

Shared Co-op Goals and Agendas at CCMA Conference

by Michael Hogan, Weavers Way Board Director

I RECENTLY RETURNED FROM A TRIP TO THE CONSUMER Cooperative Management Association conference, which took place June 9-11 in Sioux Falls, SD. No, I did not see Mount Rushmore (it's on the other side of the state). About 200 folks attended in person, representing co-ops from all parts of the country. As a board member, I represented Weavers Way.

Opening day included registration and a tour. The first stop, Sioux Falls Food Co-op, immediately reminded me of our Ambler store. The shelves were stocked with similar items, the size was about the same as Ambler, and the space had recently been renovated. One main difference from our stores is that they sell alcoholic beverages and can even serve you a drink on their patio.

(Continued on Page 11)



photo courtesy of Consumer Cooperative Management Association

Some attendees took a tour of Sioux Falls Food Co-op on the first day of the conference.



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Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



Our Plan to Return The Shuttle to Solvency

IN MARCH, I WROTE ABOUT AN UP-coming price increase from the Shuttle's printer that would deepen the financial hole we're already in, with advertising dollars not yet back to pre-pandemic levels and postage costs increasing every few months. But I haven't written much about our situation since. Believe me, our problem hasn't disappeared.

So what's our plan for dealing with the shortfall, beyond nudging readers (again) to switch to the online version or to commit to picking up the paper when you're in one of our stores? Voluntary subscriptions.

If you're able, we'd like those who like to have the paper mailed pay \$1 per issue, ideally out of your Easy Pay account, starting this fall. That's \$10 a year for a solid amount of content about the Co-op, the community, the environment and more. If you're feeling generous, or want to subsidize a fellow member's subscription, feel free to send more.

Don't have it in the budget to pay to subscribe? No worries: We won't cut you off. I do ask (once again) that you consider switching to the online version. Or maybe you can figure out a way you or someone else can get to one of our stores or honor boxes to pick up a copy. In addition to the main stores, we have Shuttles available at Henry Got Crops Farm Market and at our office in Germantown.

(Continued on Page 6)

The Shuttle

JULY 2022

Since 1973 | The Newspaper of Weavers Way Co-op

Vol. 50 | No. 6



photos by Nima Koliwad.

Ambler Front End Manager Hilary Bond, left, and Yvonne Surh of Ambler show off the Ambler store's bollards that they yarn bombed as part of a Co-op beautification project that was completed last month. Several other volunteers also lent their talents to the effort.

SAVE THE DATE: LUHV's Vegan Café to Open July 16 in Ambler

The grand opening of the LUHV vegan bistro in the café at Weavers Way Ambler will now take place Saturday, July 16 from noon to 4 p.m., according to Sarah-Chen O'Connell Ogorek, the company's senior social media strategist.

Ogorek's June 16 press release also included the menu for the latest LUHV location. Highlights include three types of veggie burgers, along with vegan versions of Reuben, barbecue pork, crab cake and cheesesteak sandwiches. They'll also offer wraps, two kinds of green salads, three soups, and plant-based takes on chicken, tuna and pasta salad in one-pound containers.

Applications are still being taken for crew members for the Ambler store; go to luhvfood.com and click on the Careers tab to apply.

Co-op Awarded Food Financing Grant to Help Open Germantown Store



WEAVERS WAY RECENTLY GOT A financial boost in its efforts to build a new location in Germantown — a \$200,000 grant from the 2021 America's Healthy Food Financing Initiative's Targeted Small Grants program.

Funding for the HFFI program is provided by the U. S. Department of Agriculture as authorized by the 2014 Farm Bill. Awardees (134 in all) were selected through a competitive process open to fresh food enterprises who are seeking financial help to overcome the higher costs and barriers attached to opening and operating in specific areas.

The 2021 HFFI program offered one-time grants to food retailers and food enterprises designed to strengthen, expand and innovate within the food retail supply chain. The program assists orga-

(Continued on Page 6)



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back page.

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Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

Well, hey — it’s been a minute (two-plus years, really) since we put together our usual collection of new and newish items from Co-op departments. Many of these aren’t brand new; they’ve likely sneaked onto shelves and into cases in the last six months or so. Read on and get updated!

The Daily Deli

Two new local cream cheese spreads. And a pair of Italian buffalo milk cheeses in the Hill.

Fishtown’s Kismet Bagels is now supplying two flavored cream cheese spreads in Mt. Airy. Pickle Schmear features a perky dose of dill, (according to Mt. Airy Deli Manager Shawn O’Connell), and Golden Milk Schmear is infused with turmeric and ginger.

In Chestnut Hill, two soft, creamy buffalo milk cheeses will make a tasty splash on your summertime appetizer or light dinner plate.



Defendi’s Buffaletto is a Taleggio-style washed rind cheese with a buttery taste and an aromatic finish. The double cream Bufflonne Rousse d’Argental, handmade in Italy’s Bergamo region, is rinsed in brine and mild, yet richly flavored.

All Wellness and Good

Make the switch to shampoo and conditioner bars with an expanded array of selections.

Sometime in the B.C. (Before COVID) era, I wrote about shampoo and conditioner bars in this column. But maybe mentioning them again will inspire more of us to switch away from all those plastic bottles cluttering up our showers. Also, there are a bunch of new brands and varieties available at all three wellness locations.

At Across the Way in Mt. Airy, you can find

shampoo bars from Badger, Philly-based Green Ablutions, Hibar and J.R. Liggett. Conditioner bars are available from Green Ablutions and Hibar.

Next Door in Chestnut Hill also carries shampoo and conditioner bars from Green Ablutions and Hibar, along with an herbal shampoo soap from Four Elements and an unscented conditioner bar from The Earthling Co.

Ambler’s selection includes shampoo bars from Acure Organics, Badger, Liggett, Green Ablutions and Hibar, and conditioner bars from Green Ablutions. Henry Got Crops Farm Market also sells three varieties of Green Ablutions shampoo bars and two types of their conditioner bars, including fragrance-free versions of both.

If you’re concerned about getting a bar that will work best with your hair type, Hibar has the largest selection of different varieties, including those that maintain, moisturize and volumize.

Meat & Fish Market

Seasoned meats and burgers and specialty homemade sausages in Ambler.

The meat and fish crew at our Butler Avenue store have put together an array of seasoned chicken breasts and turkey burger blends to make dinnertime prep easier. Seasoned breast options include rosemary garlic with panko breadcrumbs, pineapple teriyaki and tequila lime, along with premade chicken cordon bleu that just needs to be popped into the oven. Turkey burger blends include one mixed with cheese and another with bacon.

Store made sausage options include chorizo with hatch chilies and queso cotija and Italian sausage with roasted peppers, balsamic glaze and mozzarella. They also offer a breakfast sausage with bacon and maple syrup.



Bulk & Beyond

New bins and a new line of Tierra Farms snacks in the Hill.

The number of bulk options in our Chestnut Hill store expanded late last month for the first time since the store opened in 2010. The upper shelves of dried fruit near the coffee bean dispensers have given way to seven gravity bins with organic snacks from Tierra Farm of Valatie, NY.

The new section includes dry roasted cashews (salted and unsalted), two types of flavored cashews (everything bagel and curry), dry roasted and salted Brazil nuts, and garlic almonds. Rounding out the new set are dark chocolate-covered blueberries and Tierra Trail Mix — a mélange of dry roasted cashews, sunflower seeds, salted pumpkin seeds, dried apples, dark chocolate chips and dried cranberries.

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

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

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

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

Advertising

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



SLICE IT DICE IT SERVE IT

All Ears About Corn



by Kieran McCourt, Weavers Way Ambler

A cereal grain much like wheat, barley and rye, it’s better known as maize in most of the world.

It’s native to the Americas and was most likely cultivated first in what is now Mexico nearly 10,000 years ago.

Thanks to human intervention, there are many cultivars of corn. Some are grown for animal feed, some are destined for popping, others become flour and cornmeal. But in the height of summer, fresh sweet corn reigns supreme.

How to cook it (besides boiling):

In the microwave: Start with four minutes for a lone cob and add 30 seconds if it still needs time. The protective husk allows the corn to steam and helps prevent overcooking. Grab the husk with a towel and carefully pull off the silk and husk to enjoy.

On the grill: Whether in the husk or not, make sure to remove the silk before putting the ears on the grill. If you grill corn with the husk on, give the cobs a soak in water; that will protect the corn and will help the cobs steam as they grill.

Obviously, at peak season, the best option is always to dig into the cob. Consider dressing up the cobs with compound butter, spicy salt or a squeeze of lime juice and zest.

Cut kernels off the cob can be added to salsas or salad or sautéed with peppers, onions and cooked beans.

Can corn be pickled? Of course, but you may want to freeze it instead. While eating corn in the summer is a joy all its own, digging out a bag of summer corn in the depths of winter can add a pop of sunshine to soups, chilis, stews or quick dinners.

If you’re freezing it, I suggest cutting the kernels off the cob first. You can blanch it or leave it unblanched, depending on how you might later use it.

Want to add corn to winter salads or salsas? Blanch it on the cob before shearing the kernels and freezing. If you think you’re more likely to add it to dishes that will be cooked, like soups, cornbread, or a quick sauce with some bacon, then skip blanching and just freeze it.

Finally, consider using leftover cobs to make a quick corn stock or as an addition to a chicken or pork stock. It makes for a deliciously sweet and vegetal broth that’s great for seafood chowders, risottos, extra flavorful polenta and more.

A Berry Sweet Twist On a Classic Summer Salad

Recipe by Bonnie Shuman, Weavers Way Executive Chef

FINALLY, SUMMER HAS ARRIVED and with it a bounty of produce that awakens the possibilities for fresh, bright flavors.

Here's a traditional Caprese salad that goes to the next level. To the four starring ingredients (tomatoes, mozzarella, basil and olive oil), we added local strawberries, balsamic glaze and microgreens. The sweetness of the strawberries contrasts with the brininess of the fresh mozzarella and pairs beautifully with the acidity of the tomatoes and balsamic glaze. The microgreens add visual flair as well as flavor.

Serve this with grilled baguette slices rubbed in olive oil and garlic cloves. Slice the baguette and rub both sides lightly with extra virgin olive oil, then rub garlic cloves over both sides of the bread. Grill over medium heat until lightly charred. And don't be frugal — use a high-quality EVOO so you can mop that bread in all the great flavors.

