

Food Fund Drive Stays Virtual to Better Help Area Pantries

by Megan McCrea, Weavers Way Food Justice Committee

ALL THIS MONTH, THE CO-OP’S Food Justice Committee’s sixth annual summer virtual Food Fund Drive is taking place. Donations can be made on the Co-op’s website (www.weaversway.coop), and donors can select the pantry they wish to support. Donations are tax deductible.

All proceeds will be distributed among three pantries the committee has supported in the past: Holy Cross Food Pantry in Mt. Airy, St. Luke’s Community Food Pantry in Germantown and Mat-tie N. Dixon Community Cupboard in Ambler.

The FJC hopes to raise \$7,500 for the three pantries; we estimate this is the approximate value of the 3,000-5,000 pounds of food collected in prior, pre-COVID drives. Although we went virtual due to the pandemic, the cash donations raised during the drive gave the pantries

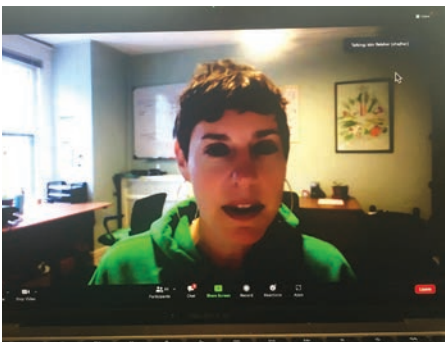
(Continued on Page 6)



Community-Owned,
Open to Everyone

Virtual GMM Focuses on New Store, Election Results

by Karen Plourde, Editor, Weavers Way Shuttle



General Membership Meeting guest speaker Kim Fleisher, executive director of Food Moxie, updated the group on the organization’s work.

WEAVERS WAY’S SPRING GENERAL Membership Meeting persevered and got business done May 7, despite cold, rainy weather that forced the meeting to go virtual and a Zoom bombing that shut down online post-presentation discussions, including those concerning the Co-op’s planned expansion to Germantown.

Participants were welcomed to the meeting by Board President Esther Wyss-Flamm, who went over the agenda and thanked fellow board members and staff for their work on putting the meeting together, including pivoting to an online format on short notice.

“This board is an amazing group of committed Weavers Way volunteer members who care deeply about the fiscal, strategic and social health of this growing organization,” she said.

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The Shuttle

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Consider Rounding Up To Help Members in Need

by Kathleen Casey, Weavers Way Development Manager, and Nima Koliwad, Weavers Way Community Programs Coordinator

LAST OCTOBER, WEAVERS WAY IN-creased the discount for Food For All recipients from 10% to 15%. To help support the increase in the discount, Co-op members can sign up for the Co-op’s “Round Up” program, which rounds up their shopping total to the next dollar at each shop and donates the extra amount to funding Food For All.

Round Up programs can be found in many retail settings. They often take place at the store registers, when customers are asked to bump up their total bill to the nearest dollar to fund a nonprofit. At the Co-op, members can opt into the program in our Member Center; they can also opt out at any time. It is an easy, affordable way to support fellow Co-op members in need.

Pat Albright, a Food For All recipient and Food Justice Committee member, said the program has made a huge difference for her.

“As a low-income woman with a disability, now on Social Security retirement benefits, who was a single mom and struggled to feed my son healthy food, I am very concerned about how families will manage with the increase in inflation and ending of the Child Tax Credit. Plus, the emergency food stamp/SNAP allotments will be continuing only through August — my monthly allotment will go from \$250 to \$43,” she said. “That’s going to be a big challenge for myself and so many others.”

In April, the Co-op extended FFA discounts to 326 participating house-

(Continued on Page 6)



How does Round Up Work?

Opt into the Round Up program through your membership account at members.weaversway.coop.

- Scroll down to the box titled “My Donation.”
- Once enrolled, your Co-op purchases will be automatically rounded up at the register to the nearest dollar.
- The amount that is rounded up will go directly toward subsidizing the Food For All discount, enabling the Co-op to offer a more robust discount of 15%.
- A member may opt out of the program at any time by visiting the Member Center.

Another Smooth Board Election is in the Books

by Hilary Baum and Sylvia Gentry, Weavers Way Leadership Committee

A BIG THANK YOU TO ALL WHO voted in the recent Weavers Way Board election. The total number who voted this year was 1,312, or 12.1% of the membership.

The following winners and their terms were announced at the General Membership Meeting on May 4:

- De’Janiera Little, Josh Bloom and Hilary Baum: Three-year terms
- Kristin Haskin-Simms: one-year term.

De’Janiera and Hilary ran as incumbents. Josh previously served on the Board and is a past president. Kristin is new to the Board and is filling a vacancy created by a previous director.

Without the participation of all who voted, we could not have had a valid election. Our bylaws require that 10% of the Co-op’s members vote, so your vote is important, even when there are the same number of candidates as open positions.

Now is a good time for members to begin considering a run for the Board. As Board members can tell you, it is an opportunity to contribute to your community, share your skills and work with people who share your commitment to cooperative values.

The Leadership Committee works throughout the year to enlist candidates to run for the Board, and we are seeking new members. If you are interested in learning more, please contact us at: leadershipcommittee@weaversway.coop.

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Editor’s Note

by Karen Plourde, Editor,
Weavers Way Shuttle



FOOLISHLY THOUGHT A COUPLE weeks ago that I would spend the first part of my column writing about the massacre at the Tops Market in Buffalo on May 14. As a Buffalo native, I thought I’d mention that while all shootings are awful, regardless of how many people die or are injured, when it happens in your hometown, the horror hits you even harder. Then on May 24, 19 fourth graders and two teachers were gunned down by an 18-year-old in Uvalde, TX, and that plan went all to hell.

The next night, I had dinner with an old college friend who is a gun owner and an enthusiastic supporter of the Second Amendment. I hadn’t seen him in decades and didn’t want to talk about Uvalde, but of course it came up. Not surprisingly, he didn’t think that more gun regulations would keep these shootings from happening.

“We have a problem with violence in this country,” he said at one point. True. it’s really a problem when our addiction to violence gets acted on by people using assault weapons.

I guess a lot of Shuttle readers and I share similar views on gun control. We can all sit around and nod at each other, but that does nothing. I wish I had faith in our leaders to truly address this scourge, listen to their constituents and make some big changes. But Sandy Hook almost 10 years ago dealt a major blow to my hopes.

Please, someone, prove me wrong.

If you’re looking to learn more about our new, not-quite-under-construction location in Germantown, this issue of the Shuttle is for you. Of course, it was discussed during our spring general membership meeting (that story starts on Page One). General Manager Jon Roesser also refers to it in his column (p.7) and so does Co-op Purchasing Manager Norman Weiss in this month’s Suggestions column (p.18, in which you’ll learn about The Loom). Stay tuned; this is only the beginning.

Catch you in the pages next month.

The Shuttle is published by
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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.

The Co-op’s Version of a Summer Mexican Favorite

by Bonnie Shuman, Weavers Way Executive Chef

WITH SUMMER FAST approaching, I want to share the Co-op’s recipe for Mexican Street Corn Salad. Grilled Mexican Street corn is also known as elote, which translates to "corn" in Spanish.

Elote evolved from the word "el-otitl," which means "tender cob." It’s a popular staple of Mexican food trucks and can be found in Mexico and Central America. Although it’s still wildly popular for its convenience and because it is easy to eat on the go, it goes all the way back to Aztec civilization. Toppings may vary, but elote is usually covered in mayonnaise, Cotija cheese, cilantro, lime juice and Cayenne pepper.

I first tasted it years ago when I was at a friend's house for a summer barbeque party. My friend had a traditional charcoal grill and I watched as he placed several ears of corn on the grill, turning the ears as they began to get charred. Once they were blackened enough, he placed the hot corn on a platter with all the ingredients mentioned above in small bowls next to the corn. I was one of the first guests to try this intriguing, new-to-me dish. One bite, and I’ve been hooked ever since.

Several years ago, I wanted to reproduce elote to sell at the Co-op. I knew we couldn't serve it hot, as it is intended to be eaten, so I reimagined it as a salad with a healthier dressing than mayonnaise. I added avocado, tomato and scallions, dressed it in lime juice and neutral-flavored oil and seasoned it generously with salt and pepper. It's been a staple of my summer table and I hope it will be on yours as well.

WEAVERS WAY MEXICAN STREET CORN SALAD

Ingredients:

- 6 medium-sized ears of corn
- 1 pint red and yellow grape tomatoes
- ¼ bunch scallions, sliced
- 1 avocado
- ¼ cup + 3 Tbs. fresh squeezed lime juice
- ¼ cup neutral oil
- Queso fresco, crumbled or cubed small, to taste
- ¼ cup fresh cilantro, chopped
- Salt and pepper to taste

Instructions:

Quarter the red and yellow grape tomatoes and place them in a medium to large bowl. Add scallions.

Carefully cut the avocado in half and remove the pit, then quarter it and remove the skin. Once skin is fully



removed, cut the avocado into medium chunks. Place it in a separate small bowl and immediately mix in two to three tablespoons of freshly squeezed lime juice. This will prevent the avocado from oxidizing, or turning brown.

Remove the husks from the corn and with a paper towel or new toothbrush, remove as much silk as you can. If using a grill, place the corn over direct heat and char it lightly, turning to expose all sides to the heat. If you do not have a grill, you can char the corn over a gas burner on your stove, as if you were charring peppers.

Once the corn is charred, remove it from the grill and place it on a tray until it is cool enough to handle. Once it’s cool, stand each ear of corn on an end, and holding firmly to the top part of the ear, slice the kernels off the cob. Discard or compost the cobs.

Add all the shaved corn to the tomatoes and scallions, then add the neutral oil and ¼ cup lime juice. Mix the ingredients and add the avocado. Season with salt and pepper.

Transfer the salad to a serving bowl or platter and add a generous amount of queso fresco. Finish with fresh cilantro.

Pro Tip: I find that putting a small upside-down bowl within a larger bowl, standing the ear of corn on the smaller bowl and stripping it allows the kernels to fall into the larger bowl and prevents the corn from going all over the place. In any case, be careful when you’re stripping the corn, because the cob is likely to slip. Wear cut gloves if you have them.

Remember the Naturette Contest?

We Now Have a Winner!

SORRY FOR THE DELAY, BUT WE CAN NOW ANNOUNCE THE results of the naturette contest the Shuttle and Ambler Arboretum at Temple University teamed up to present this winter. First prize goes to Weavers Way member and occasional Shuttle contributor Charlie McCurdy. See his entry on the right.

Charlie wins a membership to the arboretum along with some swag. But wait — there’s more: Ambler Arboretum Director Kathy Salisbury was so bowled over by the submissions that she’s awarding free arboretum memberships to every naturette contributor! Please email her (kathleen.salisbury@temple.edu) if you entered, so she can send you info on how to claim your free membership.

And for a change, the news just gets better: The entries will all run in the arboretum’s newsletter along with future editions of Weavers Words. Fame is in sight! Savor it.

—Karen Plourde

The Natural Order

Full moon floats, still lake dotes
on mirroring moon’s complexion.
Breeze rises, surprises,
splinters the static reflection.
Lake shivers, moon quivers,
stars dance in a new direction.
Nature shows, heaven knows:
Fortuity tops perfection.

