

The Long-Awaited, In-Depth History of the Co-op

by Karen Plourde, Editor, Weavers Way Shuttle

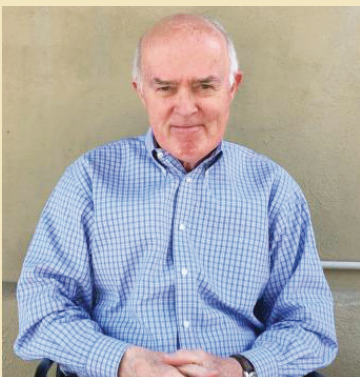
DURING ITS FIRST HALF CENTURY, the Co-op has amassed a lot of history. But it's been years since anyone has attempted to dig through old Shuttles, photos and other materials, many of them now housed at the Special Collections Research Center at the Charles Library at Temple University, to update the story.

This year, working member Tom Boyle decided to take on the task — without even being strong-armed. In July, his 20-page article “Weavers Way Co-operative Association: The First 50 Years” was published in The Germantown Crier, the quarterly publication of the Germantown Historical Society.

Boyle, of Flourtown, cites the facts in his story with the dedication of an academic. To whet your appetite for taking on the whole piece, here are some tidbits:

- The Co-op's original location at 555 Carpenter Lane had no heat when it opened in January 1973.

(Continued on Page 6)



Tom Boyle



**SLICE IT
DICE IT
SERVE IT**

5 YEARS

Plan Your Way Through A Relaxed Thanksgiving

by Kieran McCourt, Weavers Way Ambler

THANKSGIVING IS AROUND THE CORNER. It's a chance to gather with family and friends, express gratitude and while late in the season, celebrate the bounty of the fall harvest and the start of the holiday season.

But while the dinner may be a moment to relax and reach that quintessential Rockwellian, and now Instagram-worthy, table and spread, it's also an exercise in planning and pacing with a healthy dose of stress. Here are a few tips and tricks for how to bring the turkey and all the fixings to the table.

Turkey Fact #1: When deciding on what size turkey to get, aim for one to one-and-a-half pounds per person. Many stores will have deadlines for ordering your turkey (the Co-op included) to make sure enough birds are available. Order early and take one thing off the checklist.

(Continued on Page 3)

The Shuttle

NOVEMBER 2023

Since 1973 | The Newspaper of Weavers Way Co-op

Vol. 51 | No. 9



Photo courtesy of MAFCA

Members of MAFCA strike a cooperative pose during their October meeting at Fredericksburg Food Co-op in Fredericksburg, VA.

MAFCA Meets in Fredericksburg to Discuss Food Access, Startup Help

by Sue Wasserkrug, for the Shuttle

THE MID-ATLANTIC FOOD COOPERATIVE Alliance met in early October in Fredericksburg, VA, at the newish Fredericksburg Food Co-op. Despite its location nearly four hours from Philadelphia, and well over an hour from any other co-op in our geographic range, the meeting was attended by 25 cooperators from eight cooperatives — 20 in person and five on Zoom. Attendees came from as far south as Friendly City Food Co-op in Harrisonburg, VA and as far north as Flatbush Food Co-op in Brooklyn, NY.

MAFCA is an association of food co-ops, buying clubs and startup efforts from Delaware, Maryland, New Jersey,

New York, Pennsylvania and Virginia. Over the years, some 30 food co-ops have joined the group. We've seen startups turn into brick-and-mortar stores, and, unfortunately, we've seen a few stores close their doors.

MAFCA's mission is to grow the cooperative economy, provide education about co-ops and build a sustainable and equitable system of healthy, local food production, distribution and consumption.

The alliance was born in 2010 when some members of Weavers Way's Board of Directors decided to throw a party to get to know board members at other Phil-

(Continued on Page 19)



Homeschooling Center Aims to Make New

by Abigail Bergson-Conklin, for the Shuttle

A GROUP OF STUDENTS AT CUPOLA Academy in Gladwyne has partnered with a makerspace and tech education company in Norristown to promote sustainability and community education about plastics renewal in the area, and they're using our Ambler store as one of the collection points for their project.

The Plastics Renewal Project is led by eight students who have partnered with the maker and techspace Fluxspace. By initiating partnerships with community businesses and organizations, the group hopes to collect #2 HDPE plastics to manufacture and create new products to give back to the community. They'll soon set up a collection bin in Ambler for community members to contribute rinsed and cleaned #2 plastics, including laundry detergent bottles, milk jugs, household cleaner containers, shampoo and

(Continued on Page 12)

Co-op Business Review Nov. 9



The Co-op will hold a virtual Co-op Business Review on **Thursday, Nov. 9, from 6:30 to 7:30 p.m.** Join Jon Roesser, General Manager, and members of the board of directors in a review of the Co-op's FY2023 financial report, an update on the Germantown project, and a brief overview of our soon-to-be released Strategic Plan.

All Co-op members are welcome. Please register in our events calendar on our website.

www.weaversway.coop/event/fall-business-meeting

Permit No. 2658
Philadelphia, PA
PAID
POSTAGE
U.S.
Presorted Standard

Weavers Way Cooperative Association
559 Carpenter Lane, Philadelphia, PA 19119
www.weaversway.coop
CHANGE SERVICE REQUESTED

Editor’s Note

by Karen Plourde, Editor,
Weavers Way Shuttle



FOR THE LAST SIX MONTHS OR SO, the Co-op’s Communications Team has been sitting on news that you can now read about at the top of Page One: This spring, the Germantown Crier, the quarterly magazine of Germantown Historical Society, published a 10,000 word-plus article on the history of Weavers Way written by working member Tom Boyle to mark the Co-op’s 50th anniversary. You can read it online at www.historicgermantownpa.org/weavers-way-special/.

We talked about running Tom’s article in installments in the Shuttle, but that was before I had any idea how long it would be. Breaking it into moderately sized segments would take close to a year, and even the most dedicated readers would probably drop out before then. So type the address into your search bar and read it at your leisure; there’s also a link to the story in the Oct. 26 edition of the eNews.

Tom traveled to the Special Collections Research Center in the Charles Library at Temple University for months to research the article, which is above and beyond any cooperator assignment I’ve heard of. His work has resulted in a comprehensive history that I hope can be built on as the Co-op enters its sixth decade. We’re fortunate to have folks like him as members; their work can only strengthen Weavers Way.

While I’m at it, I want to highlight at-large Board Director De’Janiera Little’s column on the pluses associated with having a food co-op in a neighborhood (p.15). She also takes a deep dive and explains why a co-op is so much more than a local food store — that its presence can improve access, affordability, community engagement, culinary and cultural diversity and more. As we get ready to open a store in another Northwest Philly neighborhood — one whose fresh food options have been lacking for a long time — we’d be well advised to pay attention to the dividends Weavers Way Germantown will bring. Improved access and selection, sure, but hopefully, stronger, more responsive communities, too.

Catch you in the pages next month.

Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

Brewing an Anniversary Joe with Help from Backyard Beans

Thanks to intrepid roasters Matt and Laura Adams of Lansdale’s Backyard Beans, the Co-op now has a coffee to toast our 50th anniversary. Their Golden Anniversary Blend is an organic Las Damas from Peru; it’s a medium/dark roast with notes of caramel, pear, chocolate and baking spice. Las Damas is part of Cooperative Agraria Frontera San Ignacio, which was established in 1969 to empower and promote “women grown” coffee.

In 2016, a committee of women was created by the cooperative to distribute loans that will enable producers to improve their own land while also developing their kitchens, crafts and livestock. They also established a computer lab, which allows all members to stay up to date with modern technology.

Through Nov. 28, Golden Anniversary Blend is \$2 off a pound (regularly \$11.99). In addition, all varieties of Backyard Beans’ 12-ounce bagged coffees are \$4 off (regularly \$13.99 each). Meanwhile, fans of cold brew can take \$1 off all varieties of their 12-ounce cans (regularly \$3.99 each) and \$3 off their 64-ounce size of Punch in the Face cold brew (regularly \$14.99 each).



Pregame for Turkey Day with Our Prep Foods Features

For many, the yumminess of Thanksgiving flavors can’t be limited to one day, or even part of a week. To help with that, our Prepared Foods department brought back a holiday hit and built a seasonal sandwich.

I fondly remember digging into a Thanksgiving shepherd’s pie (\$13.99 each) last year after a busy afternoon of connecting shoppers with their turkeys in Ambler. The combo of



ground turkey, mashed potatoes, Brussels sprouts, butternut squash, onion, cream, butter, cranberry sauce and orange zest was a delicious reward for my work.

If you’re looking for a more portable option, try Prep Foods’ new turkey, cranberry and Swiss cheese sandwich — an upgrade over That One Place’s famous Thanksgiving sandwich. Ours is served on a hoagie roll with baby spinach, turkey, cranberry mayo, Swiss and grainy mustard. Through Nov. 28, it’s \$2 off (regularly \$9.99 each).



Local Sweet Stuff Report: Blobs and Poppa’s Custard

We’ve been told since we were kids how bad candy is for us, yet most feel the need to dip in occasionally. Blobs, the Philly-made, low-sugar version of gummies, make that less guilt-inducing. They’re 50 calories each and have only two grams of sugar per piece; most of their sweetness comes from allulose, which is fruit-based. In addition, they contain no sugar alcohol, are vegan and come in three flavors: passionfruit pineapple, orange peach and pomegranate apple. Through Nov. 28, 1.8 oz. packages are 2/\$5 (regularly \$3.99 each).



Poppa’s Custard started out as a pandemic project for Black entrepreneurs Joshua and Christen Johnson and Joshua’s sister, Crystal. The Johnsons are University of Pennsylvania alums and live in Philly; Crystal lives in New York City. The trio started their business to honor their aunt, Ledessia Johnson, the “family maker” who died in the first wave of COVID-19.



Poppa’s makes traditional chocolate, vanilla and fall spice and plant-based vanilla coconut and chocolate coconut custard; the vegan version uses coconut and oatmilk as its base. If you need a smooth finish to a rough day, pick up a four-ounce jar for \$5.99 sometime this month.

the word on wellness

Our Remedies for Combatting Seasonal Affective Disorder

by Karen Palmer, Wellness Buyer, Weavers Way Ambler

AT THE CO-OP, WE UNDERSTAND THAT SEASONAL DEPRESSION, also known as Seasonal Affective Disorder, is a genuine concern for many of our members. SAD is a type of depression that occurs at specific times of the year, most commonly during the fall and winter months when daylight hours are shorter. The symptoms can include low energy, mood swings, weight gain and a general feeling of sadness.

Here are some natural solutions that can help alleviate SAD and promote overall well-being:

- **Light Therapy:** Light therapy lamps are a popular and effective treatment for SAD. These lamps mimic natural sunlight and can help regulate your body’s internal clock, which alleviates symptoms.
- **Vitamin D:** Reduced exposure to sunlight can lead to vitamin D deficiency, which is associated with mood disorders. We offer a variety of vitamin D supplements to help maintain healthy levels and improve your mood.
- **Omega-3 Fatty Acids:** Omega-3s, found in algae, fish and flaxseed oils, have been shown to help support emotional well-being. We carry a range of supplements (including vegan

options) rich in omega-3s to help support a balanced mood.

- **Herbal Remedies:** Some herbal remedies like St. John’s wort and rhodiola rosea have been used successfully to combat depressive symptoms.
- **Aromatherapy:** Essential oils can uplift your spirits — think about how refreshed you feel walking into a pine tree forest! You’ll find a variety of essential oils and diffusers for creating a soothing and mood-enhancing atmosphere in your home.

We understand the importance of community and social support in maintaining good mental health and strive to offer shoppers opportunities to gather and have friendly conversation. Check our online event calendar to learn about them — they’re frequently wrapped around learning something new or volunteering in the community. A sense of belonging can be a powerful antidote to seasonal blues.

Remember, you’re not alone in your journey to combat seasonal depression. We are here to provide you with the natural remedies and support you need to embrace the changing seasons with a positive and resilient spirit. Together, we can nurture your well-being through every season.

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.

Plan Your Way Through A Relaxed Thanksgiving

(Continued from Page 1)

Early November is also the time to do some housekeeping. Especially for first-time hosts, things can be easily overlooked. Do you have an accurate meat thermometer? What about enough pans, pots, casseroles and serving dishes? Is your knife sharp? Do you have a potato masher? I have been guilty of that last one and believe me, MacGyvering your way out of it is no fun. These are easy issues to deal with early, but not in the final stretch.

Howe Sharp will be at the Ambler store on Saturday, Nov. 18, the perfect time for an early sharpening trip before Thanksgiving. For a holiday feast, a sharp knife is key. It makes chopping, dicing and carving easier, faster and safer, since you won't have to fight against a dull edge as you work.

It's also worthwhile to plan your menu early in the month. Use a notes app or pen and paper, or break out a spreadsheet to help you plan things out. Even if you serve the same dishes from year to year, this step helps start the planning portion. The menu as a starting point helps clear up the questions above, especially when it comes to serving dishes. It forms the backbone of your shopping list(s) and helps you figure out what can be done ahead and how to schedule oven and stovetop usage before dinner.

At this point, you can also delegate parts of the meal to guests that volunteer to help. Spread out the wine, beer or other beverage responsibilities. If you aren't hosting, but want to help and bring something to dinner, offer something that can be served at room temperature like a salad or cheese board. They're great for a nibble before dinner and don't require stove or oven accommodations as your host is coming into the final stretch.

Here are a few more things that can be done ahead:

- If you plan on making your own pies, the pie dough can be made well in advance and kept in the freezer until you need it.
- Plan on using a specific type of bread for stuffing. Pick up or bake a loaf early, cube it and store it in the freezer until you're ready. You can also save loaf ends through the month or odds and ends that went stale.
- If you need more gravy than the pan drippings will supply, make a turkey or even chicken stock ahead of time and freeze it to supplement your gravy needs or the liquid required for your stuffing of choice.
- Squashes and sweet potatoes can be frozen after being pureed for easy additions to casseroles.
- Cranberry sauce/relish can be made and canned as a weekend project. It's the best beginning canning



project and with supervision, can be made with the help of the even the littlest chefs.

It's best to use two shopping lists: one for perishables like produce and turkey and another for shelf-stable items and pantry staples. Try to make the list as exhaustive as possible, even for the items you think you have already.

Your first Thanksgiving shopping trip should happen at home. Cross off things like flour, cornstarch, salt, spices, cooking fats and other pantry items. We've all had that moment of "I definitely have enough sugar in the cabinet," only to realize that we don't have enough for what the recipe calls for. Now is also the time to declutter and clean your fridge in the two weeks leading up to the holiday. After all, you will need a place to put the turkey before cooking and all the other fixins'.

Consider spreading out shopping for pantry staples through the month if you made the list early enough; it will at least spread out the sticker shock into more manageable expenditures. But the shelf-stable items should all be purchased at least a week before Thanksgiving so that the final trip to the store for fresh items and turkey will be that much quicker and ease stress.

Turkey Fact #2: If you need to thaw a frozen turkey, know that it takes 24 hours to thaw four to five pounds of meat in the fridge. So for a 20-pound bird, it will take about five days to fully thaw.

The weekend before Thanksgiving is a great time for any lingering make-ahead projects as well as updating your shopping list with any last-minute additions. The final big shopping trip should happen the Monday or Tuesday before Thanksgiving for fresh ingredients and the turkey itself if you get a fresh bird.

As your fridge fills with ingredients for the main event, the first half of the week still requires dinner. It's worth taking advantage of dinner preparations to prepare

vegetables for the big day. If a dish only needs half an onion, consider chopping both halves and storing the unneeded portion in an airtight container for your stuffing—the same with celery or carrots. If you are boiling water for pasta, it might be worth it to prep and blanch or par-cook trimmed and prepped green beans, Brussels sprouts or carrots to cut down on final cooking times before cooking the pasta. Be sure to dunk blanched vegetables in an ice bath before drying and storing in the fridge to maintain color and brightness. A classic green bean casserole can even be prepared ahead of time and covered tightly in the fridge, but hold off on adding the crunchy onion topping until you're ready to bake it.

On the big day, it's all about time and space management:

when to put the turkey in the oven, what else eventually needs to get put in there or what has to go on the stove. Take time earlier in the week to work out a timeline for the day to stay on task without fretting about timing everything in the moment.

