models to accommodate this growing demand and manage safety concerns. The Food Trust, a Philly-based nonprofit with a mission to provide healthy food access and nutri-

(Continued on Page 3)

# The Health of the Planet vs. the Health of Others

**by Alisa Shargorodsky, Weavers  
Way Zero Waste Consultant**

**W**HAT A WILD AND UNCERTAIN ride this has become for us all. In March, Weavers Way was gearing up to roll out the Co-op's most comprehensive plastic reduction program in its history, with new and improved models for reusable prepared foods containers and butcher paper-wrapped items. We had been planning this for months. Then COVID-19 got a foothold here and turned everything on its head.

Addressing single-use plastic goes hand in hand with climate change. Plastic is petroleum and petroleum is a non-renewable resource. The oil and gas industries are having negative impacts on climate change. How do we reckon with this in the face of coronavirus?

First, we need to acknowledge that our lives are in each other's hands. The stakes have never been this high. I am happy to see us taking social distancing so seriously, and I am deeply grateful to Weavers Way, which, despite this pandemic, is working hard to assure our community has its provisions. Home delivery has caused the Co-op to recalibrate its operation almost overnight, and this poses challenges that they are navigating gracefully. Please do your part by placing larger orders that last longer to alleviate the potential of overwhelming home delivery staff.

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## Looking for Board Election results?

***Check your inbox on May 2  
for our email blast announcing  
the winners!***





# Editor's Note

by Karen Plourde, Editor,  
Weavers Way Shuttle



BACK IN THE JANURARY-FEBRUARY issue, I wrote of my intention to be hopeful about the new year, because it was also the start of a new decade, and why give up already? Folks, I had no idea.

Yet, even as the COVID-19 pandemic turns our world upside down, I still want to seek out silver linings. After all, so many others have. Have you checked out the “Thank You” video to our staff on our website? Put a lump in my throat. And that’s only a sampling of the positive feedback we’ve gotten on all the operational ziggling and zagging we’ve done.

As we continue to hunker, this month’s Shuttle offers plenty of practical advice for those spending way more time on meal prep than they normally do. Check out “Slice It, Dice It, Serve It” on page 2 for a selection of DIY condiment hacks. As CSA season approaches, I’m grateful for Kieran’s vinaigrette basics recipe; it’s stick-on-the-fridge worthy!

On page 9, Dianne Dillman offers an enviable primer on how to organize your fresh produce haul to maximize its usage. Reading it reminded me of those “declutter your life” articles that come out at the beginning to the year. Yes, I should do that. But will I? Maybe you’ll fare better.

The monthly dispatches on pages 14 and 15 from Friends of the Wissahickon and Wissahickon Trails (formerly Wis-sahickon Valley Watershed Association) make me appreciate the constancy of nature. Getting outdoors is one of the few things we can still do (within the context of social distancing, of course), and maybe because of that, we’ll treasure our wooded areas even more this year.

And now, a shameless pitch to those who’ve read this far and have young kid-dos: I’d love me a handmade rainbow drawing or two for the office. My almost-19 and almost-26 year-old have been out of the art game for a while. Snail mail them to me at 559 Carpenter Lane, 19119, or email them to editor@weaver-sway.coop.

Catch you in the pages 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



# A New Crop of Local Plants Sprouts Up in Ambler

by Mira Kilpatrick, Weavers Way Ambler Floral Buyer

I AM EXCITED TO ANNOUNCE THAT WEAVERS WAY AMBLER has started offering certified organic vegetable and herb plants from Peace Tree Farm in Kintnersville. In addition to their herbs and vegetables, we have been selling their indoor plants, which have been well received. They include beautiful hanging baskets of Tradescantia and Cissus discolor, and the popular and perky Pilea peperomioides in quart-size pots.

Lloyd and Candy Traven purchased their historic 25-acre farm in Bucks County in 1983 and named it “Peace Tree Farm.” They were inspired by the Native American word “tohickon,” meaning “peace tree.” They utilize sustainable practices, and strive to “push beyond the bounds of conventional horticulture” and combine “innovative biological pest control systems with state-of-the-art greenhouse technology,” according to their website. Their vegetable and herb plants are certified organic by the U.S. Department of Agriculture, and their ornamental crops, while not certified, are all grown to exacting environmental standards as well.

As a former farmer, growing practices matter a lot to me, and I know they do to Co-op members as well. It seems more people are interested in starting gardens of their own this year, which is awesome!

I have been incredibly happy with the quality of the plants thus far, and look forward to getting more in as we near the last frost date in our area. As we lead up to Mother’s Day, we anticipate having a great diversity of transplants for your gardens: annual and perennial herbs, cooking greens and lettuces, zucchinis, watermelons, cucumbers, tomatoes, sweet and hot peppers and eggplants.

Peace Tree also grows unique items like red-veined sorrel, heirloom tomatoes and their own cultivar of specialty lavender. Keep your eyes peeled for extra sales around Mother’s Day!





# SLICE IT DICE IT SERVE IT

## DIY Condiments

by Kieran McCourt, Weavers Way Ambler

### Scallion-Ginger Sauce:

1. Heat one cup neutral oil on the stove just until it begins to smoke.
2. Pour over well-salted thinly sliced scallions and minced ginger in a heatproof vessel
3. Allow to cool. It will keep in an airtight container in the fridge for 2-3 weeks (Assuming it even lasts that long.)



### Thai Peanut Sauce:

Whisk together 1/2 cup peanut butter, 1Tbs. soy sauce, sambal oelek to taste, brown sugar to taste and a handful of sliced scallions. Keep ¼ cup water nearby to thin the sauce to your liking.



### Vinaigrette Basics:

- One part acid to 3-4 parts oil
- Choose an oil whose flavor you enjoy, along with your favorite vinegar or even fresh citrus. (Never use distilled white vinegar.)
- In a bowl, whisk oil into the acid in a slow steady stream to emulsify. Or combine all into a jam jar or small mason jar and shake to combine. Season with salt.
- A small amount of Dijon mustard and maple syrup can help with the emulsifying process.
- Add in solids like shallots, garlic, anchovy, ginger, etc.



### Fresh Herb Salsa/Chimichurri:

- Chop, blitz in the processor or mortar and pestle a selection of your favorite herbs. Add shallot, garlic and ginger if desired.
- Combine with a fair amount of oil and vinegar and add salt to taste.



### Quick Pickles:

- Clean jars with warm soapy water and allow to dry.
- Slice/shred/separate vegetables of choice: Radishes, onions, cucumbers, carrots (cut into spears or shred), cauliflower (separate into florets).
- Pack veggies into jars.
- Combine 1 cup vinegar, 1 cup water, 2 Tbs. kosher salt and 1 Tbs. sugar (if desired). Bring to a boil until salt (and sugar, if using) are dissolved.
- Pour brine over the veggies and leave about half an inch of headspace.
- Stored in an airtight jar in the fridge, quick pickles can last up to two months. Other flavors can be added, including crushed red pepper flakes, garlic, mustard seeds and more!





# What's in Store at Weavers Way



## Farm Market Strategizes for a “New Normal” Season

tion education, manages three year-round farmers markets in the city. They remain open but have new safety precautions in practice. They display signage that details recommendations from the Centers for Disease Control and Prevention, have increased space between vendor tables, require customers to wash their hands at handwashing stations upon entry, and request that customers point to products they intend to purchase rather than handling the produce themselves. Farmers and market staff must wear gloves at all times and must change them frequently.

Other farmers markets have shifted to a pre-order, pre-pay, grab ‘n’ go system. Farm to City, another Philly-based food enterprise that operates Saturday farmers markets in Chestnut Hill, Bryn Mawr and Rittenhouse Square, has adopted a hybrid business model that balances a no-contact, pre-order system with traditional face-to-face shopping. The first hours of the market are reserved for customers picking up pre-orders placed through individual food vendors. The market then transitions into a “normal” retail space. New safety measures require shoppers to wear masks or face coverings, and they encourage a limit of one shopper per household to make social distancing easier.

### What We’re Doing So Far

The Farm Team is gleaned best practices from these markets and is implementing COVID-19 guidelines for farmers markets and on-farm markets published by the Pennsylvania Department of Agriculture. We are keeping up to date with reports and recommendations from the CDC and our state’s Health Department, and are crafting a safety plan for this season tailored to the unique needs of our farmers, market staff and shoppers.

We’ve already implemented important changes to the way we work to increase safety at our growing sites. Farmers and field assistants wear clean masks and gloves when harvesting, washing and handling vegetables. Tools and work surfaces are cleaned and thoroughly disinfected before and after use. We practice social distancing and limit the number of people who can be inside our CSA/market building at one time. Sanitizer and soap are in abundant supply, and a volunteer installed a new outdoor sink to make hand washing easier. Expectations for cleanliness and safety extend to our volunteers and cooperators, so please tote your mask when coming to fulfill your working member hours at the farm.

By the time this article reaches your mailbox (or inbox), our CSA will likely be sold out. Signups rushed in this year, aligning with nationwide trends. To minimize risk, we are updating the way we distribute our farm shares. Members of our CSA program can anticipate outdoor pickups of pre-bagged weekly shares with staggered pickup times.

We also will have new guidelines

(continued from page 1)

for using our You-Pick section, including limiting the number of people in the herb and flower rows at one time and asking members to bring their own scissors and to wear a clean mask and gloves. If you didn’t snag a CSA share in time, don’t fret; you can still find our homegrown produce in the Co-op’s produce departments and at the Farm Market.

### We Will Open — A Little Later Than Usual

This year, due to COVID-19-related challenges, our market will open a month late; pencil us in for early June. Because space constraints in the building make social distancing extremely challenging, we are considering moving to a pre-order system where orders would be pre-packed for easy pickup.

Look for specific information about our exact opening date and time in the eNews, on our website, on our Facebook and Instagram pages and on signage in our stores. We will do our best to communicate important operational changes through these outlets.

In addition to selling our own homegrown produce at the Farm Market, we also support our regional food economy. This season we will continue to be an outlet for local small farms and food producers who have lost significant portions of their businesses due to restaurant closures. We are a vital access point for those who depend on SNAP benefits, Farmers Market Nutrition Vouchers and Philly Food Bucks. With safety as a primary concern, we are exploring a format that prevents close physical contact but also accommodates customers who have technology limitations, who rely on free produce vouchers and who make purchases with an EBT card.

