# Horse Shoe Ranch Eggs at Home in the Co-op and Chester County

by Laura Morris Siena, for the Shuttle

CASUAL CONVERSATION WITH STEPHANIE JOHNSON IN the checkout line at Weavers Way Mt. Airy led me to write this article about Horse Shoe Ranch eggs, which are fresh, delicious and produced on the farm in northern Chester County where I grew up.

Bryan and Brittany Donovan and their adorable daughter, Bird, keep 7,000 chickens at Lundale Farm, and they work hard to produce the amazing eggs you can buy at the Co-op. Bryan built the fencing around the fields they use, and together they created the mobile pasture coops where the chickens sleep at night. The Donovans gather the eggs, clean them, and bring them to stores whose shoppers appreciate fresh grocery products.

Horse Shoe Ranch eggs are more expensive than other (Continued on Page 20)



photo courtesy of Laura Morris Siena

Three of the author's siblings on the farm with stray ears of corn. From left to right, Cooper, George and Eleanor Morris.



# The Shuttle

SEPTEMBER 2023

Since 1973 | The Newspaper of Weavers Way Co-op

# (Some) Lower Prices are on the Way

by Karen Plourde, Editor, Weavers Way Shuttle

ISTORICALLY, LOWER PRICES AT Weavers Way have been few and far between — not like championships for Philly sports teams, but not typical, either.

But no more. Starting this month, shoppers will notice lower prices on assorted grocery and bulk items that won't increase for six months. And if all goes according to plan, prices will be lowered on other items down the line.

The price drops have been made possible in part due to an overall leveling of inflation, according to Weavers Way Retail Director Jess Beer. In addition, she credited the ending of COVID-related supply chain issues and the lowering of prices by some vendors with allowing the Co-op to pass along savings to shoppers.

The first set of rollback items includes a Co-op staple: bulk nuts. Conventional walnuts and pecans will be \$4 less a pound, with organic walnuts \$3 less. Sliced blanched almonds will now be \$2 less a pound, along with roasted and salted mixed nuts and whole roasted, salted cashews. Meanwhile, the price of blanched, slivered almonds will decrease by \$1 a pound.

Java lovers, also take note: Twelveounce packages of Philly's own La Colombe coffee will now be \$1 less; those who prefer the decaf version will pay \$2 less. And fans of Phoenixville's Seven Stars yogurt will now pay 80 cents less for their quart containers. During one of your trips to the store this month, look for the Price Drop shelf tags to find out which items now cost less.

Unfortunately, longer-term savings like those above won't be happening in

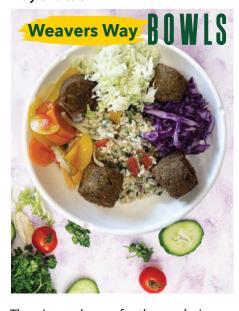


fresh departments like meat and fish and produce, because their costs change on a weekly and sometimes daily basis. So while we always try to keep prices affordable, we won't be able to lock something in for six months the way we can with the less volatile departments like packaged grocery. But as part of her job, Pricing Coordinator Virginia Souder re- views cost changes at the Co-op weekly, so it's possible that prices will be lowered on more items in the months to come.

# Check It Out!

# **Bowls and Wraps Debut in Ambler**

by Karen Plourde, Editor, Weavers **Wav Shuttle** 



There's good news for those who've been missing the hot meal offerings at the Co-op (minus soups at all stores and paninis in Chestnut Hill). Last month, our Ambler location stealthily rolled out its bowl and wrap program, and now they've gone public with it.

The menu, as put together by Ambler **Prepared Foods Manager Alisa** Consorto, features six choices, two of which are vegetarian, ranging in price from \$4.99-\$9.99. All but the Grecian Chicken include shredded green and red cabbage, and all but the Philly Falafel and Grecian Chicken are served over white rice.

(Continued on Page 2)

Lee Scottlopde

# **Food Moxie Names New Interim Director**

by the Food Moxie Board

VER THE PAST FEW MONTHS, Food Moxie's board and staff have worked to hire an interim executive director to allow us to advance the most effective and sustainable work possible during this time of transition. We are pleased to introduce you to Lee Scottlorde, our new interim executive director.

Lee joins Food Moxie after serving as education and engagement coordinator at Fairmount Park Conservancy, where they managed the Community Yard Tree Giveaway Program with a focus on community engagement, intersectional public health and environmental justice. With nearly 10 years of community wellness and advocacy experience, they are com-

(Continued on Page 5)

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# **Editor's Note**

by Karen Plourde, Editor, **Weavers Way Shuttle** 



OW, WE HAVE A FULL SHUTTLE this month! Thanks to a healthy collection of ads, a full-page house ad for the Mt. Airy Village Fair and plenty of articles, we had more than enough stuff to fill our pages. It's a nice problem to have way better than scrambling for filler. But that meant we had to hold Weavers Words for this month, and some community events I would have been happy to tout couldn't be promoted — at least in these pages. If possible, I'll try to give them their due in the September editions of the eNews.

As you may have noticed from the "5 Years" banner on its header, "Slice It, Dice It, Serve It," located at the bottom of this page, is celebrating its fifth anniversary. I'm grateful and amazed that Kieran McCourt, who's also a lead cashier in Ambler, comes up with topics and does his homework for his columns every month. I'm also grateful to Ambler Outreach Coordinator Bernadette Dougherty, who first made me aware of his breadth of knowledge and suggested he be given a column in the Shuttle. At the time, I wasn't the editor, so this required a little advocacy.

Before Kieran began writing the column, he and Bernadette would wander through Ambler's produce department at slow times in the store. She'd pick up an item, ask him how he'd prepare it, and he'd throw out a few options. He may also have done this with shoppers, who would approach him at the store's membership desk so he could share his knowledge.

Kieran's column is one of our Shuttle mainstays, and I hope that will continue, as long as he wants to keep writing it. Thanks to him, I now know how to choose a watermelon (it should feel heavy and have a deep sound when you thump it). And one day, I'll get past my reticence about pickling and dive in, thanks to his enthusiasm for it.

Catch you in the pages next month.

#### The Shuttle is published by **Weavers Way Cooperative** Association.

#### **Statement of Policy**

The purpose of the Shuttle is to provide information about co-ops, nealthful 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.