If you have a slow cooker, you can make your potatoes early in the day and keep them warm. Be sure to butter the sides of the crockpot and add extra cream or milk to the bottom. They will keep up to four hours, but remember to stir them.

Turkey Fact #3: Turkey should be cooked until a meat thermometer registers an internal temperature of 165° in the center of the thickest part of the breast and thigh. Avoid touching any bone, especially in the thigh, as it can give you an inaccurate reading. Additionally, if you cook your stuffing inside the cavity of the bird, that, too, must reach an internal temperature of 165°, which will take longer than the meat.

While the Rockwellian fantasy is appealing, don't carve the turkey at the table, and don't slice the meat off the bird while it's still on the bone. It's easy to break down the turkey into parts once it's cooked and slice the breast and thigh meat for a pretty presentation. There are many great step-by-step tutorials online. It's also the easiest way to sneak a taste before serving.

There are several ways to accommodate our vegan and vegetarian family and friends at the holiday table. Use nondairy butter and milk substitutes in potatoes or a nondairy/vegan cream of mushroom soup in the green bean casserole. Or roast vegetables with neutral oils instead of bacon fat. This can also be a fun way to explore other flavors at the table, like harissa maple-glazed carrots or spiced sumac Brussels sprouts. Additionally, consider a stuffed squash as the main replacement for turkey, or at least offer a bit of oven time if your vegetarian guests wish to bring their own main.

Reaching Back to Reboot A Favorite Local Spread

by Bonnie Shuman, Weavers Way Executive Chef

AS SOME LONG-TIME SHOPPERS MAY KNOW, THE Co-op carried Michele's Tofu Tahini and Carrot Spread since it was being made in Cheltenham Village in the early '90s.

Trying to keep up with the story behind this legendary vegan spread, whose ingredients include the second, third and fifth words, along with lemon, vinegar, fresh garlic and parsley, is like following the song "The Name Game." You know the one:

Tony, Tony, bo-boney, bo-na-na -fanna, fo-fo-ney

Fee, fi, mo-mo-ney

Tony!

Now that I've planted that earworm, let me explain. Michele's spread was originally developed by Michelle

D'Ambrosio, who struck up a licensing deal with Richard Goldberg, owner of Helen's Pure Foods, to make it when she moved to Sarasota, FL.

Sadly, Helen's Pure Foods went out of business and the Co-op no longer carries it.

But when shopper requests came pouring in, I couldn't let this situation stand; I had to do something! So I looked up the dip ingredients and duplicated it.

Longtime Michele's fans, I think we nailed it. I hope you enjoy this classic spread on a sandwich, cracker or favorite raw veggies. And FYI, for the rest of this month, we will have it on sale for \$6.99 per pound — \$3 less than the original Michele's price. Share it at upcoming game days or holiday gatherings and impress your guests the easy way. Enjoy!



Photo by Bonnie Shuman

FOOD

MOXIE

An offshoot of Weavers Way Co-op

608 Carpenter Lane

215-843-8289

foodmoxie.org

Interim Executive Director

LEE SCOTTLORDE

lee@foodmoxie.org

Executive Director

MERISSA MACDONALD

merissa@foodmoxie.org

GIVING

TWOSDAY

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

FOOD MOXIE

We dig what we eat.

Where Food Moxie Has Been, and Where We’re Headed

by Lee Scottlorde, Interim Executive Director, Food Moxie

SANKOFA! WE MUST GO BACK AND fetch it. Sankofa is the West African adinkra symbol that instructs "we must learn from our past to inform our future."

As the new interim director of Food Moxie, my first mission was to learn about the beautiful and vibrant communities Weavers Way serves. While I was warmly received and my basket overflowed with delicious community stories and new collaborators, I was repeatedly asked, "What is Food Moxie?" So before I dive into our exciting future work, let's activate Sankofa and revisit our history.

Initially, our organization was known as Weavers Way Community Programs. The nonprofit was formed 19 years ago to help the Co-op educate children and families in Northwest Philly about food systems, nutrition and urban farming and gardening. We currently partner with W.B. Saul High School in Roxborough and Martin Luther King High School and Stenton Family Manor in East Germantown.

Since 2012, Food Moxie has collaborated with Weavers Way, Henry Got Crops Farm at Saul and Philadelphia Parks and Rec to provide hands-on educational instruction at HGC's six-acre production farm, 1.5-acre orchard and student growing spaces.

King hosts a garden, orchard and greenhouse that provides an outdoor classroom for the culinary arts career technical education and life skills program for neurodivergent students. The program centers on experiential learning that connects classroom lessons with real-life application via practical and vocational life skills.

Stenton Family Manor shelter is home to Hope Garden and Kitchen, Philadelphia's first production and education garden for families experiencing homelessness. Hope Garden equips adult and youth residents with the skills and knowledge needed to shop for, prepare and savor fresh, healthy meals, especially during their transition to independent living.

Now that we have covered where we've been, let's discuss what's next. Principal Sam Howell of Saul declared that the theme for this school year is "ALL means ALL," meaning that equitable instruction, access to resources and community care will be available to all students. Food Moxie is also taking up that charge to ensure that our programming is community centered, equitable and culturally rich.

With your support this giving season as a volunteer and donor, we will expand our work to address the following principles:

Environmental Justice: Everyone deserves equal access to healthy, sustainable food. That's why we tirelessly advocate for equitable distribution of resources and address environmental concerns. Your support will help us bridge the gap and build a more just and sustainable future.

Food Sovereignty: Empowering individuals and communities is at the core of our mission. Everyone should have the autonomy to make decisions about the food they grow, consume and distribute. Your contribution will help us to continue empowering communities to take control of their food sources.

Green Career Pathway Exploration: Food Moxie serves as a catalyst for personal and professional growth in the food sector. We provide resources, training and mentorship opportunities to help individuals discover and pursue meaningful careers in food-related fields. Your support will enable us to expand these initiatives and create more pathways for success in the green sector for underrepresented communities.

Entrepreneurship: We are dedicated to nurturing agriculture-related entrepreneurship within our communities. By providing access to resources, mentorship and financial support, we empower

(Continued on next page)

Awbury

Arboretum

HOLIDAY

GREENS SALE

& OPEN HOUSE

SATURDAY

DECEMBER 2

10 AM - 6 PM

The Francis Cope House

1 Awbury Rd | Phila, PA 19138

EVERGREENS | CRAFTS

REFRESHMENTS

Fresh cut prunings from the arboretum, wreathes, roping and other holiday florals.

Candles, cards, hot cider, mulled wine, hot chocolate & goats!

visit awbury.org

for more info and to pre-order

MLS#PAPH2288584

LET'S GET YOU MOVING!

New Listing

BEAUTIFUL NEW REHAB

\$299,000

Property Features

3 Bedrooms

2 Bathrooms

Full Finished Basement

8622 Temple Road

Phila PA 19150

(Continued from previous page)

aspiring entrepreneurs to develop thriving businesses. Your contribution can help turn the dreams of sustainable businesses into reality.

Culturally Relevant Wellness Programming: We understand the importance of celebrating our community’s diverse cultures and traditions. Our programs and initiatives are inclusive, culturally sensitive and reflective of the unique contributions of Black, Indigenous and other people of color in Philadelphia.

The Stenton Manor/King High School growing site will be rebuilt to create Hope Heritage Farm, an African Diasporic growing space that will produce crops from the Caribbean, West and East Africa and the Americas. Hope Heritage Farm will be regraded and more rows will be added to increase food production. In addition, new composting systems will be implemented, and tables will be built to

host our annual Seed to Supper dinners.

The Saul student growing space will host Global Heritage crops that represent the diverse population of their students, who will use them for products, in the cafeteria, for culinary programming or to take home. Your support will help us build Hope Heritage Farming sites that produce cultural crops from the countries to which our community members are connected.

There is a glorious journey ahead, but we will only get there together. I look forward to harvesting a bright future with you all. For volunteer opportunities and to donate to Food Moxie, please visit foodmoxie.org or scan the QR code.



Food Moxie is seeking board members to fill recent vacancies. Serving on the Board is an excellent opportunity to provide leadership for the well-being of our community, and to educate and inspire people to grow, prepare and eat healthy food.

To ensure that we have a well-rounded and diverse Board, we are currently looking for community members who are dedicated, committed and able to lead. Experience in finance, legal and nonprofits is a plus.

If you are interested in learning more about this opportunity and would like to schedule a meeting or submit your name as a board nominee, please contact **Andrea Turner, Governance and Recruiting Chair at FMGovernance1@gmail.com**

An offshoot of Weavers Way Co-op

A Window into Amish Culture from an “English” on the Inside

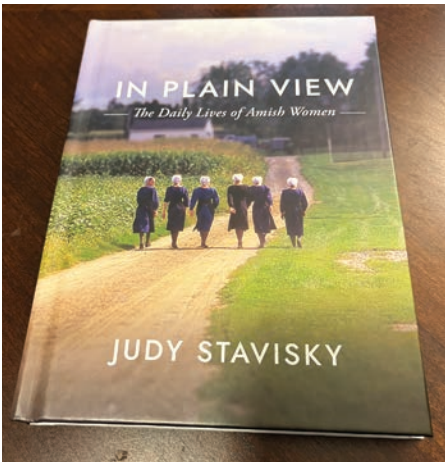
by Karen Plourde, Editor, Weavers Way Shuttle

WEAVERS WAY MEMBER JUDY Stavisky has had a longtime fascination with the Amish and their culture. Last summer, her research — including years of interviews with Amish women and girls while driving them on long-distance trips — was published as a book of vignettes, observations and photos that would make an ideal companion for the millions of vacationers who head to Lancaster County every year to get glimpses of the group and wonder what makes them tick.

“In Plain View: The Daily Lives of Amish Women” is based on Stavisky’s conversations with multiple generations over a decade. Early on, she and her husband took regular weekend bike trips from Morgantown, the closest Amish settlement, and toured the area. Later, she attended a class on Amish studies taught by Donald Kraybill, a professor of Anabaptist and Pietist studies at Elizabethtown College.

Stavisky and Kraybill planned to collaborate on a revision of one of Kraybill’s earlier books on the Amish but ended up abandoning that project. Two years ago, the publisher of Herald Press contacted her and asked if she could put together her notes in book form for publication in early 2022.

“They [Herald] didn’t really do that much editing, because I had been work-



ing on this for a very long time,” she said. “[I] kept trying to winnow down to the ideas I felt would resonate with other people.”

Stavisky believes that although there’s a lot of curiosity about the Amish, people have limited information about them. “Some of the basic tenets of their life needed to be shared in a nonfiction way,” she said. “The horse and buggy, for instance, just slows down the pace of life, and when you think about it, that’s not a bad idea...You kind of have to yield to nature’s clock, because horses can’t be used in the fields at night.”

Stavisky said the omnipresence of cellphones and smartphones has caused a lot of concern in the community and made it harder to keep modernity away.

(Continued on Page 23)

As part of the Co-op’s efforts to reduce our use of single-use plastic, customers can purchase certain items in reusable containers.

There are a variety of containers available, with different deposits required.

Total Containers by Department (as of October 2023)					
Store	Prep	Deli	Bulk	Produce	Grand Total
Ambler	4,150	520	1,328	1,929	7,927
Chestnut Hill	4,287	892	1,206	0	6,385
Mt. Airy	2,304	1,038	2,451	0	5,793
Totals Sold	10,741	2,450	4,985	1,929	20,105
Deposits Refunded					12,710
Return Rate					63%

How the Container Refund Program Works

1. Look for labels with a CRP logo on our shelves.
2. Buy the item – the cost of the container is tied to the product.
3. Once it’s empty, wash the returnable item and take it to the Co-op; you’ll get the cost of the container refunded. All CRP lids and containers must be returned food-residue free, fully prewashed.
4. Return containers in a timely fashion to prevent the Co-op from needing to keep buying more stock, and please do not write on or sticker CRP items.
5. Spread the word to family and friends, so they can help save the Earth, too!

A program run by Echo Systems with support from the Weavers Way Plastic Reduction Task Force

Margaret's Hidden Treasures

Ambler's Thrift Store

WOMEN | MEN | CHILDREN | BABIES

15% OFF FOR WEAVERS WAY MEMBERS DISCOUNT

215-540-2764
MARGARETSHT.COM
@MARGARETSHIDDEN TREASURES

139 E BUTLER AVE. SUITE B, AMBLER, PA

MARGARET'S HIDDEN TREASURES T/A RLF THRIFT STORES LLC IS OWNED BY THE ROBERT L. LOWE, SR. FOUNDATION, A 501(C)3 TAX-EXEMPT ORGANIZATION. ALL OFFERS ARE LIMITED TO STOCK ON HAND; NO RAIN CHECKS. NOT VALID ON PRIOR PURCHASES, TAXES OR SHIPPING. CLIENTS MUST PAY APPLICABLE SALES TAX. OFFER MAY NOT BE COMBINED WITH ANY OTHER SALE, PROMOTION, DISCOUNT, COUPON AND/OR OFFER. PROMOTIONS HAVE NO CASH VALUE. VOID WHERE PROHIBITED, TAXED OR OTHERWISE RESTRICTED. ALL SALES FINAL, NO RETURNS OR EXCHANGES.

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

Medical Findings Evolve, While Homeopathy Stays Static

FRED KITTLEMAN’S LETTER IN THE OCTOBER SHUTTLE (“Sept. Homeopathy Letter Gives Medicine Too Much Credit”) offers the dangerous suggestion that modern medicine and homeopathy are equally worthy of intellectual respect because neither is based on science. His arguments are not persuasive.

I have no room here to summarize the workings of science. (For further reading, I suggest starting with Karl Popper’s 1959 book “The Logic of Scientific Discovery”). There is, however, a characteristic of all scientific endeavors. Their findings are not static; rather, they evolve from lesser to greater (though never perfect) correctness. Science demands recurrent questioning and testing of results. I offer three examples from the history of medicine where new discoveries caused clinicians to rethink their understanding of disease processes and develop more effective treatments.

In 1810, Samuel Hahnemann published his first book outlining his method of healing, which he called homeopathy. Its two underlying tenets were “like cures like” and that curative powers of substances can be increased by diluting them until only their “essence” remains in the water.

- In 1822, Antoine Laurent Jesse Bayle described a neurological disease called General Paresis of the Insane. It begins with mental instability and ends in paralysis. Its cause was believed to be “weakness of character,” and treatment consisted of strengthening the patient’s moral sense. In 1905, when the spirochete of syphilis was discovered in the spinal fluid of these patients, it became clear that GPI was a form of neurosyphilis and new treatments arose — public health measures and, later, medicines (salvarsan, neosalvarsan, penicillin). GPI is now essentially unknown in developed countries. In 1905, homeopathy still taught “like cures like” and “infinite dilution.”

- In 1970, one of my professors in medical school told us that most of the menstrual pain in women under 30 was caused by psychological problems, a belief not universal but common during the 19th and 20th centuries. Also in the 1970s, researchers began to suspect that this pain was caused by a class of chemicals called prostaglandins. In 1979, with the suspicion that blocking production of these could form a treatment, Dr. Penny Budoff performed and published a double-blind study showing that mefenamic acid can control this pain in selected women. The medical community accepted this as standard therapy. Ibuprofen, a similar chemical, became an over-the-counter drug in 1984; homeopathy still taught “like cures like” and “infinite dilution.”
- Throughout much of the 20th century, physicians believed that peptic ulcer disease was caused by excessive stomach acid production. In 1982, Australian doctors Barry Marshall and Robin Warren discovered bacteria, now known as Helicobacter pylori, in the stomachs of patients with gastritis and peptic ulcers. They and others were able to show that these bacteria can cause gastritis and that controlling the bacteria can reverse the disease. The medical community was initially slow to believe these findings, but they are now well accepted. Marshall and Warren received a Nobel Prize in 2005, while homeopathy still taught “like cures like” and “infinite dilution.”

Three happy stories have no probative value, but they do suggest that modern Western medicine is a discipline that regularly is willing to change its mind when new evidence arises. Theories such as those underpinning homeopathy never change because their practitioners never think to follow Oliver Cromwell’s advice: “I beseech you, in the bowels of Christ, think it possible that you may be mistaken.”