I recommend pairing this with a crisp, light and dry rosé; the bright acidity of the wine stands up well against the tomatoes and cuts through the rich creaminess of the mozzarella. Cheers and Bon Appetit!

Pro Tip: If you don't have access to a grill, or don't want to bother with lighting a grill to essentially make toast, hold each piece of bread with tongs over the direct flame of a gas stove until lightly charred. If you don't have a gas stove, pop the sliced bread in a 350° oven for a few minutes

Ingredients:

- 1 ball Claudio's fresh mozzarella
- 8 strawberries, stems removed
- 8 tri-colored grape tomatoes
- 4 Tbs. extra virgin olive oil
- 4 leaves fresh basil
- Several drops of balsamic glaze, for garnish
- Microgreens (such as those from Blue Moon Acres of Pennington, NJ and Buckingham, Bucks County)

Directions:

Drizzle olive oil onto a plate. Slice mozzarella in quarter-inch rounds in an overlapping pattern. Slice tomatoes, strawberries and basil and add to the mozzarella. Drizzle with balsamic glaze, top with microgreens, and season with salt and pepper.

Serves 2



HIGHLIGHTS FROM THE Local Vendor Fair

photos by Nima Koliwad and Kathleen Casey



Kiera from Luminous Intentions



Kyle Slinkman from the Edge Fitness Clubs



Sheetal from Reveal Avocado Tea



Jesse from Triton Soap



Rajus from Ajji's Lonsa



Kevin from Kevin's Hot Sauce

An offshoot of Weavers Way Co-op

FOOD MOXIE

encorps Crew, said it felt good to impact the community in a different way other than just cutting down invasives.

“I value the skills and knowledge and great times, and they connected me with other urban agriculture communities,” he said. “I hope maybe in the future to have my own little community garden.”

It’s been great to be able to have a reciprocal relationship where we benefit from the support and energy of PowerCorps crew members while also supporting them by sharing tools, resources, training and knowledge of urban gardening and farming.

Jaleel Williford, also a Goldencorps Crew member, enjoyed seeing fruits and vegetables grown locally.

“If people in my community need anything, they can get stuff,” he said. “I value the outreach; being able to tell people about what Food Moxie does. I’d like to be able to host a community giveaway with Food Moxie where we give away food to the community. I also value the relationship with Mr. Eldredge Ragsdale (a longtime Awbury Volunteer) and Ms. Dorene. They are great people, and if we need anything, they’re always willing to give us advice.”

Bilal Allen, moral coordinator on the Goldencorps crew, added that his experience with Food Moxie has been “a thrill and a blessing, “because it allows him to



Part of the PowerCorps PHL Goldencorps Crew, above. From left to right, Bilal Allen, Jaleel Williford and Aaron Tyler.

give back to the community.” I value being able to help Stenton Manor families with producing a safe environment,” he said.

This summer, we hope to welcome two PowerCorps crew members for a six-month fellowship. We are looking forward to having their input and participation on our team. Thank you PowerCorpsPHL!

To support our ongoing work, including our ability to host these amazing PowerCorps members, please visit www.foodmoxie.org/waystogive/.



photos courtesy of Food Moxie

The Goldencorps Crew works on a garden plot at Awbury Agricultural Village with help from volunteer Eldredge Ragsdale (crouching).

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Co-op Awarded Food Financing Grant

(Continued from Page 1)

nizations, business models and the capital needs of ventures that process, distribute, aggregate, market and sell healthy, fresh and affordable foods to underserved communities and markets. A full list of award-ees is available at www.investinginfood.com.

Grantees will receive their full grant funding through the Reinvestment Fund, which administers the HFFI program on behalf of the USDA. The public-private partnership aims to provide capacity-building and financing to stimulate food business development and to build a more equitable food system.

Our Plan to Return The Shuttle to Solvency

(Continued from Page 1)

With the increase in printing costs, it now costs almost \$6,300 an issue to put out the Shuttle, and we currently send paper copies to just over 9,700 members. Meanwhile, our ad revenue so far in 2022 has averaged \$3,453 per issue. Even before the increase, we weren't making weight, and now that's even more the case.

We're hoping we can get enough volunteer subscribers (or volunteer switchovers from the paper subscription) to fill in the gap between our costs and

Weavers Way General Manager Jon Roesser sees the grant as another step into helping make the Germantown store a reality.

"It takes an enormous amount of logistics and financing to open a cooperative grocery store, with concern for, and involvement from, the communities we serve being a major cornerstone of our cooperative principles," he said. "...Receiving this grant adds to the excitement of what we are doing and what we will be bringing to Germantown next year."

our ad revenue. Maybe we'll even do well enough to make a little profit.

Regardless, we need your help to get the Shuttle back to being a financially healthy Co-op enterprise, as well as a source for Co-op and community news and concerns. I welcome your comments and questions about all of these proposals at editor@weaversway.coop.

We're taking a vacation pause for August, but we'll be back at it for the September issue. Catch you in the pages then.

CORRECTION

IN "VIRTUAL GMM FOCUSES ON NEW STORE, ELECTION RESULTS" IN THE JUNE Shuttle (p.1), Cybille St. Aude-Tate of HoneySuckle Projects in Mantua was misidentified as the person who is working with Food Moxie and PowerCorps on developing a possible incubator farm at Food Moxie's space in Awbury Arboretum. The person working with both groups is Elaine Holton, HoneySuckle's former farm manager.

The Shuttle regrets the error.

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Sailing Into a New Fiscal Year with Positivity and a Plan

by Jon Roesser, Weavers Way General Manager

AS I WRITE THIS IN LATE JUNE, WE ARE GRAPPLING with our fiscal 2023 budget, an annual exercise that makes those involved rather peevisish. Best to steer clear of us until mid-July.

Predicting next fiscal year’s sales, margins, labor costs, operating expenses, etc., is always a bit of a crapshoot. We know that actual numbers will differ from the budget; it’s just a question of by how much!

Still, Dwight Eisenhower was right when he said, “plans are useless, but planning is essential.” So every year we take a long, hard look at economic conditions, business trends, changes in the local marketplace, consumer behavior and the Co-op’s own priorities so that we can hammer out a plan for the year ahead.

This year, with an ongoing pandemic, war in Ukraine, dizzying inflation, a nagging labor shortage, supply chain disruption and increasingly volatile weather, the budget process is even more challenging than usual. So we’re move peevisish than usual.

At one point during our deliberations I exclaimed, “these are unprecedented times!” — words that tend to be uttered by people unaware of precedent. It’s important to remind ourselves that few of the challenges we face today — and they are numerous — cannot be overcome by learning history’s lessons.

Take all the challenges related to “globalization,” which most of us consider a recent modern phenomenon. Figuring out the proper cadence of global supply chains dates to at least the time of the Eurasian trade routes – the Silk Road was established more than 100 years before the birth of Christ. And today’s headaches of port bottlenecks and dock worker shortages would sound familiar to executives of the British East India Company (founded 1600).

Technology has accelerated and simplified globalization, but even today’s technological advances are hardly without precedent. By the early 20th century – more than 100 years ago – advancements in the construction of steel-hulled ships and the perfection of the reciprocating engine (allowing ships to steam ahead, regardless of tides or wind direction) led to the creation of the global shipping network that is foundationally unchanged to this day.

During the 1910s, on any given day, well more than 1,000 ships were at sea under the flag of the British Empire alone. Whole steamship lines were set up for specific commodities: New Zealand lamb, Iberian citrus fruits, South American beef.

Since those early days, the global shipping network has had to adapt its way through the Great Depression, German U-boat wolf packs, Cold War brinksmanship, the 1970s oil crisis and a host of smaller recessions, regional wars and trade disputes. Today we face new challenges, but they are hardly unprecedented.

But while history may provide lessons — and perhaps a bit of comfort – we still must navigate our Co-op through a stormy economic sea. Charting the right course, as we endeavor to do during the annual budgeting process, is critical.

Sales growth will be affected by inflation, as rising vendor costs put pressure on retail prices. Even if the exact number of people buy the exact same products this year that they did last year, inflationary sales growth will be somewhere around 3 to 5%.

Gross profit — the money left over after we’ve paid our vendors for the products we sell — will be squeezed as we do our best to hold the line on raising retail prices in order to remain competitive in the marketplace.

Wage pressure remains high, and we will continue to be aggressive in raising wages in order to attract and retain talent. The budget will include at least two increases to our minimum pay, getting us to \$15 hour this fiscal year (already, 75% of the Co-op’s employees earn at least that).

“ Few of the challenges we face today cannot be overcome by learning history’s lessons. ”

Operating costs — whether we’re talking fuel, utilities, trash removal, bank fees, packaging, cleaning supplies, you name it — will be higher, at least 5% higher than last year.

Given all this, we’re budgeting to break even, with a bit of a cushion to cover any contingencies. The Co-op’s cash reserves are strong, and we do not anticipate having to use those reserves to cover operating costs in the fiscal year ahead.

Budget-inducing peevisishness aside, we should approach the new fiscal year with a sense of optimism and excitement. We’re full steam ahead — to continue with this column’s weird nautical theme — on opening our Germantown store by the end of the fiscal year. And whatever challenges we face are nothing we haven’t faced before. All things considered, we’re shipshape!

See you around the Co-op.

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The Backyard Beet

Common Gardening Dilemmas and How to Address Them

by Chris Mattingly, for the Shuttle

IN THIS COLUMN, I’LL SHARE MY EXPERIENCE AS A professional vegetable gardener and owner of Backyard Eats, now based in Flourtown. Recently, a new consult booking came through our system, and in the field labeled “briefly describe why you made the appointment”, the potential client wrote:

“We were harvesting some vegetables the first year but over the years, our garden seems to be yielding less and less. We are interested in growing edible flowers, herbs, vegetables and maybe a fruit tree. We are looking for help to improve on our success and hopefully grow through the seasons.”

A Common Problem: Declining Yields

From our experience, we know that decreased yields in vegetable gardens year after year is a common trend for many gardens that are self-managed, even for those managed by horticultural and landscape professionals. An initial year or two of success is followed by years of disappointment.