For now, we’ve suspended programming at our sites until we can safely run educational workshops and events. As restrictions in daily life begin to ease, we are hopeful the farm can once again host family-friendly movie nights, flower arranging workshops and your impromptu picnics.

As in previous years, expect to see the freshest chemical-free veggies just picked from our fields. Get ready to be wowed by beautiful and nutritious seasonal fruits and vegetables from local farms and quality cheeses, meats, pastas, ice cream, and hot sauces from our favorite nearby producers. But also expect to see lots of safety measures in practice.

Coronavirus has dramatically altered our daily routines. The farm experience will be different this year, but we will still be a site where visitors are nourished in body and spirit.

Thanks for your patience as we continue to plan for the season. We appreciate your continued support of the Co-op’s farms and look forward to seeing you at the market soon. Trust that even if you can’t see it, under our masks, we’ll be greeting you with a smile.

## Farm Market Field Assistants 2020



### Maddie Ballard

My family and I are longtime Weavers Way members. I grew up right down the street in Mt. Airy, and my family still lives close by.

I got into farming through a bit of a circuitous route. I graduated from the New School University in New York City with a degree in Interdisciplinary Science. Through a series of internships and volunteer opportunities abroad, I developed an interest in ecology and sustainability. During my last internship, I worked directly with subsistence farmers in Kenya to help deter crop-raiding elephants. I began to see how food and culture are intrinsically intertwined and how different management practices have a direct impact on the environment and community.

Upon returning to Philadelphia, I began working at Weavers Way in the Produce department, where I learned more about American agriculture and the food system. My growing interests took me all the way out to Hawaii, where I worked on an organic farm for several months, picking coffee and macadamia nuts. I really enjoyed working directly with nature and the land.

Once again back in Philly, I’m really looking forward to this season on the Weavers Way farm. I can’t wait to learn new farming techniques and embrace the benefits and challenges of urban farming.



### Jessica Schweiger

I grew up in Germantown and Mt. Airy, and I attended Masterman High School. I worked in refugee resettlement and workforce development and adult education programs in Rhode Island before moving to Washington, D.C. to work for the Peace Corps on programs in West Africa.

During my time as a graduate student studying international agricultural development and soil science at UC Davis, understanding agricultural systems and collaborating with farmers were big elements of my classes and field work. There, I fell in love with farmers and agriculture, developing a deep respect for the complex and important task of growing food on a large scale.

After completing my master’s degrees, I worked for the University of California Cooperative Extension, designing and delivering training for small farmers in the Bay Area and coordinating the county’s Master Gardener program. In 2018, I moved back to Philly with my husband, two boys, and two cats.

After so much time working with and for farmers, I decided to find an opportunity to try farming myself, which ultimately led me to the Weavers Way farm. This has been another homecoming for me, since my parents were members of the Co-op when I was a kid — I remember hanging out among the bulk bins while my mom did her hours! I’m excited to participate in everything this growing season, from bed prep to harvest.

### Shawn Brody

I was born and raised in Brooklyn, and I moved to Philadelphia earlier this year. I spent the previous seven years working with Grow NYC, a New York-based nonprofit dedicated to building and maintaining community gardens across the city, as well as nurturing my own garden at home in Coney Island.

When I’m not out in the fields or in the greenhouse, I enjoy going to shows, working on carpentry projects, exploring my new city, cooking and spending time with my girlfriend. One of my greatest farming inspirations is Leah Penniman’s “Farming While Black,” and I’m looking forward to sharing my decades of agriculture and horticulture experience with a new community.



Vegan Alert is taking a breather, but will return in a future issue.



The logo for Food Moxie features the word "FOOD" in green, with a green tomato and a green fork integrated into the letters 'O' and 'D' respectively. Below "FOOD" is the word "MOXIE" in orange, with a green chili pepper and a green carrot integrated into the letters 'X' and 'I' respectively. The entire logo is set against a white background with a green horizontal bar above and below the text.

**FOOD**  
**MOXIE**

An offshoot of Weavers Way Co-op

608 Carpenter Lane

215-843-8289

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# GIVING TWO DAY

MAY 12

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**Food Moxie programs**

**FOOD MOXIE**

# We dig what we eat.

# We've Pivoted, and Need Your Help More Than Ever

**by Lisa Mosca, Food Moxie Executive Director**

MANY HAVE ASKED WHAT FOOD MOXIE IS DOING IN THE time of COVID-19, and how to help. About a month ago, we shifted our programs to take the following actions, while maintaining best practices for staff safety:

- **Food Deliveries:** Last month, we began deliveries of locally grown, nutrient-dense produce through our partnerships to some of Northwest Philadelphia's most vulnerable families. Recipients include a shelter kitchen, student families identified by school administrators and themselves as being food insecure, and families in the 19138 zip code who receive food through our partner, Martin Luther King High School.
- **Increased Production in Our Spaces for Food Donation:** Food Moxie is fortunate to have access to four growing spaces. This month, staff have been planting collards and kale in our non-perennial growing spaces, as well as some root crops.
- **Support for Local Food Production:** As I wrote last month, local food producers, including community gardens, provide thousands of pounds of produce to the community by setting aside growing spaces or sharing their excess harvest.

At a time when the economic impacts of COVID-19 are hitting many in our region, sharing will become even more important. Last week, we supported our partner Awbury Community Garden with a compost delivery so they can ready their spaces for planting. In the weeks ahead, we will continue to provide resources to Philadelphia food producers, including personal protective gear.
- **Taking Our Programs Online:** You can now check out garden walks by our staff as well as growing and cooking tips at our new YouTube channel. We have been sharing a number of resources with our school partners as they reach out to their students during this time.

There are many ways for you to help support hyper-local community food security. If you're able, please consider a donation to help us sustain our pivoted work. If you have time, consider signing up for a food packing shift at Share Food Program or Philabundance.

We will soon post Food Moxie working member slots for socially distant workdays, where a few volunteers at a time will work on our growing spaces. Thus far, we have lost most of our 5,000 annual hours of support in these spaces, (which normally come from companies, organizations and student groups) due to COVID-19. So we will need garden support at our sites and at Awbury Community Garden soon.

If you have a garden space, consider “Growing A Row” and donating that part of your harvest to a local emergency food provider. Whenever Food Moxie has updates on supply giveaways for people interested in growing, we will post them on our website and on social media. For people looking to support hyper-local food production and donation, Philly Food Finder lists emergency food providers in your area that accept produce donations.

In the April issue, I thanked and acknowledged local producers for all they do. This month, I want to thank all the Co-op employees who have continued to provide outstanding service during this crisis.

In particular, thanks are due to Weavers Way General Manager Jon Roesser for his tireless leadership and advocacy for safety in the stores. Food Moxie has strong ties to the Co-op community, and we are so thankful for the ongoing support of our work by employees and members who donate time, energy, money and other resources. I also want to thank all the essential workers in our region for their work.

Keep buying local, keep supporting your Co-op, and stay safe!



## Reason #21 to Love Your Co-op:

Weavers Way Co-op provides meaningful jobs in our shared community.

## # of full-time staff (30+ hours/week)

173

## # of part-time staff ( $<30$ hours/week)

99

## total staff

272\*

\*Current as of Oct. 2019

# E. G. Rall Jr.

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FOOD MOXIE



Awbury Community Garden compost delivery



Saul collard and kale plants protected under row cover coats



Comfrey blooming at Awbury



Garlic is coming up at Martin Luther King High School



Lavender and hydrangeas at Awbury

THANKS TO...

- Albertsons Nourishing Traditions Fund
- AMJ Foundation
- Comcast
- Good Elf Fund
- Kistler Tiffany Foundation
- PHL COVID-19 Fund
- Seybert Foundation
- United Healthcare
- All our recent individual donors, sustainers, high five members and volunteers
- All our partners, their staff and teachers
- The ongoing support from Weavers Way Cooperative staff and members



For Their Support!



HENRY GOT CROPS

FARM MARKET

7095 HENRY AVE. AT SAUL HIGH SCHOOL  
EBT, FMNP and Philly Food Bucks accepted.

DELAYED OPENING

Thanks for your patience as we implement new safety measures at our site. We hope to see you in early June with the best produce from the WW Farms, seasonal fruit and veggies from other local growers, plus quality locally-sourced meats, cheeses, breads, hot sauces and more! We will communicate important changes via the Co-op's website, e-news/e-shopper, Facebook and Instagram pages and June edition of The Shuttle.



L.E.T.T.E.R.S

Home Delivery Rocks!

ALTHOUGH I HAVE BEEN A CO-OP member for many years, I always did the bulk of my shopping at Giant, Trader Joe’s and Whole Foods due to their substantially lower prices and my own financial constraints. However, the Co-op’s response to the pandemic has been nothing short of heroic.

While major supermarket chains tack on as much as \$30 or more for delivery fees and are backed up for weeks, Weavers Way magnanimously offered free deliveries to seniors and those with pre-existing conditions. More importantly, it has managed to fill orders within 72 hours! As a result, I feel secure no matter how long the pandemic lasts.

I love the convenience of weekly deliveries to my front porch of wholesome foods, along with self-indulgent treats like Tate’s Chocolate Chip Cookies. While I have never met the drivers who drop off groceries, each and every one is a soldier on the front lines. Their gallant efforts greatly reduce my risks and that of other seniors.

Thank you, Weavers Way, for looking out for the most vulnerable during this challenging time.

Stacia Friedman

Kudos for Co-op’s Response to COVID

WEAVERS WAY HAS BEEN A LEADER and an inspiration in the struggle to keep us safe during the COVID-19 emergency. The Co-op was ready to respond before the danger was even declared to have reached our shores.

How could they have been ready so quickly? The answer is leadership. Before the ‘big boys’ in the business world had come to terms with the meaning and demands of a global pandemic, the Co-op, specifically General Manager Jon Roesser, was planning for it. So when the reality of the pandemic hit the United States and ‘distancing’ became the norm, the Co-op responded in real time with the following steps:

- Store hours were adjusted to allow for sanitizing the stores. In addition, displays were rearranged to create more safety for shoppers, and staff received additional training;

- Protective gear was required for all staff and strongly recommended for shoppers;
- The number of shoppers allowed in the stores at a time was set according to square footage,
- No-contact home deliveries and curbside pickup service began immediately.

Now, believe it or not, cloth masks are being offered on a limited basis.