Dr. Paul S. LaFollette Jr.

SHUTTLE LETTERS POLICY

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

MAFCA Meets in Fredericksburg

adelphia-area food co-ops. The group decided to have a second gathering. By the time we held that event, word had spread, and we were joined by cooperators from up and down the Eastern seaboard. We decided to name the group the Mid-Atlantic Food Cooperative Alliance.

At this meeting, Anthony Cook, a professor at Georgetown University Law School, told us about Rosie’s Grocery, an initiative to bring healthy food to low-

income neighborhoods that have low access to fresh food in the Washington, DC metro area through worker and community-owned grocery stores. Cook described the lack of food justice in certain areas in DC. He added that their mission was to provide groceries and address racial inequity by creating living-wage jobs, improving health outcomes through health and wellness programming, providing ownership opportunities in predominantly Black neighborhoods and building a

“third place” for the community. He was preaching to the choir when he described the many ways that co-ops can support the local economy. Rosie’s Grocery is a joint project of the Coalition for Racial Equity and Democratic Economy, which was founded by Cook, and National Co-op Grocers.

Our other guest was Faye Mack, executive director of the Food Co-op Initiative, a nonprofit that provides support

(Continued from Page 1)

In-Depth History of the Co-op

(Continued from Page 1)

- There was also no space for a checkout. Shoppers had to go next door to 557 Carpenter to pick up a notepad, then back to 555 Carpenter, where they shopped and wrote down what they were buying, including the price. They then went back to 557, paid for their order, and then returned to 555 to pick it up.
- According to an article published in the September/October 1998 Shuttle (“Meaning of Weavers Way Has Changed, Remained the Same Over 25 Years”), Weavers Way’s founder, Jules Timmerman, and his wife, Kit, collaborated on the Co-op’s name.
- The first general membership meeting took place in December 1973, and the first issue of the Shuttle was published that month.
- In February 1974, 559 Carpenter Lane, the current location of Weavers Way Mt. Airy, was purchased for \$6,000. Timmerman raised \$23,000 for the purchase from member loans, personal funds and loans from suppliers.
- In the 1990s, Weavers Way established a credit union that functioned until 2000, when it was absorbed into the Local 169 Credit Union. Its name was later changed to Delaware Valley Federal Credit Union. Of its 3,300 members at the time, 673 were members of the Co-op’s credit union.
- According to former General Manager Glenn Bergman’s “General Manager’s Corner” column in the January 2014 Shuttle, from 2002-2012, the Co-op grew from \$5 million to \$19 million in annual sales. Meanwhile, the number of staff grew from 40 to 155.

That’s all for now. To get the full story, go to historicgermantownpa.org/weavers-way-special.

to co-op startups around the country. Our hosts at Fredericksburg attributed their success in large part to the assistance they received from FCI.

If you would like to learn more about or get involved with MAFCA, please contact me at wasserkrug@gmail.com. We’re currently looking for help with updating our list of food co-ops in the region, and you can receive cooperator work hours for helping with this project!



Custom Work in Older Homes

RENOVATION, RESTORATION AND REPAIR.
Based in Mt. Airy since 2001.

www.CalebSchodt.com 215-849-2003

Fully licensed and insured. OSHA-30 Certified. Local references.



By the Numbers, We're Closer to Normal Than in FY2022

by Jon Roesser, Weavers Way General Manager

Dear fellow members,

PER THE CO-OP’S BYLAWS, EACH YEAR WE ENGAGE A THIRD-PARTY AUDITOR TO conduct an independent review of the Co-op’s finances. This year the audit is being conducted by Clifton Larson Allen, a firm that has worked with other large consumer cooperatives around the country.

As of the writing of this column, we have not yet received CLA’s final report, so the numbers I present here are still unaudited. However, based on feedback from CLA, we do not expect much, if anything, to change. If there are any material changes, I will report them in the next issue of the Shuttle.

Fiscal Year 2023, which ended on June 30, saw a return to a more typical business cycle compared to the challenges we faced during and immediately following the pandemic. It was also a year marked by significant revenues and outlays associated with our expansion to Germantown. Overall, the business performed well in most financial indicators.

Gross sales approached \$38 million, up 4.7% over prior year, which is around the rate of growth experienced by the grocery industry. After \$1.46 million in discounts — working member, senior, Food for All, etc. — our net sales came in at \$36.2 million.

Our healthy sales growth is notable, since much of the overall industry’s growth has been concentrated in the discount grocer sector (Aldi, Grocery Outlet, Walmart, etc.), as consumers continue to seek value in a period of high inflation and economic uncertainty. While we continued to see increased wholesale costs from our vendors, it did not match the extreme volatility we experienced in the previous fiscal year. As a result, we were able to stabilize our margins and finish the year with a gross profit of 35.69% of sales — an 80-basis point improvement over prior year.

While a 35.69% gross profit is a marked improvement over the previous year, it remains a solid margin point or so off our pre-pandemic performance, when we would typically post a gross profit of 36.5% to 37.5%. Like all grocers, we have sacrificed margins over the last few years to keep our retail prices competitive to the marketplace.

Labor costs increased to \$8.6 million, as we further invested in our staff by raising our starting entry level rate (now at \$15.50) and increasing the Co-op’s contribution to our health insurance plan. We also added a couple of key staff positions in marketing and IT in anticipation of opening the Germantown store.

Operating expenses were just above \$2.2 million. As was the case last year, much of the increase was the result of higher credit card merchant service fees: \$626,208, compared to the prior year’s \$520,717, an increase of more than 20%. We had expected our credit card fees to rise at a rate aligned with our sales growth of 4.7%. Late in the fiscal year, we were able to secure more favorable terms with a new credit card processor, so we should see some limited relief in this area in fiscal 2024.

(Don’t forget, we have a workaround to high credit card merchant fees: Fund your Easy Pay account with a check or cash, and we’ll give you 2% back. Problem solved!).

Farm losses increased to \$85,029, and we recognize that’s not a sustainable number. Our hard-working farm team is finishing up a plan for next season that we believe will bring that loss back down to a sustainable level.

In fiscal 2023, we saw both significant revenues (grant money for the Germantown project and IRS Employee Retention Credits) and significant expenses related to the Germantown project. These resulted in reported Other Income of just over \$560,000 — all one-time revenues and expenses outside the bounds of normal operations.

Overall, this was a successful year for Weavers Way. More than anything, this is the direct result of your continued support of the Co-op and a testament to the success of our cooperative economic model.

I will present a more comprehensive business review at our upcoming business meeting to be held on Nov. 9 (see details below). And if you would like more information, as always please email me at jroesser@weaversway.coop

See you around the Co-op.

Fall Co-op Business Review Virtual Meeting		
Thursday, Nov. 9, 6:30-7:30 p.m.		
www.weaversway.coop/event/fall-business-meeting		
	FY 2023	Prior Year
Revenue		
Gross Sales	\$ 37,692,052	\$ 35,994,951
Discounts	\$ (1,466,471)	\$ (1,380,259)
Net Sales	\$ 36,225,581	\$ 34,614,692
Cost of Goods Sold (COGS)		
COGS	\$ 23,297,525	\$ 22,539,089
Gross Profit	\$ 12,928,055	\$ 12,075,603
Gross Profit %	35.69%	34.89%
Expenses		
Labor	\$ 8,634,447	\$ 8,406,860
Occupancy	\$ 1,558,627	\$ 1,486,425
Operations	\$ 2,246,863	\$ 2,092,387
Administration	\$ 368,755	\$ 327,196
Marketing	\$ 115,702	\$ 120,564
Farm	\$ 85,029	\$ 61,070
Governance	\$ 30,353	\$ 40,557
Other Operating Expense (Income)	\$ (71,592)	\$ (21,937)
Other Expense (Income)	\$ (560,836)	\$ (139,769)
Rental Expense (Income)	\$ (358,051)	\$ (363,524)
Germantown Expansion Expenses	\$ 68,276	\$ 39,874
Interest Expense	\$ 205,236	\$ 242,917
Total Expenses	\$ 12,322,809	\$ 12,292,620
Earnings Before Tax	\$ 605,246	\$ (217,017)
Tax	\$ 36,944	\$ 34,927
Net Income	\$ 568,302	\$ (251,944)



A General Store of Local & Unique Finds

Your Clutter, Our Bread & Butter!

Looking to downsize? The Mercantile is your local vintage store, specializing in pre-1970s clothing, rugs, records and furniture.

We Want to Buy from YOU!

Want to sell? Send photos of your items to nsaphos@weaversway.coop or rick@weaversway.coop and we'll get back to you.

NO DROPOFFS, PLEASE!

SATURDAY & SUNDAY 10AM - 5PM

542 Carpenter Lane www.weaversway.coop/mercantile [@weaverswaymerc](https://www.instagram.com/weaverswaymerc)

Life is a feeling.

www.premrawat.com

The Joys — and Stressors— of Getting to North Jersey by Mass Transit

by Betsy Teutsch, for the Shuttle

IS IT POSSIBLE TO WRITE A WHOLE COLUMN ABOUT taking mass transit from Mt. Airy to Montclair, NJ? If it's a first-time trip, yes!

My cousin was visiting her family there and invited me to spend the day, joined by my Manhattan sister. Of course, that was a yes. But I dread the drive to North Jersey via the Garden State Parkway. In general, I find solo driving tedious and stressful. The navigation is simple, but the amount of concentration and focus required, plus the presence of thousands of cars zooming along in such proximity, is draining.

Google Maps advised me of an alternative: Amtrak to Penn Station Newark to the Route 72 New Jersey Transit bus. I'd take that for 40 stops, then walk under a mile to my hosts.

I've written several columns for the Shuttle about local transit options; I decided to expand my repertoire to intercity and booked the Amtrak ticket. My fingers typed in EWR, the Newark code, but fortunately I realized eventually that that one is for Newark Airport. I re-booked for NWK.

Mass transit trips offer time to let others do the driving while you sit and people watch, read, screen scroll, or look out the window and see where you are without worrying that switching a dial will cause a crash. That its carbon footprint and often its cost are lower — no parking expenses! — is also a virtue.

However, traveling a new mass transit route provides its own stressors. When I disembarked at Newark's train station, the signs were useless. "Information" pointed to an elevator. Once in the elevator (by myself in a big public space, by itself kind of creepy), there was no indication where I should go. Up was the only option, but that took me back to where I just came from. Huh?

Traveling solo is anxiety provoking. My interior monologue races ahead, worrying about all the legs of a trip. Two things I find helpful are focusing on one leg at a time and formulating a plan B. These days, the backup is usually to call a Lyft, though I've never had to do that.

Eventually, I found the big, beautiful train station lobby and inquired about where to find the 72 Bus since predictably, there were no signs. Google told me exact fare was required, but not the amount. The NJ Transit agent cheerfully sold me a ticket for \$1.40. I found the bus bays and waited, along with others. I marveled at the trust involved — that the infrastructure was reliable, that a bus would come, that it would take me where I needed to go.

I had 10 minutes to wait, which created a typical mass transit time conundrum: not enough (will I get to the stop in time to make the bus? Hurry!) or too much (Oy! I have to wait 20 minutes for the next bus!). Cell-phones are our friends. In this case, the bus showed up as scheduled, and off I went.

In my experience, buses are segregated spaces. The 72 takes passengers from Newark through Paterson and Bloomfield and out to the suburbs. Pupuserias and Havana sandwich joints give way to parks, a racetrack, town centers with flower beds and eventually chic cafes. My fellow passengers were Black, Latino and Asian, and ranged from students to frail elders. People watching, as well as sightseeing, makes the time more interesting than driving.

An older man paid his fare, but no seat was available for him. He was sheepish as the driver shouted over her PA system: "I need a seat for a senior!" No one budged. Then, louder, "We need a seat for a senior!" A man-spreader pulled his legs together and voila. People pointed him to an available seat. "I wouldn't let my mother stand on a bus," mused the bus driver to no one in particular. She is a hero, doing her job and part of a system upon which so many people rely.

My family get-together was delightful. Then came the return trip, with a tight connection. As I expected, Newark Penn Station has no signs for how to get to Amtrak — just signs showing all the Amtrak train arrivals. I'm convinced that creators of transit signage presume people know the bigger facts (Where is Amtrak?) and just need details (Which Amtrak track is my train on?).



I speak and read English, hold an advanced degree and use a smartphone; still, I found the process confusing. What are these systems like for folks without these advantages? No one likes feeling lost and confused. We can do better, yes. But in the meantime, give it a whirl.

Mass transit takes longer, but it's a great way to get where you need to be and see things you would normally never have access to. And if you have extra time, hop off for that Cuban sandwich!

Happy trails.



215-247-9560
8220 Germantown Avenue
www.chestnuthillcatclinic.com

Taking care of cats and their people
for over 35 years.

for health, balance, manifestation

LEO MCELROY
215-843-9718

Shiatsu Bodywork
Shamanic Healing Practices

Cresheim Healing Arts 138-A West Gorgas Lane
www.ShiatsuLight.com



Seniors
NORTHWEST
village network

CONNECT
ENGAGE
THRIVE



Join us at our Saturday Socials!
Every Saturday - 10am-12pm
@ Market at the Fareway in Chestnut Hill

Arts & Culture • Film Discussions • Community Connections
Social Gatherings • Ride Share • Social Justice Engagement

NorthwestVillageNetwork.org
267-571-9697

★★ *Baking all-natural* ★
treats with extraordinary
ingredients and a dash of
★ *whimsy for 30 years.* ★

Don't Whisk It! Order Early and Often



The NIGHT KITCHEN
★ BAKERY & CAFE ★



SCAN

Mon.-Sat. 8am-6 pm, Sun 8am-4pm
7725 Germantown Ave ★ 215.248.9235 ★ Online Holiday ordering at NightKitchenBakery.com

Program Fosters the Next Generation of Environmental Stewards

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

IN 2016, FRIENDS OF THE WISSAHICKON FIRST PUBLISHED “Good Night, Wissahickon Valley Park”, a board book that takes preschoolers and their parents on an engaging and vivid hike through the Wissahickon. And the response sparked the start of something big.

Philadelphia has one of the greatest park systems in the country, yet many residents are either unaware of or disconnected from our public green spaces. This, along with the book’s enthusiastic feedback, prompted FOW to wonder if kids could get so excited about the park on paper, imagine the possibilities if they experienced it in person. Words turned into action.

In 2017, FOW became a School District of Philadelphia programming partner and created Little Friends of the Wissahickon. The free program aims to introduce children in kindergarten through second grade to the park and inspire them to explore and experience the beauty and benefits of nature in their city.

In 2019, FOW expanded its existing partnership with Let’s Go Outdoors to facilitate and grow Little Friends. The pilot program in 2017 launched with four schools. Six years later, that number is closer to 65, based on registration and field trip requests tallied at the end of September. During the first three months of 2022, 31 classroom groups had participated, with a total reach of 866. By the last two months of the term, another 40 classes had been scheduled that would reach an additional 946 students.

Additionally, nearly 200 people attended Let’s Go Outdoors’ community programming centered around the partnership with our Little Friends of the Wissahickon program. The programming further engaged families throughout the city to enjoy the outdoors, with activities ranging from geocaching to archery.

Little Friends features Wissahickon-themed natural science activities that use “Good Night Wissahickon,” now in its second printing, in conjunction with an in-school program and a field trip to the park. The program is designed to offer important physical and emotional benefits, introduce them to natural spaces and in-



still knowledge about, appreciation of and respect for the planet.

It’s our hope that the program sparks an interest in the preservation of our shared environmental resources and that these students will grow into our next generation of stewards of the Wissahickon Valley.

Keisha Scovens, director of community outreach for Let’s Go Outdoors, which she co-founded with her sister Tarsha, believes that sharing the park’s treasures with children presents an opportunity to reach their families as well.

“The students bring the information home, where parents, siblings and extended family may be encouraged to take advantage of this amazing asset at their disposal and visit the park on their own,” she said.

Through reading the book, map identification activities, pictures and interactive assets, Let’s Go Outdoors educators help students learn about nature, local waterways and the Wissahickon. Children taking part in the program receive certificates and a free copy of the book.

Understanding the challenges that most public schools face when going on a field trip, FOW provides transportation and partners with the Wissahickon Environmental Center to provide free educational programming.