A parallel problem, based on my experience, is that the tomatoes produce (incredibly) through October the first year, but then begin their decline in September the following year. The season after that, the decline starts in August and so on, until the plants fail to produce at all. Zucchini plants that greeted you on your return from vacation with baseball bat-sized fruits their first year detach themselves completely from their base with the slightest tug the next year, leaving a goopy stump in the ground.

Rather than celebrating the true start of summer with a plump tomato, you may find yourself reluctantly acknowledging the dog days of summer have arrived when a chalky white powder fully colonizes the leaves of your pumpkins, butternut squash, cucumbers and watermelon.

Loss of Soil Fertility, Architecture and Biological Activity

A few things happen when soil is used to grow vegetables. In the short term, key nutrients are taken up by the plants, and therefore require replenishment. When the soil is depleted of nutrients, plant growth and vigor is reduced, which reduces yield quantity and quality (think taste and nutritional value). Reduced vigor also leaves the plant susceptible to disease and insect attack and allows the long-term establishment of both in the garden.

While a garden is growing vegetables, partially decayed organic matter is being consumed by soil insects and microbes. This biological activity is key to making the nutrients in the soil available to the plants. The partially decayed organic matter and insect activity is also key to the soil’s architecture, or physical structure. A loss of biological activity and physical structure leaves the soil unable to provide habitat for insects and microbes, balance the retention and drainage of moisture, and provide sites for nutrients to become vegetables.

Nitrogen, phosphorus and potassium, as well as other micronutrients, must be added on a regular basis; this can be done with organic fertilizer products or compost. In our professional program, organic fertilizer is added at planting time, as well as monthly. In addition, a layer



of compost (partially decayed organic matter) is added at the end of the season (in December) as part of something we call “winter bed care.”

How to Defend Against Soil Disease

While there are hundreds of crops and varieties that can be grown in a garden, there are only a few plant families that are common. The cucurbits include winter squash (e.g., pumpkins, butternut), zucchini, cucumbers, watermelon and cantaloupe. Nightshades include tomatoes, peppers, eggplants and potatoes. These groupings generally share susceptibility to the same diseases.

Plant diseases, whether viral, bacterial, or fungal, can become established in the soil where they’re planted and re-infect susceptible plants if they’re planted in that soil year after year.

The best defense against plant disease is a documented planting plan for each gardening season. At Backyard Eats, we create a detailed planting plan which shows the location of each plant and variety down to the square foot. This allows us to deliver a garden for all our 60 weekly maintenance clients and gives us an historical record of the location of each plant family.

Each year, we prioritize rotating the nightshade family, so that nightshades aren’t grown in the same place in three years. For this reason, we also recommend not planting more than one-third of the garden with nightshades. Our interactive order form lets us know when this rule is broken.

It’s a soft rule, though, since a three-year rotation is generous, and our careful attention to other cultural factors allows us some breathing room when it comes to warding off diseases and other problems.

Keep Insect Troubles at Bay

Two factors that affect the prevalence of insect problems are the health and vigor of the plants and the program of monitoring and managing insects as they appear.

For many insect problems, plant vigor will win the day. Plants can fend off and outgrow a minor insect as-

sault with proper sun exposure (get professional help with determining the location of a new garden), consistent moisture (use drip irrigation), and adequate soil fertility and biological activity (see “How to Defend Against Soil Disease,” above).

For insect problems that even the most vigorously growing plants can’t defend against, consistent monitoring and organic controls are available. As the saying goes, “the best fertilizer is the gardener’s shadow.” Close observation of the plants on a regular basis will reveal what’s going on, how serious it is and whether something should be done. This can be honed over time and practice.

At first, any plant will look like a plant. But by looking longer, closer, and scanning and breaking the plant into its parts, holding the leaves in your hand and turning them over, you will build the skill of plant and insect observation.

This skill is easy to learn but takes time and patience. A couple weeks ago, I noticed some “frass” (insect poop) on a friend’s kale plant. I showed her the poop and the insect’s chewing damage, and asked her to look for the insect. She didn’t see the caterpillar hidden on the central vein of a leaf until I pointed it out. I picked it up and threw it into the yard.

A week later, there was more poop and more damage. She saw the signs and lamented the damage to her kale, but still couldn’t find the bug; it was in the same spot as the one a week earlier.

There’s nothing wrong with my friend — it just takes time and practice to look at a plant and find the problem. It’s a fascinating skill to develop and I highly recommend it!

Managing Time in Life and in the Garden

Many of us think we are too busy for the level of planning, work and attention to detail that are needed to maintain a garden. But I think we have enough time to do exactly what we want.

Time comes from us, and it’s ours to own. In that spirit, I invite you to think about your goals and priorities, and consider where garden maintenance fits in.

If one of your goals is to have a reliably productive garden stocked with the veggies and herbs you love, build relationships with your family or partner, share your talents with the world, or build a business, then you may be one of the many for whom Backyard Eats was built.

If performing and mastering the day-to-day maintenance of a vegetable garden is among your top priorities, then this article, and perhaps our coaching service will be a great help to you. If not, think about how an investment in building a relationship with a professional maintainer could shift your time in favor of your life’s current priorities.

Chris Mattingly is the founder of Backyard Eats, a full-service food gardening business with an array of offerings in the greater Philadelphia area. Email him at chris@backyard-eats.com or visit www.backyard-eats.com.

Why shop the Co-op?

LET’S COUNT THE WAYS.

1

CATERING.

Seven Reasons to Step Into the 2022 All Trails Challenge

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

FRIENDS OF THE WISSAHICKON launched the All Trails Challenge in 2016 as a way for people to support FOW’s widespread stewardship of Wissahickon Valley Park’s 1,800 acres and more than 50 miles of trails. All funds raised go directly to trail improvements and other conservation efforts to keep the park and the Wissahickon Creek clean and accessible.

As my staff at FOW and I started planning our seventh annual ATC, which begins right after Labor Day, we reflected on why people participate in this popular event year after year.

You don’t have to complete all 50 miles (although some have) or be an athlete to join the ATC, and it’s not a race. There are many reasons why families, friends and individuals of all ages and fitness levels join to hike, walk, run, bike or horseback ride through the Wissahickon. In honor of the ATC’s seventh year, here are seven of the most popular ones:

- 1. Help the park
- 2. Personal challenge
- 3. Physical, mental and emotional well-being
- 4. Improved motivation
- 5. Experience nature
- 6. Explore more of the Wissahickon’s history, geology and points of interest
- 7. Connect with like-minded people

There are fun giveaways and prizes all along the way, too. If you’ve thought about joining the ATC, find out how at our upcoming virtual information session on Tuesday, Aug. 9 from 6-7 p.m. You’ll learn how to set up a fundraising page, track mileage and more, and have a chance to chat with and get tips from



seasoned Challengers. Register at <https://fow.org/event/2022atc1/> and stay up to date on all things ATC by following @FOWissahickon on Facebook, Twitter and Instagram.

This year, FOW is proud to welcome back Univest Bank & Trust Co. as a sponsor. Sponsorship opportunities for this year’s event are available by contacting Maeve Pollack at pollack@fow.org.

Save these important ATC dates:

- Monday, Aug. 22 – Start date for FOW members
- Tuesday, Sept. 6 – General start date
- Tuesday, Nov. 29 – Last day to compete



Rest in Peace, Mel

AS WE APPROACHED PRESS TIME FOR this issue, we learned of the death of former Chestnut Hill grocery staffer and sign letterer extraordinaire Mel Marmer, who died June 30 at age 73.

Mel was a former commercial artist who designed many of the hand-lettered signs that hang above the Hill store’s cases. He also did the lettering for the Co-op Principles wall hanging above the dumbwaiter in the Mt. Airy store. A graphic of that sign graces the back of a certain vintage of Weavers Way staff shirts and hoodies.

We’ll have more about Mel’s Co-op life and reminiscences from his colleagues in the September Shuttle.

—Karen Plourde



2

MEMBER BENEFITS.

3

BULK FOODS.

4

CO-OP BASICS.

5

SUSTAINABLE MEAT & SEAFOOD.

6

PRODUCE.

A Bottle Recycling Run to South Philly Bok Building

by Victoria Valadao Napier, Weavers Way Plastic Reduction Task Force

EDWARD BOK TECHNICAL High School in South Philly closed in 2013 and became a multi-functional building that houses artist studios, businesses, and nonprofits, along with a restaurant, café/bakery and rooftop bar. In the ever-changing Philadelphia landscape, the nearby historic Mount Sinai Hospital wasn’t so lucky and was demolished to make room for upscale housing.

Last month, I joined two Environment Committee members, Helen and Sandy, on a mission to bring our glass bottles to Remark Glass, a business that would actually recycle and transform them into beautiful glasses, vases, lamps and such. The company, which is barely six years old, is run by the same entrepreneurs who run The Bottle Underground, a nonprofit that recycles glass. Together they have 14 employees.

After a conversation with one of the owners, Rebecca, I quickly learned that Philadelphia’s chosen recycling company technically reuses the city’s glass, crushed, as a cover for waste in its landfills. I also learned that the Philadelphia region, because of natural resources located in nearby New Jersey, has been a manufacturing hub for glass and related products for years. As Rebecca said, it’s sad to see Philly importing containers when it has all the resources to make its own glass here.

The Bottle Underground looks for creative ways to recycle the glass not used by Remark. As part of one project, they help the city’s GSI or Green Storm Water Infrastructure. They are working with the Olin architectural firm to combine glass pellets mixed with compost (from Bennett Compost) into a “soilless” soil to fill in a section of Kelly Drive that suffered damage from Hurricane Ida.

Rebecca sees much potential for the city to create a strong circular economy. She emphasized that much investment is needed for that to happen. But she is hopeful.

Remark Glass is Philadelphia’s first Gold Certified Zero Waste organization and produces less than one percent of waste every year. Bottle Underground has the goal of recycling 250 tons of glass in 12 months. To do this as efficiently as possible, they need a cargo elevator. You can go to GoFundMe to donate to that effort.

If you are interested in taking your rinsed bottles to Bottle Underground and seeing the beautiful handmade bottles of Remark Glass, or even volunteering, keep in mind that this happens every other Saturday. For more information, go to bottleunderground.com and click on the Recycle tab. You can also donate to their efforts to build a local facility to divert glass from the waste stream.