A number of these concessions are now part of every business in large or small part. But I am willing to bet we are still ahead of the curve at Weavers Way. And why not? We had a head start!

Thank you Jon Roesser, Membership Manager Kirsten Bernal and all the staff, volunteers and members who make us strong. I am a member, and I couldn’t be prouder!

Marisa Herrera

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.

Home Delivery

(continued from page 1)

He said he worried about people who are unemployed and hungry and was grateful that he had a job and that his wife could work from home. I’m grateful that I’m self-sufficient, and it’s a relief to be earning a bit more than usual.

By the end of the day, my hands feel like they’ve had an intimate encounter with a meat tenderizer and I’m soo sick of wearing gloves! The masks are no fun, either. In many of us, they invoke claustrophobia, and the constant swerving around people is no fun for those without perfect balance.

Along with the challenges come the moments of grace. Recently, I swung by the home of one of my regular delivery customers with some coveted toilet paper and decided to park on the street and walk. On the way back, I spotted a stand of pussy willows. The sunlight was shining just right behind them and they looked like scores of furry insects swarming up the branches. I continued on, with a spring in my step.

I am impressed and humbled by what everyone has managed to pull together: hundreds of orders filled every week; arranging the store so that a few customers can still shop; providing different meals now that the hot bar is closed; managing with reduced cash registers because of the closeness, helping each other find obscure items. Thanks also to a particularly chivalrous customer, who went above and beyond for me the other day.

“Excuse me,” I asked. “Are you limber enough to retrieve something from the very back of a bottom shelf, please?”

He knelt down, tush in the air, and found the last jar of mayo for one of my regular customers. That’s cooperation!



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WHEN INSIDE OUR STORES.



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# The Co-op Continues to Navigate the COVID-19 Storm

by Jon Roesser, Weavers Way General Manager

I REGRET THAT THIS WILL BE MY THIRD SHUTTLE column in a row devoted to COVID-19. I further regret that the prospects of changing the subject any time soon are unlikely.

In the grocery biz — just like in the world in general — the virus is always in the foreground. It informs all decisions, modifies all actions, and changes all plans. Before COVID-19, grocery business analysts were fond of saying our industry was going through a period of “disruption.” They were more prescient than they could have imagined.

In the midst of this pandemic, news happens constantly and grows old quick, making the Shuttle an imperfect deliverer of information. The gap between when I write this column and when you read it will be filled by countless developments, good and bad; new hopes and new fears; and dozens of mendacious presidential tweets.

But despite COVID-19’s omnipresence, we are carrying on. We own our cooperative enterprise together; it was created for and exists to meet our common needs. That fact, coupled with our status as an “essential business,” obligates us to navigate the storm.

Business-wise, the Co-op is in good shape. Our cash reserves are strong, and despite significant alterations to our operations, we’ve been able to maintain a sustainable level of sales. But as we look ahead to the remainder of 2020, three things are on our minds more than anything else.

The first — probably our biggest concern — is that by all accounts, social distancing seems here to stay for a while. (I’m trying to call it “physical distancing,” with limited success.) Operationally, we can learn to live with just about everything else: face masks, Plexiglas guards, idle hot bars, enhanced disinfecting regimes, and the like.

But physical distancing is operationally problematic, especially in our Mt. Airy and Chestnut Hill stores. We have been operating with customer caps —

currently 12 in Mt. Airy, 20 in Chestnut Hill — and while mostly everyone is taking the lines outside in stride, it is negatively impacting sales, and in time, people will begin to fatigue of waiting to go grocery shopping when the marketplace offers alternatives.

Another thing that’s evidently not going away



**Despite COVID-19’s omnipresence,  
we are carrying on. We own our  
cooperative enterprise together;  
it was created for and exists to  
meet our common needs.**



anytime soon is the demand for home delivery and curbside pickup services. We’re now doing more than 800 home delivery/curbside pickups each week, a figure that would have been unimaginable just a month ago.

We’re only able to fulfill this number of orders through a combination of adding staff and reducing regular business hours. The Co-op is set up as a retailer, not a fulfillment center. At some point, we will feel pressure to resume regular business hours. Finding a way to do this while continuing to meet the demand for home delivery and curbside pickup will be challenging.

The third problem we’re grappling with is our senior discount. At the start of this insanity, we extended

what had been the Senior Tuesday discount to Monday through Friday, in order to better spread out our senior shoppers throughout the week. We’ve further extended it to include the “High Risk Shopper” hours on Saturday and Sunday mornings in Chestnut Hill and Mt. Airy.

The senior discount — 10% off, stackable on top of the 5% working member discount — was sustainable when it was a Tuesday-only thing. Now that it’s more than five days a week, it’s not sustainable, at least not in the long term. (For now, the short term, its fine.) But how do we get back to offering the senior discount just once a week when social distancing continues to necessitate spreading shoppers across several days?

All of these problems are surmountable; they’re just conundrums with which we must grapple until we land on the solutions. What remains our fundamental challenge, our paramount issue, is making sure we continue to do everything we can to keep customers and employees safe at a time when coming together in public is an inherently unsafe act. For us to succeed, we will continue to rely on your support.

I know I speak for all of my colleagues when I say the love you’ve shown us during the pandemic is, above all else, what’s kept us going. Your kind words, your thoughtful emails and Facebook posts, your generous donations to our tip jar, and those smiles we can clearly see despite the masks — all of these things are the bedrock of our Co-op’s sustainability. Thank you so very much.

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](http://www.weaversway.coop/events)**

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**Together we can #stopthespread**



# A Snapshot of the COVID Response From Southwestern India

by Phyllis Robinson, for the Shuttle

AS IN PHILADELPHIA AND THROUGHOUT THE world, India has been locked down since the end of March due to the COVID-19 pandemic. Indian Prime Minister Narendra Modi first extended the lockdown to the middle of April, and then again to May 3. Kerala, on the country’s tropical Malabar Coast, was one of India’s hot spots; the first case in the country was detected there in late January. Since then, it has been one of the country’s heaviest-tested areas.

“In February, we had the second spread, with people coming from Italy,” said Tomy Mathew, of Elements and Fair Trade Alliance in Kerala. “Robust tracing is in place, but it still has its limitations. The numbers are high, but at least due to tracing, there is no community spread. We now have 200 infected and two deaths [Editor’s Note: As of April 13]. But it is contained.”

Mathew believes Kerala’s experience with having to deal with the Nipah virus a few years ago helped them with handling the coronavirus outbreak.

“Kerala was the first to declare a lockdown; we did it two days before the rest of the country,” he said. “The central government announced the nationwide lockdown with only four hours notice: They announced at 8 p.m. that it was effective at midnight!”

“It was the first time we had a total lockdown, and that is why you have these horrifying scenes of people walking hundreds of kilometers, some thousands of kilometers, trying to reach their homes,” he continued. “That did not happen in Kerala. There is community spread and it is a big concern, but we are probably still doing the best in the country to observe the lockdown.”

### Lean Days For India’s Farmers

Milk is one of the biggest sources of income for Kerala’s dairy farmers. But with the lockdown, the possibility of them selling it has ended entirely.

“The restaurants, hotels and shops are closed, so milk consumption has stopped, and now we have excess milk,” Mathew said. “One large cooperative in



photo courtesy the Fair World Project.

Tony Mathew of the Fair Trade Alliance in the field in 2018.

Kerala was doing the central buying, but they have also stopped.”

Cashew collection is also having a huge setback.

“We hope that when social distancing is lifted, we will be able to recover,” Mathew said. “We are not allowed to collect the cashews because of the lockdown, and prices have crashed. Cashews are not considered essential, so the demand for them is much less. The government announced that they would start buying cashews, and we were encouraging farmers to try to sell to them, but that hasn’t started yet.”

“Thankfully, cashews are not perishable,” he continued. “If the farmers dry and store them, they can stay safe. So we hope we won’t lose much, although there will be tremendous pressure later to buy them.”

### Communities Feeding Communities

According to Mathew, Kerala is faring better than other parts of India in many ways, because it is one of the states with the best public food distribution and food rationing system.

“We have set up 1,500 community kitchens in the state, which means at least one community kitchen per



photo courtesy the Fair World Project.

Members of the Fair Trade Alliance in Kerala tending crops, winter 2018.

village. In the cities, there are many more,” he said. “Food is cooked and then delivered to the locations of the migrant workers, so everyone has food. There were issues of course: Kerala was cooking its own food and the migrant workers are used to the food of north India. But even that is now being addressed.”

About 1.7 million families got their first free rations on April 2. According to Mathew, farmers have been taking care of the workers in their communities and villages.

“In the villages, the places where they are staying are not as crowded as in the cities,” he said. “There are not as many migrant workers as in the cities, but there were some in the unorganized industries — on the farms, and in the shops and restaurants. They were serving as waiters, cooks and clerks. Now, none of them have jobs, and they can’t move back home. So the focus is on taking care of those people.”

“The working class is left without income,” he continued. “The salaried segments, the white-collar workers, will get their salaries and those organized in factories will get their pay for next month. But if you are a day wage earner, you have no recourse and will have to go 21 days or more without any job.”

(Continued on Page 19)

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# Organize Your Produce to Reduce Your Shopping Trips

by Dianne Dillman, for the Shuttle

I WANT TO KEEP FRESH PRODUCE ON HAND. BUT IN the interest of my and the community’s health, and to lessen the strain on the Co-op, I want to limit my shopping trips right now; my goal is to shop no more than once every two weeks. As a chef, I know it’s possible to stretch fresh produce over two weeks and not feel deprived. To do that, I need to shop wisely. This is my plan:

- Think in terms of my produce’s storage qualities and include both keepers and perishables;
- Make use of every part of the veggie or fruit;
- Handle and store it in ways that lengthen its storage time, and
- Substitute with abandon.

Be sure to follow current guidelines as to how to properly sanitize your purchases. I unpack on the front porch and recycle or dispose of most packing materials so they never enter the house. I’m no fan of soap on my produce, but if you use it, be sure to rinse well. And don’t wash berries or grapes until just before use, or they will spoil quickly.

### The How and Where of Produce Storage

Keepers include winter squash, sweet potatoes and potatoes, daikon and other radishes, celery, carrots, citrus, pears, most apples, onions (except sweet), cabbage and lettuce with the roots still attached. I want about half to two-thirds of my purchases to be keepers.

Perishables include asparagus, lettuce, fresh beans, snow peas, fresh squash, eggplant, berries, mushrooms, delicate greens like spinach, herbs, some apples, broccoli, sweet onions, and baby potatoes.