—Charlie McCurdy

Fiancée’s Request Leads to a New Sideline for Music Producer

by Karen Plourde, Editor, Weavers Way Shuttle

FANS OF WEST CHESTER-MADE HANK’S CINNAMON Buns can thank Hank McCoy’s fiancée, Roxanne, for inspiring him to take his namesake creation, now available at all Weavers Way locations, to the next level. She requested that he make cinnamon buns, her favorite dessert, in the summer of 2019. At the time, the DJ, songwriter and music producer had some down time due to a decrease in his event bookings.

“I just tried them out, and immediately she was like, ‘These are amazing! You probably should try selling them,’” he recalled.

Hank (birth name Ron Davis) took that moment of encouragement and built on it.

“I posted [about them] on my social media, put a couple pictures up and that first weekend, I sold 25-30 boxes of four out of my house,” he said. “And I was like, ‘All right! I should probably continue going with this.’”

He continued to produce and sell four-packs of cinnamon buns out of his Point Breeze home for a few months, then stopped. Not long after, the COVID-19 pandemic and lockdown began, and he really had time on his hands.

“I was just testing it out, kind of,” he said. “...And then when the pandemic started, I was not able to DJ at all. It was like, ‘All right, let me pursue this for real.’”

After more months of making and selling cinnamon buns from home, Hank was told about the Co-op’s Vendor Diversity Program. He contacted Program Coordinator Candy Bermea Hasan, they did a tasting and Hank’s Cinnamon Buns were set to hit the shelves. But first, he had to upgrade his home-based baking business to a commercial enterprise —something he had no experience doing.

“One week I was doing it here, and then I took a week off, and then two or three weeks later, I had to be licensed and ready to go,” he said.

Even though Hank, 34, has been baking since age seven, he’d never used commercial baking equipment before. He thinks that making the switch so quickly, along with learning pricing and other aspects of the wholesale trade, helped him get where he needed to be sooner.

“I don’t know what would have stopped me from selling out of my house,” he said. “It was going well, so I don’t know how long it would have been until I stopped doing that.”



As the pandemic eased, Hank’s music production work returned, but he dropped DJing entirely to concentrate on the cinnamon bun business. Making, packaging, delivering and selling them is now a weekend activity.

“Regular days, I work and then I come home and a lot of times I knock out a few beats — that’s something I do for fun, anyway,” he said. “Wednesday nights and Friday nights, I go into my kitchen in West Chester at 11 o’clock-ish and bake until 7 a.m., then go out and do deliveries.”

In addition to the Co-op, Hank’s Cinnamon Buns are available at Green Street Coffee Roastery, located between Point Breeze and the Graduate Hospital neighborhood, and at Valerio Coffee in Manayunk. He also sells them at the East Falls and Pretzel Park farmers markets on Saturdays and at Horsham Farmers Market on Sundays. He does most of the heavy lifting himself, although he gets occasional help in the kitchen from his dad, Ron Sr.

Hank’s looking to expand his reach, with the goal of having the buns available for sale in every section of the city. He’s looking to get into more farmers markets, and still does home deliveries. He also sells Hank’s swag on his website. Eventually, he’d like to have his own storefront.

Although producing music and producing cinnamon buns are two distinct activities, Hank sees similarities between them.

“This is kind of being creative, in a sense,” he said. “...I just view it that way. I’m creating something, and then going out and giving it to the public and getting a response.”



SLICE IT DICE IT SERVE IT

by Kieran McCourt, Weavers Way Ambler

Hakurei turnips are also known as Japanese turnips, and like their larger purple top relatives, they belong to the Brassica family. They begin to show up in the spring and can continue through fall.

They’re delicious raw, and are crisper and milder than their sturdier cousins, but can also be eaten cooked, especially alongside their green leaves.

Storage: Put them in a bag and pop them in a drawer in the fridge in a bag. If you buy a bunch with their leaves, trim the greens and store them separately.

They can be sliced, quartered, or shredded and added to salads and slaw. Consider swapping them for or alongside radishes to add more variety to a crudité.

Hakureis can also be grilled, sauteed or roasted, depending on the time of year.

- Halve or quarter them, depending on size, and sauté until they begin to brown. Then add washed turnip greens to the pan and cover it until the greens are wilted and the turnips are fork tender. Finish them off with an herb or miso compound butter for a more savory and umami-rich side. They also pair well with soy sauce and toasted sesame oil. In the fall, swap maple syrup for the sesame and soy.

Before grilling, consider giving them a quick blanch on the stovetop or in the microwave.

As with almost any other cruciferous vegetable, they can be pickled or fermented. They’re great to mix into salads or to top summer burgers and other grilled mains.



Heck, They’re Hakureis

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A Day of Appreciating Dandelions and the Land

by Kim Fleisher, Food Moxie Executive Director

AS MANY OF YOU KNOW, FOOD MOXIE IS THE EDUCATIONAL provider at Saul Agricultural High School in Roxborough. We partner with Weavers Way to utilize the Henry Got Crops Farm and Orchard as a living land lab for students, and we collaborate with students to determine what is grown, cooked, and eaten.

Students have their own growing spaces on the farm, and we help them to learn about farming and seasonal cooking. In addition, they learn about land connection, wild foraging, and native plants.

Recently, grower and educator Ainhoa Woodley and I discussed Food Moxie’s viewpoint to curriculum development and how it culminated in a day of making dandelion fritters at Saul.

I asked Ainhoa about their approach to working with the students, especially toward the end of an exhausting pandemic school year.

“I think just being a vessel to provide tranquility and joy has been really special,” they said. “Knowing that they don’t need to move fast or work hard is important. We talk about accessibility and what that means — knowing if you’re tired you can sit down or take a break or drink some water.

“Growing is not something that needs to be really rigorous or rigid,” Ainhoa continued. “It’s fluid — just as the pattern of growth and the life cycle is — and that’s what these programs can be, too. We follow the pattern of the season from planting and growing to harvesting. We started with planting and now we are building the land connection through other projects as well, all the meanwhile checking in on how the lettuce is doing.”

The students gave names to their crops and more recently, to the worms; many individual plants got a name. One of the lettuces is named “Herbert Reservoir III,” and there are Wormy and Wormy Jr. in the worm department.

Dandelions: A Spring Delicacy

Ainhoa has also been helping the students recognize and name plants growing wild in the area, like dandelions. They told the students that the dandelions, which were in abundance at the farm, were starting to bloom, and came up with the idea to do a wild foraging project that culminated in making dandelion fritters.

By introducing edible plants that grow in Philly, the students explored what is naturally growing outside that they don’t have to tend. Ainhoa didn’t have a recipe for the fritters; they gathered materials and had the students mix the eggs, milk, flour and herbs. The experience of not being offered a template and giving the students agency and autonomy to make their own decisions has been a completely new experience.

The students’ responses were humorous and memorable. “It tastes interesting... like, rustic,” one said. “So wait... we have to eat flowers?” another asked. Other comments included “These taste like funnel cake...” and “This tastes like chicken... like Chick-Fil-A.” They also compared different versions of the fritters while they each took turns frying. Some were too crispy, and some were too soggy. Some students were a little thrown off by the texture. Hot sauce was the condiment of choice.

Ainhoa believes that providing a sense of land connection in a place where many of the students have grown up is significant. It’s especially important to forge a sacred bond with land that’s right outside their doorstep.

Now because of Food Moxie, the students seed, grow and eat from that land. They work it with their hands and get to know the soil, the plants and the trees. They’ll go and smell rosemary,

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FOOD MOXIE

blow on a dandelion or pick a daisy, and it's fun to see that child-like joy in their eyes, which they don't get during their typical school day.

To absorb and be present each day when you step outside helps to make an extraordinary connection with the earth. Knowing the land inevitably connects you to the people around you, which in turn makes you want to tend to your relationships and see them grow and flourish.

Something as simple as knowing you can eat dandelions really helps support that idea. Maybe in the past, they would walk by or step on them or pull them up, but now they recognize them as friends. Now they can go on a walk, recognize them and think, "Oh, I know what you taste like; you helped my body."

We talked about the benefits of dandelion, and how it can help with blood sugar and cholesterol. Now if they're on a walk in their community with friends they can point out dandelions and share how they ate them. They can harvest, gather and cook them for friends.

Adrienne Carwheel, an interpreter who works with our students, has also benefited from being part of our classes.

"I enjoy Food Moxie so much — it's the highlight of my week," she said. "Ainhua and [Program Director] Dorene [Regianni] are the best. I am taking an herbalism certification course, so working at Saul has been a dream!"

Ainhua believes it's especially important for Black and brown folks to feel connected to the land "that has been so colonized and killed and uprooted."

"Rerouting ourselves into the soil has been my love for a long time now, [and] being a part of that at Saul has been a privilege for me — to show our Black and brown students that they can root themselves here and that this land belongs to them and they are a very special part of it," they said.

Thank you for supporting our programming at places like Saul. To be a part of continuing this work you can contribute on our website at <https://www.foodmoxie.org/waystogive/>.



photos courtesy of Food Moxie
Growing Space Educator Ainhua Woodley.



photos courtesy of Food Moxie
Students in Ms. Disque's 11th grade food science class preparing dandelion fritters.



photos courtesy of Food Moxie
Saul students Reynard Vincent (left), and Christina Wright.



photos courtesy of Food Moxie
Saul students Amani Parker (left) and Chanell Garnett (right) sample their fritters. Fellow student Gabe Johnson is in the background.

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Time To Eliminate Paper Shopping Bags?

ARE WE TAKING PAPER BAGS FOR granted? As a cashier at Weavers Way Ambler who’s worked there since the store opened, I’ve come to realize that the Co-op could save a lot of money (more than \$20,000 a year!) by not providing our customers with paper bags.

Even though the Ambler store often has a lot of boxes available and a "bag library" filled with reusable bags, lots of customers (maybe 50% or more) request paper bags. Many customers forget their reusable bags when they shop or just want paper bags.

Not every grocery store in the area provides free bags to their customers; some do not provide bags of any kind. You either take your own, purchase reusable bags at the register, maybe snag a box from an aisle somewhere, or push your cart or hand-carry purchased items to your car. Shoppers learn quickly to remember their bags.

Of course, after quite a few years of the Co-op providing paper bags, there could be pushback from customers about discontinuing them. Taking something away is always a lot harder than never having provided it in the first place! However, if there was a real awareness of how much paper bags cost the Co-op and what other wonderful things Weavers Way could spend that money on every year, I think that our customers could accept this change and even be happy about it.

What about home delivery and curbside pickup customers? Maybe the Co-op could purchase sturdy cloth bags. Cooperators could wash them for work credit just like we have them wash aprons after they’ve been worn. Customers who use home delivery or curbside pickup could choose cardboard boxes (when available) or cloth bags for their groceries. If their order is delivered in cloth bags, maybe a deposit could be charged (just like the plastic and glass returnable containers) and refunded once they are returned.

Of course, it would take effort to plan a timeline for eliminating paper bags and educating customers on why this should be done. I feel it is doable, however, and would not impose a hardship for shoppers.

Through education via in-store posters and signs, articles in the Shuttle, e-mails to Co-op members, alerting our customers at the register, etc., I think that Weavers Way can become paper bag-free in a fairly short time and our customers would learn to bring their own bags. The effort would be cost-effective and provide endless opportunities to do all kinds of good things with the money saved. Let’s talk about it, develop a plan, and give it a try.

Susan Morgan
Cashier, Weavers Way Ambler

Food Fund Drive Stays Virtual to Better Help

(Continued from Page 1)

two distinct advantages. First, each pantry could purchase the items most needed and requested by their clientele. Second, the pantries could take better advantage of the economies of scale associated with bulk purchases.