### **Bowls and Wraps Debut in Ambler**





Poblano Chicken





Philly Falafel

Katzu Chicken





Grecian Chicken

Al Pastor Pulled Pork

#### Here's the lineup:

Beans, Rice and Everything Nice Black beans served over white rice with shredded green and red cabbage, grated carrots, shredded cheddar and sour cream.

Poblano Chicken Braised green chili chicken thighs served over white rice, with shredded green and red cabbage, grated carrot and red salsa.

Philly Falafel Served over tabbouleh with pickled veggies, grated carrot, shredded green and red cabbage and tahini dressing.

**Katzu Chicken** Fried chicken tenders served over white rice with shredded red and green cabbage, scallions, pickled veggies and grated carrot. Topped with kewpie mayo and yuzu Japanese barbecue sauce.

Grecian Chicken Grilled Chicken thighs served over tabbouleh with sliced cucumber, baked tomatoes, kalamata olives and red onion. Topped with crumbled feta and tzatziki sauce.

(Continued from Page 3)

Al Pastor Pulled Pork Served over white rice, with shredded red and green cabbage, grated carrot and pickled jalapeno. Topped with shredded cheddar and sour cream.

There's also a "Build Your Own" option, and you can opt for sauce on the side or no sauce. There are premium add-ons like bacon, guacamole, crumbled feta and more available as well. All ordering is done at a kiosk in the café, and shoppers can either prepay there or at the register after they've received their

My inaugural bowl choice was the Al Pastor Pulled Pork; I loved the combo of seasoned meat and crisp veggies. The next time I order it (after I've tried the others), I may sub out the sour cream for guacamole and add salsa. Mills Harasta, the Co-op's marketing coordinator, tried the Katzu Chicken. She said she enjoyed the combination of different food textures and zingy flavors.

The bowl and wrap station in Ambler is open daily from 11 a.m.-7 p.m.

#### Ruani Brownies let you do dessert healthfulwly.

Founder and pastry chef Anirudh Mamtora created Washington, DC-based Ruani functional brownies as a gut-healthy alternative to packaged sweet treats. Their list of organic and non-GMO ingredients includes ashwaganda, an herb touted to reduce stress; non-GMO

almond flour; organic, unrefined coconut sugar; organic avocado oil, organic eggs and organic dark chocolate. I tried the Delightful Peanut Butter brownie, and thought

it was moist, delicious, and overall, better than expected. Through Oct. 3, all three varieties of Ruani brownies are \$1 off (regularly \$3.99 each).



Kohlrabi,

Revisited

by Kieran McCourt, Weavers Way Ambler

Happy Fifth Anniversary to this column! And thank you to the many members and readers in that time who have either written in with kind words or shared them in person during checkout.

It seems only right to go back and revisit that first issue, when my word count and column inches were significantly less and our dear editor, Karen Plourde, would record me going through how to use a vegetable in the produce section.

Kohlrabi started it all off. It's a member of the brassica or cruciferous family, like cabbage and broccoli. Its rootlike bulb develops above the dirt, unlike the root vegetables it resembles.

It is versatile and has an almost sweet flavor and texture (unlike the interior of cabbage or broccoli stems) that works well raw or cooked. It also keeps well for a few weeks in a crisper drawer; be sure to remove the leafy stalks before storing it.

In my first kohlrabi column, every point began with the direction to peel it. That's because the part of the plant we harvest grows above ground and does not have the protection of soil to help prevent water loss.

Instead, kohlrabi has thick, fibrous outer skins that are not as pleasant to eat as the crisp, white flesh beneath. So peel for real.

In the raw, kohlrabi can be added to salads or crudité trays when thinly sliced. Try it in place of or alongside radishes in your go-to salads. When julienned, shredded or spiralized, it can also work wonderfully in most slaws.

Kohlrabi also works well in most of the same ways you'd cook any other brassica: roasted, steamed, boiled, sautéed or stir fried. It pairs well with other root vegetables for a simple sheet pan side dish. It can also be shredded and turned into a fritter. And it is another stealthy vegetable that can be mashed with potatoes to add a bit of vegetable onto a picky eater's plate.

As always, the "Slice it, Dice it, Pickle it" addendum applies. Try itsolo or pickled with carrots. It's great for snacking or as an addition to sandwiches.

#### the word on wellness

# Ambler's Café Will Host Workshop on Women's Health

by Karen Palmer, Weavers Way Ambler Wellness Buyer

OMEN'S HEALTH IS A MULTIFACeted field that encompasses a wide range of medical, social and cultural issues. To help shed light on pressing issues and provide insight, the Co-op is sponsoring an in-store talk by Dr. Larisa Sharipova on Sept. 20 at Weavers Way Ambler.

Sharipova is a Chesterbrook-based gynecologist, certified holistic health practitioner and women's health advocate who has dedicated her career to improving women's health outcomes. She will share her expertise and discuss the latest advancements in the field, including emerging research, innovative treatments and strategies to overcome the challenges specific to women's health.

One of the biggest challenges in women's health is the stigma and lack of open conversation surrounding certain topics. Issues such as menstruation, menopause and sexual health are often surrounded by silence or misinformation, which makes seeking appropriate



Dr. Larisa Sharipova

care difficult for women. Breaking these barriers and promoting open dialogue is crucial to empowering women to take charge of their health and make informed

Other challenges to women's health include unequal access to health care and resources, and underrepresentation of women in health research. Addressing these disparities is essential, so that all women have equal opportunities to receive the care they need and deserve.

Sharipova's talk begins at 6 p.m. in Ambler's café. To learn more and/or to register, go to www.weaversway.coop/ events. Admission is free.

# **ABOUT THE CO-OP**

# **A Short History of Cooperator Shifts:** from Standing in Line to Going Online

Working members are an integral part of Weavers Way, whether it's on the store floor restocking shelves or in the back, bagging cookies and wrapping sliced cheese. While some cooperator shifts are more fun than others, fun or not, tasks need to be completed.



In the early days of the Co-op, a work calendar hung in the Mt Airy store with all the tasks that needed to be done for the week. The calendar was updated every Sunday, and a line formed outside the store every week in which members waited to sign up for their shifts. Today, we post the shifts online and members can browse and sign up to work a certain shift at their leisure.