Squash kept on the counter will last for months. Sweet potatoes, potatoes and onions should be stored in a dark, cool dry place such as under-counter cabinets. But keep the onions and potatoes in separate cabinets, or they’ll encourage each other to spoil. The rest and the perishables go in the fridge drawers, but cook baby potatoes first.



photo by Lauren Todd

Store unwashed berries in a single layer if possible on paper towels in the fridge. Are they soft? They can be tossed with sugar to last a little longer and are perfect to top toast or pancakes.

Unripe avocados are keepers until ripe, then must be used quickly. Excess avocado can be mashed with lime or lemon juice and frozen. Ginger and turmeric roots can shrivel away and garlic can sprout, so I buy them in larger-than-normal quantities and peel the roots by scraping them with the side of a spoon. Cut large ones in chunks and freeze.

I peel garlic cloves and freeze them. These can be added, still frozen, to stocks, soups, and stews; or grated, preferably with a microplane, wherever you want them chopped or minced. Pick through the herbs, and if they’re looking tired, wash, dry well, and bag with a couple paper towels to use up quickly. If fresh, wash what you will use during the week and leave some unwashed and bagged in the fridge to wash later. Treat lettuce the same way.

### The Prep’s the Thing

My normal practice is to cook lots of produce to use throughout the week. My first week, I will focus on the perishables. I bought two eggplants, so after first charring one directly on the gas burner, I roasted it, cleaned the flesh from the skin and froze it to make baba ganoush next week. The other eggplant I stovetop grilled for a side salad and sandwiches during the week.

The asparagus was trimmed, peeled, poached, and chilled; the peels and tough ends were bagged and frozen for soup next week. A silky soup can even be made from tough pieces in a high-speed blender.

Save vegetable trimmings in a bag in the freezer to make stock but skip the broccoli/cabbage family. Save herb stems to toss in the stockpot, or make a quick pesto in the food processor or by hand.

I made a pot of mushroom soup and froze some. I roasted some of the sweet potatoes and bagged them to reheat during the week. The rest I boiled, ran through the food processor with some coconut yogurt, and froze. Freeze any excess for later!

To make the most of my vegetables, I use every little edible bit. A bunch of beets is an excellent choice. Roast the roots, remove the leaves and cook like spinach, but a bit longer. The stems can be chopped and braised until tender in citrus juice and butter. Radish and carrot tops are good in soups, salads, stock and pesto. Potato skins tossed with melted coconut oil and baked at 400° until browned and crispy make great snacks or garnishes for salad or soup.

I inspect my stored produce every day for signs of softening, decay, mold or wrinkling. If I notice any I cook it. I’ll remove any moldy or dark spots with a knife and then proceed.

Lastly, use what you have. No cilantro? Use parsley or dill. No beets? Substitute carrots. No potatoes? Use sweet potatoes.

I’m at the two-week mark, and I could go longer.





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# Weavers Way Wellness Team

## Boost Your Nutrition with Allergy Friendly Foods, Chemical-Free Produce and Sprouting

by Dorothy Bauer, Weavers Way Wellness Team

TRYING TO EAT HEALTHIER, WHETHER BY AVOIDING allergens or chemicals or improving your overall nutrition, is a process. When taking the first step, it’s important to know which foods are more likely to cause an allergic reaction, and which conventional fruits and vegetables are more likely to have been treated with pesticides.

Known allergy triggers to avoid include cow’s milk, hen’s eggs, peanuts, soy products, wheat, fish, and shellfish. By contrast, lamb, chicken, pears, apricots, apples and cherries are among the least allergenic. Other acceptable foods are winter squash, sweet potatoes, carrots, and asparagus.

By choosing organic foods, you’ll steer clear of pesticides that exasperate the body’s ability to keep antigens in check. When buying conventional produce, stay away from the “Dirty Dozen” — the 12 vegetables and fruits found to contain the highest traces of pesticides in commercial farming. (Strawberries, kale, and spinach are currently three of the 12.) Also avoid processed food; let “fresh is best” be your mantra and guide you toward eating clean and staying healthy.

Locally, Weavers Way Farms’ fabulous baby kale and arugula are in our stores now. All their fresh, tender greens are packed with vitality; they’re nutritional powerhouses for your meals. And don’t forget microgreens and sprouts, including those from Germantown Kitchen Garden.

When you consider that these types of greens have no stalks or stems to trim, they’re well worth every penny. They tend to be tucked away on higher shelves and are consequently overlooked, so keep an eye out for them! One of our fabulous produce team members will be glad to assist.

While we’re on the subject of “live food,” let’s talk about sprouting. Most folks associate this with beans, which are fantastic, but nuts, seeds and grains can also be sprouted. To release the nutrients inside, you need to soak them for four or more hours in order to break down their enzyme protective coating. Sunflower seeds, pumpkin seeds, and all dark nuts — almonds, Brazil nuts, hazelnuts, walnuts, pecans — need to be soaked; note that you should only start with raw nuts, because roasted ones won’t sprout.

I do my soaking before I go to bed. In the morning, I rinse the seeds well and then start the drying process. A dehydrator is ideal, but not critical. If you’re using a conventional oven, find the lowest setting, and if it’s safe (no little ones underfoot to burn their sweet little digits), you can prop the door if you like. Use a thermometer if you feel the need; I like to dry my seeds and nuts at 110-112° to ensure maximum nutritional value. Many new stoves have built-in dehydrators. (Who knew? Maybe you have one!)

Seeds are much less acidic than nuts — not to mention easier on the pocketbook. A small handful of nuts is really all that should be consumed on a daily basis. Nuts are packed with essential fatty acids and other equally essential nutrients, and because they are so yummy, it’s easy to overdo!

Another great addition to your springtime salads is watermelon radish — they’re as beautiful as they are delicious, and big-time nutritious. Jicama is also a fabulous addition, with the extra benefit of being packed with vitamin C, minerals, folates, pantothenic acid and B vitamins, all nourishing for an allergenic-prone body. I don’t consider a salad done without a good sprinkle of hemp seeds, some crunchy pumpkin seeds and maybe a handful of pomegranate seeds.

Instead of using a fractionated oil for dressings, I make a lighter but just as tasty version using sprouted seeds as the base, chia gel as the carrier and whatever fresh or dried herbs I have on hand. Here’s one of our house’s staple dressing recipes; it’s quick, easy and versatile. We’re voracious salad eaters, and we demand a fabulous dressing — I hope you like it!



### Sunflower Herb Marinade

- 2 tbsp. fresh thyme or other herb
- 1-2 cloves garlic
- ¾ cup chia gel (Put 1-2 tbsp. chia seeds in a quart jar, fill it with filtered water, give it a good shake and let it gel, overnight is best)
- ¼ cup pitted olives or organic extra virgin olive oil
- ½ -1 cup sprouted sunflower and/or pumpkin seeds
- 1 tbsp. lemon or lime juice, apple cider vinegar, water kefir or kombucha
- 1 tsp. salt (If you haven’t already made the switch to a high mineral content salt, there’s no time like the present! I like Himalayan, Celtic and Alea; the Co-op carries a lovely apple smoked sea salt in the bulk section)

Blend all ingredients to your desired creaminess and thickness. You can add more water or acid if you like a runnier dressing. The beauty of this recipe is how easily it is modified. Enjoy!

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# Weavers Way Wellness Team

## A Few Important Health Lessons Learned in the Time of COVID-19

by Margaret Kinnevy, Weavers Way Wellness Team

LIKE MANY MEDICAL PROFESSIONALS, I PLAYED MANY ROLES in my formative years that led me into my vocational roles. When environmental allergies showed up in my system as “reactive airways,” I started living with the breathlessness and distress I had previously only witnessed during my dad’s years in and of out of ICUs with COPD. I made it my work to learn deeply about primary and secondary prevention of reactive airway disease with the use of behavior and life practices. I’ve needed no meds and can hike small mountains with ease.

Protection from a community-acquired super-bug that viciously attacks vulnerable lungs is a lesson we’re all trying to make sense of right now. Here, I share with you a few things I learned in April:

- 1. The CDC website and YouTube channel are the places to visit when it comes to protection.** The Centers for Disease Control and Prevention has been the vast and invisible army tracking, teaching and protecting us. You can find a lot of interesting reading when digging deep into the world of viruses and the history and heroes of public health.
- 2. Masks matter. Physical distancing matters. Handwashing matters.** Sound bites do not cover the complexities in the who, how, what, when and why of each of these three strategies. The rationale is different relative to the context. However, one universal is that reducing the frequency of particles one is exposed to really matters. SARS-CoV-2 is potent enemy. I now wear a mask when raking and stirring up things my lungs would have to wrestle with.
- 3. The best supports of your immune system are not found in a bottle, but maybe a box, i.e. a Zoom room or YouTube video.** The folks who study the science of sleep, nutrition, movement and love have taught us that life activities keep our immune systems in top form. Determine what nourishes and moves you and your lungs. Qigong, dance, singing, upper-body side stretches and breathwork are things I do for lung health. “Sitting is the new smoking,” while not 100% accurate, is a message that motivates me. Songs also inspire me to sing and do happy things. I work my inner and outer lung muscles by walking in the forest or on the wide roads with a buddy, during the hours when others are still indoors.
- 4. Developing body literacy on lung function.** As allergy season arrives, the CDC site will help you differentiate the levels of symptoms. Call your provider early to get treatment before lesser symptoms flare up. Hospitals have hotlines to help you sort out best next steps on breathing matters. I have used climbing a flight of stairs as my barometer for how I am doing day to day. I suggest two sources of inspiration for my patients: for excellent educational articles, <https://avivaromm.com/category/covid-19/>; and, for the art of war, Sun Tzu, who said, “If you know your enemy and know yourself, you will not fear the results of a hundred battles.”

Margaret Kinnevy, RN,Lac. offers integrative acupuncture, qigong, dietary therapy and counseling from the Yang Sheng tradition of Chinese medicine to treat women through all stages of life. She uses a personalized and collaborative approach to mind, body and emotional concerns, and works to restore function, flow and immune system health. Contact her at [www.heartmindwellness.com](http://www.heartmindwellness.com)



### How to wash and dry hands with liquid soap and water

 Duration of the entire procedure: **40–60 secs.**



Wet hands with water



apply enough soap to cover all hand surfaces.