Rev. David Morris of St. Luke’s pantry indicated they serve primarily single older adults and young families. He has observed an increase in the number of people visiting the pantry, which he attributes to tax changes and inflation-related higher prices. As a result, while St. Luke’s continues to provide daily food items, they have also started to focus on higher quality proteins and toiletries, which are more expensive and therefore unaffordable for their clientele.

Cindy Wedholm, executive director of the Dixon Community Cupboard, has seen a steady increase in the number of new families coming there for assistance. Many of these families never thought they would need to visit a pantry; they had been employed and were able to budget and pay their household expenses.

Mattie Dixon currently serves about 1,200 individuals. Over 200 are over age 60, more than 500 are adults ranging in age from 18-59, and over 450 are children (infants to age 17). The staff periodically

conducts surveys to assess how it can better serve its clientele.

Recently, according to Wedholm, there have been more frequent requests for cleaning supplies, household goods and toiletries. She is thankful that Mattie Dixon has, thus far, been able to continue its every-other-week food distributions despite the increase in the number of clients.

Food insecurity remains an ongoing and worsening problem in our community. An online contribution is a safe and effective way to support the vital services these pantries provide to a growing number of people in need.

With the help of Co-op shoppers, the FJC believes we can meet and even exceed our \$7,500 goal. A donation in any amount will be put to good use.

In addition to giving, we can all spread the word. Tell family, friends, and neighbors. Share the food drive on your social media outlets. Raising awareness helps us reach (and possibly exceed) our goal!

If you have any questions about the Virtual Food Drive, please email foodjustice@weaversway.coop.

Rounding Up To Help Members in Need

(Continued from Page 1)

holds, for a total of \$14,844. To date, we have 393 participating households enrolled in the Round Up program who contribute a total of \$1,539 a month — a little over 10% of the total given in monthly discounts.

It is our hope that Round Up will eventually cover the full cost of increasing the FFA discount. FFA purchases for April totaled \$110,241.42, and a 15% FFA discount versus a 10% discount

cost us an additional \$4,947.87, so the \$1,539 in Round Up contributions leave us with a monthly gap of \$3,409. Annualized, that gap grows to about \$41,000. In short, Round Up is currently not covering the additional 5% discount given by the Co-op.

We hope you’ll consider opting into this program. It’s easy and makes a meaningful difference to our Food for All members.

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Whole Foods' Failure in Chicago Holds Lessons for Us

by Jon Roesser, Weavers Way General Manager

LAST MONTH, IN A MOVE THAT WENT LARGELY UN-reported even by trade publications, Whole Foods Market announced it will be closing six stores. The decision, the company said, would “position Whole Foods Market for long-term success.” Undoubtedly that’s true.

When a big chain like Whole Foods — over 500 locations — decides to close six underperforming stores, it really isn’t news. Wall Street demands profitability and Amazon, the parent of Whole Foods, knows how to deliver.

Of course, it is big news to the people who shop and work in these stores, and it’s big news to the communities that will soon have to contend with gaping empty retail spaces.

One of the locations to be closed is in the Englewood neighborhood of Chicago. And while Whole Foods is doing its best to keep the news of its closure quiet, it sure made a heck of a lot of noise when it opened the store six years ago.

Back then it was the talk of the town — Whole Foods was bringing fresh, organic, healthy food to Chicago’s hardscrabble South Side. Then-Mayor Rahm Emanuel came up with \$10.7 million in tax-incremental financing, which along with more than \$13 million in federal tax credits was, presumably, enough to make the numbers work for Whole Foods.

The company acknowledged that they didn’t expect the Englewood store to be as profitable as some of their other locations, but their focus was on providing the community with affordable, healthy options. Which they did. For six years.

Emanuel’s successor, Lori Lightfoot, called the store’s closure a “gut blow” to Englewood, and has vowed to work to find a new grocer to take over the space. But Lightfoot hasn’t just been critical of the decision to close the store; she’s been critical of the decision to open it in the first place.

According to NBC Chicago 5 News, Lightfoot de-

“
**Good grocers
don’t fumble
the fundamentals.**
”

scribed the Englewood Whole Foods as “an interesting experiment.” She pointed the finger at Emanuel for “championing a store that was too expensive for the neighborhood,” resulting in a store that was, from her firsthand observations, often empty, even on the weekends.

All of this is interesting to a grocery wonk like me, but it’s also instructive as we move forward with our new location in Germantown.

Weavers Way isn’t Whole Foods, and Germantown isn’t the South Side of Chicago. But there are important lessons to be learned from the Englewood “experiment.”

Whole Foods has a winning model, and big chains thrive on taking a winning model and replicating it. Their model thrives in places like Fairmount and Devon, but that doesn’t mean you can plunk a Whole Foods anyplace.

For a grocery store to succeed, it has to meet the needs of customers. And that’s where our winning model, the cooperative model, sets us apart from Whole Foods or any other chain. Our model is not based on replication, but on adaptation.

Our stores are all different from one another, which can be maddening to someone who shops in more than

one location. But it ensures that the stores are reflective of the neighborhoods they serve.

Mayor Lightfoot is a politician, and she’s not the first one to be critical of a risky decision made by a predecessor. But she got it right when she said that the saga of Whole Foods Englewood “underscores [that] you cannot bring investment to the community without talking to the community and making sure the investment makes sense for that community.” Hear, hear.

To thrive, Weavers Way Germantown must be Germantown’s Co-op, just as Weavers Way Mt. Airy is Mt. Airy’s Co-op, Weavers Way Chestnut Hill is Chestnut Hill’s Co-op, and Weavers Way Ambler is Ambler’s Co-op.

Good grocers don’t fumble the fundamentals. Stores must be clean, the service must be sharp, and the overall customer experience must be one that makes you look forward to your next trip. But none of that matters if you have the wrong products on the shelves.

Our product philosophy gives us a level of flexibility Whole Foods and other chains lack. The focus on fresh, healthy, ethically grown and produced food is overarching across all our stores, as is the leadership role we play in supporting the local food system. But in each of our stores there’s a good deal of customization to meet customer needs.

Weavers Way will never be the least expensive place to buy groceries — the many reasons why can be left for a future column. But our cooperative model, in which members in Round Up help cover the discounts received by members in Food for All, helps address the affordability issue in a way Whole Foods never could.

As the good people of Englewood look for a grocer to fill the void left by Whole Foods, they might consider the cooperative model. Free consulting services from Weavers Way are always a Zoom call away!

See you around the Co-op.

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“By the Way, Meet Vera Stark” Caps Off 2021-22 Stagecrafters Season

THE STAGECRAFTERS THEATER will close out its 2021-2022 season with “By the Way, Meet Vera Stark,” a biting comedic satire from Pulitzer Prize-winning author Lynn Nottage that opens Friday, June 10.

Vera Stark, an aspiring film actress, is determined and talented, but as a person of color in Hollywood in 1933, this young, ambitious woman is limited to a string of roles as slaves, maids, cooks and mammies. Public recognition of her contribution to the arts emerges only after several decades in the business, when she is invited to appear on a popular TV talk show, and years later, when she becomes the subject of a cinematic retrospective and academic symposium. This story of a Black actress in America is bitter, but also wildly humorous — a full-blown lampoon that takes on old-time Hollywood, latter-day pop culture and private and public hypocrisies.

“By the Way, Meet Vera Stark” premiered Off-Broadway in 2011 at Second Stage in New York and went on to productions at the Geffen Playhouse in Los Angeles and the Goodman Theatre in Chicago. In 2012, the play was nominated for several Drama Desk Awards, including Outstanding Play.



Performance dates are June 10, 11, 16, 17, 18, 23, 24 and 25 at 8 p.m., and June 12, 19 and 26 at 2 p.m. Tickets are available for \$17 online and \$20 at the door. Thursday evening performances are two for \$25. Discounts are available for students with valid ID and groups of 15 or more. (The group discount requires that tickets be paid in advance.)

The box office opens 45 minutes before each performance. For information: 215-247-8881; for reservations 215-247-9913. The theater is in the heart of Chestnut Hill at 8130 Germantown Ave. Visit www.thestagecrafters.org for details, including the theater's ongoing COVID-19 policy.

So Long, Merrymead — Welcome Rosenberger's



After 20-plus years of multiple deliveries per week, Lansdale's Merrymead Farms will stop supplying dairy products to the Co-op in a couple weeks. They're shutting down the wholesale side of their business in order to concentrate on retail operations at their farm. Our new main supplier of local dairy will be Rosenberger's, owned by Balford Foods of Burlington, NJ. Their products are hormone-free, local and all natural. We hope to find a way down the line to carry some Merrymead products on a more limited basis.



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Three Handy Tips for Your Summertime Visits to the Wissahickon

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

MORE THAN TWO MILLION VISITORS FROM Philadelphia and beyond come to Wissahickon Valley Park every year to enjoy the fresh air, beauty and recreation opportunities within its 1,800 acres. We’re thrilled that more people than ever are soaking up nature in our urban oasis, but heavy crowds, especially during the park’s busiest season, not only affect its integrity but also your park experience.

To make the most of your visit to the Wissahickon this summer and help reduce your environmental imprint, Friends of the Wissahickon recommends planning ahead and considering these tips:

1. Know before you go.

Avoiding surprises is one of the best ways you can prepare for your park visit. The more information you have beforehand, from parking to restrooms, the better.

Visiting the Wissahickon means sharing the park with a lot of other people, whether on the trails or in parking areas. Lots at popular trailheads like Valley Green and Bells Mill Road usually reach capacity on the weekends. Alternate parking locations are listed on FOW’s maps page at <https://fow.org/visit-the-park/maps/>, along with how to reach the park by public transportation. You may also want to consider taking a ride-sharing service.

To avoid some of the largest crowds, try visiting the park earlier or later in the day (take advantage of summer’s longer days) or exploring some of the less popular spots. There are 50 miles of trails, dozens of access points to choose from and many unique historical points of interest to discover along the way. If you always take the same route, why not try something new?

When it comes to toilets, while there are temporary seasonal facilities at major trailheads, they are not always easily accessible or readily available, so plan accordingly. (We’re working on increasing the number and accessibility of toilets in the park through our Restroom Facilities Master Plan.)

Some trails are restricted to hikers only, so no bikes or horses are allowed. FOW’s map page and free downloadable map app provide a guide to the park’s major trails. The app features an interactive map of the Wissahickon Park with trails, parking, amenities and points of interest. You can also listen to audio tours that feature FOW trail ambassadors talking about the park’s history,



photo by Charles Uniatowski



geology and nature. The app also includes park information, tips and FAQs — all in both English and Spanish.

While service is spotty in the Wissahickon, this handy map is available for offline use, which is essential for exploring the trails less traveled throughout the park. Be sure to download it before you get to the park!

Both ticks and poison ivy are present in the park. We recommend wearing long pants, staying on designated

trails and doing a tick check after any hikes (Lyme disease and a poison ivy rash aren’t fun).

2. Stay Cool.

It goes without saying that it’s important to stay hydrated in the summer heat. The park may be shady, but the temperature and humidity can sneak up on you, so bring plenty of water.