During this anniversary year, many of us have reflected upon membership and what it means to become a member of a co-op. Weavers Way was built on the foundation of working membership. We'll be busy over the next few months with anniversary celebrations and community events. A variety of cooperator shifts will be posted on the member site soon, and it sure would be nice to see them all get filled!

-Nima Koliwad, Weavers Way community programs coordinator

As part of our celebration of Weavers Way's 50th anniversary, we'll include a lesser-known tidbit about the Co-op's history in every issue of the Shuttle this year. If you know, you know - if not, that's ok, too!

#### PART Two

# The Holiday Pecan Recipe That Forged Ties to a Faraway Family

by Barbara Sheehan, for the Shuttle

ARGARET FUNDERBURG'S FACE IS FAMILIAR TO shoppers at Weavers Way Chestnut Hill, where she often fills in at the cash register. Co-op Board members, meanwhile, know her as the board administrator. Margaret recently marked her ninth anniversary as a staff member, but she has been a working member since she first moved to Mt. Airy 35 years ago.

In 1998, when the opportunity arose to fill her family's cooperator hours by working on the "Weavers Way Cookbook: A Culinary Tapestry," Margaret jumped at it. She ended up doing the layout and design for the book.

"I was probably looking for some kind of interesting way to get my hours done," she recalled.

"I was doing graphic design in my job at the time... I was pretty good at using Pagemaker," she said, referring to the then-popular desktop publishing software she taught herself to use.

Laying out the 150-page book turned out to be a big cooperator job. As a result, she earned several years' worth of work credit.

In fact, many cooperators earned hours by producing the cookbook. It was an attractive publication that

featured a Sarah Steele watercolor on the cover and included vintage photos, a comprehensive index and table of contents, and information about the Co-op's history, principles and practices.

Cookbook Committee Chair Anna Herman wrote in her notes, "This cookbook, like so many of the activities related to the Co-op, relied on the labors of many people who made up several versions of a committee.... The process of collecting recipes, typing, editing, revising, reviewing and compiling was the (volunteer) work of many hands and minds."

The book, which was created to celebrate Weavers Way's 25th anniversary, serves as a testament to the type of community that the Co-op has fostered since it first occupied the building at 555 Carpenter Lane in 1973.

In addition to doing the layout, Margaret contributed her grandmother Lola's simple but delicious recipe for spiced pecans in the "Baked Goods and Desserts"

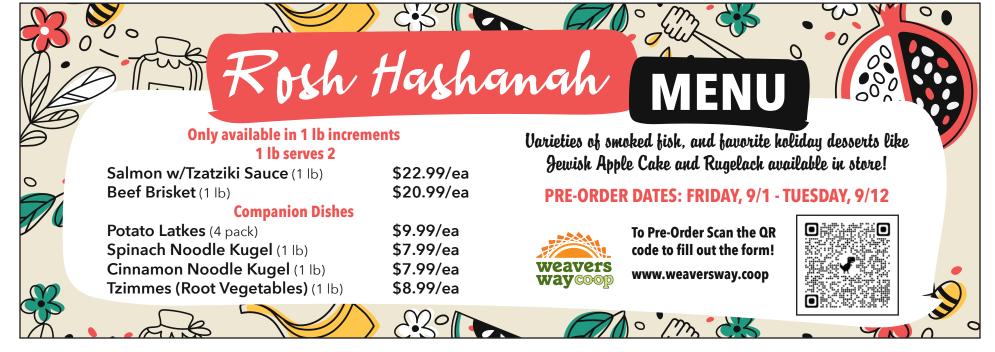
"We would make them around Christmastime, and it was always a big hit with people," she said. "My mother, who is 99, still makes them and gives them out to



Co-op staffer Margaret Funderburg (left) with beloved family friend Dotty Johnson. Margaret and her sister Lise shelled pecans together on Dorothy's back porch after they collected pecans from various locations in Monticello, GA.

Margaret waits for pecans to go on sale at the Co-op and then shares them with her mother, Maggie, and sisters, Lise and Diane. All four Funderburg women have made the spiced pecans, and Lise (also a Co-op member) has extended the tradition to include pecan brittle

(Continued on Page 4)



#### The Holiday Pecan Recipe That Forged Ties to a Faraway Family

Before switching to buying pecans in bulk from the Co-op, for many years the family had a vast supply of them direct from the source. Margaret's father, George, grew up in rural Monticello, GA. He worked in real estate in Philadelphia, but after being diagnosed with prostate cancer in his 60s, he returned to his southern home.

"The first thing he did was to buy a farm in the town he grew up in," Margaret recalled. "He rented out pastures for cattle raising and tended the pecan grove on the property. He loved puttering around; he was like a gentleman farmer."

George didn't market the pecans; he gave them away. According to Margaret, people felt fortunate to be on his list. "He would mail out pounds and pounds of pecans," she said. "So we all got into making the spiced pecans."

Maggie would request about 10 pounds of pecans, and George would send the bulk shipment to his ex-wife. Maggie would in turn make her mother's recipe to give as muchanticipated holiday gifts.

The Georgian pecans provided even more opportunities for bonding. Though their father died over 15 years ago, Margaret, Diane and Lise still travel to Monticello to visit with their father's family and friends. They were especially fond of his friends Dorothy and Troy Johnson, who grew up with George.

During a recent visit, Lise and Margaret picked up pecans that had fallen from a tree behind the town library and brought them back to Dorothy and Troy's house. "Dorothy, Lise and I sat around the table shelling pecans and talking," Margaret said. "Dorothy is the sweet-

est person. We just enjoy going down there and running into people who knew my dad."

A 2020 New York Times article noted that the extended period of isolation during the Covid-19 pandemic led to a resurgence in the popularity of community cookbooks — sometimes in hard copy, but often in digital versions through social media outlets. According to the article's author, Priya Krishna, community cookbooks differ from books by professional chefs, because "they are filled with straightforward recipes, often from childhood or previous generations, that have been made time and time again." Community cookbooks provide recipes for ordinary cooks, even those likely without the latest culinary technology or ingredients.