The testament to the impact of the program comes from those involved in it. Kimberly Tong, a first-grade



teacher at Overbrook Elementary, said Little Friends allowed her students to learn about animals and their habitats firsthand.

“Before the program, my students knew nothing about Wissahickon Valley Park,” she said. “But afterwards, they were excited and wanted to have their parents return with them to see more.”

Krista Sylvester, a kindergarten teacher at Francis Scott Key School in South Philly, also found that the program introduced her students to the park. “Afterwards, they were able to converse about their learning and com-

(Continued on Page 11)





This Hallowed Wilderness

Feeling stuck, alone, overwhelmed or lost in your grief?

This Hallowed Wilderness offers compassionate guidance and support to help you navigate your journey with certified grief coach and death midwife **Naila Francis**.

Zoom, phone and in-person sessions available.

Phone: 215-983-7859
Email: naila@thishallowedwilderness.com
Website: www.thishallowedwilderness.com





notary service

BY APPOINTMENT

Mt. Airy: 215-843-2350 x119 or notary@weaversway.coop
Germantown: cpointvil@weaversway.coop

MEMBER BENEFIT ANOTHER GREAT REASON TO JOIN.



The Resiliency Center is your place in Greater Philadelphia for Healing, Education, and Community.

Join us for counseling and community programs to

Laugh, write, meditate and connect

FIND US ONLINE

- www.TheResiliencyCenter.com
- [TheResiliencyCenter](#)
- [ResiliencyCntr](#)
- [meetup](#) [resiliencygatherings](#)



FIND US IN FLOURTOWN

Flourtown Commons
1811 Bethlehem Pike
Suite 212-213
(215) 233-2002

Beyond Bees and Butterflies: Spotlight on Underappreciated Pollinators

by Kristy Morley, Senior Naturalist, Wissahickon Trails

NAME A POLLINATOR, ANY POLLINATOR. Did butterflies come to mind, or maybe bees? What about flies or beetles? Probably not. But some of the insects we tend to think of as pests are surprisingly important pollinators.

Flies visit flowers to drink nectar and eat pollen, and in the process collect pollen on their heads and bodies that is transferred to other flowers as they forage. Flies have a few advantages over bees where pollination is concerned. For example, they will feed in temperatures that are cooler than bees will tolerate, and they don't mind flying in the rain.

Flies also tend to have ranges that are much larger than bees, allowing for a broader spread of pollen in the environment. The larval stages of flies are also beneficial in a garden, because they feed on aphids and other pests. Researchers have found that flies may give bees a run for their money when it comes to pollinating crops like avocados, mangos, leeks and carrots.

Beetles make up a quarter of all animal species, with almost 400,000

species worldwide. Fossil records show that they were abundant when dinosaurs walked the earth. Around 100 million years ago, flowering plants appeared, and since bees and butterflies took another 20 to 30 million years to arrive, beetles were likely the first pollinators of these ancient plants.

Today, this history can be seen in the forests of the Wissahickon Valley. Tulip trees, which are members of the magnolia family, are a common tree in our area and are descendants of those ancient plants. They and other magnolias are pollinated almost exclusively by a variety of beetles. In addition, beetles are also pollinators of spicebush, crab apples and goldenrod.

So put away that flyswatter! Next time you are on the trails or in a preserve, take time to appreciate the flies and beetles you see. In your yard, plant native plants, eliminate the use of chemicals and offer habitat, such as leaf litter or decaying logs, to provide for the needs of these underappreciated pollinators.



Photos by Kristy Morley.
Swamp Milkweed Beetle



Goldenrod Soldier Beetle



Transverse Flower Fly



Yellow Legged Flower Fly



The Winter Market at

Germantown Kitchen Garden

Saturday December 9th, 10 - 4



Wreaths & Evergreens

Handmade wares from 40 + local makers

Food and Drink

Neighbors and friends

215 East Penn Street
Germantown, Philadelphia

germantownkitchengarden.com/winter-market



PHOTO LOUNGE

Professional photo digitizing for local families by a local photo lab. Call or text to start your project. Free quotes and free pick up in the Northwest by our own courier!



Call or text 215-326-9486 to learn more or scan the QR code



The Next Generation of Environmental Stewards

(Continued from Page 9)



plete a writing assignment with an illustration based on their experiences,” she said.

Lily Myers, field educator for Let’s Go Outdoors, said it was amazing and beautiful to see the kids go from being nervous about being in the “woods” to feeling comfortable and happy engaging with the outdoors in a different setting. As for the children themselves, their reactions ranged from “This is the best day ever!” to “Wow, all those animals really live here?” to “Ooooh, I can’t wait to go on the hike.”

If you’re interested in supporting the Little Friends of the Wissahickon program, donate to FOW at fow.org/donate or contact Sarah Marley, our development director, at marley@fow.org.

Learn more about how your school can participate in Little Friends at letsgooutdoors.net/lfow-registration.html, registration@letsgooutdoors.net, or 866-878-3595.

Our Farm’s Role in Bringing Back Flax to Southeastern PA

by Nicole Karsch, Field Assistant, Henry Got Crops Farm

FLAX IS AN EXCITING AND VERSA-tile crop. You may be familiar with flax seed as an egg alternative in baking or a protein boost in your smoothie, but it is most often grown for linen production.

Flax has a long history in the North-east since the earliest European settle-ments as a core component of textile production. Prior to colonization, Indig-enous peoples of the region primarily used animal skins for clothing and other textile purposes, but harvested wild flax for basket weaving, cordage and fishing nets. Cultivated flax was so important to settlers that its bloom is part of an ear-ly Germantown seal. In addition to linen, flax plants can be used to make linseed oil, building materials, paper, industrial twine and rope, and more.

Over time, cotton became cheaper to buy than linen and drove down linen pro-duction across the Northeast. Nowadays, flax is hardly grown in the continen-tal United States because of the lack of processing facilities — there is currently only one facility in Oregon. However, the PA Flax Project, based in Roxborough, recently announced that a processing facility is coming to Southeastern Pennsylvania.

I became a flax fan at the PASA Sustainable Agriculture conference last February when I heard the cofounders of the project, Emma de Long and Heidi Barr, talk about it. In their words, the project is “changing the textile industry and creat-ing economic opportunity that is good for the planet.” They’re excited about the future of flax production in Pennsylvania, and for good reason.



Photo by Nicole Karsch

Newly planted varieties of French flax in the U-Pick bed at Henry Got Crops Farm.

Flax is easy to grow. It doesn’t need to be irrigated, can be grown with-out many added nutrients, and creates pollinator habitat while blooming. It has also been shown to remediate soil and works well in crop rotations.

This all makes linen a climate-pos-itive textile, with fewer climate impacts in the growing and processing stag-es than other textiles. It’s also far bet-ter for the climate than synthetic textile production. With fast fashion and its climate impacts on the rise, it’s (past) time to bring sustainable textile produc-tion back to the area.

In order to help revitalize the flax to fiber industry in the region, we need to identify varieties of it that will grow well here. Our farms played a small role in the effort this year; we planted three different French varieties to see how well they grow in this climate. A few weeks ago, we planted two rows of flax in the U-Pick section of our Henry Got Crops farm to see if and how well the crop is able to over-winter. It’s one thing to read about how well this vari-

ety survives a winter in France, but another entirely to try grow-ing it firsthand in your own region for the first time in decades.

As a farmer, this is an exciting project! You can visit our flax beds at Henry Got Crops Farm on Tuesdays or Fridays from noon to 7 p.m. or on Saturdays from 10 a.m. to 2 p.m. when the Farm Market is open. Learn more about the PA Flax Project at paflaxproject.com or on Instagram at [paflaxproject](https://www.instagram.com/paflaxproject).




Penn Charter students are COMPASSIONATE FRIENDS.

penncharter.com/visit



1689
William Penn Charter School

CHESTNUT HILL HOLIDAY HOUSE TOUR



EMBRACE THE WARMTH AND CHARM OF THE SEASON AT THE CHESTNUT HILL COMMUNITY ASSOCIATION'S MUCH-AWAITED HOLIDAY HOUSE TOUR!

Explore a curated selection of Chestnut Hill’s most stunning homes, each adorned with unique and festive decorations that capture the spirit of the season. Enjoy holiday music, treats, and special discounts at Chestnut Hill restaurants. This event is a must for anyone who loves the magic of this time of year. Mark your calendars and share in the joy with friends and family on this special day of holiday cheer.

This is a self-guided tour - drive your car, or ride our festive event trolley. Visit chestnuthill.org for more info

SATURDAY, DECEMBER 9, 2023
10AM TO 4PM

\$45 CHCA Members \$50 Non-Members
Tickets at chestnuthill.org or 215-248-8810

PRESENTED BY THE CHESTNUT HILL COMMUNITY ASSOCIATION

Choosing a “Good Match” Therapist Takes Time, Research

by Dr. Janet Etzi, for the Shuttle

IN THESE TIMES OF INCREASED ISOLATION, loss, anger and fearfulness, you may have wondered about talking to a professional. I have practiced and taught clinical psychology at the doctoral level for 30-plus years. I have seen the profession change radically over the decades, not always for the better, and I understand that knowing how to find a good match in a psychotherapist can be daunting. And it’s all about the Good Match.

The best research in clinical psychology has shown that the number one factor that makes for effective psychotherapy and satisfaction on the client’s part is the relationship — what goes on between the two participants. The therapist’s main task is to create a safe and emotionally honest space, which is no easy task. For me, it has meant being in psychotherapy myself and continuing to develop both professionally and personally. The therapist aims to empathize, to listen to the emotion behind the words and to nurture a feeling of being heard and understood. From there, the two participants can come up with solutions to life’s stresses and problems.

Since the discipline has become increasingly tied to medical care and health insurance, it’s easier to find mental health professionals, but harder to find that good match. As soon as an insurance company is involved, the therapy is locked into a limited number of sessions and is required to diagnose the client/patient with a psychiatric disorder.

These limitations make it difficult if not impossible to provide a space of authentic, deep listening in which self-understanding can emerge organically at a pace determined by the unique needs of the client. In my experience, clients who come to me through either word of mouth or professional referrals turn out to be the most satisfied.

I suggest that you ask friends or relatives who are in therapy and talk to them about their therapist. If you don’t know anybody who is, the Pennsylvania Psychological Association (papsy.org) is also a good source for information. They have a statewide listing of master’s and doctoral level psychologists; the type of therapy provided by each professional is also listed.

My listing says that I utilize psychodynamic psychotherapy, which pays attention to emotions that are not always within the scope of the client’s awareness. Psychodynamic therapy is an uncovering therapy. For example, a client may be aware of feeling sadness, anxiety and depression. After a while, they may become aware of feeling resentment and anger, which have been covered up by the other emotions. We all have our preferred emotional experiences and ways to hide from ourselves those emotions we believe we “shouldn’t” feel.

It’s really important to talk to a potential therapist about the type of therapy they practice. If someone is not willing to answer all questions to your satisfaction, they are probably not a good match.

It takes and persistence to find a Good Match therapist. And since the relationship is the most important factor, the therapist should be open to a trial period. The client should feel comfortable and should experience something positive and affirming within the first three or four sessions.

Psychotherapy is an in-depth, relational process that requires patience, humor, honesty and compassion. We’re living in emotionally difficult times. Psychotherapy should be a learning, gratifying experience.

Janet Etzi is a psychoanalyst in private practice in Philadelphia.

Homeschooling Center Aims to Make New

(Continued from Page 1)



Left to right, Cupola Academy students Jonas, Eden, Callie and Connor at Fluxspace.

conditioner bottles and any plastics labeled with the #2 recycling symbol.

Only five percent of plastics are currently recycled in the United States, according to a 2021 Greenpeace study whose results were released in October 2022. Once disposed of, plastics can take hundreds to thousands of years to decompose. The group’s goal is to be more resourceful in utilizing the durability of the plastic on hand to create new products, decrease plastic waste and improve lives in the community.

In addition to the Co-op, the group has also established collection points at Riverbend Environmental Education Center in Gladwyne, Fluxspace and Norristown Public Library. They are also working toward connecting with Elmwood Park Zoo, local coffee shops and various other local businesses and organizations.

As of now, they have yet to decide what product they’d like to make out of the donated plastics since they are in the first stage of establishing collection points and gathering plastic and don’t yet know how much material they’ll have to work with. Two of their ideas are garden

beds and benches, but they hope to gather input from community members in the future.

Noah Greskiewicz, a senior at Cupola and a member of the project, said he joined the effort because he wanted to be part of a bigger movement and make an impact on the issue of global plastic recycling.

“Precious Plastic (a global plastic recycling network that started in the Netherlands in 2012) provided the foundation for our small-scale movement, allowing us to quickly integrate plastic recycling and repurposing into the community,” Noah added.

Cupola Academy is a secular, non-profit educational organization that provides a supportive community base for homeschooling families. CA offers full-day programs for young people ages four to 18 to attend two days a week in a collaborative and resource-rich environment. For more information on the project, visit cupolaacademy.org/materials-science-and-recycling or email prp@cupolaacademy.org.

Abigail Bergson-Conklin is a student at Cupola Academy.



THE CO-OP WILL BE CLOSED ON THANKSGIVING DAY





The Miquon School

Tours Daily



Providing a Progressive educational program for children ages 3 - 12 since 1932.



Together Women Rise Night Set at From Bali to Us

by Betsy Teutsch, for the Shuttle



JOIN TWO BELOVED ENTITIES ON Tuesday, Dec. 5 at Laura Cohn's magical pop-up in Chestnut Hill, From Bali to Us, for Together Women Rise Night. Festivities will begin at 7 p.m. at this year's venue: 8514 Germantown Ave., one block north of Weavers Way Chestnut Hill.

Laura originally traveled to Indonesia 30 years ago and fell in love with the art, language and culture there. She also fell in love with Bill Cohn, and they settled in Bala Cynwyd. For many years, she toured Indonesia, bringing back artistic treasures to her shows there. When they moved to Mt. Airy, she moved the annual pop-up to the Hill.

Together Women Rise boasts four local chapters, all of which combine our funds to support women and girls around the world. We focus on gender equity, primarily through grassroots programs that promote health and education. Thus far, we have raised more than \$300,000

and have empowered the lives of countless girls, along with their families and communities.

Laura is one of us and will donate 10% of the evening's proceeds to Together Women Rise for anyone who attends. You don't need to be a chapter member! She will take us on a tour of the spectacular pieces that she travels to Indonesia to purchase, having established decades-long relationships with the artisans. It's the next best thing to a trip to Bali!

Over the holiday season, Laura runs many cultural events, classes and special activities emphasizing all things Indonesian. Check out www.frombalitous.com for details.

For information on Together Women Rise, check out www.togetherwomenrise.org or contact me at bpteutsch@comcast.net.

Betsy Teutsch is a member of one of the four Weavers Way chapters of Together Woman Rise

Hansell Contractors, Inc.

Builders - Historical Restoration - Fine Carpentry
Energy Conservation - Architectural Design Services

HansellContractors.com

Office: 215-277-1540 Fax: 215-277-1390

Lic.# PA022176

EPA Lead Certified

Run for the Board of Directors 2024



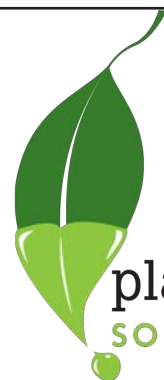
Turn your commitment to Weavers Way into service on the Board!

ELECTION PROCESS

- Participate in a Run for the Board information session: Jan. 24, Jan. 27 or Feb. 3.
- Attend a Board of Directors meeting in November or December of this year or January, February or March 2024
- Submit an Application by Feb. 29, 2024

Voting: April 1-May 4 or 5 (voting ends at the Spring General Membership Meeting)

Please contact the Leadership Committee to learn more
(leadershipcommittee@weaversway.coop)



Lead Paint
Certified
Contractor.

planet paint
SOLUTIONS, INC.

Interior/Exterior Painting
35 Years of Professional Experience

Locally owned and operated
Schedule your free estimate

Visit us online:
planetpaintsolutions.com

215.948.3747





Nov. 2 - Dec. 24
ANNUAL HOLIDAY SALE
of Unique Indonesian
HANDCRAFTS & GIFTS

NEW SPACE! **SAME MAGIC!**
8514 Germantown Ave.
(Between Evergreen & Highland)
CHESTNUT HILL
610.529.2083

Enjoy an authentic shopping experience enriched by interesting & affordable gifts all in one convenient venue, while supporting nonprofits with your purchases.