It’s also interesting to see some of the other progressive companies in the Bok. They include Fabscrap,



Above left, a selection of the recycled glassware available for purchase at Remark Glass. Above, right, the facade of the Bok Building on South 19th Street.



a commercial fabric recycler; Lobo Mau, a sustainable clothing maker, and other offbeat businesses and artists’ studios.

Task Force Events and Updates

The last presentation in our successful Philly Talks Trash virtual series with Philadelphia Neighborhood Networks will take place on Thursday, July 21 from 6:30 to 8 p.m. We will focus on litter and dumping, and the guest speaker will be Shari Hersh from Trash Academy, a collaboration between community members, artists, environmental activists and young people from across the city that is supported by Mural Arts Philadelphia’s Environmental Justice department. We will discuss the crisis of illegal dumping of construction debris and other waste that has reached crisis levels in the city, particularly in certain neighborhoods. We will hear about the problem as well as from some local businesses working on solutions. Please sign up at the Co-op’s Events page: weaversway.coop/events.

We’ll finish up this month’s column with a message from outgoing PRTF Chair Alisa Shargorodsky.

“After five years of serving as the Co-op’s PRTF chair, I am stepping down and happy to announce that my successor will be PRTF member Kim Paymaster. We are currently seeking a secretary and a social media manager, so if anyone in the community has a few hours a month free and has social media or secretarial skills, please consider joining our committee. It’s a wonderful way to get in your work hours while also helping to promote plastic reduction and community education.

We have begun year two of the Container Refund Program, in which the Co-op offers returnable versions of many prepared items on our shelves to reduce the amount of single-use plastics generated in the stores and in our community. Members and shoppers look for CRP shelf labels that highlight items in returnable containers,



which have a deposit fee between \$2 and \$4 associated with them.

Here are a few reminders to help the program succeed:

- Please return your reusable container promptly to get your deposit back.
- Please do not write on or stick anything to CRP containers.
- Though the containers are sanitized when they’re returned, they must be returned clean, with no food residue,

To date, the Co-op has circulated 6,111 containers. Most recently, we added house olives, shredded cheddar, shredded and shaved Parmesan, and half-sour pickles in Mt. Airy. You can also find mixed greens and cut fruit in Ambler, as well as a variety of prepared foods. If you do not see these items on the shelf, please contact the store manager and ask them to stock these items or email prtf@weaversway.coop.

I am grateful to have had the opportunity to serve my community and to the loyal and committed team members who continue to dedicate their time and energy to this important cause. If you want to reach me directly, please email me at social@ourechosystem.com.

shop bulk

save money & reduce waste

Pick up a Weavers Way sandwich loyalty card from the deli.

Buy 10 and the 11th is on the Co-op! See card for details.

Memory’s Importance for People of Color



photo by Nic Hutnick

MEMORY IS THE PROCESS OF ACQUIRING, STORING, RE-
taining and retrieving information acquired from the
environment and experienced through the senses. It has three
main groupings: sensory, short term and long term. Memories
can last a second, or a lifetime.

Memory is especially crucial for the cultures of Black, in-
digenous and other people of color. Through it, their traditions

and histories are orally transmitted from generation to
generation.

The process of remembering involves sensing, encoding,
consolidating, storing and retrieving. Without memory, there
is no learning; no yesterday, today or tomorrow. As Luis Bunuel,
the renowned Spanish filmmaker wrote, "Without memory
we are nothing."

— Rosa Lewis

weavers way co-op
**Racial Diversity,
Equity, and
Inclusion**

Two More Mini Bios of Gay Rights Heroes

BARBARA MAY CAMERON
(1954-2002) was a mother,
photographer, filmmaker, writer,
poet, human rights and intersectional
activist. She was raised by her grand-
parents on the Standing Rock Indian
Reservation, which straddles the bor-
ders of North and South Dakota. She
received ongoing positive messag-
es from them throughout her youth,
which built up her stalwart sense of
self and commitments.

Cameron co-founded Gay
American Indians, the United States’
first gay American Indian advocacy
group. She was a contributor to the
anthology “Our Right to Love: A
Lesbian Resource Book,” (1978).

Kodo Nishimura (1989-) is a
Buddhist monk, makeup artist and
global advocate for LGBTQ persons.
His parents are Buddhist monks who
live in and preside over a 500-year
temple.

Kodo studied ikebana (Japanese
floral arranging), for eight years and
is a graduate of the Parsons School
of Design, which is part of New York
City’s The New School. His autobi-
ography “The Monk Wears Heels:
Be Who You Are”, provides Bud-
dhist wisdom while advancing the
significance of accepting all people.

Shared Co-op Goals and Agendas at CCMA Conference

(Continued from Page 1)

Next stop was Tilford Rye Farm in Garretson, SD. Farmer Jeremy Nelson gave us a tour of his small yet active farm, which supports its own CSA and has goats, a donkey, chickens and ducks. Because donkeys and canines don’t get along, the donkey serves as a guard animal for the goats and keeps the coyotes at bay. We finished up the day at Covert Artisan Ales and Cellars, a brewpub in Sioux Falls founded by two former military intelligence agents.

History Lessons and Best Practices

Over the next two days, I attended both morning key-note sessions. The first, “Resilience through Cooperative Strategies and Values: Lessons from Cooperative Ecosystems,” was led by João Marcos Silva Martins of the Organização das Cooperativas Brasileiras of Brazil, Ibon Zugasti of the Mondragon Corporation from the Basque region of Spain, and Jamila Medley of Columinate, a national consulting cooperative. Medley is the former executive director of the Philadelphia Area Cooperative Alliance, a Weavers Way member, and was the guest speaker at our 2020 Fall General Membership Meeting.

The second session, “Food Sovereignty: Reclaiming Indigenous Foodways,” was hosted by Bijibah Begaye

of the Cooperative Catalyst of New Mexico and Nick Hernandez of Makoce Agriculture Development, which is working to create a local food system on South Dakota’s Pine Ridge Reservation. The presentation was moderated by Kevin Edberg of Cooperative Development Services.

Begaye shared a heart wrenching history of how the indigenous peoples of the Americas were violated, beginning with the pope directing Spain and Portugal to colonize, convert, and enslave them, and to claim any land not inhabited by Christians. The United States and President George Washington continued this policy against the indigenous, disrupting their food supply as part of the conquest. Hernandez spoke of how the Oglala Lakota are still reestablishing their communities and food supplies.

I attended five other sessions, which featured topics such as simplifying board processes, diversity, equity and inclusion, or DEI in practice, board and general manager relations, understanding audits, and “is everyBODY welcome.” A common thread that emerged in all of these sessions is that every co-op wants to follow best practices. Boards want to be responsive to the wishes of the owners (this word was used in place of “members,” a change we may want to consider) while not being an ob-

stacle to management. Boards need to understand the financials so they can assure the co-op is in a sound fiscal position and need to be dynamic without creating self-imposed hurdles to their own performance.

DEI is on every co-op’s agenda. The case study I attended focused on a small group of Black workers who challenged the co-op management to make the product lines in the store more attractive to Black shoppers and workers. Their challenge led to an initiative to add Black vendors to the supply chain. The “is everyBODY welcome” session focused on the inclusion of disabled people into co-ops. The speaker talked mainly about co-op websites being accessible to the visually disabled and in compliance with the Americans with Disabilities Act.

While there were several examples of both good and not so good things happening, it is essential to keep improving and to adjust where needed. All these co-ops are attempting to do that in their own way, and each store serves the owners in diverse ways.

An oft-repeated phrase was “if you’ve seen one co-op, you’ve seen one co-op.” In other words, each store is unique. That also applies to our Mt. Airy store, our Chestnut Hill store, our Ambler store and our soon-to-be Germantown store.

Keep Fireflies Aglow By Dousing Outside Lights and Providing Habitat

by Gail Farmer, Executive Director, Wissahickon Trails

WATCHING THE TWINKLING MAGIC OF fireflies (also commonly called lightning bugs) is a quintessential summertime experience akin to beach trips, fireworks and family BBQs. To many of us, a firefly is a firefly. But when we see those nighttime sparkles of light, we are bearing witness to a diversity of fireflies and behavior. There are 170 species of fireflies in the United States, and about two dozen species across Pennsylvania!

If you go looking for fireflies after dark in June or July, ideally in a meadow with woodland edge, look carefully and you will start to notice some differences. Pay attention to the flash patterns, which is how male and female fireflies attract and find each other. Typically, a male will flash first and look for a female’s response, but different species of fireflies have different flash patterns. You will also notice that some fireflies fly close to the ground and others fly higher up; some fly out in the open, others fly in among vegetation. These differences in location also differ among species.

A firefly’s world is small; their life as adults often happens close to the spot in the soil where they lived as larvae. Because they do not migrate or roam much in search of new habitat, when a local habitat is destroyed or no longer supports viable firefly reproduction due to light pollution, the result is often a local extinction. Firefly populations today are in decline due to widespread habitat loss, light pollution and pesticide use.

What can you do to encourage and support fireflies on your property?

Provide habitat: Plant native species of plants. Fireflies need food, shelter and cover. And while any plant can provide shelter and cover, native plants are best at providing the food (either in the form of pollen and nectar or hosting invertebrate prey).

Protect their offspring (larvae): Don’t use broad spectrum insecticides on your property. Bear in mind that even if the firefly larvae are not targeted, larvae eat snails, grubs and other soil invertebrates. Fireflies are localized; they don’t move to new habitats. If there isn’t enough food where they are, they die.

Support reproduction: Modify or turn off artificial lights outdoors. Artificial lighting outdoors makes it difficult for males and females to find each other, thereby limiting firefly reproduction. Reducing the number of lumens in your outdoor lighting is a start. But the best

thing you can do is to add a motion sensor to your outdoor lights. This way, you have the light when you need it, but you return the night to the fireflies when you don’t.

To learn more about fireflies, visit www.firefly.org/. And join us for a family-friendly firefly walk at Armentrout Preserve in Blue Bell on Friday, July 8 at 8 p.m. The free program starts with a short introduction to learn about these enchanting creatures before taking a walk through the meadow to catch a glimpse of their mesmerizing bioluminescence. RSVP at wissahickontrails.org/events/firefly-walk.