When I began revisiting the "Weavers Way Co-op Cookbook," I decided to make recipes submitted by the contributors I'm profiling. Since I am allergic to pecans, I exchanged peanuts for Grandma Lola's pecans. The recipe calls for baking them for over an hour, so I tried it with both raw peanuts from the farmers' market and dry roasted peanuts from the Co-op. Both were tasty, but I like the dry roasted version the best. I made two batches and distributed them to friends and family members. They were a big hit! So far, I've had two requests for the recipe.

An added benefit to this recipe is that the house smells fantastic while the nuts are roasting. Try it and see!

If you have favorite recipes from the 25th Anniversary cookbook, please contact me at sheebarb@yahoo.com.

(Continued from Page 3)



photos courtesy of Margaret Funderburg

The finished product—Grandma Lola's Spiced Pecan recipe, made with peanuts instead of pecans. (Bottom) Spiced peanuts packaged to gift to friends and family.

#### **GRANDMA LOLA'S SPICED PECANS**

#### **Ingredients:**

- ½ cup sugar
- ¼ teaspoon salt
- ½ teaspoon cinnamon
- 1 egg white
- 1 tsp. cold water
- 1 lb. shelled pecans
- 1 dab butter



#### **Directions:**

- 1. Mix sugar, salt and cinnamon.
- In a separate large bowl, beat egg white and water until frothy; stir in pecans and coat evenly.
- 3. Pour sugar mixture over pecans and toss to coat with dry ingredients.
- 4. Butter a large cookie tray with high sides.
- Spread pecans out on pan and bake for at least one hour at 225°, stirring every 15 minutes so they don't stick together.



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# **Mexican Music Made by Field Workers**



'HIS MONTH IN THE SHUTTLE AND eNews, the Co-op's Diversity, Equity and Inclusion Advisory Committee focuses on different aspects of Hispanic culture for Hispanic Heritage Month.

Mariachi is a distinctive Mexican musical creation that dates to the late 17th century. Indigenous Mexican hacienda field workers who were influenced by Spanish culture are credited as its originators. Jalisco, an area on Mexico's West-Central Pacific Coast, is recognized as mariachi's birthplace, even though other neighboring areas have made that claim.

Initially, mariachi bands were not only all male, but they also only consisted of stringed instruments —guitars, harps and violins. During the early 1900s, flutes, clarinets, trombones and trumpets were added, which expanded their repertoire.

In 1903, 13-year-old Rosa Quirino became the first female member of a mariachi band. Forty-five years later, in 1948, Las Adelitas, became the first allfemale mariachi band. In 2011, UNESCO bestowed the designation of "Intangible Cultural Heritage" to the art and culture mariachi offers.

-Rosa Lewis



#### **Food Moxie Names New Interim Director**

mitted to helping organizations achieve their mission and vision while centering residents and community partners in de-

We are excited to move forward with Lee in this new chapter and will keep you updated throughout the year as Food Moxie continues to educate and inspire people to grow, prepare, and eat healthy food, from seed to supper.

(Continued from Page 1)

Please join us in welcoming Lee to their new role.

WMAN Historic Preservation Initiative and Cliveden present:

# **Old House Care: Maintenance & Repair**

Gain practical skills in this 3-workshop series with instructors Ray Tschoepe and Andrew Staples.

Wednesdays in October from 6:30pm - 8:00pm.

Window Workshop

October 4th

cision making.

Interior Plaster Workshop

October 11th

Masonry: Mortar and Brick Workshop

October 18th

# Suggested donation:

Location:

Cliveden

98 East Cliveden Street

Philadelphia, PA 19119

\$10 per workshop \$25 for all three



Online registration recommended.

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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 August 2023)				
ер	Deli	Bulk		

Return Rate					64%
Deposits Refunded →					11,558
Totals Sold	9978	2041	4482	1652	18153
Mt. Airy	2181	897	2283	0	5361
Chestnut Hill	3856	719	1052	0	5627
Ambler	3941	425	1147	1652	7165
Store	Prep	Deli	Bulk	Produce	Grand Total

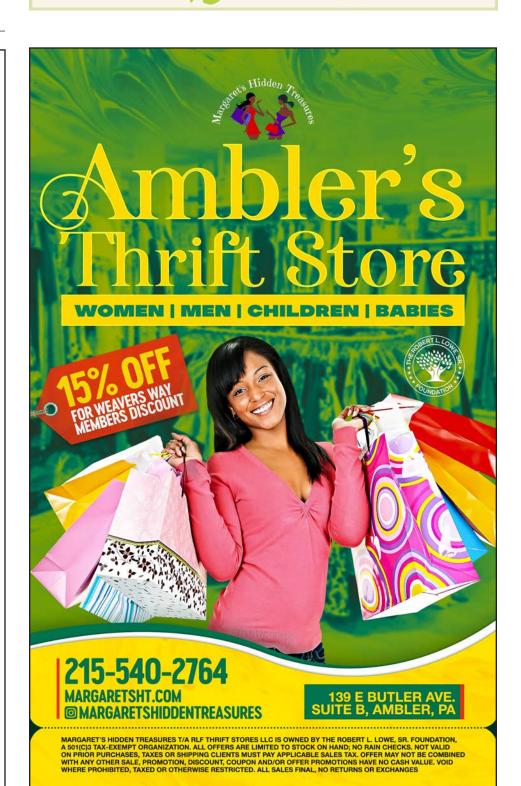
#### **How the Container Refund Program Works**

- 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 pre-washed.
- 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
- 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



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

## **Homeopathy Column Was One-Sided**

WAS SURPRISED AND DISAPPOINTED to read Karen Palmer's article entitled "Homeopathy 101: Unlocking the Power of Natural Healing" in the July issue of the Shuttle. The article paints a rosy, completely uncritical and dangerously naive picture of homeopathy. As is typical of arguments supporting pseudo-scientific and unproven approaches to healthcare, the article seems to suggest that no matter what ails you, there's a homeopathic remedy that will treat it effectively.

The truth is quite different. To my knowledge, there are no quality empirical studies showing the efficacy of any homeopathic remedy, let alone the broad range of remedies alluded to in the article. By "quality" I mean a study conducted according to generally accepted scientific, academic and medical standards, i.e., a sufficient sample size; a control group and double-blind protocol to guard against the placebo effect; and verification via a subsequent study conducted by other researchers.