Rub hands palm to palm



right palm over left dorsum with interlaced fingers and vice versa



palm to palm with fingers interlaced



backs of fingers to opposing palms with fingers interlocked



rotational rubbing of left thumb clasped in right palm and vice versa



rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



Rinse hands with water



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# Open-Fire Cooking Every Day Is No Picnic; StoveTeam Offers a Healthier Alternative

by Betsy Teutsch, for the Shuttle

THE RADICALLY IMPROVED AIR QUALITY OF THE 2020 coronavirus global lockdown is making headlines, especially in the Global South. The Taj Mahal is suddenly smiling under bright blue skies, and the Himalayas are visible from 100 miles away, a sight not possible in decades. People suffering with respiratory ailments are cutting down on their use of inhalers due to breathing cleaner air.

But for the hundreds of millions of women across the globe stuck cooking with stone-age tech — open fires — the air surrounding them is as polluted as ever. Inefficient burning of wood not only generates toxic smoke that fills cooking sites, it also emits particulates that contribute to global warming. Cooking over an open fire day in and day out is a slow-acting public health scourge.

Open fires have other downsides as well. Young girls are often tasked with wood foraging; as populations expand, it means they must spend more time traveling and then lugging the wood home over those longer distances. That’s time they should be in school. It also leads to deforestation and accompanying soil erosion, a downward spiral of environmental degradation.

Fortunately, designers have been tackling this problem, and over the past decade, many affordable, clean cookstove designs have come to market. They’re also called high-efficiency stoves. Either name gets at what they accomplish: creating flames hot enough for cooking while generating far less smoke.

Such a stove creates multiple benefits. Less fuel is needed, freeing up some of the girls’ wood-collecting time for more productive pursuits. If families buy wood, they now put 50% of the daily fuel bill in their pockets. And the cooks and their kids are no longer exposed to toxic smoky air, improving everyone’s health, nor are they at risk of getting burned by the hot open flames.

Stove designs vary according to local/regional cooking styles. The first stoves, created in design labs without women’s input, were roundly rejected. Subsequent designs are now continually tweaked by engineers co-creating stoves with the women who use them.

StoveTeam, a Dining For Women grantee from a few years ago, is such an initiative. They designed, manufacture and dis-



Ecocina stove demo in Mexico, courtesy of Stoveteam.

seminate their signature Ecocina stove. It’s sturdy and affordable, generates almost no smoke, cuts black smoke emissions by 80% and uses half the fuel of a conventional open fire. As an added bonus, StoveTeam also creates local jobs at their factories.

StoveTeam is producing tested, culturally appropriate, affordable cookstoves styled for Central American cooks. Their stoves include space for a deep pot to cook on top, as well as a plancha for tortillas and the like resting across the top.

And, great news for those of us who are distressed by how much carbon our air travel generates (remember when we flew places?!): StoveTeam is now offering direct Gold Standard-certified carbon offsets. This certification confirms a stove’s carbon-offsetting efficiency and verifies that cooks actually use their stoves.

One donated Ecocina offsets 10.5 tons of carbon dioxide over the course of its multi-year life, the equivalent of many cross-country flights. The cost is \$50, tax-deductible, all going direct to StoveTeam. Contributing a stove is a great way to clean up our carbon and help people improve their health and bottom line — a triple play. For more information, visit [stoveteam.org/carbon-offset-donate](http://stoveteam.org/carbon-offset-donate).

## The Health of the Planet

(continued from page 1)

This is also a potent time to consider your purchasing habits. Are you generating a lot of single-use waste? You can avoid this is by buying larger quantities in bulk. Since some of us have a bit more time on our hands, we can start to audit our purchasing habits and audit our waste stream. This will tell us a lot about our consumer tendencies. Also, if buying in large quantity feels like overkill, consider splitting orders with friends or neighbors.

In recent weeks, I have fielded a lot of emails about whether to bring your own bags to the store. Many stores are forbidding customers from doing this. I think we need to do everything we can to prevent COVID-19 from spreading. Many larger chain grocers like Safeway are telling their employees to refuse to bag customers’ groceries if they bring their own bags to prevent the potential for cross contamination.

After each shop, I throw my cloth bags into the wash with soap and hot water. After they come out of the dryer, I fold them up and place them into one of the bags that I do not use at the store. This way I assure the bags that I am pulling out in the store are clean. I also tell the cashier that I will bag my own products.

I don’t think this is a time to impose any additional stress on any establishment or ourselves by trying to be perfect with our ecological actions. We will resume that way of life once this passes with even more reverence for the planet. Still, this is a great time to evaluate how we can live more harmoniously with the planet.

If you have any comments or concerns, please email me at [asharg.zwc@gmail.com](mailto:asharg.zwc@gmail.com).

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# Pet Store Manager Jumps Into the Breach to Secure Sanitizer For Local Nurses’ Union


by Kathleen Casey, Weavers Way Development Manager

We’re all aware that supplies of hand sanitizer are low throughout the country. Norman Weiss, Weavers Way purchasing manager, struggled to locate sanitizer suitable for Co-op employees, ultimately finding some through Palmer’s Distillery of Manayunk.


Unfortunately, the problem of low supplies also exists for area healthcare professionals. Hospitals have come up short securing supplies, whether due to supply chain problems or people taking more than their fair share (Yes, there are stories of sanitizers locked away in hospital closets so that hospital visitors won’t steal it).

In response, Across the Way Pet Store Manager Anton Goldschneider agreed to help a local nurses union, the Pennsylvania Association of Staff Nurses and Allied Professionals, find sanitizer for their members. After lots of back and forth, and explaining the order was for hospital staff, Anton arranged the purchase of five-gallon bottles of sanitizer through an agricultural supply company. The nurses union had volunteers fill small bottles with the sanitizer and distributed them to nurses to stash in their pockets, safe and ready to use. Big props to Anton!

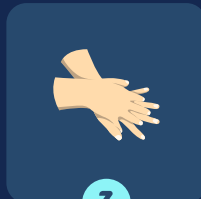
## HOW TO USE HAND SANITIZER




1  
Apply on your palm



2  
Rub your palms



3  
Rub your hands together



4  
Wait until your hands feel dry

## Locally Grown

Illustration by Alli Katz



## Voting by Mail: It’s New, Easy and Better for Everyone’s Health

by Laura Morris Siena, for the Shuttle

MANY OF US LOVE TO VOTE IN person: the quickening step to the doors of our polling place; weaving through the phalanx of advocates for one candidate or another; and then, finally alone in the voting booth, with our choices and our knowledge that we are fulfilling our civic duty and enjoying our rights as Americans.

But this year, consider taking a different path and exercising your new right to vote by mail under the law signed by Governor Wolf as part of the Elections Reform Bill last October. If you sign up before May 26, you’ll be eligible to vote by mail before the primary election on June 2.

Go to [www.votespa.com](http://www.votespa.com) to request your vote-by-mail ballot, and please encourage your friends and neighbors to do the same. Here are a couple of reasons:

1. It will be safer to stay away from the polls this year, both for you and for poll workers, who are often older and in the at-risk population.
2. It’s important that our Secretary of State’s office and all the county election boards have an opportunity to



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work out the kinks in our new vote-by-mail system prior to the November election, which is likely to have one of the highest turnouts in our nation’s history. Receiving and submitting your primary ballot by mail will help those agencies troubleshoot problems prior to the general election. By signing up now, you will automatically receive a vote-by-mail ballot for Nov. 3.

It’s easy to do this online, and you can check that your address is correct and make any other changes to your status at the same time. You will need your driver’s license or Real ID in order to complete the application, which will take just five minutes.

If you have any problems with the application, contact the Secretary of State’s office by phone: 877-VOTESPA (877-868-3772).

## Reflections on Gratitude, Heroism and Fear During the Pandemic

by Shelly Brick, Weavers Way Chestnut Hill Deli Staff

TODAY AT WORK, A SHOPPER WHOM I HAVE BECOME FRIENDLY WITH came to the deli. The first words out of his mouth were, “I am so glad to see you and that you are well. Thank you for what you are doing.”

Many of us have been fortunate to hear these or similar expressions of gratitude from our shoppers. I was humbled, because this shopper is an emergency room doctor at Jefferson Hospital in Center City and he was thanking me, really all of us, for being a part of the response to COVID-19.

I don’t think of myself as a heroine. I am actually embarrassed when I hear that I, as a grocery store worker, am mentioned in the same category as doctors, nurses, first responders, law enforcement and outreach workers, who are the actual frontline in this pandemic.

Still, I feel that we are providing an essential service. I am grateful to have the opportunity to work; it’s a gift that helps me keep my fear at bay. Every day, I witness acts of kindness by and for the Weavers Way “family.” I am proud to do what I can as we travel these uncharted waters.

My hope is that when this has passed, and it will, we carry the best of humanity we see around us every day and commit to kindness, compassion and love.

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# FOW’s “Virtual Valley” Allows Users to Experience the Wissahickon from Home

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

LET’S FACE IT: AS THE STAY-AT-HOME ORDER CONTINUES, we’re all going a little stir-crazy and want to get some fresh air and outdoor exercise, especially when the beauty of spring in the Wissahickon Valley beckons. But when too many people have the same idea, recommended social distancing is harder to achieve. And without staff and volunteer crews who typically clear trash and maintain trails, this sudden influx of visitors has a negative impact on the park’s health as well.

Obviously, public well-being is our top priority. So, while the park remains open, ongoing directives from health experts and local, state and federal agencies remind us that the best way to keep ourselves and others safe at this time is to stay home. If you need to visit in the park for a short mental health break, go. Get that relief in nature, then be safe and get home.

Even though the COVID-19 crisis prevents our nature-loving FOW community from convening at our events and on our guided hikes, we want to keep them connected to the Wissahickon. We also want to engage with new audiences who may have recently visited the park and may not know about our conservation mission and the uniqueness of the Wissahickon Valley. That’s why FOW created the online Virtual Valley, bringing the outside in with videos and resources, maps, trivia, art, interactive family fun, live-streamed events and other Wissahickon-focused activities, all to help create the next-best thing to being there.

Share your Wissahickon stories, photos and artwork; consult the “Creekside Classroom” for home-schooling material; and enjoy some much-needed moments of Zen in the “Peace in the Valley” section. Looking ahead, FOW intends to move more educational programming and events online with a series of lectures on the park’s rich history, geology, flora and fauna, starring dedicated Trail Ambassadors and other volunteer experts. Please explore the Wissahickon online with us at [fow.org/virtual-valley](http://fow.org/virtual-valley).