Staying cool in the Wissahickon isn’t just about having enough to drink; it’s also about mindset and behavior. FOW celebrates the diversity of humanity that seeks the park’s many pleasures. It’s everyone’s responsibility to respect the park’s habitat, but also everyone’s right to enjoy this wondrous space. Outdoor public spaces belong to us all, so be kind and considerate. Follow trail guidelines on your hike, bike, or ride, and yield the right of way when necessary. Minimize your impact on the park’s habitat and wildlife by staying on established trails. Remember, we are all in this together.



Also, we love dogs in the Wissahickon, but please always keep them leashed. Leashing keeps your dog and others safe; dogs can disturb the habitat and ground-nesting animals. And cleaning up after your dog is more than courteous. Not only is pet waste a health hazard, it pollutes the Wissahickon Creek — a vital source of drinking water for the residents of Philadelphia.

3. Leave no trace.

If you brought it in, take it out, including trash. Overflowing crowds may result in overflowing trash and recycling receptacles, which become litter. It’s not only unsightly (and possibly smelly) but can harm wildlife and pollute our waterways. Bring a bag with you, take your trash and recyclables out with you and dispose of them properly in your own receptacles. Even things like banana peels, apple cores and nuts that may seem compostable have a negative effect on the park’s wildlife.

We are all responsible for making sure we leave the Wissahickon better than we found it. When visiting the park, follow the Leave No Trace Principles to ensure that the park remains enjoyable and sustainable for future generations. Remember to do your part to take care of each other and our beloved outdoors.



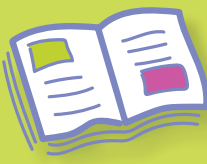
When you’re in the park this summer, say hello to our Seasonal Field Crew members. They’ll be welcoming visitors throughout the busy summer season and sharing FOW’s mission and responsible park use principles at our highest-use locations.



Philly’s First-ever Kids Literacy Fun Fest


Saturday, June 18, 2022
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Refreshment sales benefit Horizons at SCH, a six-week summer academic and enrichment program for area children from under-resourced communities focused on building literacy and math skills along with physical and mental wellness. Offered on the SCH campus.




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For more details click on the QR code or visit sch.org/kids-literacy-fun-fest

Event Sponsors and Participants





A Chestnut Hill Member Shares His Sustainability Journey

by Victoria Valadao Napier, Weavers Way Plastic Reduction Task Force

THIS MONTH’S ZERO WASTE JOURNEY was completed by Weavers Way member John D. He’s been a member of the Co-op for over 20 years, and frequents the Chestnut Hill store.

Before we get into his survey responses, I wanted to pass along that the Plastic Reduction Task Force is looking to connect with high school students who have multimedia expertise such as video editing and illustration. We can offer co-operator hours and sign off on volunteer experience for school. If you’re interested, email us at PRTF@weaversway.coop.

Also, the topic for our June 16 virtual “Philly Talks Trash” series is “Managing Food Waste at Home.” This exciting evening will feature Anne-Marie Bonneau, an author, blogger, zero-waste chef, fermenter and sourdough baker who has lived plastic-free since 2011. Through social media, her blog, and her book “The Zero-Waste Chef: Plant-Forward Recipes and Tips for a Sustainable Kitchen and Planet,” Anne-Marie shows others how reducing trash benefits the planet, satisfies our taste buds, improves our well-being and boosts our bank accounts. She’s a Canadian native who lives in the San Francisco Bay area and has a husband, two grown daughters and a sourdough starter named Eleanor.

Panelists that evening will include Coleen Falicki, founder of Back to Earth

Compost and Max Hosey from Hoser’s Lunch Counter in the Market at the Fareway in Chestnut Hill. Hoser’s specializes in vegan and vegetarian dishes and environmentally sound options. To sign up, please go to weaversway.coop/events.

John D.’s Survey Responses

In 200 words or less, please share your zero-waste journey with us.

I’ve been composting for years; it’s good for the garden. I started recycling back when the city did. They’d started recycling cans by 1990.

I remember when recycling was viewed as a kooky idea, a hippie thing, back in the ‘70s. Gradually, it caught on.

What inspired you to begin a zero-waste journey?

I think I’ve always thought about it.

What specific tips would you like to pass on to others, especially regarding plastic reduction?

My partner and I reuse plastic bags. When I’m at a store I say, “No bag, please” and put stuff in the little bag I carry with me. We keep the lights off when possible. We have had solar panels for four or five years.

Being responsible is often a tiny bit inconvenient. I walk or take the train

whenever possible. We’ve had a hybrid car since 2010, but in 2018 we got an electric car, which drives the same. Charging it is a little bit of a pain. I carry a metal water bottle with me and refill it at a water fountain at the gym and at work.

I never buy plastic bottles; who knows where they go? They either go to a landfill or end up in the environment.

I never liked the idea of using weed wackers or edge trimmers that use a spool of plastic thread which spins around to cut the grass, because the little pieces of plastic go out into the environment. I have one that is rechargeable, but I’d really like one that has a blade instead. Those are gas powered.

I wish they would develop a rechargeable electric weed wacker that cuts with a blade. I think about the million little pieces of plastic that go out into the environment. They could retrofit them with a blade instead.

In 100 words or less, if you could see the Co-op adopt a more zero waste culture, what would it look like?

- I’d like to see more people pay attention to the whole environmental issue. Live your beliefs; I live according to mine. Sometimes people aren’t willing to do that.



- People can bring their own containers to the Co-op.
- The bulk section is a good thing.
- I have occasionally bought those premade greens in clamshell containers the Co-op sells, but I’d rather not. I’d like to see them come in those cardboard containers that Chinese restaurants use.
- Deposits are good, too; I’m glad the Co-op has a program.
- I’d like to see returnable bottles in Pennsylvania, like they have in New York. Kids would like it, too; they could make some change.

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<div><div>\$3</div><div>Green Beans Brussel Sprouts</div></div>	
<div><div>\$4</div><div>Baby Spinach Micro-Greens</div></div>	
<div><div>weavers way coop</div><div>A program run by Weavers Way Co-op Plastic Reduction Task Force</div></div>	



HELP STOCK OUR COMMUNITY FRIDGE IN AMBLER!

On the right side of our building lives a fridge and pantry that is used by many community members in need. Please help keep the fridge filled by buying products where you see a “Buy one for the community fridge” sign and place them in the fridge or pantry.

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Help Make Mt. Airy’s Streets Safer for Pedestrians

by Anne Dicker, West Mt. Airy Neighbors

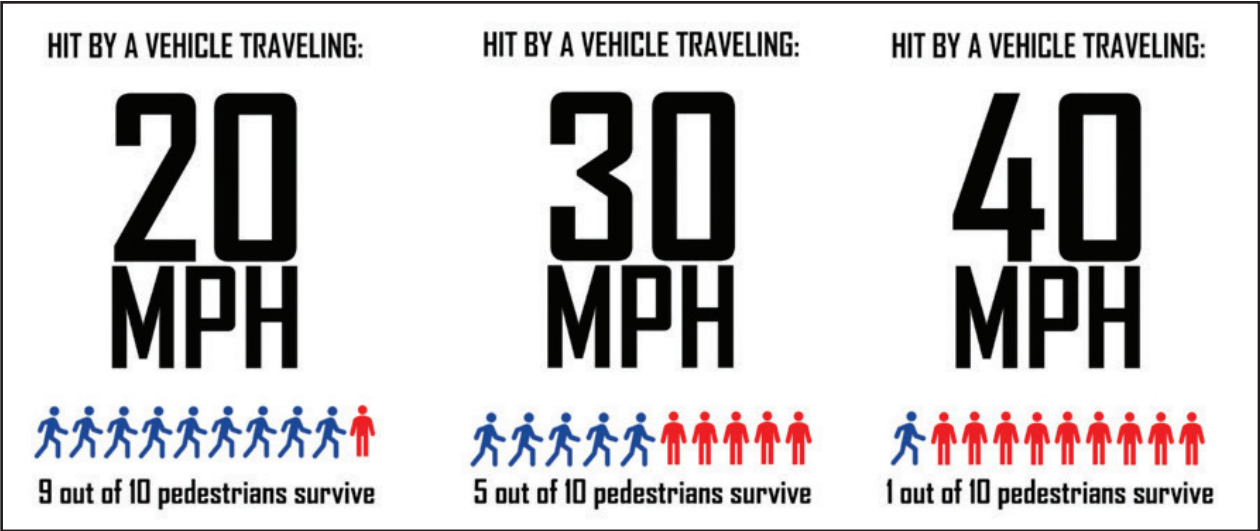
ARE YOU INCREASINGLY CONCERNED THAT A RECKLESS driver might hit you? Do you wish you could let your kids walk to school on their own without worrying about their safety?

It’s not your imagination: Reckless and aggressive driving has gotten a lot worse in the past few years, and traffic crash fatalities nationwide have risen in the last decade. Paradoxically, crash fatalities dramatically rose during the pandemic lockdown, when car-free residential streets allowed for reckless speeding throughout the country. With the end of lockdown, traffic fatalities unfortunately have not decreased, as bad driving behaviors have become habits.

What can we as a community do to protect ourselves and our children? One answer is the installation of traffic calming measures, which force drivers to slow down. These include speed cushions, sidewalk bump outs, parking-protected bike lanes, a reduction in the number of driving lanes (also known as a “road diet”), and automated speed cameras.

Some of the most innovative and effective traffic calming tools include parking-protected bike lanes (which buffer pedestrians from traffic) and automated speed enforcement cameras. But neither is available for Mt. Airy and Germantown’s most dangerous roads (Lincoln Drive, Stenton Avenue, Upsal and Ardleigh streets) because they are only pilot programs or need additional legislation to make them available citywide.

According to speakers at Philadelphia’s Vision Zero Conference, which took place April 30th, legislation allowing for speed cameras will sunset in 2023. Furthermore, a parking-protected bike lanes bill (HB 140) is currently stuck in the Senate Transportation Committee



in Harrisburg. These measures will need broad public support to be put into expanded use.

Street cushions are a tried-and-true traffic calming measure that we’ve seen on a handful of streets in the neighborhood but getting them installed on your street can be a drawn-out and complicated process.

Moreover, only certain wide streets are eligible for speed cushions. For example, large arterial streets like Lincoln Drive are prohibited from getting speed cushions installed because of the need to maintain higher commuting speeds. Even eligible streets require Philadelphia to conduct a traffic study and need the backing of a councilperson in addition to overwhelming neighborhood support.

In the meantime, what is a Mt. Airy resident to do? For one thing, you can slow down when driving, even when you are late to work or in a hurry.

Second, you can join the Mt. Airy Traffic Calming Committee, a joint project of West and East Mt. Airy Neighbors. We are currently working on many strategies to make Mt Airy safer for all of us, but it’s a heavy lift, and we need as many hands as possible. Please email me at anne.dicker@gmail.com if you’re interested in becoming part of the solution.



Plant Sunflowers (With Free Seeds) for Ukraine Solidarity

WITH THE WORLD AS CRAZY AS IT IS, WE CAN ALL USE SMALL REMINDERS OF how lucky we are to live in our beautiful, relatively safe community of West Mt. Airy, especially considering the atrocities taking place in Ukraine. We hope that you’ll join West Mt. Airy Neighbors in our effort to cover Mt. Airy in sunflowers (Ukraine’s national flower) to show our solidarity with the Ukrainian people while adding more brightness and beauty to our community.

Our generous neighbors at Germantown Kitchen Garden and Primex Garden Center in Glenside have donated thousands of sunflower seeds to our effort. We encourage individuals and businesses to pick up seeds from 258 W. Gorgas Lane or from FarmerJawn at 6730 Germantown Avenue. We look forward to seeing our community blanketed in hues of yellow!