Visit frombalitous.com for exciting special events at the show & follow us on  

SHOP SMALL

At your local
Handmade
Makers Market

Saturday, November 25

10 AM to 4 PM

Carpenter Lane at Greene Street

Support NW Philly makers

and your local Mt. Airy shops on

#SmallBusinessSaturday

ISO Local Naturalists to Track Species at Mt. Airy’s EcoLab

by Allison Houghton, for the Shuttle

NATURALISTS, OBSERVERS AND NEIGHBORS OF ALL ages are helping to track biodiversity at the new Mt. Airy EcoLab site adjacent to SEPTA’s Carpenter regional rail train station. Formerly a fallow lot, the space is being revitalized by a coalition of volunteers, led by West Mount Airy Neighbors, near neighbors and local partner organizations, with support from the National Park Service’s Rivers, Trails and Conservation Assistance program. Our goal is to co-create a resource hub for strategically building environmental resilience across our community.

Using the free app iNaturalist, you can snap a picture and identify a mystery bug, animal, fungi or plant. Our goal is to identify as many species as we can, which helps us know what species and plant communities are present, as well as who might be missing. Understanding this context gives us insight into the ecological health of the landscape and ideas on how we might strategically increase biodiversity and resilience over time.

As one of the species counters, I have to share some of my favorite observations, which included a massive Berkeley polypore mushroom! My own five-year-old naturalist erupted into hopeless giggles as I tried to explain that these fungi contribute to “butt rot” in oaks. We also observed tiny and dramatic red chanterelles, a highly inappropriate-looking mushroom called the Devil’s Dipstick, a good variety of boletes, and Yellow Mustard polypores on site. I also want to give a shoutout to two slime molds that made an appearance: Dog Vomit and Wasp’s Nest.

Bugs-wise, we found a jet-black wasp with beautiful fiery orange antennae called the gnampelopelta obsidi-anator (what a name!) and gorgeous tiny golden bees, as well as an Eastern tiger swallowtail caterpillar who tried to frighten us away with its “terrifying” inflatable horns.

And don’t even get me started about galls! These lumpy growths are created by tiny wasps or midges that sting the stem, leaf, twig or bud of a plant, which causes the plant to form a “tiny house” that supports the next generation. Once you start noticing these increasingly bizarre structures, it’s easy to get fascinated by them. Plus, they have great names: spongy oak apple, hickory placenta, woolly oak and honeycomb leaf. And if you happen to tap into your inner gall nerd because of this article, please log some of your cool finds on iNaturalist and join the surprisingly large gall-loving community out there!

We also saw a monarch butterfly flitting past and realized there wasn’t a single milkweed plant (their caterpillars only eat milkweed) on site that we could find. Sounds like an excellent planting opportunity!

The EcoLab currently has plans for a pollinator garden, raised bed gardens and a tree and plant nursery to support biodiversity more strategically across Mt. Airy.

It’s an exciting time to look closely at the species around us and ask ourselves what more we can do to support vibrant, thriving and resilient human and nonhuman communities, because we are all connected. Species biodiversity is one part of the larger goal which the Mt Airy EcoLab team hopes to envision, and we’d love to have you join us!

Ways to Get Involved:

- Visit the Biodiversity Project on iNaturalist at www.inaturalist.org/projects/mt-airy-eco-lab. Join the project using the free app iNaturalist.org and snap a picture on site to join the species count.
- Get on the mailing list (wman.net/mt-airy-ecolab/) and add your voice to share what you want to see happen on site.
- Come find us at an event: Mt. Airy EcoLab is tabling



Photo by Allison Houghton
An Eastern tiger swallowtail caterpillar from the EcoLab, with "horns" at the ready.

with WMAN at local events across Mt. Airy. Keep an eye out and say hello, share your thoughts and talk to us about next steps on strategic projects.

Allison Houghton runs an online community for people passionate about growing ecological resilience starting in their own backyards at www.TheSparrowUnderground.com.



Specializing in
green end-of-life services
with a variety of eco-friendly products

Laurel
Hill

610.668.9900
laurelhillphl.com
Bala Cynwyd | Philadelphia

The Many Pluses of Having a Food Co-op in a Neighborhood

by De’Janiera B. Little, Weavers Way at Large Board Director

IN MANY PLACES AROUND THE WORLD, access to fresh and affordable groceries can be a significant challenge. One solution that has been gaining traction in recent years is the establishment of co-op grocery stores, which offer a range of advantages that address food deserts and contribute to the overall well-being of the neighborhood. In this article, I will explore the benefits of a co-op grocery store in a developing neighborhood.

Improved Access and Affordability

In many developing neighborhoods, large supermarket chains are scarce, leaving residents with limited choices and often forcing them to rely on less healthy options from convenience stores. Co-ops bring in a wide variety of fresh produce, organic products and dietary alternatives, making it easier for residents to make healthier food choices. They also often focus on providing quality products at affordable prices. Through collective ownership and community involvement, they can negotiate better deals with suppliers and pass the savings on to their members. This makes nutritious food more accessible and helps reduce the financial strain on families in the neighborhood.

Community Engagement and Economic Development

When residents become members of the co-op, they have a say in the store’s operations, product selection and pricing. This engagement empowers the community and encourages people to take an active interest in the development and success of their neighborhood.

Co-op grocery stores positively impact the local economy by creating jobs and supporting local farmers and producers. By sourcing products from nearby suppliers, they contribute to the growth of local businesses and help circulate money within the community, thereby boosting economic development.

Education, Empowerment and Sustainability

Food co-ops frequently offer educational programs, workshops and cooking classes that promote food literacy and healthy eating habits. These initiatives empower residents with the knowledge and skills needed to make informed dietary choices, leading to improved overall health and well-being.

Many co-ops prioritize sustainability by offering locally sourced, organic and eco-friendly products. By doing so, they contribute to reducing the carbon footprint associated with food production and transportation. Additionally, co-ops often embrace sustainable practices such as zero-waste initiatives, composting and recycling programs, which further benefit the environment.

Strengthening Social Bonds and Promoting Local

Food co-ops serve as gathering places where residents can socialize, share ideas and build relationships. This social aspect

strengthens the bonds within the neighborhood and fosters a sense of unity and collaboration. In addition, they are highly adaptable and can cater to the needs and preferences of the community they serve. This flexibility allows them to stock culturally relevant foods and address dietary requirements that may not be met by larger, conventional supermarkets.

Food co-ops are emerging as a powerful force for positive change. They play a crucial role in enhancing the quality of life in developing neighborhoods and support the overall well-being and prosperity of their residents.

Sustaining the Success of a Co-op

While the advantages of a food co-op in a developing neighborhood are substantial, it’s important to acknowledge that the sustained success of such an enterprise depends on effective leadership and robust community involvement.

Here are some of the ways that leadership and community engagement contribute to the long-term viability of a food co-op.

Strong Leadership

Effective leadership is the cornerstone of any successful food co-op. Leaders play a pivotal role in ensuring the store’s efficient operation, financial sustainability and adherence to the cooperative’s mission and values. Here’s how they make a difference:

Strategic Planning: Visionary leaders help chart a clear path for the co-op’s growth and development. They formulate strategic plans that encompass everything from expansion and marketing to financial management and sustainability initiatives.

Financial Stewardship: Food co-ops require sound financial management to remain viable. Leaders must oversee budgeting, financial reporting and investment decisions to ensure that the store remains financially secure.

Governance: Leadership is responsible to ensure that the co-op adheres to its by-laws and governance structures. They facilitate transparent decision-making processes, hold regular member meetings and engage in open dialogue with the community.

Member Engagement: Leaders are instrumental in fostering active member participation. They encourage residents to join the co-op, which increases community ownership and commitment.

Conflict Resolution: Conflicts can arise in any organization. Effective leaders are skilled at conflict resolution and help to maintain a harmonious and productive working environment.

Community Involvement

The success of a food co-op is tied to the level of community engagement and participation. Here’s how a strong community presence bolsters the store’s sustainability:

Member Ownership: Co-op grocery stores are owned and operated by the community. When community members actively participate as owners, they feel a sense of ownership and responsibility toward the store’s success.

Volunteerism: Many co-ops rely on volunteers to help with various tasks, such as stocking shelves, organizing events or assisting with community outreach. Volunteers reduce operational costs and deepen the sense of community ownership.

Feedback Mechanisms: Community members are the store’s primary customers, and their feedback is invaluable. Successful co-ops actively seek input from their customers to improve services, product offerings and overall shopping experiences.

Advocacy and Promotion: A committed community advocates for the co-op and promotes it to friends, family and neighbors. Word-of-mouth recommendations are a powerful marketing tool.

Outreach Programs: Co-ops often engage in outreach programs that address local needs, such as providing food assistance to low-income residents or supporting community development projects. These initiatives strengthen the store’s bonds with the community.

The dynamic interplay between strong leadership and active community involvement is pivotal to the sustainability of a food co-op in a developing neighborhood. Together, they form a symbiotic relationship that enables co-ops to address immediate food access challenges and contribute to the well-being and development of the neighborhood. These stores become powerful instruments of positive change in their communities and promote the principles of cooperation and shared prosperity.

The Power of A Diverse Consumer Base

A diverse consumer base can significantly enhance the overall richness and vibrancy of the community. Embracing diversity, whether it be cultural, economic, or social, reflects the principles of inclusivity and brings about advantages that bolster the co-op’s mission and impact.

Diversity adds value to the co-op community through:

Cultural Exchanges A diverse consumer base brings together individuals with a wide range of cultural backgrounds and culinary traditions. The range in tastes and preferences can lead to a more extensive and varied selection of products on the co-op’s shelves. Shoppers discover foods, ingredients and cooking techniques from different cultures, which enriches their culinary experiences and broadens their palates.

In addition, food co-ops can serve as hubs for cultural celebration. They host events, cooking classes and cultural festivals that showcase the traditions and cuisines of various communities in the neighborhood. Such events foster cross-



cultural understanding, promote tolerance, and create a sense of unity among residents.

Economic Empowerment A diverse consumer base can lead to increased economic empowerment in the community. Food co-ops often source products from local suppliers, including small-scale farmers and producers. When members of diverse backgrounds actively participate in the co-op, they can boost economic opportunities for these local businesses, which helps to reduce economic disparities in the neighborhood.

Diverse communities benefit from the exchange of ideas and perspectives. Food co-ops provide spaces for people of different backgrounds to interact, share stories and build relationships. This social cohesion strengthens the sense of belonging and community, which is essential for the overall well-being and development of the neighborhood.

Inclusive Decision-Making A diverse consumer base ensures that decision-making processes within the co-op are inclusive and represent the community’s needs and preferences. When leadership and governance structures are diverse, they are more likely to consider and address the concerns and aspirations of all members, which fosters a sense of equity and fairness.

Diversity also contributes to the resilience of the co-op grocery store. When the consumer base is diverse, the store is less vulnerable to fluctuations in demand for specific products or changes in the economic circumstances of groups. This diversity helps ensure the long-term viability of the co-op.

At a food co-op, diversity is not just a virtue; it’s an asset. It strengthens the co-op’s ability to adapt and thrive in changing circumstances. Embracing diversity within the co-op community reflects its values and is a strategic advantage that contributes to the holistic well-being and development of the neighborhood.

I hope that you will discuss this article with your friends, family and neighbors. At Weavers Way, we continue to bring our members together and present them with the best offerings. I’m excited to meet community members either in the aisles or at a meeting. Until then, be productive, stay hydrated and practice overall wellness. See you soon!

Run for the Board of Directors 2024

Please contact the Leadership Committee to learn more (leadershipcommittee@weaversway.coop)

Fall — Not Spring — Is the Time to Prepare Your Soil

by Sally McCabe, for the Shuttle

FAR TOO MANY PEOPLE THINK THAT GARDENING starts in the spring. But if you’d like to hit the ground running next year, now is the time to get all the hard work done. Dealing with garden and soil infrastructure now and over the winter means that spring is for planting, not playing catch-up.

The best time to prepare your spring soil is in the fall. Face it — spring rains and mud are a major impediment when your psyche is screaming to get out there and get some seeds in the ground. So let’s invest some time now when the soil is workable. Do your pre-winter cleanup, get a soil test, interpret the soil test and add the recommendations as well as lots of organic matter like compost. Then turn the soil over lightly and retire for the winter — or at least until you can’t stand not being a gardener any more and feel the need to go out and dig.

Before you do anything physical, though, do an assessment on paper with a pen in hand. Post-frost is the best time to do this, because the garden is laid bare in all its glory and flaws. As you make your assessment, consider what worked, what didn’t work, and any anticipated changes to the layout or infrastructure of your garden. Do beds need to be moved or repaired? Do chronically muddy spots need to be built up? Could perennial crops be moved to a better location? It’s much easier to shuffle things around on paper than to move the same rocks three times.

With your assessment complete, you can start with your cleanup. Getting rid of weeds that have gone to seed and plants that are ragged and diseased should be the first step. Let’s go through the garden with a trash bag and get rid of all that stuff that will cause us problems in the spring. The trash bag can go into the landfill or somewhere far from the garden where seeds and germs can’t spread themselves onto crops.

Now comes the decision of no-till vs. turn the soil. If you are already digging up potatoes or root crops, the decision is made for you. But if not, this step offers a chance to try your hand at a much more natural way of preparing your soil. Because all the action under the soil being done by worms and other tiny but mighty creatures is disturbed by so much turning, using a gentler method of loosening up the soil and introducing organic matter offers much more overall benefit.

I personally find digging to be meditative, especially once you work up a rhythm. But I’m willing to compromise. This year I will use a spading fork, sticking it into the soil, leaning on the handle and gently popping up rough chunks of garden. Using that same technique, I work my way all around the edges of the bed, then I do a couple of jabs down the middle for good measure. I’m not breaking up the big chunks; I’m merely lifting them a little so that air and compost can work their way under them in the next step.

While we’re doing all this digging, now is a good time to take a soil test. Doing so in the fall gives you plenty of time to get the results back and make the recommended additions of lime or other slow-release fertilizer. That way, winter precipitation, expansion and contraction caused by freeze-thaw action can work these additives into the soil along with any organic matter you add.

Once you have loosened up the soil without breaking it into crumbs, it’s time to cover the whole surface with compost, leaf mold or plain shredded leaves. If you have a compost bin, you can clean that out and dump it onto the soil as well. I usually put on two to three inches, because naked soil is a bad thing. Leaving soil uncovered exposes the ground to heavy winter rains that compact the surface, sunshine that causes new weeds to germinate despite it being winter, and drying winds that blow



away the fine crumbs of fresh dug soil. Once you’ve added your compost layer, you can rake everything pretty and stand back to admire the view.

All these machinations mean that come spring, or even that warm week in the middle of February, all that remains is the fine tuning. And, of course, planting seeds.

Sally McCabe is associate director of community education for the Pennsylvania Horticultural Society.

Towering Symbols of the Presence of First Nations Peoples

THIS MONTH IN THE SHUTTLE AND eNEWS, THE Co-op’s Diversity, Equity and Inclusion Advisory Committee highlights elements of First Nations culture for Native American Heritage Month.

Totem poles are iconic, sacred towering wooden sculptures created by First Nations people that grace the landscape of the Pacific Northwest. They are potent visual symbols of the spirituality, community and heritage of Indigenous culture.

Totems, which carry no religious association, showcase the meticulously executed skills of their carvers and painters and bond humans, animals and

the environment. Each totem is formed from carefully selected cedar trees and tells a unique story that depicts ancestral figures, animals and histories.

While villagers in British Columbia, Canada, were away hunting and fishing in 1929, Marius Barbeau, internationally renowned ethnographer and folklorist, stole the 36-foot Ni’isjoohl totem pole and sold it to the Royal Scottish Museum. Ni’isjoohl was commissioned in 1855 and created in 1860. Its return was negotiated this year after spending 94 years in Scotland.