To learn more about where you can buy native plants, visit our website:

www.wissahickontrails.org/take-action/take-action-at-home



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Thanks from John Paul Endicott Memorial Garden

JUDY ENDICOTT OF THE JOHN PAUL ENdicott Memorial Garden at Temple University Ambler emailed the Shuttle to thank the Co-op working members who have helped out in the garden so far this summer.

The garden is dedicated to the memory of Judy’s son, who was killed in an auto accident in 2010. All the produce grown there is donated to Seeds of Hope Community Food Pantry at Cheltenham Baptist Church in Dresher.

“Our goal has always been to add fresh, locally grown foods to the cupboard offerings and with them, help to alleviate the food needs in our local communities,” Judy wrote in her email.

Students in Temple Ambler’s Food Crops class start the seeds every year in the garden’s greenhouse, then plan and plant. With the guidance of the garden supervisor, a summer intern works in the garden and directs the activities there. The garden relies on the additional help of volunteers at monthly work sessions starting in May and ending in August when the fall semester begins.

No experience is needed to volunteer, and the only materials you’re asked to bring are a hat and a water bottle. Tools and instruction are provided. Tasks include light weeding, planting and harvesting.

The John Paul Endicott Memorial Garden is located at the corner of Meetinghouse and Loop roads in Ambler. Pictures, information and weather updates are available on their Facebook page.



2022 Remaining Garden Volunteer Dates

Tuesday evenings
from 5:30 - 7:30 p.m.

Saturday mornings
from 9 - 12 a.m.

July

Saturday, July 16
Tuesday, July 26

August

Tuesday, Aug. 2
Saturday, Aug. 13



HENRY GOT CROPS
FARM MARKET

HOURS
TUES & FRI
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SAT
10 AM-2 PM

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TUES & FRI
2-7 PM

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WEAVERS WAY EVENTS

Introduction to Yoga Nidra
Thursday, July 7 6:30-7:30 p.m.
Michelle Stortz
Yoga Nidra is a guided meditation that systematically leads you into a deep state of relaxation through breath awareness, body scanning and imagery. This state 'turns on' the relaxation response, which is the body's natural healing state. There is nothing for you to do, but to get comfortable and listen. In this workshop we'll move the body and breathe a bit and then settle into the guided Nidra practice for inward visioning. We'll emerge and sit in simple meditation and then take time to write and discuss our thoughts. This workshop will be offered via Zoom on July 7th at 6:30pm. A zoom link will be mailed to you after you register for the event. Michelle Stortz is a certified yoga therapist (C-IAYT) specializing in yoga for cancer and chronic illness. Since 2010, she has worked with hundreds of cancer survivors in the Philadelphia area.

Philly Talks Trash Series Finale
Thursday, July 21 6:30-8 p.m.
Weavers Way Plastic Reduction Task Force & Philly Neighborhood Networks
The last installment of this virtual series cosponsored by the PRTF and the Environmental Action Committee of PNN will focus on litter and dumping. The featured speaker will be Shari Hersh from Trash Academy, a collaboration between community members, artists, environmental activists and young people supported by Mural Arts Philadelphia's Environmental Justice department. The presentation will also include updates from local businesses who are working to address the problem.

Virtual New Member Orientations
Wednesday, July 6, 6:30 - 7:30 p.m.
Thursday, July 21, 2:30- 3:30 p.m.

For more info: www.weaversway.coop/events

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Two Ways to Address the Thorny Problem of Overpopulation

by Vivian Lehrer, for the Shuttle

OVERPOPULATION, COMBINED WITH OVERCONSUMPTION, is the elephant in the room when grappling with climate change. Human impact on the natural environment is summed up in a simple formula: Impact = Population x Affluence x Technology.

All these factors are rising. The current global population has crossed 7.9 billion and the United Nations projects it will hit 8.6 billion by 2030, 9.8 billion by 2050, and 11.2 billion by 2100. The average fertility rate will decrease, but that effect will be overwhelmed by the absolute numbers. Even though most of those people will be poor and thus low consuming by Western standards, adding 2.3 billion people by 2050 will cause enormous additional resource use and pollution.

According to Project Drawdown, reducing a substantial percentage of that population growth would have more impact than virtually any other climate policy. But politically, overpopulation has been a taboo topic for the past 50 years.

According to Paul R. Ehrlich, author of the controversial 1968 book “The Population Bomb,” advocates working to reduce global population growth and size are attacked by the left for ignoring human rights issues and favoring coercion like the kind used by China. They’re also accused of glossing over Western overconsumption, promoting eugenics or colonialism, or seeking to reduce the number of people of color. Meanwhile, they are attacked by the right for supposedly favoring widespread abortion, promoting promiscuity via sex education, or working to harm economic growth.

Many news media outlets and environmental groups avoid the issue altogether, and politicians don’t discuss it because they fear losing votes. Ehrlich writes that it’s also a problem of “ignorance about the economics of overpopulation and the true ecological limits of Earth.”

Courtney E. Martin, editor of Feministing.com, believes that “there’s an inherent need to scale back — on babies, on stuff, on greed, on freedom. It’s just not something most people, especially most Americans, are open to.”



In a 2017 Vox essay, environmental journalist David Roberts explains that he rarely talks about population growth because it’s morally and politically fraught. But in any case, the two best ways of tackling it don’t require having a discussion.

The Benefits of Redistributing Wealth

If your concern is the creation of new high-consuming people, you should be looking at the wealthy, who consume and emit the most. Roberts thinks it’s possible to persuade the wealthy to have fewer babies and to close off the borders of wealthy countries, preventing low consumers from immigrating and becoming high consumers. But he also believes this approach is problematic.

“For one thing, fertility tends to decline with wealth anyway,” he wrote. “For another, any targeted attempt to

engineer population decline is going to run into an unholy thicket of moral and political resistance.”

Rather than prevent the birth of extremely wealthy people, we could try to prevent the creation of extremely wealthy people – i.e., prevent the accumulation of massive wealth. We could do that by raising taxes on wealthy people. “Approaching the problem this way, as a form of reducing global income inequality, we would find many allies... even some conservatives,” Roberts wrote.

Climate scientist Kevin Anderson holds that shifting wealth within populations — reducing the number of the extremely wealthy and the number in poverty — can have as much carbon impact as reducing the overall population.

Mitigating Carbon Through Female Empowerment

Roberts wrote “The first way to look at population is as a pure numbers game. More people means more consumers and more emitters, so the thing to do is slow the rise of population.”

Since most of the new people will come from developing countries, how can population growth be slowed there? Roberts believes that the answer lies in family planning and the education of girls.

“It is family planning that enables women to have only children they want and choose, and [the] education of girls giv[es] them access to income opportunities outside the home,” he wrote. “... [W]omen, given the resources and the choice, opt for smaller families. Those are the two most powerful levers to bend the population curve.”

Similarly, Paul Hawken of Project Drawdown found that the combination of family planning and educating girls carries the most potential to reduce greenhouse gases later this century.

“So if you are concerned about population growth, make yourself a champion of female empowerment in the developing world,” Roberts continued. “You will be contributing to the most effective solution to the problem without any of the moral baggage.”

Fishadelphia Brings Shore Fish and Fair Wages to Neighborhoods

by Coleman Poses, Weavers Way New Economy Incubator Committee

THIS SUMMER, WEAVERS WAY SHOPPERS HAVE been buying fresh Jersey Shore fish and shellfish through Fishadelphia, a community-based seafood program run largely by students at two Philadelphia-based charter high schools.

The group runs a stand outside Weavers Way Mt. Airy on Wednesday afternoons from 4:30-5:30 p.m. Much of their business comes from their seafood club, whose members preorder their selections and then pick them up at one of their stands or from the cooler of a fellow group member’s porch. Different tiers of membership are offered, depending on the amount of fish desired, seafood preferences and cost. Some of the tiers include added support for Fishadelphia, its student workers from Mastery Charter Thomas in South Philly and Gratz Mastery Charter in North Philly, and community partners.

Nonsubscribers can purchase the featured fish of the week on Wednesdays. Common species offered include clams, oysters, fluke, black sea bass, porgy, tilefish, monkfish, tuna, dogfish, bluefish, skate and scallops. For finfish, shoppers can choose between whole fish and fillets. In addition to the Co-op location, Fishadelphia also sells in Ardmore and at Mifflin Square in South Philly.

Fishadelphia is a CSF (Community Supported Fishery) — the fish version of a CSA. The program came

about in part through the efforts of Dr. Talia Young, the group’s founder and a former science teacher at Mastery Charter Thomas. She currently teaches in the department of environmental studies at Haverford College.

During one local seafood conference Young attended, a fisherman discussed Americans’ tendency to limit themselves to eating salmon and cod. From her experience in the Asian community and her knowledge of Black cuisine, she knew there was much more diversity in the kind of seafood preferred by different ethnic groups.

With the help of some grant money, Young was able to run a number of focus groups to determine the seafood preference of different communities. The conclusions drawn from these surveys provided the foundation for Fishadelphia.

Once the fish are brought to shore, a driver carries the haul to Philadelphia, where they are cut and filleted by the staff of The People’s Kitchen, a collaborative enterprise composed of students, chefs and community members to address issues relating to employment and food insecurity. A team of staff and students then packs the fish into bags and delivers the fish to host homes, a.k.a the folks with the coolers.

Fishadelphia blends in economic justice with its ecological practices by offering a decent wage to its adult



and student employees. Adults earn \$25 an hour and students \$16 an hour. Students also learn such on-the-job skills as bookkeeping, interacting with the public and team building. Some students have also found jobs at Fishadelphia after graduation.

Whatever level of membership you choose, rest assured that your money is going to pay a fair wage for fish that are caught and prepared using the most sustainable practices available.

For more information or to subscribe, visit www.fishadelphia.com. The stand will be in front of Weavers Way Mt. Airy Wednesday afternoons through the end of the month.

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

Suggestions

by Norman Weiss, Weavers Way Purchasing Manager



REETINGS AND THANKS FOR WRIT- ing. Email suggestions to sugges- tions4norman@weaversway.coop. As usual, suggestions and responses may have been edited for brevity, clarity, and/ or comedy. In addition, no idea, concept, issue, remark, phrase, description of event, word, or word string should be tak- en seriously. This also applies to the pre- vious sentence.