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It's Pride Month — Wave Your Rainbow Flag!

Pride Month celebrates and commemorates the ongoing efforts of and for lesbian, gay, bisexual, transgender, queer, questioning, inter-sex and asexual individuals to realize equity.

For decades, homosexuality was considered a criminal offense, and gay bars were routinely raided. The raid on the Stonewall Inn by New York City Police on June 28, 1969, marked the second raid at the bar that week. The police beat and arrested gay patrons and employees. Fifty years later, the city apologized for Stonewall.

Pride Month celebrations are open to all. According to the Guinness Book of World Records, the largest pride parade took place in San Paulo, Brazil in 2017, with five million people attending.

A News Mo video explainer on Pride Month can be found at www.youtube.com/watch?v=VNKEC4pp01M



Germantown Here We Come!



photos by Kathleen Casey

Demolition is underway at 328 W. Cheltenham Ave. in Germantown, home of a future Weavers Way Co-op store. All eyes are on the high ceiling and its wood planks, which have been covered for decades. Next door (326 W. Cheltenham), Camille Poinvil, Germantown outreach coordinator, holds office hours for people to stop in and discuss the project. Tuesdays and Thursdays, 12:30 - 3:30 p.m. and Wednesdays and Fridays, 4-7 p.m. Check the website for changes or contact Camille at cpoinvil@weaversway.coop.



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Virtual GMM Focuses on New Store, Election Results

(Continued from Page 1)

Wyss-Flamm then introduced Weavers Way General Manager Jon Roesser, who said that the Co-op is “doing fine” financially, despite unprecedented inflation that has affected all retailers and consumers.

“Just as it is undoubtedly crimping your household budgets, it is crimping our business budget,” he said.

Before taking a deep dive into the numbers, Roesser acknowledged a recent uptick in COVID cases among staff — one in Ambler, one in Chestnut Hill, three in Mt. Airy and one in administration.

Financials for the Fiscal First Half

Roesser reported that for the first six months of fiscal 2022, Weavers Way’s revenue grew by 3.12% over last year. However, due to inflationary pressures that increased the cost of goods, gross profit was “basically flat.”

“As the cost of goods increases, we do increase the prices — you see that reflected in higher retail prices,” he said.

The Co-op experienced a net loss of \$114,000 during the first six months of the fiscal year – about .6% of revenue. “So it’s a game of inches here — improving our margins a little bit gets us to profitability, which is what we’ve been trying to do since Dec. 31,” Roesser said.

Roesser also shared sales figures through the end of the third quarter, which ended March 31. They show sales of \$9.1 million in Mt. Airy, a 7.5% increase over last year. Chestnut Hill store sales were \$8.9 million, an almost eight percent increase. Both numbers indicate a return of shoppers to both stores, which saw decreases in sales numbers as a result of COVID customer caps and shoppers choosing to go to the more spacious Ambler store during much of the pandemic. Comparatively, Ambler’s sales numbers are slightly below last year’s.

“So what you’re seeing in current year figures is a number that’s more indicative of the actual sales for the store in I dare say, a post-pandemic world,” he said. “We’re certainly not post-pandemic, but things have gotten a lot more normal.”

Roesser also offered an update on the effort to increase the starting wage at the Co-op to \$15 an hour. The current starting wage is \$14 an hour, and Roesser said he expects another increase in the fall, which will up the rate for new hires to \$14.50 an hour, and then another increase next spring to \$15 an hour.

Due to Weavers Way taking a more aggressive approach to increase the starting wage, Roesser said there are employees who have been with the Co-op for a few years but aren’t making much more per hour than new hires. As a result, administration is prioritizing giving those employees more robust raises to get them further ahead of the new workers, pay-wise.

“The percentage of staff that are earning \$15 or more is now at 74 percent. If we make that jump to \$14.50 in the fall, when I report these numbers back to you in the fall, I suspect that the percentage of staff that are \$15 or

more will be well over 80 percent at that point — approaching 90 percent —and we’ll be 100 percent by the spring,” Roesser said.

One number of concern is the dip in the percentage of working members at the Co-op; it’s now 24.2%, the lowest percentage to date. Much of the decrease is due to ongoing hesitancy by members to work in the stores during the pandemic. The membership department is working on incentives to get members to convert to working member status and boost the percentage closer to 33-35%, which has been more typical.

The Word on Weavers Way Germantown

Roesser shared photos of the new Germantown store location at 328 W. Cheltenham Avenue. The building, which housed an Acme market from the 1950s until the early 1970s, will include about 6,000 square feet of retail space — more than the Co-op’s Chestnut Hill store (4,800 square feet) and a little over half of the size of the Ambler store (11,000 square feet).

The new location will be a full-service, handicapped-accessible store, and will include the same departments as the other locations. As with the other stores, it will accept SNAP benefits, and management is looking to be able to accept WIC vouchers as well. (The Co-op is currently working on making the Ambler store a WIC site.)

Roesser estimated the new store will employ 40-45 workers and said that the Co-op will emphasize hiring from the community. He added that the Co-op intends to put a community fridge outside the new store, and that there are plans down the line to install a rooftop garden and education center, although there are no funds for that in the current budget. Further, the Co-op will solicit input from the community on the mix of products to include in the store, and will feature every day, lower-priced options in all departments.

“Our emphasis on healthy and natural foods is not going to change,” he said. “...We almost certainly will put more emphasis on good-quality conventional products, as opposed to organic products.”

Over the next month or so, contractors for the building’s owners will be doing previously agreed upon site work before the property is turned over to the Co-op. A general contractor will be selected in the fall, and construction will begin in early 2023. In the meantime, the Co-op will launch a capital campaign that will in part include member loans and increases to member equity.

“If we’re lucky, if we’re very lucky, [the store] opens this time next year,” Roesser said. “...I would say more likely, late summer, perhaps early fall.”

Food Moxie and the New Store

The meeting’s guest speaker, Food Moxie Executive Director Kim Fleisher, talked about the organization’s role in engaging with Germantown community members, including students who are part of Food Moxie’s programs at Saul, as well as those who are experiencing food insecurity and/or don’t currently have a strong con-

nection to the Co-op.

“I think particularly about... some of the students and finding ways to enable them to learn about the store, to know that these programs (such as Food for All) exist, and to be able to utilize it,” she said. “And I think about ways that the store can support deepening what we’re already doing.”

Fleisher also talked about Food Moxie’s new work with Cybille St. Aude-Tate of Honeysuckle Projects in Mantua. St. Aude-Tate is also advising PowerCorps, an agriculture and sustainability-based offshoot of AmeriCorps that began in Philadelphia and focuses on Black and brown young people. Fleisher hopes Food Moxie can start using their space at Awbury Arboretum as an incubator farm for PowerCorps youth, who can then go out into their communities and start their own gardening programs.

She also touched on the changes in emphasis and leadership that Food Moxie is currently undergoing.

“We’re moving to a more front-line, community-centered and run organization,” she said, “which means that hopefully within the next few years, there’ll be a co-director who’s not a white lady like me.” She finished her presentation by sharing a video of students in the food science class at Saul who foraged for dandelions and made fritters from them as a class activity.

Board Update and Election Results

After introducing the rest of the current Board of Directors, Vice President Cheryl Croxton gave a nod to the board’s steering committee for the Germantown project. The committee worked over the last few months to engage with the community about whether the Co-op should expand into Germantown.

Croxton also acknowledged the work of the Board’s Diversity, Equity and Inclusion Committee, which has been working to define the board’s role in that context. “We really seek to enable the Board to speak publicly to its values and standards for its operation and practices regarding equity and inclusion,” she said.

Lastly, Croxton highlighted the work of the Board’s Leadership Committee, which has been working to attract members with a variety of perspectives and kinds of skills to run for the board.

“This [the Board’s work] is like the ducks in the Wissahickon Creek, where you see the smooth sailing at the top, or hopefully smooth sailing at the top, but...below the water line...there’s a lot of action going on and a lot of things happening,” she said.

Leadership Committee member Joan Patton finished off the meeting by announcing the results of the board election. Current Board Directors De’Janiera Little and Hilary Baum were reelected to three-year terms, and past Board President Josh Bloom was also elected to a three-year term. Kristin Haskin-Simms is the Board’s newest member and was elected to a one-year term. In all, 1312 votes were cast.

Why shop the Co-op?
LET’S COUNT THE WAYS.

1 CATERING.

How You Can Increase Biodiversity on the Home Front

by Kristy Morley, Senior Naturalist, Wissahickon Trails



BIODIVERSITY IS ESSENTIAL TO HEALTHY ECOSYSTEMS AND THE SUPPORT OF ALL life on Earth. Unfortunately, biodiversity, or the variety of all living things on our planet, has dramatically declined in recent years. The decline can largely be attributed to human activities, including land use and the subsequent loss of habitat, pollution and a changing climate.

The good news is that human activities can also help increase biodiversity. Here are a few actions you can take at home to support the animals, plants and organisms of the Wissahickon Valley:

- **Plant a variety of native species:** Native plants support a complex web of insect life that then provides resources for birds and other animals. Many of our local bees, moths and butterflies require specific species of plants to support a part of their life cycle. Without them, those species will not survive.
- **Reduce your lawn:** Ecologist and author Douglas Tallamy suggests that if we replace half our lawns with productive native plant communities, we could create more than 20 million acres of habitat out of what is now “ecological wasteland.” That’s more area than most of our major national parks combined! Even replacing a small portion of lawn would go a long way toward encouraging a more diverse community in our yards.
- **Reduce chemical use:** A healthy ecosystem creates its own pest control system. Ladybugs eat aphids, ground beetles eat soil-dwelling pests like slugs, and lacewings eat a variety of soft-bodied pests.
- **Create habitat:** Leaving the fallen leaves in your garden areas provides important protection for a variety of insects over the winter months. Cutting hollow plant stems in early spring provides nesting sites for cavity-nesting native bees.
- **Work together:** Join with your neighbors to plant different species — the increase in variety can have an even greater impact on biodiversity. Get involved in your town environmental committee or your homeowner’s association to advocate for reduction of grass and chemical use.



photos by Kristy Morley

The ligated furrow bee, top left, is a common native that pollinates a wide variety of flowers while collecting pollen. The prairie warbler, top right, is one of numerous bird species that rely on a constant supply of caterpillars and other soft-bodies insects to feed their babies. The spring miner bee, a tiny native, requires spring beauty flowers in order to harvest pollen to feed her eggs in their underground nest cavity.



2

MEMBER BENEFITS.

3

BULK FOODS.

4

CO-OP BASICS.

5

SUSTAINABLE MEAT & SEAFOOD.

6

PRODUCE.

PCR Products Are Out There — Just Look and Do Your Research

by Betsy Teutsch, for the Shuttle

WEAVERS WAY’S MYRIAD RECYCLING DEVOTEES hated learning that what we thought we knew about recycling turns out to be way too rosy. One problem with recycling is that it’s a market solution, and demand for recycled materials is weak. Long-term fixes require packaging regulation and mandatory takebacks by manufacturers, but there is something positive we can do in the meantime: Buy products made from post-consumer recycled content.

PCR is collected through curbside recycling or community bins; pre-consumer waste is captured post-production within factories. Items fabricated from PCR drive demand for recycled materials, and of course lower the carbon footprint of the product.