It is unsurprising that there are no such studies, because the "like cures like" theory about how homeopathy supposedly works flies in the face of longestablished scientific and medical principles. These principles have been verified by thousands of carefully conducted empirical studies over many decades, all of which show a direct relationship between dosage and effect. In short, diluting a substance reduces its effect rather than making it more potent, and the greater the dilution the greater the reduction, just as common sense would suggest.

Some homeopathic remedies are so diluted that the resulting preparation likely contains not even a single molecule of the original substance. Undeterred by that fact, homeopathy proponents claim that the diluted mixture has nonetheless picked up the supposedly healing properties of the original substance but can't explain why that diluted mixture hasn't also picked up the harmful characteristics of all the noxious substances it was ever in contact with. A fuller discussion of the many reasons not to trust homeopathy is available at www.quackwatch/related/

The bottom line is that healthcare professionals and scientists who are committed to evidence-based practices and intellectual honesty are virtually unanimous in regarding homeopathy as pseudo-science and magical thinking at best, and outright quackery at worst.

I understand that many Weavers Way members have an almost religious faith in homeopathic remedies and will continue to use them regardless of both the lack of empirical evidence of their effectiveness and the mountain of evidence that they cannot work beyond a placebo effect. But printing Palmer's one-sided article without any critical comment or rebuttal was a serious disservice to the rest of us, who want our healthcare to be evidence based. As an organization dedicated to serving all its members, I expect the Co-op to exercise better editorial judgment.

—Alan Silverblatt

#### **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.

# If You Get a Tick Bite, Test the Tick!

by Vivian Lehrer, for the Shuttle

Editor's Note: This is a followup to Brenda Malinic's article "Ticks Are Out in Force — Stay Informed and Protect Yourself' in the July issue.

F YOU OR A LOVED ONE ARE BITTEN by a tick, don't throw it away. Instead, after you remove it, put the dead tick on an alcohol pad in a zip-top bag and mail it to a tick testing lab. This is by far the fastest, cheapest and most accurate way to know what you were just exposed to.

Ticklab (www.ticklab.org) is free for Pennsylvania residents. Register on the website and follow their instructions for how to mail in the tick. You'll get test results within three business days from when the tick is received, so you can know whether you're at risk of contracting various diseases before symptoms appear.

Ticks in this area carry many diseases, not just Lyme. The just-in-case antibiotics that you can take if you get a tick bite don't address many of these other illnesses. Also, it is hard to tell from tests of your own blood what you've been exposed to. Mainstream tests aren't all that accurate, and because the better tests aren't covered by insurance, they aren't offered by most doctors.

I hope this hard-won insight might help others.

# "Fragments" Exhibit in Abington **Focuses on Artist's Aging Body**

"Fragments," an exhibit of recent photographs from Sara Allen, a self-taught photographer and Weavers Way member, will be on view at Abington Art Center's Community Gallery from Sept. 14-Oct. 23.

For the past three years, Allen, 81, has been playfully photographing her aging body in her studio. This has been a process of self-discovery of the body and mind, as she examines her life through new and challenging experiences with her camera.

An opening reception will take place on Friday, Sept. 14 from 6-8 p.m. Allen will also appear at the art center's Coffee Break artist talk series on Saturday, Sept. 30 from 10 a.m.-noon.

Abington Art Center is located at 515 Meetinghouse Rd. in Jenkintown. Gallery hours are 10 a.m.-8 p.m. Tuesdays through Thursdays and 10 a.m.-noon on Saturdays. For more information, go www.abingtonartcenter.org/exhibitions.





# **Examining the Recent Pivots of Chain Grocers in Our Area**

by Jon Roesser, Weavers Way General Manager

EEPING AN EYE ON THE COMPETITION USUALLY involves field intel. I routinely pop into any grocery store I happen to be driving past to check on the price of roasted chickens, the selection of Greek yogurt, the cleanliness of their floors and the friendliness of their cashiers.

It also involves keeping an eye on their expansion plans. Before the pandemic, that was hard work; all corporate grocers seemed to be in a state of perpetual and rapid growth. But in recent years things have slowed down quite a bit, and while all the big players are still adding stores, they are doing so in a more hesitant manner.

Corporate grocers are nothing if not logical. Their decisions to expand (or contract) are based on market data, store performance and economic conditions. Lately, however, our corporate competition has been acting pretty weird.

Here's a quick rundown of the recent unusual behavior of some our competition (along with a little speculating and editorializing).

# Heirloom Market won't be expanding to Head House Square

Heirloom is the "urban concept" store developed by Giant, which is itself a division of Dutch-based Ahold Delhaize (market capitalization: \$31.8 billion). Basically, they are mini-Giants with more of an organic focus and a sprinkling of local vendors – Talutto's, Claudio's, High Street Bread – along with sizeable beer and wine sections.

There are currently four Heirlooms, all peppered in and around Center City: Northern Liberties, University City, Graduate Hospital and Market East.

A fifth location at Head House Square had been in the works since before Covid. But last month, the Philadelphia Business Journal announced the deal fell through, ostensibly due to a dispute with the property owner and PECO over electrical capacity.



# Lately, our

## corporate competition

# has been acting

pretty weird.



I never got the Heirloom concept. To me, it's a corporate grocer trying to be something it's not, like Bing Crosby singing "Hey Jude." And while the oldest Heirlooms have now been around for five years, Giant doesn't seem to be in a hurry to expand the concept beyond Philadelphia, Heirloom's test market.

#### Lidl closing in King of Prussia

Lidl, the German discount grocer, arch-nemesis of Aldi, opened on DeKalb Pike in King of Prussia in the spring of 2022. Eighteen months later, it's closed.

Lidl might not be a household name around here, but they operate more than 12,000 stores in 32 countries. When they started their expansion to the United States in 2017, they knew they were invading Aldi's turf (to date, there are 171 Lidl stores in the States, compared to more than 2,300 Aldi stores).

In fact, there's a well-established Aldi two blocks north of the now-closed KOP Lidl. In announcing its closing, Lidl's spokesperson cannot be accused of corporate-speak; he called it an "underperforming location." Lidl has not publicly announced further expansion plans in our region.