The news recently featured a story about Amazon’s second shot at delivery via drones, this time in Lockeford, CA. Apparently, once you sign up for the ser- vice, Amazon will send a staffer to your house to be sure you have to have a yard large enough for the drone to land. Seems to me yard evaluation for drones could be the job of a drone, but whatev. We wouldn't want to take away even more jobs from humans.

Speaking of flying, one of our main suppliers of natural foods, UNFI, has rolled out a program in which stores can order artisan cheese from regions na- tionwide. Via a partnership with South- west Airlines, the products (which will be "handled with exceptional attention"), will be “flown directly from each farm, personally picked up at the airport and delivered to each retailer to ensure opti- mal freshness.”

Apparently, our existing investments in rail and trucking systems to move food are neither fast nor personal enough for some people, so we need drones and cheese escorts to transport products through the air to the desired address. Unlike most of our ancestors, modern Americans want to minimize the amount

of body movement we have to use to ac- quire food, so we are free to use our bod- ies for more important things like watch- ing Netflix and playing tennis.

Meanwhile, if you want to shop for products that do not involve flying, our Henry Got Crops Farm Market on Henry Avenue features products that are either locally grown or come from a local pro- ducer. In addition, almost all the produce stocked at the farm market comes from a co-op. That of course includes the items from our own farms, along with produce from Sunny Harvest and Lancaster Farm Fresh, both of whom are co-ops of grow- ers that came together to wholesale their crops. I’m not sure there are many stores in this country that can make this claim; our farms and farm market are unique in what they do and offer.

It's worth noting that situations like the recent supply chain disruptions are much less of an issue for local producers. They’re affected by inflation, of course, and with circumstances like the increased cost of packaging. And local items still get delivered via trucks. But in general, the supply chain vulnerabilities that CO- VID revealed are much more minimized in a local food system. Our farmers have been able to supply a wide variety of pro- duce on our two farms with no significant supply chain issues. This is part of the value of our farms — they help demon- strate what a healthy food system looks like.

suggestions and responses:

s: “I imagine that many people will won- der why, but is it possible to sell frozen Brussels sprouts at the Mt. Airy store? They’re delicious and easier to deal with than the fresh ones. Of course, it couldn’t hurt to sell both kinds! Many thanks.

r: (Norman) In all these years I think yours is the first suggestion we’ve re- ceived for frozen Brussels sprouts. For some reason, they’ve become more popular recently. We’ll see if we can carve out some space for them. They are a healthy food, high in vitamin K and surprisingly, ALA omega 3 fatty acids.

s: “Can we stock Black & Milds”?

r: (Norman) Not easily, since we are not

“ Americans want to minimize the amount of body movement we use to acquire food. ”

licensed to sell tobacco products. How- ever, they should soon be available via drone delivery.

s: "Love-A-Neh? It is labneh cheese made by Erivan Dairy; Weavers Way already carries their yogurt. And their labneh is the real deal, unlike the lab- neh the Co-op carries. Try it, if you can find it. It is amazing.”

r: “(Norman) Thanks for the suggestion. By the time you read this, it should be stocked at our Chestnut Hill store and maybe in Ambler, too. We’ll see if we can also carve out space in Mt. Airy. Weavers Way has carried Erivan yogurt (made lo- cally) for like 35 years so it’s nice to add another Erivan product.

s: “Can we stock organic corn on the cob?”

r: (Norman) We stock it occasionally at our Mt. Airy and Ambler stores.

s: “I heard we’re opening a store in Ger- mantown. Will it feature German products?”

r: (Norman) Yes, it will be our first store with a sauerkraut bar and bratwurst hanging from the ceiling. And it will serve Baden Brägele with Bibliskäs. Plus, our non-food offerings will in- clude lederhosen and dirndls.

Germantown was founded around 1683 when some Quakers and Mennonites in Frankfurt, Germany asked Daniel Pastorius to purchase land in Pennsylv- ania for a new colony. He ended up purchasing 15,000 acres from William Penn and laid out the settlement of Ger- mantown. In those days, “food stores” were more literal in their meaning in that they were places where food was stored, not sold via fancy displays and put on sale with advertising and cou- pons. Mainly this was because coupons were hard to print, since laser printers weren’t invented yet.

s: “When will we have Cascadian Farms tater tots again?”

r: (Norman) We order every week, but we did hear about a potato shortage, since the harvest from 2021 was not great due to the pandemic and weather fac- tors. Also, demand for potato products like french fries was high. Incidentally “tater tots” is a trademarked name, al- though they’ve become more of a ge- neric term. They were invented in 1953 and were a way to profit from leftover potato trimmings.

s: “The Torani dark chocolate sauce is great!”

r: (Norman) Glad you like it!

s: “Can we have more dried fruit from the bulk department packed in the return- able containers? Thx.”

r: (Norman) Yep, we are working on add- ing raisins, mango and apricots and can add more. Thanks!



EMAIL YOUR SUGGESTIONS TO
suggestions4norman@weaversway.coop

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

Norman Says:



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.

Village Medicine

The Many Uses and Benefits of the Dandelion Plant

by Lindsay Stolkey, for the Shuttle

Editor’s Note: Lindsay is not a medical or professional health expert; her columns compile various resources and tidbits of stories to share. This article is not medical advice, nor should the resources and options here be thought of as having universal applications. She encourages readers to do their own research and go with what they trust.

I KNEW DANDELION WAS A MEDICINAL plant, but I didn’t realize how beneficial it can be. Contrary to its conventional reputation as a pesky weed throwing off the aesthetic for a lush, grassy yard, the entire plant is filled with nutrition that is good for people and for the soil. Three local friends shared some of their uses, experience and knowledge about the plant.

Germantown native Todzsa English shared during a recent tour of her backyard garden that a few years back, she had a lump in her breast. Her intuition told her to consume a lot of dandelion, so she began juicing the leaves and drinking about two tablespoons of juice per day. “Mixed with red grape juice, you can’t even taste it,” she said.

After a short time, her lump went away. She later came across an article published about dandelion as a remedy for breast cancer, and her intuition was affirmed.

There are many studies about the effectiveness of this plant for cancer, as well as for other breast problems. Traditional Chinese medicine and Ayurveda have used it for millennia.

Todzsa added that while she was fighting off the lump, she loved drinking the dandelion juice, but when she tried it more recently, she couldn’t handle the bitterness. It almost seemed as if her body tried to help her take it in.

The change in taste can also be related to differences in the plant at different times of the year. When the plant is younger in early spring, the leaves are more tender, and later into the year the leaves get increasingly bitter. So spring is generally the best time for consuming the greens. Bigger leaves also tend to be more bitter, though some would say that bitter is better!

Because throughout the year energy is stored in the dandelion’s roots, fall is the better time for using the root. To harvest the root, dig it out, cut it into small pieces, and (before it shrivels up, as I’ve made the mistake of allowing multiple times) let it dry in the oven on a low temperature. It can then be used in teas or tinctures. Also, roasted dandelion root makes a great coffee substitute.

Wise woman-friend Dagmar Holl

uses dandelion in various ways and suggests using the blossoms to make fritters or steaming and adding them to soup.

Recently, Dagmar made a dandelion jam. Here’s her recipe.

DANDELION JAM

Directions:

Before you start picking dandelion heads, make a simple syrup infused with honey and lemon. Combine in a saucepan on the stove two cups of honey, the zest and juice of four lemons and two cups of water. Bring the mixture to a simmer, stirring well, until the honey and water are well combined.

Let the syrup cool completely, then strain out the lemon zest and pour the syrup into a container until you’re ready to use it.

In mid-spring, pick lots of dandelion heads. Pick them later in the day, after the flower has had a chance to absorb the sun. Don’t pick the heads if there is fresh dew on them and be sure to pick from an area that hasn’t been sprayed with chemical weed killers or fertilizers.

Pick the petals off the heads. This is the real labor of love; you’ll need two packed cups of petals for five half-pint jars of jam.



Dagmar Holl’s neighbor’s grandson assisted her in gathering dandelion heads for jam.

When you’re ready to make the jam, combine the petals and four cups of simple syrup on the stove. Simmer for about 30-45 minutes, then add 1 ½ teaspoons powdered pectin for each cup of jelly or jam. For five jars, you’ll need a whole box of pectin.

Dagmar noted that dandelion is rich in vitamin A, iron and mineral salt. And gardeners might be surprised to learn that dandelion adds vitamins and minerals to the soil, enhancing it for biodiversity and growing.

There are many more benefits of dandelion that I can’t fit here, including that it helps skin rashes, digestion and acne. For more information on the plant, Dagmar recommends “The Artisan Herbalist” by Bevin Cohen.

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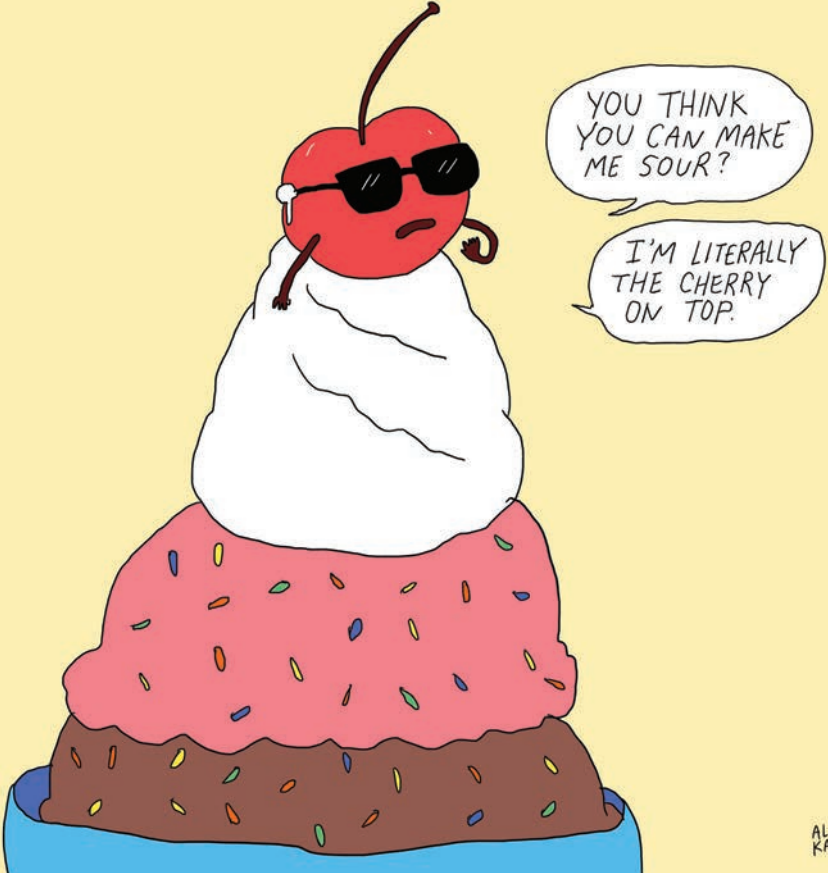
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Locally Grown

Illustration by Alli Katz



ALLI KATZ

It’s Time to Learn to Love Insects — They Run the World

by Sandra Folzer, Weavers Way Environment Committee

BEFORE I BEGAN WRITING THIS ARTICLE, I spent hours pulling up Japanese knotweed on my neighbor’s property. I have a selfish motive — I don’t want the knotweed on my property, because I have seen acres of land with nothing but knotweed. It has no enemies, because nothing likes to eat it, so it will continue to spread and displace any native plants in its way.