Here are some popular, readily purchased PCR products:

Paper Reams When purchasing these, look for the percent of post-consumer content; the higher the percent, the better. Generally, it is competitive in cost to paper made from virgin content, and 100% PCR is widely available.

Trash Bags Many Co-op households have cut back on single-use plastic, but we still need trash bags. Weavers Way sells If You Care trash bags made from 89% post-consumer recycled content.

Paper Towels, Tissues and Toilet Paper Field Day paper towels are 100% PCR. Green Forest toilet paper and Seventh Generation tissues are also. Households buy these all the time, so opting for them adds up. They are a bit more expensive than conventional products, but households that can absorb this extra expense are voting with their dollars for a healthier planet.



photo by Betsy Teutsch.
If You Care tall kitchen trash bags, with 89% post-consumer recycled content, are available at the Co-op.

Clothing PET #1 and #2 bottles have made their way into textile manufacturing. Patagonia has done well marketing its soda bottle polyester, and many other manufacturers do the same. Some tell consumers how many bottles are used for each of their designs, which is nice for visualizing the impact of your purchase.

Composite Wood Trex, which is made of plastic waste, has achieved broad market acceptance and success. Trex decks need far less maintenance, don’t get hot, and provide a splinter-free surface for walking. They are mold, termite, and mildew resistant, last far longer than wood, and require no special equipment or training to install. The market has expanded, with other companies offering similar products.

Trex’s extensive store dropoff bin infrastructure is called NexTrex. They accept #2 and #4 plastic bags and

wrappers; to be sure your items qualify, check the recycling section of their website (recycle.trex.com) Participating stores (which include Acme, Giant, Kohl’s, Redner’s Market, Wegmans and Weis Markets in southeastern Pennsylvania), empty the bins regularly and send them along to be bailed, transported to Trex and used for new decking and other outdoor materials.

Carpeting Mohawk, a major American carpet manufacturer, offers EverStrand, which is manufactured from 100% PCR — 63 bottles per square yard, to be exact.

When we went carpet shopping last winter, I knew to search out the plastic bottle variety, having bought some over a decade ago. We discovered that reliable information on this product was hard to come by, due to the nature of the carpet industry.

Carpet stores stock endless samples from a wide variety of manufacturers and know little about the origin of any specific product. One store owner, when I asked specifically about PCR carpets, told me (incorrectly) that “all” synthetic carpet is now made of recycled plastic. False. He was confusing virgin polyester, which is sourced from petroleum, with recycled polyester. He also mentioned that we were the first customers who had ever asked this question!

The fact that we were the first to ask Carpet Guy about recycled content inspired this column. We can all do a much better job of driving the market in the direction we want. By taking time up front to do research and read labels, we can use our consumer clout to be more effective global stewards.

P.S. The carpet is great!

LUHV Will Soon Bloom at Our Ambler Store

THE CAFÉ AT WEAVERS WAY Ambler is set to become a third location of Hatboro’s LUHV

Vegan Café on June 24 — the latest progression in a relationship between the Co-op and the company that began around 2016 (confirm).

The specifics of LUHV’s menu at the café were yet to be worked out at press time. But it will likely include a more limited selection of the vegan burgers, sandwiches, soups and salads found at their original bistro.

LUHV was started in 2015 by the Lucci family as an outgrowth of co-founder Silvia’s need for tasty, affordable vegan food. After she suffered a stroke at age 49, her husband, Daniel, pushed for the family to convert to a plant-based diet to improve Silvia’s

health. The foods the company offers at its cafés and for sale at the Co-op are based on recipes Daniel made for her and their son, Fecundo, after her stroke.

Both the Co-op and Sylvia are excited about the new location and the furthering of their partnership.

“Especially since Weavers Way Co-op is a community-minded organization that seeks to source local and ethical food, we are immensely excited to turn it into our next home,” she said. “LUHV Food was built on this belief: We can all change the world by the way we eat — one bite at a time. We understand eating vegan, gluten free, and healthfully is not easy for most, which is why we need to make food that people crave and can afford. Health should not be the privilege of wealth nor an unsatisfying compromise.”



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merchandise


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ANOTHER GREAT REASON TO JOIN.

Those Micro-bits of Plastic You Ingest May Lead to Health Problems

by Sandra Folzer, Weavers Way Environment Committee

A NEIGHBOR RECENTLY SAID, “Recycling plastic is merely a feel-good exercise that allows people not to change their lifestyle.” According to the Paris-based Organization of Economic Cooperation and Development and other sources, 90% of plastic never gets recycled. So it might be more honest to put plastic into the trash and let folks know that 14 million tons of plastic ends up in the ocean every year, according to the International Union for Conservation of Nature. There it is eaten by fish, which we eat, so we get our plastic trash back. Scientists at Consumer Reports believe the average person consumes about five grams of plastic each week.

It’s easy to ignore our prolific use of plastic. Because we can’t see the extensive damage to our land, air and water from plastic pollution, we assume it’s not happening. And because we can’t see the micro bits of plastic infiltrating our body’s airways and digestive systems, we may assume we are not personally affected. We’re not going to suddenly get sick, since the damage may take decades to manifest.

Even scientists acknowledge how little we know about the effect of plastic on our lives since most common plastics contain thousands of chemicals. It’s easier not to think too much and trust the system. We may think, “If a supermarket sells it, then it must be safe.” Wrong.

The more we learn about plastic, the more we discover how little we know. Every type of plastic contains unknown ingredients. A January 2021 article on the

U.S. PIRG website reported that there are 144 chemicals or chemical groups present in plastics that are known to be hazardous to human health. Even if we think one chemical may be “safe”, we don’t know how it reacts with other chemicals.

The American Lung Association’s chief medical officer, Dr. Alfred Rizzo, wondered in an April 25 article in National Geographic whether microplastics in our bodies may cause premature aging in the lungs, which can lead to cancer. He fears by the time research proves that plastics cause significant damage, many health problems will already be present. He likens it to the decades-long effort to convince the government that cigarettes cause cancer.

Unfortunately, we use these chemical-ridden materials to package our food because it’s convenient. At one time, phthalates were popular due to their flexibility and durability. They were used in plastic water bottles, plastic wrap for cheese and personal care products.

Phthalates can leach or evaporate into the air, so exposure may occur through direct contact, breathing the air or even from dust. Researchers discovered that even small amounts of phthalates can be toxic and have cumulative effects. They can leach into the water and food from containers and wrappings or be absorbed through the skin, and they have been linked to many health problems. Consequently, some phthalates were banned for use in children’s toys and eating utensils in 2011 if they exceeded one percent of composition.

Plastics with number 3 on them indicate they contain phthalates. Plastic water bottles are produced with phthalates, which leach into the water when exposed to heat or sunlight. Products containing phthalates range from body lotion and baby shampoo to air fresheners. Basically, if a plastic object is flexible, it likely contains phthalates, unless the label states otherwise.

Would men drink from plastic bottles if they knew it might lead to abnormal development of genitalia in their sons or possible prostate cancer or diabetes in their old age? Would parents use plastic in bottles and wraps if doing so would increase the chance of breast cancer or early puberty in their daughters?

No Phthalates, No Health Problems?

Almost all plastic wraps now made in the United States are phthalate-free, but include chemicals which also cause health problems. Chemicals from the wrap leach into food, especially fatty foods like meat and cheese. Despite its danger, plastic wrap is used frequently in most homes. When given a choice between a paper or plastic wrap for cheese, most will choose plastic, unaware of the potential toxins.

The Mindful Momma website recommends such alternatives as beeswax wraps, reusable cotton or silicon bowl covers, and reusable sandwich wraps or food storage containers to plastic wrap. I put my cheese in a glass jar, but make sure not to make the it airtight, because the cheese needs to breathe.



At present, Weavers Way uses mainly PVC (polyvinyl chloride) to wrap cheese. While it doesn’t contain phthalates, its safety is unclear. PVC vapor may cause indigestion or eye irritation. In landfills and incinerators, it releases dioxin, which is a toxin. The cost is a fraction of the cost of paper or cellophane. PVC keeps foods fresher and looks more attractive, so we as consumers might think about sacrificing looks for our health.

As a rule, it’s best to avoid plastic whenever possible. It’s a way of discouraging plastic packaging, which makes up two-thirds of plastic waste. I avoid certain products, like baby greens, that are usually housed in plastic. And I hesitate when buying milk: Do I buy local in plastic or in a carton from a large company?

Most importantly, don’t assume that because a product is on the shelf that it’s safe. And don’t trust words like “natural” — so is uranium!

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Suggestions

by Norman Weiss, Weavers Way
Purchasing Manager

GREETINGS AND THANKS FOR WRIT- ing. Email your comments, ques- tions, etc. to suggestions4norman@ weaversway.coop. As usual, sugges- tions and responses may have been ed- ited for brevity, clarity and/or comedy. In addition, no idea, concept, issue, re- mark, phrase, description of event, word or word string should be taken seriously. This also applies to the previous sentence.

At our online General Member- ship Meeting on May 7, we got “Zoom bombed,” which was not on the agenda. Thinking about it afterward, I saw no way for the Zoom bomber to profit from the bombing. There was no ransom request, no link for anything, no attempt to gain access to a computer or online account, no political topic that could warrant a protest or disruption.

I wondered what the bombers got out of their stunt; it seemed like mischief for mischief’s sake. Who does that? Friends prank each other for laughs. “Candid Camera” did mischief for entertainment value. But what is the motivation for the Zoom bomber — disruption for disruption's sake? Is it a power thing?

Then I realized the answer; it’s prob- ably 12–15-year-old boys. Thinking back to my own boyhood, I started to remem- ber how mischief was an actual activity — ringing doorbells and running, phony phone calls, letting the air out of tires, etc. These were all neighborhood traditions passed down from generation to genera- tion and neighborhood to neighborhood. This was the role of tradition in pre-in- ternet society. Can a post-internet soci- ety create traditions from online experi- ences? Online life seems too ephemeral to form traditions.

Meanwhile, in actual life, our future Germantown location is proceeding along — interior demolition has started. It’s time to reveal something special about



the project, especially if you believe co- incidences may have hidden meaning.

When we first toured the building, we noticed a weaving loom in the base- ment, apparently abandoned by a previ- ous tenant. It’s relevant because Weavers Way was named after a group of weav- ers in Rochdale, England, who in 1844 formed a food co-op that led to the mod- ern-day cooperative movement.

It’s also worth mentioning that ours will not be the first-ever food co-op in Germantown. In the mid-‘70s and early ‘80s, there were food co-op buying clubs in churches at Greene and Tulpehock- en streets (Germantown Peoples Co-op) and at Calvary Church on Pulaski Street (Calvary Co-op). There was also a store- front co-op first on Wayne Avenue, then on Germantown Avenue near Penn Street called Germantown Ecology Co-op.

Did any of this factor into our de- cision to proceed with our Germantown project? Let’s just say the loom loomed large in at least one person’s thoughts about it.

suggestions and responses:

s: “Have you noticed that all the pota- to chips Weavers Way carries are ket- tle chips? Kettle chips are thicker and firmer; they’re great for dipping but are rough on my palate. Why doesn't the Co-op carry traditional thin chips like Boulder thin and crispy and Late July thin and crispy? In addition, why don't

(Continued on Next Page)

International Co-op Principles

1

Voluntary and Open Membership

2

Democratic Member-
Owner Control

3

Member-Owner Economic
Participation

4

Autonomy and Independence

5

Education, Training and
Information

6

Cooperation Among Cooperatives

7

Concern for Community

we carry lower sodium potato chips of any type? Boulder Canyon makes a 60% less sodium kettle chip. Please look into providing a better variety of potato chips. Thank you.”