#### Sprouts coming to Northeast Philadelphia

The Roosevelt Mall, located at Cottman Avenue and Roosevelt Boulevard, is not the first place I'd think of as a future location for a Sprouts Farmers Market. But the mall's owner has big plans to transform the place, and landing Sprouts is an important win.

Sprouts will be Northeast Philadelphia's first natural grocer chain store, beating out Whole Foods, Mom's Organics, The Fresh Market, Trader Joe's and all the other natural grocer galoots.

Sprouts (market cap: \$4.1 billion) is a Wall Street darling. Its stock went up 25% in the last year, because they've found a way to make a decent return in an industry where profit margins are tight. The people who run Sprouts aren't dummies, so in choosing to open in the Northeast they must see huge untapped potential (depending on how you draw the boundaries, we're talking some 500,000 people, bigger than the city of Pittsburgh).

#### Amazon Fresh's expansion stalled

No story caused more tremors in the food biz than the announcement a few years back that Amazon was planning a major expansion of its grocery division. The fear was that soon there would be an Amazon Fresh on every other corner that would drive out all competitors.

So far it hasn't turned out that way. Currently, there are 44 Amazon Fresh stores (including one in Warrington) but plans for a major expansion in our market-place appear to be on hold. In Willow Grove – on the far periphery of our Ambler store's trade area – there was much fanfare around the announcement that an Amazon Fresh was opening across from the mall. That project appears to be in jeopardy, as Amazon and the property developer are now fighting it out in Montgomery County Civil Court.

As for our own expansion, I'm pleased to report that construction of our Germantown store is now well underway. I'll provide an update in the next month or so.

See you around the Co-op.



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# The ATC Returns for an Eighth Year of Fun and Fundraising

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

HE ALL TRAILS CHALLENGE IS back for an eighth season. This fun, family-friendly activity for all ages and fitness levels allows participants to show their love for Wissahickon Valley Park and continues to grow in popularity.

The ATC isn't about speed but is more of a personal challenge. You'll improve your physical, mental and emotional well-being by immersing yourself in the healing power of nature and maybe venture out to explore new parts of the park's 50-plus miles of trails. Whether it's on foot, bike or horseback, you'll go at your own pace and your own schedule over 10 weeks.

With every step you take and every dollar you raise, you'll be contributing to Friends of the Wissahickon's ongoing work to safeguard a place

that adds so much to our lives. All of our efforts — from clearing litter, invasive plants, and downed trees to adding native plants, improving trail conditions, and managing stormwater to protect the watershed —keep our treasured Wissahickon clean, beautiful and accessible.

By registering as a Challenger, you'll have the chance to meet like-minded adventurers. You'll also perhaps experience the Wissahickon in a new way and will benefit the park by having friends and family support your ATC journey.

Many Challengers participate year after year, but we're always looking for newcomers. If you're looking for some inspiration to sign up or encourage your friends and family to take on the challenge, read some of these testaments from previous Challengers.

Lillian's story: "At the end of July 2021, my closest friend died. I had spent a year and a half helping him through various health crises, including the last three months, when he was bedridden. It is not hyperbole to say I was wrecked. I signed up for the ATC because I had done it in 2020 and because I needed to get out of the house.

"On August 31 — one month to the day after he died - I went into the woods on my own. In 2020, most of my ATC hikes were with my son, a few were with my husband, and a few were solo. In 2021, they were almost all solo. Being alone in the woods gave me time to think, talk to my friend (more precisely, to myself, saying what I needed to but couldn't say to him), and process my overwhelming grief. I did a lot of short hikes



rather than the fewer long ones we did in 2020, sometimes going out a few times a week. I needed that time under the trees, beside the water. It sounds like such a cliché, but the Wissahickon healed me. By the end of my 50 miles, I had regained some (though far from all) equilibrium, and I could cope with the world again."

Mary and Paul meanwhile had heard about Wissahickon Valley Park, so when they moved to Chestnut Hill from New Jersey in 2020, one of the first things they did was to request a map from FOW. They soon became members, received ATC information and signed up. They are an active couple: She likes dancing, and he runs daily. They're both avid hikers, and they're both in their 70s!

They finished all 50 miles in about a month. Since they're retired, they would go out on weekdays and do about five miles each time, with Mary as the navigator. Their advice: "Take your time, walk at your own pace. It's very relaxing. Most of the trails are easy to get to and aren't difficult. And, like anything you take on, break it into small, manageable pieces. "Be sure to look. There's





- Friends of the Wissahickon -

#### Save These Dates for the **Eighth Annual All Trails Challenge**

#### • Tuesday, Sept. 5: General Start Date

Venture beyond your usual routes and try new ones. We'll be providing weekly route recommendations to keep you on course throughout this three-month-long event.

#### • Wednesday, Sept. 6, 6 p.m.: Launch Party at Wissahickon Brewing Co.

Celebrate the start of the ATC by grabbing a beer with FOW staff, volunteers and other All Trails Challengers. We'll have hike suggestions, and play Wissahickon Quizzo (hosted by Shawn Green, FOW's Director of Field Stewardship), and the Wingspan Game, hosted by wildlife photographer and bird enthusiast Troy Bynum.

#### • Tuesday, Nov. 3: Last Day to Compete

Register at fow.org/event/2023atc1/. You can also find out how to participate and learn about giveaways and prizes. And keep up with the ATC fun by following @FOWissahickon and #FOWAllTrails on Facebook and Instagram.

a lot of beautiful and interesting things to see. History is all over the park."

In 2021, the couple once again completed all 50 miles and Mary earned the distinction of Top Individual Fundraiser, raising \$2,500 for FOW. They are getting ready to take part in the 2023 ATC.

You can also join the ATC by becoming a sponsor. This year, we're welcoming back early sponsors Univest and the Pennsylvania Game Commission, along with our partners Wissahickon Brewing in East Falls, Young American Hard Cider and Tasting Room in Germantown and Philadelphia Parks and Recreation. If you're interested in becoming a sponsor, contact Maeve Pollack at pollack@fow.org for information about sponsorship opportunities.





# Little Free Libraries Educate and Beautify Mt. Airy

by Betsy Teutsch, for the Shuttle

T. AIRY IS HOME TO AN ABUNdance of Little Free Libraries, with more continually sprouting. These book boxes vary in design from small, modest ones that hold a dozen or so books to double-tiered masterpieces. All operate on the same premise: sharing our books. They don't do much good sitting on our bookshelves, so let's get them into circulation!