Why does this matter? Because our survival depends upon it. I’m not exaggerating.

The Importance of Pollination

Plants and insects share a delicate relationship. Insects are Earth’s most essential species. We wouldn’t have plants without them, because they pollinate 85-90% of all plants.

Most plants are pollinated by a specific insect. As ecologist and author Douglas Tallamy writes “By far, (these are) the most important and abundant specialized relationships Most insect herbivores... are restricted to eating one or just a few plant lineages.” It is a complex relationship because plants don’t want to be eaten, so they protect themselves by exuding toxic chemicals like cyanide and nicotine. Consequently, specific insects have adapted.

Monarch butterflies are a good example, since they subsist on milkweed. Because milkweed contains the toxin cardiac glycoside, monarchs have developed an enzyme which detoxifies it. They in turn store it in their wings and blood to discourage predators. Their orange and black coloring is a universal warning signal other creatures seem to understand.

This dance occurs with every plant, which has a partner insect that can eat it but is shunned by others because of its toxins or distaste.

“In short, by becoming host-plant specialists, insect herbivores can circumvent the defenses of a few plants species well enough to make a meal, while ignoring the rest of the plants in their ecosystems,” according to Tallamy. Thus, all plants do not have the same ecological benefit.

A native Pennsylvania plant is one that grew here before European settlers arrived. Ornamental non-native plants are known as “invasive” because local insects haven’t developed the immunity necessary to bypass their toxins to eat them. That is why you see invasives like knotweed or stilt grass taking over woods and yards; they have no natural enemies. Native plants cannot compete with them; nothing stops them from propagating, aside from the occasional gardener who removes them.

You may ask why this is a problem, since many ornamentals are as pretty as native plants. True, but without native plants, bees and other insects go hungry. You may not care if insects go hungry, until you realize that the plants we eat depend upon insects for pollination; we would not survive without them.

For example, baby birds feed mostly on caterpillars because they are easy to digest. Caterpillars prefer to live on certain plants and trees, especially oak trees, which support 934 species of caterpillars nationwide. In comparison, sycamores support 45 species and persimmon, 46.

When native trees are not present, the bird population decreases. However, it is not enough to plant native plants for caterpillars to feed the birds. You must also provide ground cover underneath where caterpillars and bees spend the winter. Thus, it’s important to resist the urge to tidy your lawn in the fall and leave decaying plants and branches for insects.

The bird population depends upon native plants far more than any seeds or suet we may buy for them. Native plants generally have a 50% fat content; non-natives contain less than one percent but are high in sugar. For their long migrations, birds need fat to sustain themselves. Without it, they are less likely to survive the journey. Bees, in order to survive the winter, need native plants that blossom at different times, such as goldenrod and aster in the fall when other plants are not flowering.

The Good That Insects Do

Insects are integral to our survival in the following ways:

- **Decomposing organic matter** Insects recycle dead plants, animals and excrement, which is essential to release the nutrients needed by plants. Decomposition also removes disease-causing organisms.

In Australia, animal waste from imported livestock did not “disappear”, because the native beetles had adapted only to the excrement of local animals. Beetles who fed on their waste had to be imported. Without insects, waste would continue to accumulate without the saprophage —insects who feed on dead and dying plants—to create organic matter.

- **Seed Dispersal** Seeds not dispersed by the wind are generally transported by ants to different locations. More than 150 plants rely on insects to do this, so that seeds can be spread over long distances.
- **Pest Control** Insects that damage plants are sometimes also the prey of other insects. So instead of spraying insecticides, which kill beneficial insects along with the undesirables, we can use insects like ladybugs for pest control.
- **Nutrition** Many animals feed upon insects, from birds to frogs and bats. People in 130 different countries also eat insects, which provide nutrition. As our food supply becomes threatened, entomophagy, or eating insects, may become more popular. FYI, insects provide 300 times more protein than cattle.
- **Medicinal** Chemicals extracted from insects have been used for thousands of years as medicine, a practice known as entomotherapy. For example, bee venom contains a complex mixture of enzymes and amino acids which can sometimes relieve the symptoms of rheumatoid arthritis, multiple sclerosis, fibromyalgia and other illnesses.
- **Useful Products** Including honey, shellac, silk and dye. Honey is used not only as a sweetener, but also for preventing infections or soothing a sore throat.

What You Can Do to Protect Insects

- Plant native plants
- Reduce your lawn to leave natural areas where insects can live and feed.
- Leave ground cover or leaf mulch under trees or shrubs for caterpillar cocoons.
- Get rid of non-native plants when possible. (I confess that I have some non-native plants, like hellebores and peonies, which I love).
- Avoid buying ornamental, non-native plants, and consider replacing somewith native plants. If you’re not sure what is “native”, consult [nwf.org/Native Plant Finder](http://nwf.org/Native-Plant-Finder) and/or audobon.org/native-plants.
- Leave lights around your house off at night. If necessary, use only motion detector lights, since lights kill some



insects and weaken others.

- Plant native trees whenever possible, especially oak trees, willows and cherries.
- If possible, maintain a water source for insects and birds, like a birdbath or a “bubbler”, which recirculates water.
- Install several “bee hotels” —wood with holes. Several are better than one, so predators don’t attack a popular area.
- Replace store mulch with leaf litter. Store mulch contains more nitrogen, which invasives prefer more than native plants.
- Never use insecticides, which kill beneficial insects. It’s one reason our bee population has been declining. Most lawn services use poisonous chemicals, which they claim are “organic;” so is arsenic. Glyphosate, the main ingredient of Roundup, harms birds, dogs, insects and humans, and can cause cancer.
- Avoid mosquito spraying, which kills bees and beneficial insects. Add a dunk tablet to standing water to kill eggs.
- Try to accept that hunting keeps the deer population in check, since they eat the native plants and avoid the invasives.
- Avoid buying native “cultivars”, which have been genetically modified and may have detrimental effects on wildlife. There is also the danger of crossbreeding, which can contaminate natives.

Insects have gotten bad press for too long. How many of us automatically reach out to swat any insect when it comes within reach? These days, I am delighted to see any tiny critter inside, and carefully give it a ride outdoors.

David Wagner, who wrote “Caterpillars of North America,” says naming something connects us to it. When we don’t know the names of insects, we don’t care. He is hoping to change that perspective.

Insects are more like us than we care to acknowledge. They have their rituals and different parenting styles as well as numerous jobs, from architecture to farming.

They outnumber us; more than 1,000,000 species have been identified, 2,000 times more than mammals. And there are some with superpowers: Tiger beetles can run 125 body lengths per second. The jaws of Dracula ants snap together at 200 miles per hour in a millionth of a second.

There is much we can learn from insects. When desert Honeypot ant workers encounter a rival colony, they line up. Based on the number of workers, the ants figure out which colony would win if they fought. If the numbers don’t look good, they don’t fight.

When bees need to move, scouts visit new sites and return to describe them via a wiggle dance. Then the bees vote according to the wagging each gets in favor of a site. Every vote counts.

Let’s make our spaces insect friendly. Insects may be small and unassuming, but they are essential.



Don’t Let Gas-Powered Lawn Machines Ruin the Peace of Your Outdoor Retreat

by Marsha Low, Weavers Way Environment Committee

If you’re lucky enough to have a backyard and a garden, you’re likely out there as much as possible this summer, enjoying the wonderful colors and scents of flowers. But along with the pleasant perfume of flowers, you’re likely to encounter a not-so-pleasant smell — the odor of gas-guzzling lawn mowers, weed wackers and leaf blowers.

These ubiquitous machines are extremely noisy and polluting, especially leaf blowers, which are used during the summer to blow grass clippings off sidewalks and other walkways. According to Dangerous Decibels, a public health campaign that aims to reduce hearing loss, leaf blower noise from 50 feet ranges from 64 to 78 decibels. Blower operators experience a whopping 95 to 115 dB, well above the 70 dB level that can begin to damage hearing.

In addition, gas-powered leaf blowers use two-cycle and four-cycle gasoline engines that produce hundreds of times more hazardous pollutants and fine particulates than automobiles. According to the California Air Resources Board, one hour of gas leaf blower use is the same as driving 1,100 miles!

Are you tired of having the quiet of your backyard shattered and your fresh air fouled by these machines? If you do your own yard care, there are battery-powered models that do the job just as well, are quieter and don’t pollute. If you have landscapers taking care of your yard, search out companies that use electric-powered equipment, or request that your company use them. If more people demand their use, companies will have to respond.

Also, you don’t really need to use a leaf blower; lawn clippings can be left on the grass, which will help fertilize it. If you have landscapers, tell them you don’t want leaf blowers used, and to leave the clippings on your walkways for you to deal with. A broom works just fine!

Finally, get together with neighbors and ask your municipality to ban gas-powered leaf blowers or to at least limit the hours when they can be used. Several communities and even some states have instituted bans. Last year, Gov. Gavin Newsom signed a law banning the sale of gas lawn mowers and leaf blowers in California starting in 2024. More states, including New York and Illinois, are considering doing the same.

There’s also the option of getting rid of all or most of your lawn and planting food crops, native flowers and shrubs that benefit pollinators. But that’s an Eco Tip for another day!