—Rosa Lewis





**Racial Diversity,
Equity, and
Inclusion**



Now enrolling for the 2024-2025 school year

Nature explorers ages 3-5 years welcome

Schedule a tour today!



schuylkillcenter.org
(215) 853-6294

Why We Need Trees — Especially the Older Ones

by Sandra Folzer, Weavers Way Environment Committee

FEW PEOPLE REALIZE HOW MUCH their lives are dependent on trees. John Perlin, in his book, “A Forest Journey: The Role of Trees in the Fate of Civilization,” which was published earlier this year, describes how history followed the wealth of trees.

Romans colonized Gaul and Spain for their abundant forests. Caesar wanted Gaul and England for “there is timber of every kind.” Cicero was concerned about the decline of Rome’s woodland. The Muslims later moved to Spain because of the trees and water there.

By the 18th century, Europe was deforested; hence, the English looked to the New World for their timber. They, like other Europeans, needed tall trees to build masts for their ships. They spoke of trees in the New World so large “Sixteen men joining hands can scarcely embrace the tree.”

One of the causes of the American Revolution was the Pine Tree Riot of 1772. Mill owners refused to pay fines for sawing boards from pine, which the British wanted to keep for themselves.

As we disregard the importance of trees, we may be sabotaging our future. Today the Earth holds half of the trees it once had, according to a 2015 study conducted by researchers from Yale University and published in Science. And we continue to cut trees at the rate of 15 billion a year, while replanting only five billion. In the past 100 years, as much forest has been lost as in the 9,000 years before.

People cut trees to plant crops, graze animals or harvest the wood. The African Haya people used trees for charcoal in a forced draft furnace to make steel 1,900 years before the Europeans learned how to make it.

In the early 1800s, German geographer and naturalist Alexander von Humboldt recognized the importance of trees to inhibit water loss and keep the soil fertile. In 1867, Increase Lapham wrote in his “Report on the Disastrous Effect of the Destruction of Forest Trees, Going on so Rapidly in the State of Wisconsin” that “Few persons...realize...the amount we owe to the native forests...yet without the principal material for which are taken directly from our forests, we should be reduced to the condition of destitution.” He described how trees affect rainfall and enrich the soil, because a tree canopy emits large amounts of water. In fact, 40% of our precipitation comes from trees, according to the Australian website learningfromnature.com.

In Ireland, the names of letters in the Irish alphabet come from trees: alim (elm), beith (birch), coll (hazelnut), dair (oak), etc. The Old English word for book came from the beech tree. French “livre” originally meant “inner bark of trees.” “Codex” means “tree trunk.”

During the reign of Elizabeth I (1558-1603), England considered using solar and wind power to dry sea water to make salt, which was a precious commodity. Today, New York City finds it less expensive to buy easements for trees along the watershed to purify the water than to build purification facilities. Seattle did the same; the city now prohibits logging.

The Need to Protect Older Trees

It is far more important to care for older trees than to plant new ones. We think we can rectify our past mistakes of deforestation by planting lots of trees, but by doing so, much is lost.



Photo courtesy of the U.S. Department of Forestry.
A giant sequoia cut from 1910.

If you read “The Hidden Life of Trees”, you will grasp the complex communication system between them. Over time, older trees have built a wide network of fungi beneath the soil. They derive nourishment from the soil for themselves and share food and water with nearby trees. In times of infestation, they warn other trees, then produce chemicals which deter pests.

An old growth tree captures more CO2 than a younger one. Trees also provide shelter for wildlife, so without them, there are fewer birds and other animals. Their seeds and leaf litter help sustain different species. When roads are built in virgin forests for mining, logging, ranching, or palm-oil plantations, wildlife suffers.

Suzanne Simard, a Canadian professor of forest ecology who first proved the ability of trees to communicate, refers to

older trees as “mother trees.” When older trees are cut, an entire underground network disappears along with the tree. The forest is an ecosystem, whereas a tree farm is a monoculture.

The timber industry spreads the myth that planting new trees replaces older trees. But nine in 10 saplings die due to loss of water, being planted at the wrong time of year and other reasons. They are missing the fungal network underground which the older trees provide.


Here are a few things we can do to reverse the loss of trees, especially older ones:

- Practice coppicing: A traditional type of forest management whereby a stump is left after a tree is cut so that shoots grow from the stump, thus “regrowing the tree”; it has been practiced since pre-history. If some trees are coppiced in the forest, leaving other trees uncut, the wildlife remains. Some shoots from the coppiced tree may be used for poles, firewood, etc., while other shoots can grow into trees.
- Support candidates who care about the environment. In Philadelphia, the city sold tax liens on 33,000 properties in 1997 to U.S. Bank to fund schools. Now 13 council members are trying to buy back the liens on hundreds of community gardens. They asked the bank to hold off on sheriff sales, but it declined. They had liens on 74 gardens, 441 side yards and about 160 other lots as of September.
- Ask the Biden administration to issue an executive order to stop commercial logging on public land. They are currently developing a plan, but in the meantime, old growth trees are being cut. Over 200 scientists told the president last fall that protecting federal forests from logging would remove 84 million tons of CO2 every year.
- Use less toilet paper and buy bamboo or recycled varieties to save trees. Companies like Procter & Gamble (Charmin) should use sustainable materials like recycled paper or bamboo rather than clear cutting forests; their revenue last year was \$80 billion. According to the Natural Resources Defense Council, an area equal to six hockey rinks is destroyed every minute for toilet paper.

In the spring, I planted small trees that friends donated from their gardens. I watered religiously all summer, and few of the smaller oak ones have survived. I touch them with care, occasionally talk to them, and thank them for the shade they offer, the birds they host, the fruit they share and the stunning beauty they display in autumn.

**weavers way** CO-OP

Environment Committee

eco tip

A Relaxed Fall Garden Cleanup Helps Birds and Beneficial Bugs
by Marsha Low, Weavers Way Environment Committee

As temperatures drop, the days get shorter, and we enter mid-to-late fall. You may have begun doing autumn garden maintenance, or as some call it, “fall cleanup” — removing leaves, dry stems, flowers and seed heads. But pollinators and other beneficial insects in our gardens need leaves and other garden debris in which to overwinter, and the seed heads of dried flowers provide food for birds. (An added aesthetic benefit is that dried flower heads and the like provide “winter interest” if left in place.) The leaves in our garden beds also provide a protective blanket in winter, and they enrich the soil as they decompose.

As far as lawns go, it’s best to let the leaves remain undisturbed where they fall. The next best option is to rake them directly onto your garden beds and scatter them around the roots and stems of plants, around three to five inches deep. If you have enough space, you can rake them into a compost pile in one area of your yard.

If you feel you have no choice but to remove leaves from your lawn and have no space to put them, you can use a mulching mower to pulverize and leave them as a natural fertilizer. Leaves can also be passed over a few times with an ordinary mower, then placed in the compost heap or bagged to be composted in summer, when brown matter is in short supply.

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

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

END ❸ There will be active collaborative relationships with a wide variety of organizations in the community to achieve common goals.

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

END ❻ The local environment will be protected and restored.

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

FRED'S MOBILE
LOCK SHOP

"A COMPLETE LOCK SHOP ON WHEELS"

BONDED & INSURED

Since 1975

LOCKSMITH

- ON TIME AND RELIABLE
- OWNER OPERATED

WE ACCEPT

EMERGENCY SERVICE

SECURITY LOCK INSTALLATION • COMBINATION CHANGES
ELECTRONIC LOCKS • DECORATIVE HARDWARE
SAFES SOLD AND SERVICED

Bonded & Insured

Ask about our One-Key Convenience
for all your locks!

215-483-1302

Serving all of
Chestnut Hill &
Northwest Phila.

215-628-4540

Serving all
Montgomery
County

215-817-6166

Cell Phone

COMPLETE MASONRY SERVICE

Flagstone, Brick & Stone Pointing

JAMES G. CARDAMONE

- Concrete Work
- Basement Wall
- Plastering & Waterproofing
- Chimney Repairs
- Walkways & Patios
- Retaining Walls
- Stucco
- Glass Block Windows
- Ceramic Tile

jamescardamonemasonry.com

Over 25 Years Experience • Clean Work Area • Fully Insured & Free Estimates

PA# 060401

All Calls Returned

215-887-9323

GLENSIDE

EASYPAY

Make payment swift and safe!

Add money online to
your EasyPay account
before your shop at

members.weaversway.coop

AND WHAT A DEAL:

Get \$102 when you deposit
\$100 (cash or check only)

Advertise
in the Shuttle

- Targeted readership
- Extended Internet presence
- Affordable and effective

advertising@weaversway.coop

Not a Working
Member?

That'll cost you.
Don't make the 5%
mistake.

Sign up at
members.weaversway.coop

HOUSE AT
POOH CORNER

where learning comes naturally

Teri DiCesare, M.Ed.

INFANTS • TODDLERS • PRE-K

215-843-0815

Over 40 years
of quality care

Visit our website: www.houseatpoohcornerdaycare.com

WISSAHICKON
LANDSCAPE DESIGN

BRIAN AMES, CERTIFIED
HORTICULTURALIST & ARBORIST

COMPLETE GARDEN DESIGN/BUILD/MAINTAIN.
CREATIVE SOLUTIONS. TREE CARE.

215-681-2436, WISSATREE.COM

Suggestions

by Norman Weiss, Weavers Way
Purchasing Manager

GREETINGS 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, con- cept, issue, remark, phrase, description of event, word or word string should be tak- en seriously. This also applies to the pre- vious sentence.

We've hit a few snags with the de- sign and build out of our Germantown store, mostly due to walk-in refrigerator panels that are too large. While correcting these mistakes may result in added cost and delays, it's best to find a silver lining where you can.

In this case, it looks like the lining will be made of creative problem solving by a team, physical teamwork, innovative rigging, using a forklift as a small crane, and the moving of large heavy panels, all of which will resort in a richer and more satisfying construction experience for the participants than if everything went smoothly out of the gate. Grocery stores can be viewed as mechanical devices; ba- sically, they're a building containing uti- lities and equipment to move food around safely.

In my view, the role of buildings to civilization often goes unappreciated by the civvies. As we've grown, our co- op has modified and fitted out about 11 buildings for our use: Carpenter Lane buildings 555, 557, 559, 608, 610 and 542; our Chestnut Hill store; our Ambler store; three warehouse locations, and a farmstand building.

Buildings loom large in our lives; most of us spend most of our time in one. The earliest building is thought to be Gö-

bekli Tepe, in Turkey, which was built around 9,000 BCE. Archaeologists think this temple was used as a space for hunt- er-gatherers to hone their skills and pre- pare to hunt. It was also used as a tem- ple for religious practices and worship in which hunter-gatherers could pray to and thank the gods before going out to hunt. The practice of drawing and carv- ing animals on the pillars is believed to be the hunter-gatherers' way of amp- ing themselves up for the creatures they would face while hunting. While the tem- ple was not a food store, it was related to the obtaining of food and so was part of the ancient food system (albeit, with no forklifts).

One thing I liked about old food sys- tems is their refrigeration — root cel- lars, cold streams, cut blocks from frozen ponds, etc. This was as close as we get to all-natural refrigeration. There was no complicated engineering, compressors, valves, chlorofluorocarbons, three-phase electricity, etc. — it was a sustainable system. Maybe our next store can have a root cellar.

suggestions and responses:

s: "Undoubtedly, you have heard the popular expression that such and such is 'the greatest thing since sliced bread.' Call us Luddites, but we dis-

(Continued on Next Page)

EMAIL YOUR SUGGESTIONS TO
suggestions4norman@weaversway.coop

Norman Says:

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

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

(Continued from previous page)

agree; bread that you slice yourself stays fresh longer. Over the last year, we have noticed that it is increasingly more difficult to find unsliced loaves of bread at the Co-op, even from artisanal bakeries. What's going on here? Any suggestions about how things can go back to the way they used to be? We usually shop in the Chestnut Hill store; that's where we are finding fewer unsliced loaves.

s: "When I went to the Mt. Airy store the last two times (no later than 1 p.m. on a weekend), I could not find any unsliced bread from any bakery except the multi-seed from Lost Bread Co. It's not clear to me whether the trend we're seeing is driven by supplier's perception of what the market wants or by Coop members' buying habits.

r: (Norman) I'm not aware of anything deliberate on our part to increase or decrease the sliced versions of bread. Our bakery buyers have a fair amount of leeway to stock what they think customers want, given space constraints.

A quick check on a busy Sunday noontime in Mt. Airy showed unsliced loaves from seven local bakeries — Slow Rise, Metropolitan, Night Kitchen, Baker Street, Lost Bread, Four Worlds and Le Bus. However, we know from the past that they could all sell in the next hour or be left over and in the discount bin tomorrow.

Fresh bread, bagels and rolls have a tradition of fickle sales at Weavers Way; our buyers try to balance not running out with not having too much left over and it's always been a crapshoot. It would be so much easier if everyone committed to eating the same quantities of the same items every week; then we'd always have the right items and quantities in stock with no waste.

We'll be starting our "Shop Same Same" pledge drive in a few weeks; that should help this problem. Incredibly, there is a town in Missouri, Chillicothe, that claims to be the first location sliced bread was pro-

“

**Maybe our next
store can have
a root cellar.**

”

duced (1928). There was his was news from Chillicothe in 2018:

"Plans for a Home of Sliced Bread Visitors Center were unveiled Friday along with the announcement of more than \$264,000 in Neighborhood Assistance Program tax credits being awarded to support renovating the original Home of Sliced Bread building. The overall \$497,422 project is planned to create a facility that will serve citizens and businesses of Chillicothe."

s: "I bought a box of kosher salt in the Mt. Airy store, but the box has printed on it 'Foodservice packaging — not for retail sale.' What law have the Co-op and I broken, and shall I tell my rabbi?"

r: (Norman) Just like Donald Trump declassified all documents by an unannounced decree, we have deemed all products in our buildings as suitable for retail sale, so no laws have been broken. You can still get into heaven without repenting for this purchase, so your rabbi should be fine with it.

For some reason no one could figure out at the time, the retail pack of Diamond kosher salt was out of stock off and on for a few months. All we could find was the food service version, hence the "not for retail sale" printing on the box. That typically means there is some gap in the retail labeling normally required by the Food and Drug Administration, or it's not a size meant for retail distribution (i.e., it's for use in restaurants or institutions where the customer doesn't see

the package), or the package is not a consumer type package meant to be resealed, or something to that effect. It's almost always the same product as the retail version. Recently we found out the shortage was a result of Cargill (the owner of Diamond) deciding to do a "brand refresh" of their Diamond salt line, so it's back now in new consumer packaging.

s: "A few weeks ago, Mt. Airy stopped carrying Vesper marinara and other sauces except for their pizza sauce. The local sauce we now carry is Vera marinara. I used it last night and found it weak and watery. In contrast, Vesper is the best I've ever tasted, better than most Italian restaurants. Why would we do such a thing? Can you at least tell me where I can get the Vesper? I'm looking for it and am willing to try various sauces at Acme, but I'm really disappointed in this decision."

r: (Jess) We switched because the Vesper line was not performing well and the Vera pasta was doing wonderfully for us. We are now always stocking both the sauces and the pastas at our warehouse and will run quarterly promos. They are moving well and take up less space on the shelf (only three SKUs), which allows us to support a local producer while still having plenty of room for other brands.

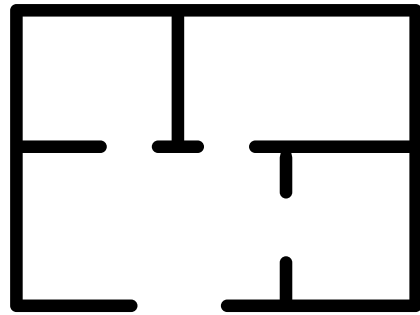
We are happy to preorder a case if you want. If we get more requests, we could bring back the marinara in addition to the pizza sauce (which we are keeping). Vesper also sells direct from their website.

s: "Why does Elmer's Glue have a cow on it and who is Elmer, anyway?"

r: (Norman) Surprisingly, this is a love story. The glue became a product of Borden, a dairy company (Gail Borden invented sweetened, condensed milk). In 1929, Borden bought a company that made glue out of casein, a milk protein. Borden's mascot was Elsie the cow, and Elsie had a mate, Elmer the bull, hence Elmer's Glue.