Some LFLs have taken the original idea and played with it, like my neighbors Karen Onorato and Mario Zuco's Little Free Art Museum. It comes complete with steps, columns and a mini Rocky statue, and includes a QR code that encourages folks to contribute small artworks. They also accept works that other artists have contributed. Come on over to Burnham Road, off Lincoln Drive, and check it out. (You can also check out Mario's mural on the wall of the Wawa on Germantown Avenue.)

Mt. Airy also boasts a Little Free Puzzle Library on Cresheim Road at Sedgwick Street. This was especially popular during the COVID-19 pandemic when we all had time on our hands.

Stewards of LFLs generally curate and cull their offerings, thus encouraging their neighbors to return to check on new finds. Stewards, as their owners are called, stress that LFLs should not be dumping grounds for unwanted books.

Ann Mintz and Clifford Wagner's solar-lit LFL on Wellesley Street near Cherokee has become a local landmark. Cliff, a talented designer and builder of children's science museum exhibits, created a two-story, double-width structure complete with a miniature library diorama. He reports that it's become a community center; he loves chatting with people who come by to drop off or take books. It includes a motion detector that lights up as people approach.

Ann has recommendations for those looking to contribute books.

"Some books are unlikely to be picked, such as textbooks and older/yellowed paperbacks," she said. "Some-

times people drop off small toys, which often are picked up. We don't like promotional material, like business cards from tutors. Kids' books are very popular."

Another Little Free Librarian, Sarah Ricks (her LFL is on Westview Street near Sherman) shared her wish list: "Thank you for your hardcovers, good condition paperbacks, kids' books and books in both English and Spanish. Please do not drop off your CDs or old textbooks and computer manuals or books in languages other than English or Spanish."

Have you noticed an LFL with its own green roof? It's curated by Anna Herman and is on Carpenter Lane near Quincy Street. Her collection focuses on gardening and cookbooks, two of her passions

Herman refreshes her offerings with new-to-visitors books from Philly-BookShelf.org, which is based in Seattle. They send her book shipments every few months. A nearby book fairy also frequently adds stock.

Students at Houston Elementary who are headed to Germantown Avenue often stop by Sue and Doug Heckrotte's beautiful Victorian LFL, which is a replica of their Allens Lane home, and help themselves to books that Sue works hard to keep on offer. Doug, a retired architect, built the LFL as a gift to Sue, who had been admiring other folks' creations. She actively promotes donations when the books run low, especially when school is in session. She advises stewards to actively cull their offerings.

"Learn through experience what's most popular at your location and try to meet those desires," she said.

Penina Hoffnung graced Mindy Shapiro and Alan Mendelson's generously sized LFL at South Mt. Pleasant Avenue near Glen Echo with her vibrant turquoise and purple paintings. Hoffnung invites passersby to find the bookworms she worked into the designs.

Several LFL stewards from other locales weighed in to report thefts of









photos by Betsy Teutsch

Four of the more unique Little Free Libraries in Mt. Airy. Clockwise from left, the Onorato/Zuco Art Museum LFL; the LFL for puzzles; the Shapiro/Mendelson supersized LFL, and the Mintz/Wagner solar-lit LFL.

their actual libraries, or in some cases, all the contents. Be sure to anchor the box securely!

And here's more advice for book donors: Do not leave boxes of old books by neighbors' LFLs. You're basically offloading the work of either taking them to a venue that accepts books (of which there are fewer and fewer) or making the Little Free Librarian do the work of recycling your discards. Be mindful of the space available and only donate a few at a time.

Each person uses this neighborhood resource in his or her own way. I walk a lot and always check for cookbooks. Af-

ter I've perused them, I donate them back to whichever box is convenient. Irene McHenry reported that "when I finish a book, I place it in the LFL across the street; it is always gone by the next day. That makes me feel happy."

When I walk with my grandsons, they always like to check out what kids' books are available. They were surprised the first time they went to a bookstore and learned that you sometimes have to pay for books!

Thanks to all our local Little Free Librarians! They all send a collectively wonderful message: We love books, and we love our neighbors.



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# **The Former Official Bank of Pelham**

**Pelham Trust Company** 6740 Germantown Ave. Constructed: 1907

**Architectural style: Colonial Revival** 

The Pelham Trust Company, currently a branch of Santander Bank, is on the Philadelphia Register of Historic Places. The property is in the Pelham neighborhood and is a fine example of the Colonial Revival style, with its ionic column capitals and round-top window openings. The bank was built in 1907 and designed by Churchman and Thomas.



Did You

photo by Adrienne Carpenter

According to Elizabeth Farmer Jarvis, author of "Images of America: Mount Airy," in 1911 the basement of the bank was renovated to add storage vaults for silverware and jewelry. These were leased to Pelham residents in response to robberies happening there and in Chestnut Hill at that time.

The Pelham Trust Company was the official financial institution for the neighborhood for many decades. It included a real estate department that sold properties in Pelham, Germantown, Chestnut Hill and Mt. Airy.

#### West Mt. Airy Neighbors Historic Preservation Initiative

Mt. Airy is a special place with a distinct character; it earned that image because it is a diverse community of civically engaged people. Nestled in Northwest Philadelphia and adjacent to the Wissahickon Valley, Mt. Airy is blessed with natural beauty and contains historic architecture spanning nearly 300 years.

The factors that make this place special require dedicated and active stewardship, and preservation of our historic resources requires conscious planning to be effective.

The goal of the West Mt. Airy Neighbors Historic Preservation Initiative is to identify and protect the character-defining features of the community by taking a proactive stance to recognize and protect the historic built environment for the future.

For more information contact wmanhpi@gmail.com.