Though working remotely, FOW staff are continuing to collect reports from the public on conditions in the park and share this information with partners throughout the city. You can report non-emergency park problems, donate and sign up for updates about the park by texting WISS to 267-966-2207.

And throughout this public health crisis, our mission to conserve the Wissahickon — our urban oasis, important wildlife habitat and source of drinking water for one third of Philadelphians — is unwavering. Now more than ever, FOW is grateful for the outpouring of community support we’ve seen and on which we rely to help us ensure the survival of our beloved Wissahickon. Joining our monthly Sustainer Program and contributing any amount makes the work we do possible. Learn how at [fow.org/sustainerprogram](http://fow.org/sustainerprogram) (and select a free thank-you gift). Stay connected with us at [fow.org](http://fow.org) and on social media (@FOWissahickon) as we expand our Virtual Valley content and continue to share ways you can support the Wissahickon Valley Park from the comfort of your own home!

Stay safe and healthy!



## Biennial Contest Seeks Your Shots of the Wissahickon



FRIENDS OF THE WISSAHICKON is teaming up with Wissahickon Trails (formerly the Wissahickon Valley Watershed Association) and, for the second time, the Woodmere Art Museum to present the biennial Wissahickon Photo Contest. Anyone interested may submit photos taken while visiting Wissahickon Valley Park within the past three years. With the current stay-at-home orders, it’s a great time to rediscover and share some of your favorite park photos!

The rules are as follows:

- All photos entered in the contest must be taken within Wissahickon Valley Park, along the Green Ribbon Trail, or on one of the Wissahickon Trails managed preserves.
- Participants may enter up to four photos taken within the past three years in four categories: People, Wildlife, Landscape and Structures.
- Prizes will be awarded for Best in Show, First Place in each category and People’s Choice (chosen by Facebook voters).
- Any of the three co-hosting organizations may feature the winning photos online, in their printed materials or on social media.
- Entries that do not comply with the rules will be disqualified.
- Photographs will not be returned.

The deadline for submissions is Friday, Oct. 9. Winners will be announced Friday, Oct. 23. Visit [fow.org/photocontest2020/](http://fow.org/photocontest2020/) for complete rules and details and to submit your entries.



### IMPACTS

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### 125

Free Workshops



### \$10M

Local Products Sold



### \$20K

in Community Donations



### 266

Local Producers Supported



# Tips for Being Nature Friendly at Home

by Gail Farmer, Wissahickon Trails Executive Director

WE ARE ALL CAPABLE OF TAKING actions in our own lives that have positive impacts on the health of our local environment. Here are a few ways that you can make a difference from your own home.

### Choose Native Plants

Plant native plants in your yard or garden to support local wildlife. Non-native plants do less to support local wildlife with food, shelter and cover. For example, native oak trees support more than 500 native species of caterpillars, but no native caterpillar will feed on the leaves of the butterfly bush (Buddleia), an invasive plant from Asia.

Native plants are adapted to local conditions and often don't need extra watering, fertilizers or pesticides to thrive. You don't need a large area to have a native garden; many native plants can be grown in containers in small spaces. You can find native plants at local nurseries, many of which offer discounts for Wissahickon Trails Supporters.

### Make Your Home Safe for Birds

The birds in your backyard don't see the windows on your house the way you do. Instead, they see reflections of the sky and surrounding habitat, and when they try to fly to trees, shrubs or blue skies that they perceive, they collide with solid glass. While they might fly off after a window collision, most birds will sustain internal injuries or concussions and do not survive. With an estimated one million window strikes per day in North America, this is likely the greatest human-induced cause of bird population declines.

The good news is, you can easily make your windows safer by using decals or screens. Place bird feeders either close to a window (less than three feet away) so birds can't pick up enough speed to be injured if they hit the glass, or far away (more than ten feet) so there is plenty of space for them to maneuver.

### Become Stormwater Ready

Stormwater runoff containing harmful pollutants picked up from lawns, pavement and other surfaces is the number-one threat to the health of our waterways today. You can help reduce stormwater pollution right from your home by using the "Homeowner's Stormwater Handbook." This guide was written by Philadelphia Water and the Partnership for the Delaware Estuary and can be found on our website, [wissahickontrails.org](http://wissahickontrails.org).

### Consider a Rain Garden

If you have water issues in your yard, a rain garden may help. Rain gardens are strategically located to allow stormwater to soak into the soil. These gardens also use native plants, and they can serve double duty as a pollinator garden or bird garden, depending on your plant selection.

### Yard Care Strategies

If you live along the Wissahickon Creek or a tributary, don't mow all the way up to the water. Leave a buffer in your backyard of native trees, shrubs or even tall grasses to limit erosion and property loss. When raking leaves, place them into a yard bag instead of in the street or storm drains to help keep our waterways clear. Or, use leaves in your lawn and garden as natural mulch. Use less fertilizer, and never use it 24 hours before forecasted rain, as rain can wash fertilizers into our waterways.

### In Your Driveway

Wash your car in your grass or at a car wash where water is processed, so detergents don't run into storm drains and into the creek. When preparing for snow and ice, use less rock salt, and sweep up any excess salt after the ice has melted. Never pour liquids or trash down a storm drain.

### Be a Nature Friendly Pet Owner

There are a few simple steps you can take to protect your pets, local wildlife and the Wissahickon Creek. Always pick up your pet's poop, as it contains bacteria, and rain can wash these pollutants directly into our waterways. Keep your pets on leash to ensure they and any wildlife they may come in contact with are safe from harm. Be sure to vaccinate your pet; in the unfortunate event your pet does come in contact with a wild animal, vaccinations will protect them against diseases such as rabies, canine distemper, feline distemper and leptospirosis. And please keep cats indoors — billions of birds are killed each year by outdoor cats.

### On Your Mobile Device

Whether you're in your yard or at one of our preserves, you can help track the plants and animals that live in the Wissahickon watershed using your computer or mobile device. Participating in one of Journey North's projects or sharing backyard observations with the eBird or iNaturalist apps are excellent ways to contribute meaningful data at local and national levels.

Visit [wissahickontrails.org/take-action-at-home](http://wissahickontrails.org/take-action-at-home) for more information and online resources.



photo by Jamie Stewart

The Pizek Creek, which runs through Upper Dublin and SpringSide.



photo by Kristy Morley

Snowberry Clearwing Hummingbird Moth



photo by Kristy Morley

Golden-crowned Kinglet Dodsworth



photo by Margaret Rohde

Milkweed Beetle




photo by Kristy Morley

Monarch On Zinnia




photo by Jamie Stewart

Tree Swallow



“OH, NO, I FORGOT TO SAVE THE EARTH!”

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Liberate Your Lawn & Garden

Celebrate the Season with Spring Ephemerals

by Sarah Endriss, for the Shuttle



Illustrations provided by Ben Nardi, Jefferson University third-year Landscape Architecture student.

SPRING-FLOWERING EPHEMERALS ARE A BEAUTIFUL thing! Fleeting by nature, these delicate spring beauties appear seemingly from out of nowhere to suddenly dance across our barren woodland floors. Rising up out of decaying duff, the delicate blooms take full advantage of the early spring sun’s warmth before quietly disappearing back into the forest floor as tree leaves begin to shade the ground. Blink, and we humans will miss them.

However, our early native pollinators do not play a critical role in the production of pollen and nectar in the way that spring-flowering ephemerals do. This is why, for those of us in Northwest Philly, spring-flowering ephemerals are a welcome addition to our early shaded gardens.

During this time of COVID-19, I’ll use any excuse to get out into the woods, including a hunt for Trout Lily (*Erythronium americanum*). I say hunt, but it’s more of a hiking “I Spy” game that my nine-year-old can totally get into when she wants. And last week’s game did not disappoint!

I had a notion we would find Trout Lily down by the river, but this walk was seriously magical. We start-

ed off from Kitchens Lane heading west on a small trail, and before we were 100 feet in, I was completely caught off guard by a small cluster of Purple Toadshade (*Trillium cuneatum*). We would have totally missed it had it not been for the large pile of dog poo I was steering my daughter around. (Really, in the middle of the trail, people!)

I have three species of Trillium (*T. cuneatum*, *T. grandiflorum* and *T. sessile*) in my garden nestled between Bluebells (*Mertensia virginica*), but none of them are as large, healthy and vibrant as these were. After enthusiastically admiring them, my daughter bounded off, only to stop short and yell that she had found even more. Yes, this was going to be a great game today! Further down the trail, set back among the ever burgeoning green and yellow carpet of invasive Lesser Celandine (*Ranunculus ficaria*) was an even larger cluster of Toadshade towering over newly emerging umbrella foliage of Mayapple (*Podophyllum peltatum*). And get this: right next to it was a small single white flower of *Sanguinaria canadensis*, or Bloodroot. To say this was exciting is putting it mildly, as we had only walked 250 feet!

Two hours and three dozen photos later, my daughter had memorized the name of Mayapple by chanting *Podophyllum peltatum* over and over again to the rhythm of her steps, and in our hike we had “spied” a dozen spring ephemerals gracing the Wissahickon’s woodland slopes — some in small colonies, others in large swaths. Our finds included teeny Bluets (*Houstonia caerulea*), pale pink Spring Beauty (*Claytonia virginica*) and Rue Anemone (*Anemonella thalictroides*), white Dutchman’s Breeches (*Dicentra cucullaria*) and Twinleaf (*Jeffersonia diphylla*), yellow Celandine Poppy (*stylophorum diphyllum*), purple Northern violet (*Viola*), tasty Wild leeks or Ramps (*Allium tricoccum*), early Merrybells (*Uvularia grandiflora*), and, of course... yellow Trout Lily!

If you think your garden is stark this time of year, I encourage you to explore planting spring ephemerals to add color, delight, and critical habitat for our emerging community of pollinators.

*Sarah Endriss is principal of Asarum LandDesign Group, a woman-owned firm specializing in ecological landscape design, and adjunct Professor in Jefferson University’s Landscape Architecture Program.*



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# Keeping Your Food Waste Out of Landfills and Other Alternatives to Plain Old Recycling

by Sandra Folzer, Weavers Way Environment Committee

**P**LEASE DO NOT PUT FOOD OR GARDEN waste in the garbage. It's more important than any "recycling" you might do.

I have to admit, I get a nervous twitch when I see loads of paper leaf bags outside on trash day. They are all going into landfills — except in the fall, when the city collects bags at designated locations.