- r:** (Norman) This is the second time in the last 10 years I received this same comment about us not having enough non-kettle chips. Our Chestnut Hill and Ambler stores normally stock the Late July, but our supplier has been out of stock sometimes. Our Mt. Airy store does stock the Boulder thin and crispy; they were also subject to out of stocks from our supplier the last few months. We didn’t know about the lower salt variety; unfortunately, that variety doesn’t appear in our supplier’s product catalogs. FYI, potatoes are a highly sprayed crop, so it’s good to buy organic if possible.
- s:** “Hello; I just saw the late July thin chips and bought a bag; they are delicious. I’m not sure if this is something the Chestnut Hill store has always carried, but I’ve never seen them before today. I hope you continue carrying thin potato chips.”
- r:** (Norman) We’ll continue carrying them. FYI, potato chip preferences and lack of enough choices are a first world problem.
- s:** “Long time reader, first time writer. I’ve been buying the Henry Got Crops honey since their bees started making it a few years ago. My latest bottle has been much thicker, essentially solid, compared to the others. Why the variation in viscosity? My brain is wondering if the bees ate a different diet. Honey changes with the season, and from the beginning vs the end of the batch, etc. Thanks.”
- r:** (Norman) One of the best things about dealing directly with producers is that you can ask questions like yours and get accurate answers without any run-around (which I sometimes get with larger companies that have PR, customer service and marketing departments).

(Continued from previous page)

- This is the answer from the Henry Got Crops honey producer. Hope it helps.
- “As you know, honey crystallizes over time. My spring honey crystallizes relatively quickly, so she may be talking about that. Crystallization is a normal process for honey and doesn’t indicate that it’s bad in any way. Crystallized honey can easily be rendered liquid again by heating. I think the best way to do that would be to use a sous vide (I’m not sure if I spelled that right) and heat it at around 100 degrees for as long as it takes. An alternative is to put the jar in the dishwasher.
- The viscosity of liquid honey can vary based on the nectar source but varies primarily by water content. To be cured honey, it must have a water content of 18% or less. Some honeys have less and would be thicker. But even at 18% honey is super-saturated and all super-saturated solutions eventually crystalize.
- Honey definitely changes with the season. No one plant blooms all year long in our climate and most are either spring or fall bloomers. Different plants will produce nectar with different ratios of fructose and glucose, the two main sugars in honey. Honeys with higher glucose levels crystallize quicker.”
- The original writer of the suggestion later wrote: “Thanks for the response! I ended up putting my bottle in the dishwasher and voila — no more crystallization!
- s:** “Please add hummus to the list of products which are packaged in the return and refill containers. Thank you.”
- r:** (Norman) We’ll look into it. Thanks for your suggestion!
- s:** “Why do we sell forks and spoons but not chopsticks?”
- r:** (Norman) Chopsticks are frowned upon in American culture because they are not suited to gluttony. However, if you are addicted to potato chips, eating them with chopsticks is a good way to regulate your consumption.

“Ours will not be the first-ever food co-op in Germantown.”



photo by Norman Weiss.
The mystery loom in the basement of our eventual Germantown location. Can you say destiny?



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.



WEAVERS WAY EVENTS

Mindfulness for Everyday Peace

Wednesday, June 8 6:30-7:30 p.m.
Michael Carson

We need mindfulness when we are in the middle of a stressful situation – stuck in traffic, having a frustrating conversation, or when we make a mistake, to name a few. Join mindfulness educator Michael Carson to learn practical, evidence-based techniques and about mind-body research that allow for you to rapidly reset your mindset and calm your emotions, thoughts and body in less than a minute! All levels of experience with mindfulness are welcome.

Living up in the Trees

Thursday, June 9 6:30-7:30 p.m.
Yoni Stadlin

Yoni spent three-and-a-half months living aloft in ancient, endangered redwood trees in Northern California. He will share the story of his time living in one of the world’s tallest and oldest trees. He will do a brief teaching on the redwood forest and how each tree is an integral part of the community. He will explain the practice of clear-cutting and its environmental effects. He will share about the tree-sitting movement and how he came to join it, what it is like to live high up in a tree for weeks and months on end, and some funny anecdotes that tie into the program’s themes.

Mushroom Cultivation for Beginners

Saturday, June 11 1:00-2:00 p.m.
326b W Cheltenham Ave

In this workshop you will receive step-by-step instruction on how to successfully grow mushrooms in your home. We will supply the tree logs, mushroom plugs and other tools you'll need. Please bring your own drill if possible. This workshop will be held in person at 326B Cheltenham Ave, Philadelphia PA 19144. Your Instructor will be Kathleen Rabbetts, a 29-years-young art teacher with a bachelor's degree in art and art history. She also has a permaculture certificate and 10 years of experience teaching all ages. Kathleen has a passion for agriculture and has successfully grown her own mushrooms for years.

Green Burial

Thursday, June 16 6:30-7:30 p.m.

On multiple levels, green burial solves the problems of modern death care- the environmental, financial, and psychological ones. Join Friends of Green Burial PA co-founder Carin Bonifacio as she explores how green burial addresses each of these aspects. Participants will learn what green burial is, see photos of green burial grounds currently in use, and tap into resources for further learning and for finding green cemeteries where they live.

The Peaceful Sleep Workshop

Thursday, June 23 6:30-7:30 p.m.
Michelle Storz

Michelle will share the latest discoveries in sleep science and talk about good sleep habits. You'll learn how to downshift your nervous system to prepare for peaceful sleep and what to do when your mind won't turn off in the middle of the night! We'll talk about how to rewire your nervous system for relaxation and how to practice mind-quieting techniques and problem-solving for your particular situation.

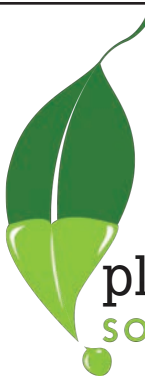
Virtual New Member Orientations

Tuesday, June 14, 6:30 - 7:30 p.m.
Friday, June 24, 12:30 - 1:45 p.m.

For more info: www.weaversway.coop/events



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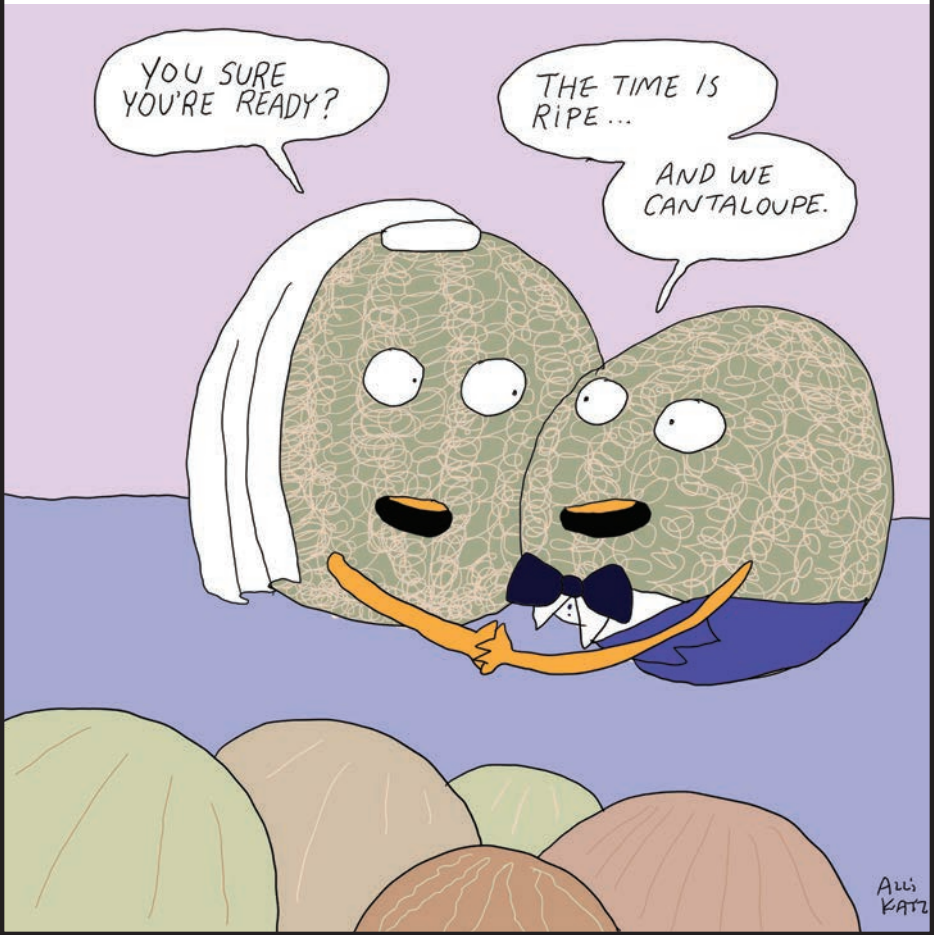
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Artists in Our Aisles

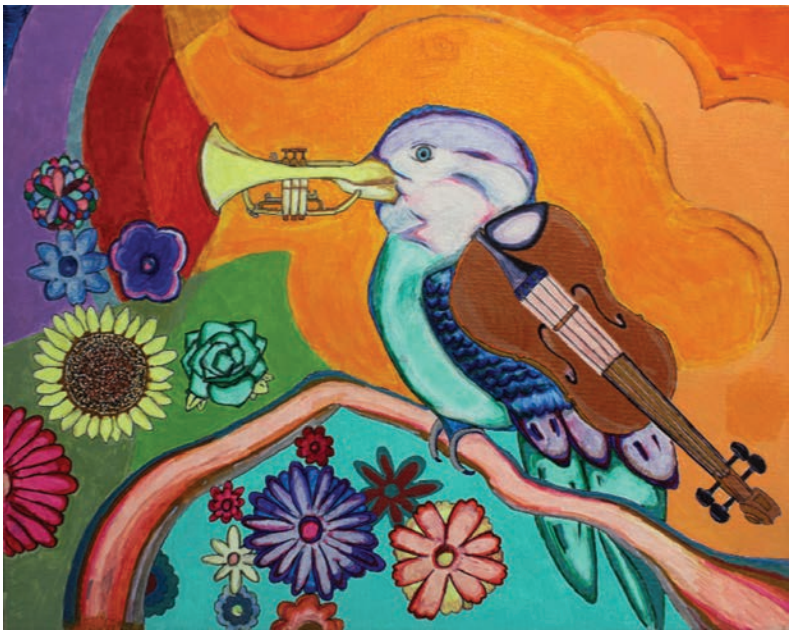
Matt Lavelle

Matt Lavelle is a jazz trumpet and clarinet player who was based in New York City for 30 years. He moved to Philadelphia during the pandemic and started painting. With 30 paintings completed and several more in progress, he's not stopping anytime soon. He'll be presenting his work Sept. 4 at the Art Haus and Sept. 18 at Mt. Airy Art Garage.



Artist Statement

I'm on an adventure – using drafting techniques, cymatics, synesthesia, sound color theory and more. All my work is done on canvas using acrylics, markers and watercolor. I hope the viewer sees something unexpected that might get them to see other things differently. Mostly, I hope the work swings like jazz.



We want to feature your art in the Shuttle!