OFFICE CLASSROOM WORK YARD SPACE AVAILABLE



in the heart of Mt. Airy!

**Rent space in Summit Presbyterian
Church at 6757 Greene Street and
join our building community.**

**For more information, call 215-438-2825 or
email lucas@summitpres.net**

The Backyard Beet

Why Raised Beds Are Now the Way to Grow in Your Garden

by Chris Mattingly, for the Shuttle

IN THE PAST 20 YEARS, MORE PEOPLE HAVE begun choosing raised beds for their home vegetable gardens. According to data from Ruby Home, 50% of U.S. gardens are 96 square feet or smaller. Raised bed gardens are the perfect solution to growing food in small spaces for many horticultural reasons, some of which we’ve covered here before.

Raised beds are the right choice for homeowners who want their garden to be an extension of their living space – and want it to be as neat and enjoyable as their home. First, they provide a clear separation between garden areas and pathways. Unlike in-ground garden beds, which can be difficult to maintain with landscape edging tools, raised beds create clear boundaries and weed-free pathways thanks to layers of gravel and decorative crushed stone. For homeowners who prefer a clean aesthetic, they also provide ample vertical space to grow food. Basically, you can enjoy the produce of your tomato or squash plants without tripping over a wandering vine in your yard.

Second, an easy-to-maintain and well-planned raised bed layout becomes an extension of your home’s living space. As Stefani Bitter of the Homestead Gardening Collection, a podcast on intuitive cooking from the garden says, “Our gardens are for living in.”

For nine months of the year, a raised bed garden is a wonderful space for curiosity and entertainment. It becomes a place for kids to eat their first garden-fresh veggie, for impromptu science lessons, and to experience genuine surprises offered by the magic of growing your own food.

Finally, raised beds offer the flexibility to put your garden in the best place for success. During our garden planning process at Backyard Eats, we consider many factors for siting a garden, including proximity to the kitchen and, of course, sun exposure. We give each garden a numeric score based on sun exposure and a combined score for other factors. When your plants thrive with the right conditions and care, it makes having a garden easy and rewarding.

We will never build a vegetable garden that is awkward or nonfunctional, which is why we use raised beds. A custom-built raised bed can be

built on a slope, scaled to fit your landscape, and defined with panel fencing for a finished look. Because we fill our beds with the ideal organic soil blend rather than relying on existing soil, they can be placed on any surface or soil without any of the concerns associated with conventional in-ground gardens. A cedar-framed trellis built into the bed can be placed on the northmost side of the beds to further maximize growing space. To complete the space, a combination of stone pathway materials and metal edging forms a clean, dry path to your patio or kitchen.

The freedom to place a raised bed garden almost anywhere is a key part of what allows us to install vegetable gardens that are set up for success. The control, customization and clean aesthetic of raised bed gardens are the perfect solution for anyone who wants their garden to feel like a peaceful extension of their living space.



BUTTERNUT SQUASH, KALE, AND GNOCCHI SKILLET

This is a comforting and flavorful dish that brings together the earthy sweetness of butternut squash, the hearty goodness of kale, and the pillowy texture of gnocchi. With just a few ingredients and simple steps, you can create a satisfying one-pan meal that is both nourishing and delicious. Whether served as a comforting weeknight dinner or a crowd-pleasing side dish, this skillet is a delightful way to enjoy the flavors of the season.

Ingredients:

- 2 links Italian turkey sausage, casings removed
- 1 Tbs. olive oil
- 1/2 cup yellow onion, diced
- 3 cups butternut squash, peeled and cubed into 1/2" pieces
- 1 clove garlic, grated or minced
- 1 tsp. fresh rosemary, chopped
- 1/4 tsp. ground nutmeg
- 1/4 tsp. red pepper flakes (optional)
- 16 oz. pkg. gnocchi
- 4 cups chopped kale or spinach
- 1 1/4 cups low-sodium chicken broth
- 1/2 cup part-skim mozzarella cheese, shredded

Directions:

Over medium-high heat, spray a skillet with cooking oil or drizzle in about a teaspoon. Squeeze the sausage out of the casing and into the skillet. Use a cooking spoon to crumble the sausage. Once the sausage is cooked through, remove it from the skillet and onto a plate lined with paper towels to soak up any excess grease.

Add a tablespoon of olive oil to the skillet along with the diced onion and cubed butternut squash. Season with salt and pepper. Cook the vegetables over medium heat, stirring frequently.

When the squash is tender (in approximately eight to 10 minutes), add garlic, rosemary, nutmeg and red pepper flakes. Cook for another minute and then pour in the chicken broth. Scrape up any brown bits from the bottom of the skillet, then stir in the gnocchi and kale.

Cover the skillet with a lid and simmer over medium-low heat until the gnocchi is tender, about five minutes. Remove the lid and stir in the sausage. Taste for seasoning. Sprinkle the mozzarella over everything and cover again. Cook for a couple more minutes or until the cheese is melted. Serve immediately.

Note: This recipe is from The Recipe Runner blog.

Expert. Strategic. Collaborative.

The Living Well Homes Collective is a dynamic group of award-winning real estate professionals who have an established track record of providing clients with reliable, honest and caring service.



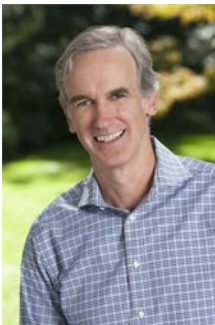
BAIYINA BROWN
(215) 718-9439



BILL SHELTON
(267) 625-7938



JENNIFER FLYNN
(215) 292-5116



ERNIE TRACY
(610) 662-3249



PAULA SEITCHIK
(215) 740-2921



REBECCA BUFFUM
(415) 608-5479



CAROLINE MASTERS
(215) 206-7629

VISIT OUR WEBSITE



Explore listings, find your current home value, learn about the team and more!

livingwellhomescollective@foxroach.com



Living Well Homes
COLLECTIVE

BERKSHIRE
HATHAWAY
HOMESERVICES | FOX & ROACH,
REALTORS®

8400 Germantown Avenue
Suite 2 | Philadelphia, PA 19118
Office (215) 247-3750

Artists in Our Aisles

Kindred Art Collaborative

The works of the Kindred Art Collaborative are inspired by a wild pursuit of our collective imagination. Like a jazz improvisation, we touch associations with our past and blend our personal histories with our shared vision of the culture we grew up in.

The works explore our differences and shared realities and make fraught attempts to connect with our inner selves and the culture at large. The process of collaboration is veiled; it is a mysterious artistic adventure with unknown outcomes. But it's clear that these works are much more than the sum of our individual abilities. The act of working together creates a new persona: Kindred.

The collaborative formed in the fall of 2019 and works and shows regularly in the greater Delaware Valley. We are three old friends who enjoy working together and share a love of art and a curiosity about what's to come.

- **Carl Cellini** is a painter, sculptor, musician, composer, martial artist and instructor of martial arts who grew up in Ardmore. He's exhibited his paintings many times in the last 40 years and his work has been purchased by businesses, schools and individual patrons. He earned his bachelor's in fine arts from Temple University's Tyler School of Art in 1980.
- **Richard Metz** grew up in Abington. He earned a bachelor's in fine arts from Tyler and a master's in fine arts from Maine College of Art. He has been showing artwork in the Philadelphia area for 40 years. He recently retired from a career as a high school art teacher.
- Painting and drawing have been a lifetime pursuit for **Mikel**, who grew up in Philadelphia. His art degree is from the University of the Arts. In one chapter of his life, Mikel went to work as a manager for Miles Davis for several years. Recently his focus on Afro-Futurism and world cultures has permeated his individual work.



SUBMISSIONS NEEDED

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 bio
- A headshot
- A link to a website if you have one
- A short statement about the work

WEAVERS WAY EVENTS

Candlemaking Workshop

Wednesday, November 8 6:30-8 p.m.
326B W Cheltenham Ave, Germantown Outreach Office
 Discover the joy of candle making! Learn to choose scents, blend the wax and create your own unique candle. There is an entry fee of \$5 to cover supply costs.

Bulk 101

326B W Cheltenham Ave
Wednesday, November 15 6:30-7:30 p.m.
 Did you know that you can buy avocado oil in bulk from the Co-op? This workshop will be run by Mt. Airy Bulk department manager Juli Cardamone. Attendees will learn how to save money and shop more sustainably when buying in bulk. Juli may even share a tea recipe or two!

Virtual New Member Orientation

Thursday, Nov. 16 6:30 - 8 p.m.
Germantown Outreach Office
326B West Cheltenham Ave
 We encourage all new members to attend a member orientation. This session will include an overview of membership at the Co-op, how it works and why it's valuable. We'll explore our online Member Center, discuss the benefits of membership and help you choose if working membership is right for you! You will receive two hours working member credit. The orientation lasts approximately 1.5 hrs. Questions? Contact membership at member@weaversway.coop or (215) 843-2350 ext. 119.

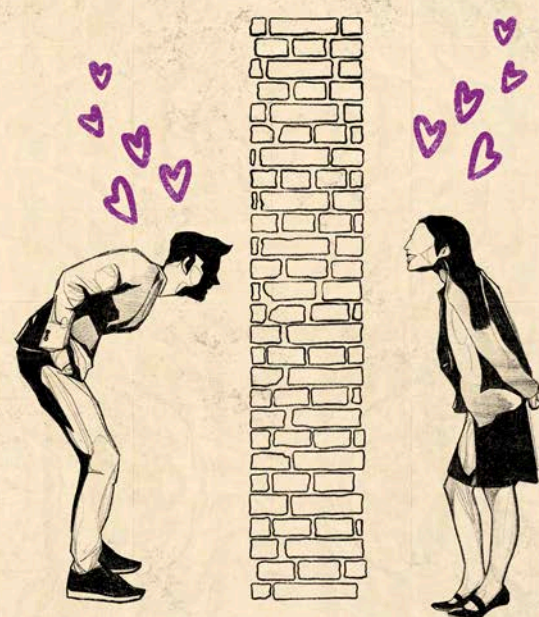
Membership Office and Notary Hours

Mt Airy: 555 Carpenter Lane
Membership and Notary Services
Monday - Friday
11 a.m. - 5 p.m.

EVENTS ARE FREE

For more info: www.weaversway.coop/events

QUINTESSENCE PRESENTS



TOM JONES & HARVEY SCHMIDT

THE FANTASTICKS

STARTS NOV 22 2023

AT THE SEDGWICK THEATER | 7137 GERMANTOWN AVE PHILADELPHIA PA 19119

WWW.QTGREP.ORG | 215 987 4450



READ MORE

Imagining a World Without Waste

Philly’s BYO Bag Bill Needs Support; Current Plastics Bans in the Burbs

While Philadelphia’s City Council is having a difficult time adding a small fee to our current bag ban, which was passed in 2019 but delayed due to the pandemic, many other townships in Pennsylvania have passed bag ordinances. The information below is from the Penn Environment website, where links to each ordinance can be found.

Perhaps the most striking of the ordinances is the newly enacted one in Upper Merion Township, which bans polystyrene foam containers, plastic utensils, plastic bags (with a 15-cent fee on other bags), and stipulates that plastic straws be given on request only. King of Prussia Mall is in this township and supported the ordinance. This is excellent news, because it’s vital to win support from large businesses to succeed at plastic reduction.

Action is needed now by City Council and Philadelphians to move the Bring Your Own Bag Bill to a vote. It’s still alive but needs to be acted on before sweeping changes come about at City Hall next year. The legislation, introduced by Councilman Mark Squilla, will add a 15-cent fee to any bags given at checkout that are not already prohibited by the city’s ban. It will also eliminate confusing language that has enabled some vendors and bag manufacturers to skirt the ban. The fee will keep grocery costs down for all shoppers.

Twelve votes are needed to pass this bill. Confirmed support is coming from Squilla and fellow council members Kenyatta Johnson, Mike Driscoll, Cindy Bass, Jim Harrity and Isaiah Thomas. In addition, Katherine Gilmore Richardson, Jamie Gauthier, Sharon Vaughn and Kendra Brooks are considering supporting the measure. Quetcy Lozada, Curtis Jones and Anthony Philips have not yet committed either way. As Council President, Darrell Clark does not take a position prior to voting. Brian O’Neill remains the only solidly “no” vote. Please reach out to the undecided council members to let them know they should vote yes for BYO Bag Bill No. 220364.

Here are the current bans and fees in effect in the area:

- Narberth Borough: 10-cent fee on all bags.
- City of Philadelphia: Ban on plastic bags. Currently working to add a minimum 15-cent fee to all other bags via the BYO Bag Bill
- West Chester Borough: Ban on thin plastic bags; 10-cent fee on other bags. Ban on plastic straws.
- West Goshen Township: Ban on plastic bags and plastic straws.
- Ambler Borough: Ban on plastic bags and polystyrene foam food containers.
- Doylestown Borough: Ban on plastic bags.
- Easttown Township: Ban on plastic bags; 15-cent fee on other bags.
- Haverford Township: Ban on plastic bags; 10-cent fee on other bags. Straws available on request.
- Media Borough -Ban on plastic bags; straws available on request.
- Radnor Township: Ban on plastic bags, 10-cent fee on other bags.
- Solebury Township: Ban on plastic bags; 10-cent fee on other bags. Ban on polystyrene food containers.
- Tredyffrin Township: Ban on plastic bags; 15-cent fee on other bags. Bans on polystyrene food containers and plastic straws.
- Uwchlan Township: Ban on plastic bags; 15-cent fee on other bags. Ban on polystyrene food containers and plastic straws.
- West Norriton Township: Ban on plastic bags; 15-cent fee on other bags.
- Cheltenham Township: Ban on plastic bags; 10-cent fee on other bags.
- City of Lancaster: Ban on plastic bags.
- Lower Merion Township: Ban on plastic bags; 10-cent fee on other bags.
- Montgomery Township: Ban on plastic bags; 10-cent fee on other bags. Ban on polystyrene food containers.

- Plastic straws available on request only.
- Springfield Township: Ban on plastic bags; 10-cent fee on paper bags. Takeout and delivery exempted.
- Swarthmore Borough: Ban on plastic bags; 10-cent fee on other bags. Bans on polystyrene food containers and non-foam polystyrene containers (#6 plastics). Plastic straws available on request.
- Upper Merion Township: Ban on plastic bags; 15-cent fee on other bags. Bans on polystyrene food containers and plastic utensils. Plastic straws on request only.
- Upper Moreland Township: Ban on plastic bags; 10-cent fee on other bags. Ban on polystyrene food containers. Plastic straws on request only.
- Whitmarsh Township: Ban on plastic bags; 15-cent fee on other bags. Plastic straws and utensils available on request only.

—Hilary Zankel



A Look Inside Bottle Underground

Bottle Underground, the nonprofit side of Remark Glass Studio, is a little-known gem in the former Bok Vocational High School in South Philly. Bottle Underground upcycles glass jars and bottles into practical and beautiful objects that they then sell to businesses and individuals.

Approximately 50,000 to 70,000 tons of glass are sent to landfills in Philadelphia annually. When residents recycle their glass through the city’s single-stream system, the glass is immediately crushed in the truck with the other picked up material. In theory, the small pieces of glass are ideal for recycling, since glass is infinitely re-meltable. However, by the time the glass is sorted out, it’s too contaminated to be usable and instead is sent to the landfill as cover.

Bottle Underground’s mission is to sort glass for its best use. By collecting bottles and jars from local businesses and community members, they can maintain low levels of contamination. By reusing, downcycling and upcycling glass from the community, they reduce the number of raw materials needed to produce everyday products. They also use Rabbit Recycling to recycle any other recyclables that wind up in their own waste stream (e.g., bottle tops and caps).

Since its inception, Bottle Underground has upcycled 95 tons of glass. In addition, they partner with workforce development programs such as New Leash on Life USA; Fair Chance Hiring, which supports local employers who hire those returning from incarceration, and the Federation of Neighborhood Centers, which supports children, youth, families and individuals who traditionally don’t have access to high-quality opportunities, and connects them to local innovators.

Bottle Underground has limited dropoff days and times for those who want to deliver their intact glass containers. For more information go to bottleunderground.org.