When you put organic material into your compost, it breaks down and enriches the soil.

In landfills, that same organic material is starved of oxygen, so it releases methane, a greenhouse gas that is 50 times more potent than carbon dioxide. Municipal solid-waste landfills are the third largest source of human-related methane emissions in the United States — 14.1% in 2017, according to the Environmental Protection Agency.

Don't buy more food than you can use before it spoils. Compost what you don't eat. If you don't have a composter, you can use any large container or set up a fenced-in area in your yard for food, grass and leaves. If you put no meat or dairy products in it, you should not attract vermin. (I can't make any promises about raccoons.)

If you live in an apartment, you have more of a challenge. There are companies, like Bennett Compost in Allegheny West, who will pick up your bucket of food waste every week for a fee. For a list of compost companies and other recycling vendors, go to [www.cleanphl.org](http://www.cleanphl.org).

## The Recycling Landscape Has Changed

Once upon a time, the United States was adept at recycling waste. But after China began accepting it in the 1990s, Americans became lazy, throwing everything in recycling bins. While you thought you were being virtuous, impoverished "recyclers" in China threw millions of metric tons of your plastic waste into the ocean each year.

Trash has become big business, dominated by corporations like Waste Management, who do not have to invest in infrastructure. In 1998, their executives were indicted for fraud, overstating profits because their compensation was tied to earnings. They also paid \$7.5 million in fines for breaking environmental laws. Yet in 2017, Waste Management was listed, for the 10th year, as one of the world's most ethical companies, according to the Ethisphere, a for-profit company. Some 600 companies, who nominated themselves and paid a fee, were considered for inclusion in Ethisphere's listings.

In 2018, China began refusing dirty recycling, so profits dwindled. A ton of mixed paper went from \$155 a ton to less than \$10. Rather than getting paid, cities had to pay to have their recyclables removed.

## Food Waste and Recyclable Packaging

It is time our country improved the process of waste collection. For example,

Philadelphia should have automated bins that weigh and recycle food waste, like South Korea does; they recycle 95% of theirs. The Korea Zero Waste Movement Network used activism to educate residents on benefits of recycling food waste.

New York City deposits one million tons of organic waste in landfills every year. I remember visiting my daughter in Brooklyn a decade ago, when she was given a bucket for food waste. Currently, about one-third of residents in New York may sign up for organic recycling, but few people realize they have that option, so only 10% of the waste gets recycled.

Recyclable packaging, once thought to be a solution, has become more controversial of late. David Allaway, a senior policy analyst with the Oregon Department of Environmental Quality, coauthored a controversial report in 2018 that cast doubt on whether choosing re-



cyclable packaging was always the best choice in terms of environmental impact. He contends that the packaging may require more energy and resources to manufacture.

One alternative is to promote a more extensive program of refundable deposits on beverage containers throughout the country. Berkeley, CA, for example, recently passed a law imposing a 25-cent charge on all disposable cups. According to [bottlebill.org](http://bottlebill.org), the presence of a bottle bill in a state generally results in much higher materials recovery rates. This benefits the ecosystem by reducing litter and supports the recycling industry, which depends on a constant stream of recyclable materials.

Surabaya, Indonesia's second largest city, came up with another solution in 2018. Collecting five plastic bottles or 10 plastic cups will earn you a two-hour bus ticket. Each bus collects 7.5 tons of plastic each month, which is recycled.

Indonesia is second only to China for being the greatest source of plastic ocean pollution, according to the Danish company Ocean Waste Plastics. The country also operates 2,000 collection sites for organic waste and recycling, which can be exchanged for cash or credit. The government partners with the country's two largest Islamic organizations to use religious values to fight plastic waste, according to the Sierra Club.

We need to change the way we dispose of trash, and make the connection between food and garden waste and climate change. Recycling alone is not the answer.

eco tip



## Use Your Fall Leaves to Feed Your Trees

by Marsha Low, Weavers Way Environment Committee

If you're lucky to have a garden of any size, chances are you've been out working in it during a time when we all need to stay at home and practice social distancing. If you usually get a delivery of mulch around this time every year, it may be that the nursery or landscaping business you order from is closed. Or you may feel uncertain about ordering any.

If you've either raked your leaves this past fall to save for composting, or left leaves in place over the winter to shelter the beneficial insects that hunker down under them and protect your plants, you're in luck; dried and shredded leaves make great mulch. If hardwood mulches aren't left to age for several months after chipping or shredding, they will rob your soil of nitrogen and harm your plants as they decompose. They'll compact over time, block rain and nutrients, and may develop unsightly patches of mold.

If you've bagged or placed leaves in a container, you can take them out and run your lawnmower over them to shred them and then place them around your plants, two to three inches deep. If you still have leaves in your beds, you can either rake them up and run the lawnmower over them, or, if you have a smaller garden area, just crush the leaves with your hands, since they are completely dried out.

There are great benefits to using leaves as mulch. For one, using leaves instead of ordering mulch will save you money. For another, over time the leaves decompose and enrich your soil. If you are blessed with many trees on your property and still have dried leaves remaining after mulching your garden, you can compost the rest.

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- 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 brevity, 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.

Recently, I listened to a food industry COVID-19 response talk that included John Raiche, the vice president for supply of UNFI, the main natural food supplier in the United States. There was a lot of talk about supplier production, warehous- ing, trucking, etc. Most of it was what you would expect — delays in production and shipping due to the sudden increased demand, difficulty sourcing ingredients, shortages of labor and trucking,

But one thing Raiche mentioned sur- prised me: his opinion on the future of bulk foods. “We believe that categories that have high human touch at retail for preparation or potential exposure to con- sumer touch at retail may be fundamen- tally altered going forward.... We’re not sure what bulk holds going forward,” he said.

We get our bulk foods from a num- ber of vendors, large and small, but UNFI is a significant one, especially for basics like oats, rice, beans, granola, spices, etc. If UNFI gets out of the bulk business, we’ll have to find other sources, because the Co-op has no intention of getting out of bulk or reducing offerings unless our local health departments advise us differently.



This got me wondering if the corona- virus would lead to the end of self-serve at retail as we know it. And if that hap- pened, how long would that last? Self- serve food has been proliferating at many food stores in recent years; think of all the hot and salad and olive bars you see at most grocery stores and restaurants. Could soup stations, pump your own cof- fee at Wawa, fast food places where you add your own condiments and fill your own soda, bagel and pastry bins in many stores where you grab your item with a wax tissue, and complimentary breakfast buffets at hotels all be gone? What about dairy case and freezer case handles? Will we have to wipe before we pull? Bring a hook?

Self-serve in grocery was once a rev- olutionary idea. Ever hear of a “Groce- teria”? Apparently around 1915 in Se- attle, Alvin Monson opened up some of the first grocery stores where you didn’t call in an order ahead or hand a clerk a list for clerks to put together orders from stockrooms.

Before Alvin’s Groceteria, shoppers (Continued on Next Page)

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Read SUGGESTIONS by Purchasing Manager Norman Weiss every month in the Shuttle.

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(Continued from Preceding Page)

didn’t really get to pick brands, or even know how much items cost until they got a total for the whole order. Alvin changed that by putting items out on the shelf with a price, and letting customers pick from displays. His business quickly grew to 20 stores. Then World War I pulled Alvin out of the grocery business, and he suffered severe PTSD, which led to the end of his landscape-changing grocery career. His brother took over but didn’t have the business sense Alvin had, and went bankrupt in the 1920s.

But other grocery stores saw the potential of self-service, and soon the supermarket was born and flourished, all based on the customer putting together their own order, what we now call “shopping.” (I view this as the evolution of hunter-gatherer foraging; we still use our senses, mind, and body to find and acquire food we like.)

Although current information does not show the virus typically spreading via eating or touching food, current info does show it can live a while on some surfaces, and the more people who touch the same surface, the more chance the virus can spread. To minimize that risk, food stores have been cleaning commonly-touched things like freezer doors, shopping carts, pin pads, etc.

Apparently, including self-serve spots like salad bars, soup stations, bulk bins and coffee pots is too much human touch to manage in a healthy way. Or is UNFI’s perception of the public’s perception driving the thoughts about self-serve bulk?

It makes me wonder about the rest of self-serve, since any item on a shelf can get touched by multiple shoppers. Maybe a person in a grocery aisle five minutes before you sneezed on an item or held it close to their face to read the ingredients and then put it back when they saw something objectionable, or decided they prefer a different brand, flavor or size. Or they picked up the wrong item. Can that spread the virus?

The end of self-serve also raises the question of competing priorities (like so

“  
...the Co-op has no  
intention of getting  
out of bulk...  
unless our local health  
departments advise  
us differently.”

much of coronavirus). Many consumers were becoming more conscious of the impact of their purchases on the environment, especially the proliferation of unrecyclable plastic and other trash, and we were just starting to see things like plastic bag bans, reduced and/ or recyclable and compostable packaging, and more bulk.

At Weavers Way, we were gearing up to roll out a reusable and returnable container system for tuna salad and other Prepared Foods items, along with some meat, deli and produce items. We had just received Health Department approval for the containers and our internal cleaning processes, but now everything surrounding this project is delayed.

It will be interesting to see what becomes of self-serve and reusable containers once COVID-19 restrictions relax a little. Will people be afraid to refill or reuse containers? It would be a shame if coronavirus means more trash; I was hoping nature was giving us a fire drill for global warming. We have shown we can change our daily habits pretty dramatically and quickly for the good of the population as a whole, which is what may be needed to combat global warming.

suggestions and responses:

- s: “Please stock Ziploc bags that fit the nut dispensers. The ties are just more plastic, and they untie as easily as they tie, so the unzipped bags are a pain. Also, using a measuring cup to then pour into a bag is at least introducing nut allergies, and at worst unsanitary.”
- r: (Mike, MA) We do have Ziploc gallon-size bags for sale for 35 cents; ask a staffer if you don’t see them. Our bulk department’s bins are not airtight and create lots of crumbs and some inadvertent spillage, so in general, it is not a safe place for people with nut allergies.