Please submit the following to Richard Metz
(thembones2@hotmail.com):
(Two) 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

Weavers Words

Editor's Note: We're once again featuring the poetry of C.W. Henry School student Levy Bermea, who is the grandchild of Candy Hasan, the Co-op's accounts payable specialist and vendor diversity coordinator. Levy's poem "Sunshine And Rain, Joy And Pain (Bittersweet)" won first place this year in the school's Writers Matter contest, and earned an honorable mention in the citywide contest. This year's theme was "Sunshine and Rain, Joy And Pain."

SUNSHINE AND RAIN, JOY AND PAIN (BITTERSWEET)

Love and joy
Pain and hate
Bittersweet
Those mixed emotions
Going through a hardship, but gaining
knowledge from it
Bittersweet
Going to a funeral, but seeing all your family
together
Bittersweet
Distancing yourself from a friend, but they were
harmful to you
Bittersweet
The list can continue forever
But what is bittersweetness?
What makes these contradicting emotions
collide into one?

Is it a common indecisive nature?
Or is it a phenomenon to be awed at?
A rainbow is the testament of sunshine after rain
So we marvel at it and cheer it on
But why?
It is but a piece of nature, and we knew that it
wasn't going to rain forever
So why be joyful even though we knew the sun
would shine again?
Maybe the rainbow is something deeper
Maybe it speaks to our personal lives, as
opposed to the physical nature of it
Maybe it represents that beneficial and happier
side of life
We know that we don't live a fairy tale
We hurdle over challenges and struggles every
day to attest to that

But in those problems, we all wish for that
rainbow
We all want the happy side to pull aside the
curtain and say "I'm here, I promise"
We all wish for bittersweetness in those times
In the rollercoaster of life, we go through many
ups and downs
But what I've learned is that bittersweetness,
That rainbow after a storm,
Is that middle ground
The moment of calm where you can find the
pleasant in something sorrowful
That little bit of love shining through the pain
Bittersweet

— Levy Bermea

Feeling Inspired? Here Are Our Guidelines:

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

Village Medicine

Options and Resources for Working Around the Baby Formula Shortage

by Lindsay Stolkey, for the Shuttle

WITH ALL THE ATTENTION SURROUNDING THE current baby formula shortage, I thought this edition of Village Medicine could focus on options for mothers and their babies. I want to stress that I am not a professional health expert; I am only compiling various resources and tidbits of stories to share. This article is also not medical advice, nor should the resources and options here be thought of as having universal application. I encourage people to do their own research and go with what they trust.

About 90% of the baby formula market in the United States is controlled by four corporations: Abbott Nutrition, Mead Johnson Nutrition, Nestle USA and Perrio Company. So if there is an issue with one producer, the effects are gigantic. For a product that’s so foundational for so many families, awareness of alternatives and options, and perhaps a path toward less dependency on such corporations could be both timely and empowering.

Breastfeeding is an obvious food source, but in many cases, isn’t an option. For women who would like support around breastfeeding, a few resources are listed on this page.

Mothers who have had difficult experience with breast milk production may be interested in foods and herbs that promote lactation. These include whole grains sprouted first for 10 minutes, such as oatmeal and barley, and barley water, sesame, molasses and malt flakes, and greens like kale, spinach and chard. Herbs like stinging nettle, fenugreek and red raspberry leaf can also be helpful.

For mothers who depend on formula, there are a variety of recipes out there. I interviewed one local mother who used a raw milk formula recipe first published in the popular cookbook “Nourishing Traditions.” The Weston A. Price Foundation, a nonprofit organization dedicated to “restoring nutrient-dense foods to the American diet through education, research and activism” recommends this recipe and provides others as well.

The raw milk formula option has a long list of ingredients, including homemade whey, cod liver oil and acerola powder. The mother I spoke with used this recipe for two years and had to be fully committed to this DIY approach. It requires time and diligence on the front end to learn the process and source the ingredients.

Sustaining the practice requires developing an organized system and trusting that this is worth doing. For

it to work best, the mother suggested that moms keep a cooler for formula next to the bed, purchase ingredients in bulk when possible, and seek out a local farm for the milk.

The mom found other high-quality ingredients she needed through the Radiant Life brand. She emphasized how much energy this process required, but reports that her baby, now a teenager, was happy and healthy. Mom is glad she took the path she did.

European Formula and Donor Milk

There are also sources for ordering formula from Europe. This is technically illegal, so it requires a bit of digging around and risk-taking. Some consider the European standards for ingredients to be higher than in the United States, so for them, the risk is worth it. One acquaintance recommended the German brand Holle, which she found was more in line with her family’s values around food sourcing.

Another route is “donor milk.” This can come from established breast milk banks or individuals. Theoretically, any female-bodied person might be able to produce milk, which involves a healthy diet with lactogenic foods, a lot of time, and breast pumping. In some cultures, it’s common for grandmothers to re-lactate in order to feed their grandbabies. Possible risks include contamination, spoilage or watering down, so the details are important. In a donor situation, the diet of the milk-producing person should also be a consideration. Talking to an International Board-Certified Lactation Consultant is highly recommended.

While researching this article, I encountered a surprising amount of resistance. Several people strongly discouraged any mention of homemade formula because it’s dangerous and too risky. There seems to be trust in the conventional commercial production of formula, but not in women producing formula at home using real ingredients. Many people essentially say because there are risks, the practice must be off the table completely and shouldn’t be mentioned.

I wonder if people have lost faith in their own abilities. Two women I spoke with about their experience with making formula did not want to be identified because they felt that would put them at risk of being judged by their communities or worse.

As a result of my experience, I suggest that when you are looking for information, it’s worth it to ask



photo by Karen Plourde

The depleted baby formula case at the Acme in Roxborough on May 26.

around. Women might not be comfortable sharing their story publicly, but in a safe space may be glad to share their experience and wisdom.

Resources for Breastfeeding and Formula Feeding Infants

- **Free Weekly Infant Feeding Support Group**, hosted by Philadelphia Midwife Collective. Meets Thursdays 10-11:30 a.m. at 6837 Germantown Ave., Mt Airy (www.philadelphiamidwifecollective.org)
- **"Mother Food"** by Hilary Jacobson A book on food and herbs that promote milk production and a mother's health.
- **Human Milk 4 Human Babies – Pennsylvania**- A Facebook group for resources, community and sharing milk.
- **Homemade baby formula recipes** (and cost comparisons, product recommendations, tips, and nutritional information): www.westona-price.org/health-topics/childrens-health/formula-homemade-baby-formula/
- La Leche League International / La Leche League of Philadelphia
- To learn about European formulas: www.bottlesandburps.com

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COOPERATORS OF THE MONTH

Joyce & David Lindorff

Joined Weavers Way: 1997, soon after they moved to Ambler. They and their children had spent the previous six years living in China and Hong Kong.

Live in: Upper Dublin Township

Current jobs: Joyce is a keyboard player and teaches harpsichord and historical keyboard instruments at Temple University Ambler. David, a longtime reporter for Business Week and other outlets, founded the website This Can't Be Happening and regularly contributes to it, along with five other journalists.

Family Facts: They have two grown children: Ariel lives in England with her husband, James, and son, Jacob (age 1 ½). Jedd is a filmmaker and lives in Ambler.

Why they're working members: David: "It seems like if you're going to be in the Co-op, you should really do what it's about, which is to participate and do your work."

Co-op History: They belonged to co-ops in various places where they lived over the years, including The Broadway Local, a buying club they joined when they lived in New York City, and Green Star Co-op in Ithaca, NY, when Joyce was teaching at Cornell University. They also belonged to a CSA on Lamma Island when they lived in Hong Kong and tended a community garden plot in the New Territories region of Hong Kong.



Co-op job history: Joyce used to enjoy working on the second floor of the Mt. Airy store when it sold housewares and wellness products. David has done truck unloading in Mt. Airy. They recently returned to cooperating after taking time away during the pandemic and had finished up a shift at Ambler Arboretum the day of our interview.

Favorite Co-op products: Vital Farms organic eggs, hothouse tomatoes, strawberries. They're also big fans of bulk spices but are staying away from those for now due to COVID concerns.

Latest Projects: David produced a film tentatively titled "My Wunderkind Spy," that will premiere

at the Telluride Film Festival in September. It's about Ted Hall, the youngest physicist to work on the Manhattan Project, who shared information about the atom bomb to the Soviet Union. He's also working on a book about Hall.

Joyce, meanwhile, has been working with George Washington's harpsichord at Mount Vernon. She's going there this month for a residency and to do research.

Thoughts on the Co-op: Joyce: "I'm so grateful that we have a co-op in our neighborhood...we enjoy shopping there so much and being part of it."

—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. Board members' email addresses are at www.weaversway.coop/board-directors, or contact the Board Administrator at boardadmin@weaversway.coop or 215-843-2350, ext. 118.

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Vice President: Cheryl Croxton
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Secretary: De'Janiera B. Little
At-Large: Hillary Baum, Danielle Duckett, Jason Henschen, Gail McFadden-Roberts, Sarah Mitteldorf, Frank Torrisi.

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VIRTUAL NEW MEMBER ORIENTATIONS

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Friday June 24, 12:30 - 1:45 p.m.

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JUNETEENTH

CELEBRATE FREEDOM JUNE 19

A Sampling of Juneteenth Celebrations in Philly and Beyond

After two years of COVID-related cancellations and scaled-back celebrations, in-person Juneteenth events are back in a big way. From West Philly to Willow Grove and beyond, there's plenty to do – you'll probably want to pace yourself if you want to do the circuit.

Juneteenth (June 19), or Black Emancipation Day, is the oldest nationally-celebrated commemoration of the ending of slavery in the United States.

It marks the day in 1865 when Union Army General Gordon Granger read General Order Number 3 to the people of Galveston, TX, declaring that all slaves were now free. Texas, the farthest outpost of the Confederacy, was slow to enforce the Emancipation Proclamation, which was originally issued on January 1, 1863. President Biden declared Juneteenth to be a federal holiday last year.

THURSDAY, JUNE 16, 6-9 PM

Juneteenth Celebratory Dinner at Awbury Arboretum, East Germantown, featuring a buffet dinner and live performances at the tented pavilion of the Arboretum's Francis Cope House. Tickets are \$45; purchase them and get more info at awbury.org.

SATURDAY, JUNE 18, NOON-6 PM

16th Annual Philadelphia Juneteenth Festival at the Johnson House, Germantown. Historic reenactments, music, children's activities, a panel discussion and food trucks. Free. The Co-op is supporting Germantown Residents for Economic Alternatives Together, which is tabling at the event.

**SATURDAY, JUNE 18
& SUNDAY, JUNE 19
1 - 8 PM**

Montgomery County Juneteenth Celebration, Willow Grove. Events include a block party at Upper Moreland Public Library, a "Praise in the Park" gospel celebration at Crestmont Park, and a combined Juneteenth/Father's Day celebration at the Willow Grove YMCA. All events except the YMCA's 2 on 2 Fatherhood Basketball Game are free (tickets to the game are \$18.65 each for participants).

**SUNDAY, JUNE 19, STARTING
AT 10 AM**

Philadelphia's Juneteenth Festival Features a parade starting at Malcolm X Park in West Philly, along with a marketplace, art exhibition and food vendors, also at the park. Free.

SUNDAY, JUNE 19, 10 AM - 3 PM

Get Fresh Daily's 2nd Annual Juneteenth Cookout and Hangout, Freedom Greens, 5200 Pine St., West Philly. Go to getfreshdaily.org for updates.

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See what we are rounding up on the front page!