—Valerie Glauser

December’s Weigh It Weekend and Jar Library Reminders

Weigh It Weekend for December is Friday, Dec. 1 through Sunday, Dec. 3. If you bring your own containers or borrow them from the Co-op’s jar library to fill with bulk products, you get a 10% discount on those products along with any other discounts you receive.



Please follow the guidelines below for donating to the Jar Library:

- Tell the bulk manager when you are dropping off your jars so they can inspect them to see if they are appropriate.
- Only clean, dry glass containers are accepted; no plastic containers.
- Remove as much of any labels as possible. The more labels there are to remove, the harder the job is for our volunteers.
- No small seasoning or baby food jars are accepted. The scales the cashiers use to measure the weight of products are not sensitive enough to register the light weight of most of the bulk seasonings we stock and so they have to guess the quantity and price of the product. Please offer only jars that can hold at least eight ounces or the equivalent in bulk.
- Please offer larger jars when possible, e.g. tomato sauce or quart-sized jars.
- The jar library is not a way to simplify your recycling. If we can’t use the jars, the volunteers must do the recycling for you.

—Valerie Glauser

PRTF Open Forum

Are you eager to see less plastic in your grocery experience? Consider joining us for our next Open Forum event on Nov. 20 at 8 p.m. via Zoom. If you have questions or want to sign up, reach out at prtf@weaversway.coop.

—Kim Paymaster

Philly Talks Trash Third Quarterly Newsletter

The PRTF and Philadelphia Neighborhood Networks published our third newsletter last month; they’re full of useful information concerning plastics and waste. If you attended any of the Philly Talks Trash speaker series programs in 2022, you should be receiving the newsletter. In case it has gone to your spam folder, try searching for Waste Reduction PHL. You can sign up for the newsletter by scanning the QR code below.

—Hilary Zankel



A Window into Amish Culture from an “English” on the Inside

(Continued from Page 5)

“With more of mostly the men working away from home, because there’s only so much farmland in Lancaster County, what happens when they are away from home?” she asked.

Stavisky added that different church districts have made different decisions about the use of cellphones.

“You might see a young person at Reading Terminal on their break with a cellphone,” she said. “But that might not be ok in every church community and every settlement...and then teenagers, when they become 16, have a bit more latitude.”

She shared the story of a family with whom she’s become friendly who were taking the train to Florida and found once they boarded the train that it was going to be six hours late.

“They did not have a phone with them,” she recounted. “They really struggled with that, like ‘Gee, maybe the next trip, we should get a short-term cellphone. They realized in the modern world, how it can put you at a deficit.’”

Three Months of Food Preservation

Chapter Five of the book details the work that mostly Amish women and girls undertake to preserve the bounty of their gardens for family meals. From shelling, boiling and freezing peas in the spring to weeks of picking fruits and vegetables

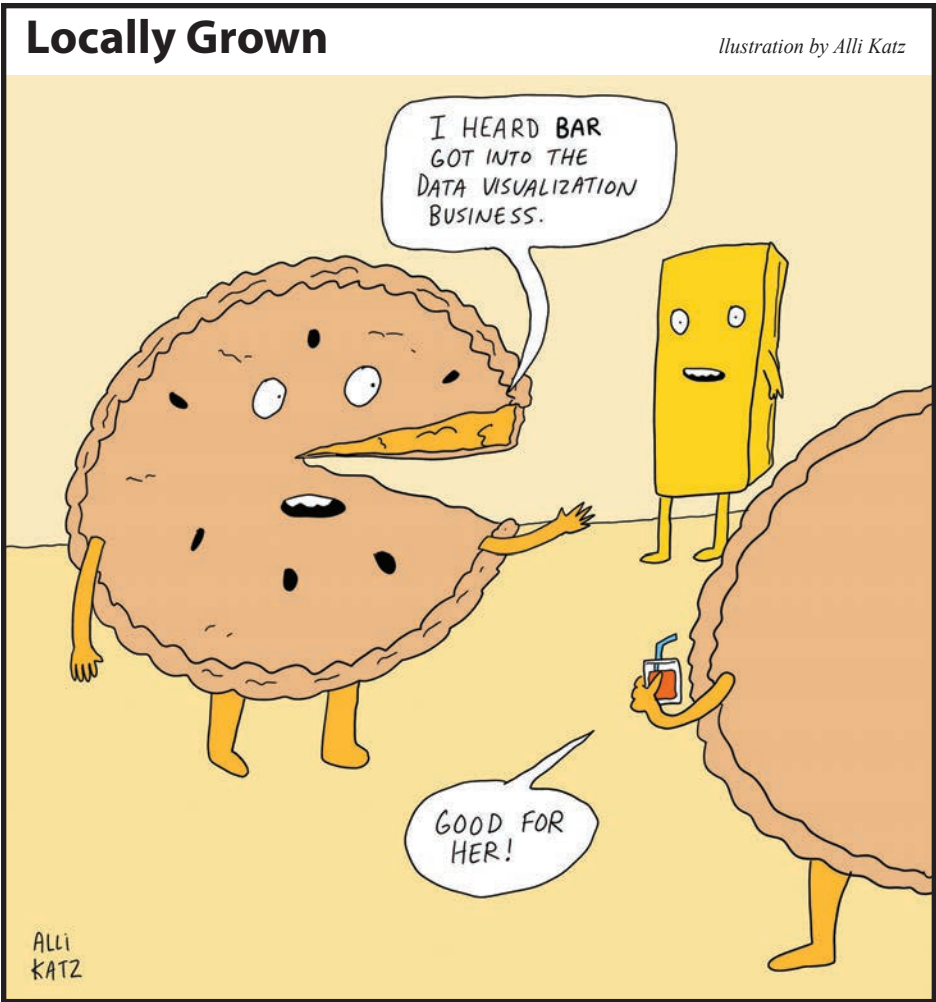
and boiling them in stockpots in kitchens with no air conditioning, “canning” is a months-long task in which Amish women and girls race to put up as much as possible before the produce is past its peak.

“Summer is really breathless for the Amish, which is why the harvest is when they do weddings,” Stavisky said. “... Because things are so busy at home, the younger children only go back to school part time in August. The mothers are also making back-to-school clothes...all the children need new frocks on their first day of school, and when you have seven children, it’s a lot of sewing!”

After years of spending time with the Amish in public and private, Stavisky respects the delicate balance between fostering the fascination of the “English” for the group and honoring the need of the families to be left alone.

“One of the things I try to explain [to them] is, because you are secluded and isolated, that people, if they don’t have information, they’re subject to misinformation,” she said.

“In Plain View” can be purchased online through Amazon, Books a Million, Christianbook.com and Barnes and Noble. Find it locally at Booked in Chestnut Hill and Big Blue Marble in Mt. Airy. It can also be checked out from the Glenside and Abington public libraries.





Advertise in the Shuttle

Affordable and Effective

 advertising@weaversway.coop

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.

2023-2024 Weavers Way Board of Directors
President: Cheryl Croxton
Vice President: Joshua Bloom
Treasurer: Gail McFadden-Roberts
Secretary: Jason Henschen
At-Large: Hillary Baum, Kristin Haskins-Simms, Benjamin Bartley, Michael Hogan, DeJaniera B. Little, Kacy Manahon, Esther Wyss-Flamm.

The Shuttle

Editor: Karen Plourde
editor@weaversway.coop, 215-843-2350, ext. 135

Art Director: Annette Aloe
annette@weaversway.coop, 215-843-2350, ext. 130

Advertising Coordinator: Karen Plourde
advertising@weaversway.coop, 215-843-2350, ext. 135

Proofreaders this issue: Vivian Duskow, Jenny French, Marjory Levitt, Hunter McCorkel

Contributors this issue: Kieran McCourt, Sue Wasserkrug, Abigail Bergson-Conklin, Karen Palmer, Bonnie Shuman, Lee Scottlorde, Jon Roesser, Betsy Teutsch, Ruffian Tittmann, Kiristy Morley, Nicole Karsch, Janet Etzi, Allsion Houghton, De’Janiera B. Little, Sally McCabe, Rosa Lewis, Sandy Folzer, Marsha Low, Norman Weiss, Chris Mattingly, Hilary Zankel, Valerie Glauser, Alli Katz.

HOW TO REACH US

 www.weaversway.coop  contact@weaversway.coop

<p>Admin 215-843-2350</p> <p>General Manager Jon Roesser, ext. 131 jroesser@weaversway.coop</p> <p>Finance Director Earl Pearson, ext. 105 epearson@weaversway.coop</p> <p>Purchasing Director Norman Weiss, ext. 133 normanb@weaversway.coop</p> <p>HR Director Lauren Castro, ext. 132 hr@weaversway.coop</p> <p>IT Director David Chaplin-Loebell, ext. 127 IT@weaversway.coop</p> <p>Membership Manager Kirsten Bernal, ext. 119 member@weaversway.coop</p> <p>Retail Director Jess Beer, ext. 121 jbeer@weaversway.coop</p> <p>Comm. Programs Coordinator Nima Koliwad nkoliwad@weaversway.coop</p> <p>Farm Manager Alessandro Ascherio, ext. 325 farmer@weaversway.coop</p> <p>Facilities Manager Doug Keener, ext. 128 dkeener@weaversway.coop</p> <p>Admin (Ambler) 215-302-5550</p> <p>Development Director Kathleen Casey kcasey@weaversway.coop</p> <p>Marketing Coordinator Mills Harasta, ext. 151 mharasta@weaversway.coop</p> <p>Executive Chef Bonnie Shuman, ext. 374 bonnie@weaversway.coop</p>	<p>Ambler 217 E. Butler Ave. 8 a.m.-8 p.m. 215-302-5550</p> <p>Store Manager Heather Wigley, ext. 300 hcarb@weaversway.coop</p> <p>Assistant Store Manager Matt Hart, ext. 379 matt@weaversway.coop</p> <p>Grocery Nancy Timmons Melley, ext. 373 nmelley@weaversway.coop</p> <p>Assistant Grocery Manager Ken Kolasinski, ext. 380 kkolasinski@weaversway.coop</p> <p>Front End Manager Hillary Bond, ext. 375 hbond@weaversway.coop</p> <p>Produce Mira Kilpatrick, ext. 377 mkilpatrick@weaversway.coop</p> <p>Prepared Foods Alisa Consorto, ext. 374 aconsorto@weaversway.coop</p> <p>Meat, Poultry and Seafood Mike Lawrence, ext. 361 mlawrence@weaversway.coop</p> <p>Floral Buyer Mira Kilpatrick, ext. 377 mkilpatrick@weaversway.coop</p> <p>Bulk Buyer Ross Beauchamp, ext. 380 rbeauchamp@weaversway.coop</p> <p>Bakery Chris Mason, ext.376 cmason@weaversway.coop</p> <p>Deli Karen Gemmell, ext. 359 kgemmell@weaversway.coop</p> <p>Wellness Karen Palmer, ext. 350 kpalmers@weaversway.coop</p>	<p>Chestnut Hill 8424 Germantown Ave. 8 a.m.-8 p.m. 215-866-9150</p> <p>Store Manager Ann Marie Arment, ext. 215 aarment@weaversway.coop</p> <p>Front End Manager Sherne Williams, ext. 215 swilliams@weaversway.coop</p> <p>Grocery Len Mears, ext. 217 lmears@weaversway.coop</p> <p>Assistant Grocery Manager Kriss Walker, ext. 217 kwalker@weaversway.coop</p> <p>Produce Mike Sarver, ext. 211 msarver@weaversway.coop</p> <p>Prepared Foods Ty Moore, ext. 218 tmoore@weaversway.coop</p> <p>Meat, Poultry and Seafood Ron Moore, ext. 205 rmoore@weaversway.coop</p> <p>Bakery Kim Hopson, ext. 217 khopson@weaversway.coop</p> <p>Bulk John Reimers, ext. 217 jreimers@weaversway.coop</p> <p>Next Door 8426 Germantown Ave. 9 a.m.-8 p.m. 215-866-9150, ext. 220/221</p> <p>Wellness Manager Nicolette Giannantonio, ext. 221 ngiannantonio@weaversway.coop</p> <p>Mt. Airy 559 Carpenter Lane 8 a.m.-8 p.m. 215-843-2350</p> <p>Store Manager Rick Spalek, ext. 101</p>	<p>rick@weaversway.coop</p> <p>Assistant Store Manager James Mitchell jmitchell@weaversway.coop</p> <p>Grocery Keith Souder, ext. 140 ksouder@weaversway.coop</p> <p>Produce Shan Wichmann, ext. 107 swichmann@weaversway.coop</p> <p>Deli Sebastian Agudelo, ext. 134 sagudelo@weaversway.coop</p> <p>Prepared Foods John McAliley, ext. 102 jmcaliley@weaversway.coop</p> <p>Meat and Seafood Mike Lawrence, ext. 104 mlawrence@weaversway.coop</p> <p>Bulk Juli Cardamone, ext. 142 jcardamone@weaversway.coop</p> <p>Bakery Andrew Joyce, ext. 305 Andrewemjoyce@weaversway.coop</p> <p>Floral Buyer Ginger Arthur, ext. 317 floral@weaversway.coop</p> <p>Across the Way 608 - 610 Carpenter Lane 8 a.m.-8 p.m. 215-843-2350, ext. 6</p> <p>Wellness Manager Sarah Risinger, ext. 114 srisinger@weaversway.coop</p> <p>Pet Department Manager Anton Goldschneider, ext. 276 petstore@weaversway.coop</p>
---	--	---	---

Catering: cateringMA@weaversway.coop, cateringAB@weaversway.coop, cateringCH@weaversway.coop
Preorders: MApreorder@weaversway.coop, CHpreorder@weaversway.coop, ABpreorder@weaversway.coop

DID YOU KNOW?

You can read the Shuttle online.

www.weaversway.coop/shuttle-online



NEW MEMBER ORIENTATION

Thursdsday, November 16, 6:30-8 p.m.

Virtual

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!



THANKSGIVING

FRESH *Turkeys, Dinner, Sides AND Pies*



We're offering fresh turkeys from Esbensshade, Heirloom Bronze turkeys from Koch's, Empire Kosher turkeys and Ferndale Natural frozen turkeys.

- SIZE RANGES ARE APPROXIMATE -

Esbensshade (Ranges from 10 to 26 LBS)	\$4.49 LB
Koch's Heirloom Bronze (14-16 LBS)	\$4.99 LB
Empire Kosher (10-14 LBS)	\$4.99 LB
Ferndale Natural frozen (10-17 LBS) <i>(Previously frozen and defrosted in time for Thanksgiving!)</i>	\$2.29 LB

Quantities are limited; the website will be updated as sizes run out. If you don't have access to a computer, come on in and we'll be glad to help you!

- MY HOUSE PIES -

Pumpkin | Sweet Potato | Pecan
Apple Double Crust | Apple Crumb
\$9.49 6-inch **\$18.99** 10-inch

- WHISKED PIES -

Cherry | Sea Salt Chocolate Chess
Caramel Apple | Lemon Coconut | Vegan Apple
\$7.99 6-inch **\$19.99** 10-inch

- ALICIA'S PIES -

Sweet Potato
\$18.99 9-inch

Please order online.




A limited number of pies will be available in stores.
10% discount on pre-orders of 4 or more pies.

ORDER DINNER AND SIDES ONLINE *OR* PICK UP IN THE STORES!

- SIDES -

A LA CARTE - Items ordered online will be priced by the each.

Roast Turkey and Gravy	\$15.99/LB	Turkey Gravy	\$10.99/QT
Green Beans Almondine  	\$12.99/LB	Vegan Mushroom Gravy 	\$10.99/QT
Roasted Brussels Sprouts  	\$10.99/LB	Fresh Cranberry & Pear Relish  	\$8.99/LB
Mashed Potatoes  	\$4.99/LB	Butternut Squash and Pumpkin Soup	\$9.99/QT
Savory Sage Stuffing	\$5.99/LB		

 = vegetarian  = vegan  = gluten free

Order Online

WWW.WEAVERSWAY.COOP/THANKSGIVING

You will be able to select your preferred store location and a pick-up date of either Tuesday, November 21 or Wednesday, November 22.

Online turkey orders accepted until Sunday, November 19 or until they sell out.

Online orders for pies and prepared foods accepted until Wednesday, Nov. 15 or until they sell out.