- s: Skoy scrubbers.”
- r: (Norman) We’re looking into it; thanks for the suggestion.
- s: “Bar dish soap.”
- r: (Norman) We stock one or two brands at our Chestnut Hill and Ambler stores and can look into it for Mt. Airy.
- s: “We like egg rolls. Can we get some?”
- r: (Norman) Any of our eggs can be rolled using an inclined plane. It’s good fun you can have at home during quarantine. Involve a cat for extra entertainment.

A Snapshot of the COVID Response From Southwestern India

(continued from page 12)

The Return of Volunteerism

Mathew said there are vats filled with water, sanitizers and soaps set up on the roadside so people can wash.

“There is a mix of government and civil society coming together,” he said. “There are, of course, a lot of mistakes being made, but for the magnitude of the crisis, I think the amount of civil spirit is encouraging to see.”

“We find that in normal times, we don’t call the farmers every day,” he added. “Now we feel the need to be in touch. We have to figure out what is happening in each village. If they can’t sell the cashews, how will they meet their expenses? Can we do something? Often, there is not much we can do, but calling to check on them goes a long way. These are the things that make me feel optimistic.”

Solidarity is Essential to Survival

In Kerala, there is a lot of anxiety about what will happen once the lockdown is over, according to Mathew.

“What if the markets don’t open? What happens if we are not able to export our coffee, cashews, and coconuts? What’s happening in the consumer countries and the Fair Trade markets in Europe and the United States?” he said. “If things don’t open up there, maybe they won’t be

able to buy our products.”

He’s finding comfort in knowing that these concerns are shared across borders.

“For example, when the initial numbers were coming out of Italy, we sent a letter to our partners at Altromercato (the country’s largest fair trade organization) to see how they were doing. They have a network of 300-400 fair trade shops all over Italy, and we wanted to know how they were doing, beyond if they will be buying our products.”

“It’s important to me that we carry back information to the farmers about how our partners on the other side of the globe are doing,” he continued. “We are all safe. Our immediate survival requirements are being fulfilled.”

Before the virus and lockdown, farmers in Kerala were hoping for a normal year, after a serious flood in 2018 and a serious crop loss and mini flood last year.

“But again, compared to most others in the country, we can’t say that we are in the worst position,” Mathew said. “... Once this has passed, let’s sit around and figure out how to pull some sort of normalcy back.”

*Phyllis Robinson is a former writer for Equal Exchange and a writer for the Fair World Project. She lives in Boston.*



WEAVERS WAY ENDS

Weavers Way Cooperative Association exists to provide commercial and community services for the greater good of its members and community, to champion the cooperative model and to strengthen the local economy.

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.





# Earth Day Art Make-In Gallery

We teamed up with Mindy Flexer Art Studio to host a virtual art make-in for Earth Day. Participants connected via Zoom to share each other's company while they created, using whatever materials they had at home. We asked our artists to share their creations when it was over. To see the rest of the gallery, visit: [weaversway.coop/earth-day-art-2020](http://weaversway.coop/earth-day-art-2020)





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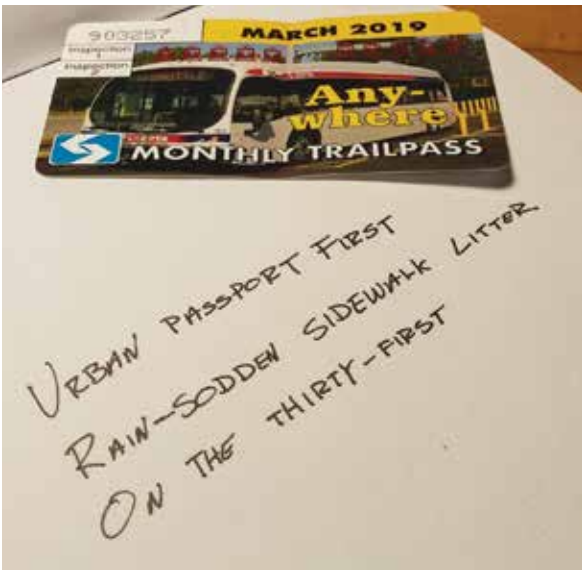
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# Weavers Words



— Beige Berryman

## WEISS HAIKU

No one is always right.  
I am always right.  
Except when I am mistaken.  
So I am not no one.

— Norman Weiss

## SCHUYLKILL RIVER – AUTUMN

Two long boats rowing,  
Bows slicing through still water  
Sending ripples silently slipping away  
That slowly succumb, leaving no wake

— Robert Calandra

### 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](mailto: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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# Artists in Our Aisles

We want to feature your art in the Shuttle!

Please submit the following to Richard Metz (thembones2@hotmail.com):  
(2) 4"x 6" high resolution images (300 dpi) • A short statement about the work • A short bio  
• A head shot • A link to a website if you have one  
Thanks. We're looking forward to your creation!

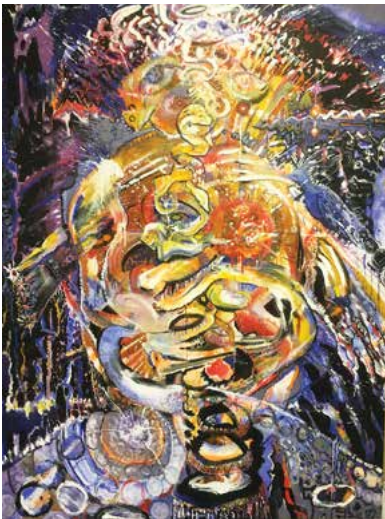


Guitar Man



## Mike Elam

We are all in this together, especially during these epic times. These works are about culture. The markings on the figures celebrate us through our origins, beliefs and our intrinsic nature to be human.  
[www.mikel-elam.com](http://www.mikel-elam.com)



Ganesha  
4'x6'  
oil on canvas  
2019



## Carl Cellini

The work is about balancing and embracing and chaos.  
Carl Cellini is a graduate of the Tyler School of Art. He is painter, sculptor, martial arts instructor and has been very involved in Ambler community for the last twenty years.



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Community Healthy



welcome to the table



What the World Needs  
Now is Cooperation



welcome to the table



STAFF CELEBRITY SPOTLIGHT

Val Campbell

**Job:** Deli Staff, Weavers Way Ambler

**Since when:** Late summer, 2017

**Where she's from/where she lives now:**

Providence, RI/Willow Grove, with her sister and brother-in-law, Sharon and Jeff Kildahl.

**Co-op family facts:** Her daughter, Valerie Baker, is assistant store manager at Weavers Way Chestnut Hill, and her son-in-law, Mark Baker, is assistant meat and seafood manager (confirm) in Ambler.

**How and when she got to the area:** She and her husband were looking for work and relocated to Willow Grove in 1995.

**Previous experience:** She managed the cafeteria at Lenape Middle School in Doylestown for 10-11 years, then moved on to the deli at The Fresh Market in Willow Grove for three-plus years. She'd been taking time off after leaving The Fresh Market when Valerie told her that the Co-op was going to open a location in Ambler.

**Thoughts on the job:** "Other places [I worked] weren't like this. It's so different; it's wonderful....There's always a challenge, depending on the day, [but] we pretty much handle it, and we go where we're needed."

**Favorite Co-op products:** She loves the Prepared Foods soups, the Manchego three months cured cheese, and Conebella Farm sharp cheddar.

**Thoughts on the Co-op:** "I like how they're on top of everything....everybody's together, and we're working together to help each other out. There's always somebody to back you up."

—Karen Plourde



COOPERATOR OF THE MONTH

Rachel Massad

**Joined Weavers Way:** Last year, after moving to Philadelphia from Atlanta

**Lives in:** West Mt. Airy

**Current job:** She's a special education teacher at Martha Washington School in West Philly, where she teaches life skills to kids with intellectual disabilities.

**Lives in:** West Mt. Airy

**Why she joined:** "I lived in New Mexico for a while and was part of a co-op there, and I really liked the idea."

**Why she's a working member:** "Mostly because I kind of wanted an opportunity to meet people, and I figured this would be a good way to do it."

**Co-op job history:** She's worked in the deli and mucked out the stable at Awbury Arboretum for the Philly Goat Project, but lately, she's done a lot of shifts as the door monitor in Mt. Airy. "I wanted to support the workers, and I figured the best way to support the workers is to man the door and keep them safe."

**Favorite Co-op products:** She confesses to being addicted to LeBus brioche bread and is really enjoying working her way through the cheeses. She does most of her shopping at the Co-op.

**Thoughts on the Co-op:** "I have a friend here who...lived here [before], and she said the Co-op many years ago was not particularly welcoming or friendly. But I see it being very welcoming and friendly. I really like the Co-op because it is so welcoming."

—Karen Plourde



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](http://www.weaversway.coop/board). Board members' email addresses are at [www.weaversway.coop/board-directors](http://www.weaversway.coop/board-directors), or contact the Board Administrator at [boardadmin@weaversway.coop](mailto:boardadmin@weaversway.coop) or 215-843-2350, ext. 118.

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Weavers Way Mt. Airy

559 Carpenter Lane

10 a.m.-7 p.m. (temporary)  
215-843-2350

Weavers Way Chestnut Hill

8424 Germantown Ave.

10 a.m.-7 p.m. (temporary)  
215-866-9150

Weavers Way Ambler

217 E. Butler Ave.

9 a.m.-7 p.m. (temporary)  
215-302-5550

Weavers Way Across the Way

610 Carpenter Lane

10 a.m.-7 p.m. (temporary)  
215-843-2350, ext. 6

Weavers Way Next Door

8426 Germantown Ave.

10 a.m.-7 p.m. (temporary)  
215-866-9150, ext. 221/222

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DID YOU KNOW?

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[www.weaversway.coop/shuttle-online](http://www.weaversway.coop/shuttle-online)



New Member Orientations

are postponed

during the COVID-19 crisis.

Become a Member

Want to play a role in shaping your grocery store? Just complete a membership form in any store or online, make an equity investment, and you're good to go! We ask new members to attend an orientation meeting to learn about our co-operative model. You'll receive two hours of work credit for attending. We look forward to meeting you!



# Home Delivery in Action



Raheem Mitchell carries an order to a customer in Chestnut Hill.



Rick Spalek, Ashley Hammock and Melissa Torre process home delivery orders in Mt. Airy.



Bags lined up and ready.



Dylan Falcone looks over his staff of bags in Mt. Airy.



Em Fortier completes a curbside pickup in Ambler.



Bernadette Dougherty and Sean Reilley finish loading a delivery in Ambler.



OUR STAFF ARE  
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