Artists in Our Aisles

JT Harding

I'm a West Mt. Airy resident and a representational oil painter practicing in the colorist tradition –a fine-tuned mix of Boston School classical realism and Cape Cod School color and light sensibilities. I have a degree from the Art Institute of Philadelphia and have continued my studies at Studio Incamminati in South Philly and other workshops. My work has been sold to individual art collectors through art galleries, juried into national art shows, collected by corporations and auctioned to benefit nonprofit causes, including animal welfare, land conservancy and ovarian cancer.



Artist Statement

When executing a painting, it's important that my work captures the spirit of the subject matter while conveying the light and atmosphere surrounding it. I accomplish this by using a painterly approach, full-spectrum color and a lifetime of visual experience. To see available works and learn more about my commissioned pet portraits, visit www.jtharding.com

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

PS, no BS,
from a reader: clean your feeder!
Don't spread germs, virus, worms.
Nothing better, nothing wetter,
nothing gooder, soapy wooder.

—Helen Anderson

Dusk falls, last bird songs call
Now's the hour artists call
blue.
Spirits grow indigo
In shadows we see all anew.
Dark seeps through light,
grows deep
yet still a hue, the blue
imbues...
Between time, beyond rhyme-
in this blue, what is new, what
is true?

—Anna Beale

Through gardens, hills and woods
The breeze caresses then it whips
Lovely trees do bend and sway
Bright splash of color on tulips
Rain drops fall, quench the earth
Bees dip and dive to gather sips
Nature's plan to start anew
Roses fade, leave behind their hips

—Margaret Fabringer

NATURE ET TU?

Tree limb falls, and it galls
To see it trash my new Corvette
Forecast joked, now I'm soaked
(The cloud just scoffs when I get wet)
We despair; earth won't care
And, for our verse, the lesson's set:
Poetry must run free
Not trapped within a naturette

—Bill Dingfelder

Editor's Note: For at least the next two issues of the Shuttle, we'll be running the entries for the naturette contest we sponsored earlier this year in conjunction with Ambler Arboretum at Temple University. In addition to Weavers Words, these will all run in the arboretum's newsletter.

Aside from the naturette entries, submissions to Weavers Words the last few months have basically stopped, and there's only a small number of poems left to be published. For the section to continue, we'll need more submissions for the October issue and beyond. So stoke your embers of inspiration, tell your friends, and submit some fresh poems!

P.S. The eight-line limit is hereby waived indefinitely. But please, no sonnets.

Feeling Inspired? Here Are Our Guidelines:

1. Poems must be written by you and be a reasonable length.
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.



STAFF CELEBRITY SPOTLIGHT

Nicole Karsch

Job: Assistant farmer, Mort Brooks Memorial Farm at Awbury Arboretum

Since when: Spring 2022

Where she’s from/where she lives now: Philly /West Philly.

Her farming inspiration: “My mom always kept a garden while I was growing up, so I’m lucky to have a long connection to growing food.”

Previous experience: She managed the community garden at Muhlenberg College in Allentown. She also worked as a youth climate organizer for a few years, most recently with the Sunrise Movement. This is her first year farming full time.

Off-the-clock activities: Reading speculative fiction, playing board games, and camping.

Thoughts on farming and the Co-op: “I believe that cooperatives, community and sustainable land stewardship are central pieces to building a better world, so I feel lucky to be working toward that in this role. I’m also excited to expand my knowledge of native flora and fauna this growing season. Hope to meet many of you at farm working shifts or at the farm market!”

—Karen Plourde



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What’s What & Who’s Who at Weavers Way

Weavers Way Board

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

The Board’s regular monthly meeting is held on the first Tuesday of the month. Meetings are currently taking place online until further notice. 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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Ambler
217 E. Butler Ave.
8 a.m.-8 p.m.
215-302-5550
Store Manager
Heather Carb, ext. 300
hcarb@weaversway.coop
Grocery
Nancy Timmons Melley, ext. 373
nmelley@weaversway.coop
Front End Manager
Hillary Bond, ext. 375
hbond@weaversway.coop
Produce
Mira Kilpatrick, ext. 377
mkilpatrick@weaversway.coop
Prepared Foods
Alisa Consorto, ext. 374
aconsorto@weaversway.coop
Meat, Poultry and Seafood
Mark Baker, ext. 361
mbaker@weaversway.coop
Floral Buyer
Mira Kilpatrick, ext. 377
mkilpatrick@weaversway.coop
Bulk
Ken Kolasinski, ext. 379
kkolasinski@weaversway.coop
Wellness
Andrea Houlihan, ext. 378
ahoulihan@weaversway.coop

Chestnut Hill
8424 Germantown Ave.
8 a.m.-8 p.m.
215-866-9150
Store Manager
Dean Stefano, ext. 212
dstefano@weaversway.coop
Assistant Store Manager
Valerie Baker, ext. 215
vbaker@weaversway.coop
Front End Manager
Ashley Hammock, ext. 215
ahammock@weaversway.coop
Grocery
James Mitchell, ext. 217
jmitchell@weaversway.coop
Produce
Tierra Burton, ext. 211
tburton@weaversway.coop
Deli
Ann Marie Arment, ext. 208
aarment@weaversway.coop
Prepared Foods
John Adams, ext. 218
jadams@weaversway.coop
Meat, Poultry and Seafood
Ron Moore, ext. 205
rmoore@weaversway.coop
Bakery
Kriss Walker, ext. 217
kwalker@weaversway.coop
Next Door
8426 Germantown Ave.
9 a.m.-8 p.m.
215-866-9150, ext. 221/220
Wellness Manager
Chris Mallam, ext. 221
cmallam@weaversway.coop

Mt. Airy
559 Carpenter Lane
8 a.m.-8 p.m.
215-843-2350
Store Manager
Rick Spalek, ext. 101
rick@weaversway.coop
Grocery
Matt Hart, ext. 140
matt@weaversway.coop
Produce
Jonathon Sawicki, ext. 107
jsawicki@weaversway.coop
Deli
Shawn O’Connell, ext. 134
soconnell@weaversway.coop
Prepared Foods
John McAliley, ext. 102
jmcaliley@weaversway.coop
Meat, Poultry and Seafood
Mike Lawrence, ext. 104
mlawrence@weaversway.coop
Bulk
Cheryl Shipman, ext. 142
cshipman@weaversway.coop
Bakery
Moises Iavarone, ext. 305
miavarone@weaversway.coop
Floral Buyer
Ginger Arthur, ext. 317
floral@weaversway.coop
Across the Way
608 - 610 Carpenter Lane
8 a.m.-8 p.m.
215-843-2350, ext. 6
Wellness Manager
Sarah Risinger, ext. 114
srisinger@weaversway.coop
Pet Department Manager
Anton Goldschneider, ext. 276
petstore@weaversway.coop

DID YOU KNOW?

You can read the Shuttle online.

www.weaversway.coop/shuttle-online



VIRTUAL NEW MEMBER ORIENTATIONS

New Member Orientations

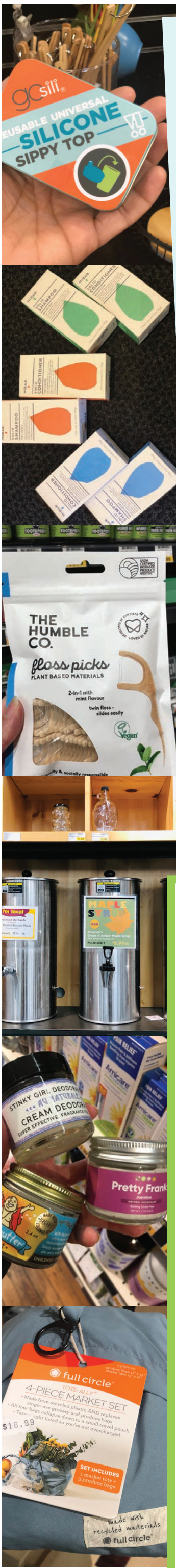
Wednesday, July 6, 6:30 - 7:30 p.m.

Thursday, July 21, 2:30- 3:30 p.m.

To register visit: www.weaversway.coop/events

Become a Member

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



CHOOSE TO REFUSE SINGLE-USE PLASTIC PLASTICFREEJULY.ORG

Communities around the globe are concerned about plastic ending up in landfill and polluting the oceans ... that's why hundreds of millions of people worldwide are choosing to be part of Plastic Free July



☒ Yes, I will join the challenge!

Will you join the challenge?

Please join our effort to help the environment. Choose to refuse single-use plastic during July.

1. Visit our website
☐ plasticfreejuly.org
2. Choose what you will do
☐ Avoid single-use plastic packaging
☐ Target the takeaway items that could end up in the ocean
☐ Go completely plastic free
3. Choose the length
☐ 1 day ☐ 1 week ☐ 1 month ☐ Always

AVOID WASTE. PROTECT THE OCEAN. SIGN UP AND BE PART OF THE SOLUTION. [PLASTICFREEJULY.ORG](https://plasticfreejuly.org)

Escape From Plasticville! Ways to Do It at the Co-op

PRODUCE

- Bring reusable produce bags (skip the bag when possible)
- When buying cut fruit, use returnable glass jars (Ambler only)

DELI

- Purchase cheese and deli meat wrapped in butcher paper, not plastic.
- When buying grated or shaved Parmesan, opt for a returnable container (Ambler only).

BULK

- Keep a stash of reusable containers in your car or near the door (close to your bags) so you remember them.
- Take advantage of our Weigh It Weekends (every weekend in July) to save 10% off your bulk purchases when you use your own container or buy one of ours.

WELLNESS

- Make the switch to one or more of these: deodorant in glass jars, toothpaste and/or mouthwash tablets, bamboo toothbrushes, floss in a refillable glass jar, shampoo and conditioner bars.

HOUSEWARES

- Step back from plastic wrap by switching to reusable sandwich wraps or beeswax wraps and reusable bowl covers (P.S.: Covering your dish with another dish before reheating in the microwave works just as well!)

IN GENERAL

- Remember your reusable bags every time (or opt for a box).
- Keep a set of utensils with you so you don't have to grab single-use ones.
- Opt for paper straws, go strawless or keep a reusable straw with you.
- Bring a reusable cup to the coffee shop and BYO beverage in a reusable bottle. Or buy single-serve drinks in glass or cans.