—Adrienne Carpenter

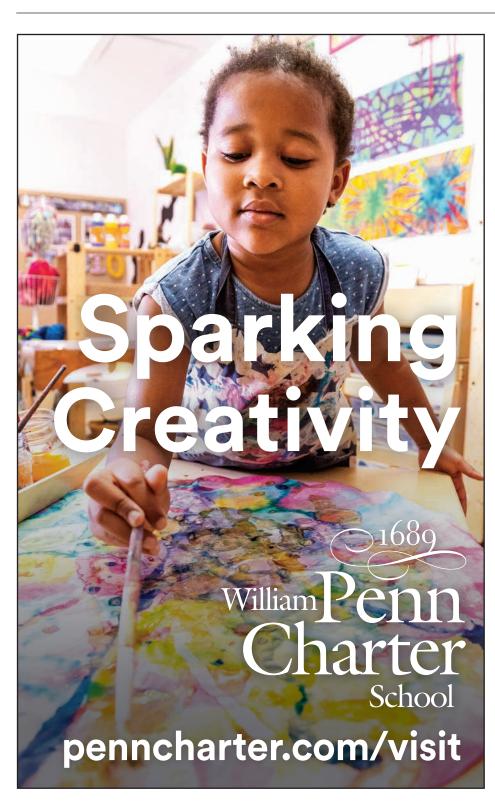


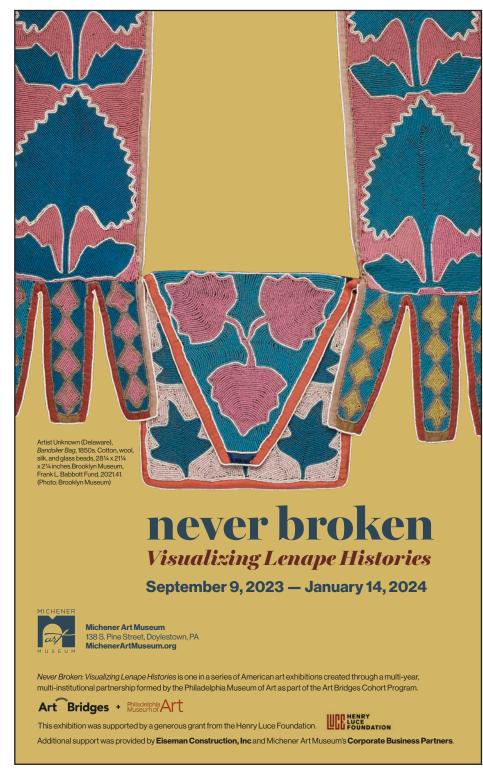
C.W. Henry School is sponsoring a 5K walk and run for fun on Sept. 30 that seeks to raise funds for the school's Parent Teacher Association.

The route of the run/walk, which will begin at 8 a.m. at the school, will run through West Mt. Airy. A children's outdoor obstacle course will take place from 9 a.m.-noon. Participating runners will receive an event t-shirt.

Registration fees for individual adults are \$40 and \$20 for children under 12. In addition, the family registration category (\$100) can cover all members of a household. To register, scan the QR code below.

C. W. Henry Fun Run Benefits School PTA





# Arboretum is a Little-Known Gem on Temple Ambler's Campus

by Margaret Guthrie, for the Shuttle

OW OFTEN HAVE YOU RACED down Butler Pike, barely noticing the sign that identifies Temple University's arboretum and its Ambler campus? Do you have any idea what's there?

I found out when I transferred my member work hours to Temple at the suggestion of Weavers Way Membership Coordinator Kirsten Bernal. It's a largely unpublicized treasure that is open (and free) to the public — including dogs.

According to Gardens Manager Stephanie Brosse, the Ambler Arboretum at Temple is one of the few arboretums that is open to dogs; you can bring your pooch as long as she or he is on a leash and you have a poop bag. It's a lovely place to walk them, because there's plenty for you to look at while your doggo gets exercise.

The arboretum is 187 acres, including the soccer fields you see as you whiz

by on Butler Pike. Turn right at the light, and drive to the parking sign that leads you into the lot. You will be surprised and delighted to find old growth woods recovering from the tornado that ripped them apart two years ago. It's amazing to see the trees struggling to recreate their crowns, which were ripped off in the storm. And it's clear by now which trees are going to make it and which are not.

As you walk between the handsome administration buildings, take a minute to admire the large, beautiful old sycamore that lost a huge part of its crown in the tornado. It has recovered well and there's a short path near it that allows you to walk up and hug the tree. It's miraculous that it's still here and thriving once again.



photos courtesy of Steph Bross, Ambler Arboretum at Temple University Above, volunteers at Ambler Arboretum weed flower beds. At right, the cooler weather gardening crew pauses for lunch.

Opposite the sycamore is a large board with a map of the arboretum, including the gardens, fields and meadow where I and others planted young trees earlier this year. When you volunteer, you are never sure what you will learn when you show up. That's just one of the reasons I volunteer almost year round.

Here's another: It's peaceful. A morning in the gardens might mean some quiet conversation as you work, but mostly, the only sounds are the birds and bees. I was the first this year to welcome back the resident hummingbirds.

At the top of the steps that lead down into the formal garden are a pair of yellow magnolias that are magnificent when in bloom. There is a small depression next to a bench in one of the gardens that always has water and



is a favorite bathing place for robins. If I left after putting in my six hours, I would miss these sights and whatever else I might experience next week.

When I've introduced friends and family to the gardens and the arboretum, they all say what I said on my first day: "I had no idea this was here."

In addition to volunteering, you may want to consider becoming a member; by doing so, you'll help support

(Continued on Next Page)



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Acute Heart Attack Readu



(Continued from previous page)

the arboretum and its work. In addition, your membership entitles you to participate in the American Horticultural Society's Reciprocal Admissions Program, which entitles you to special privileges and discounts at more than 300 participating institutions across North America and the Caribbean.

There are several levels of membership. Students can join for \$15, singles like me pay \$25 and supporters (which covers two people) pay \$50. The various levels of membership go up from there but include tickets to various horticultural events and activities. For more information, go to www.temple.edu/arboretum/ become-member. You can also contact Arboretum Director Kathleen Salisbury with any questions at Kathleen.Salisbury@temple.edu. She's a knowledgeable and enthusiastic booster.

On Saturday, Sept. 23, from 11 a.m.-3 p.m., the arboretum will present "Ambler in Bloom," their annual garden party fundraiser, in the campus gardens. The event will feature a progressive-style brunch with different cuisines at various locations on campus. The party will also include live music, silent and live auctions, and visits to five garden locations to show visitors how the arboretum is progressing post-tornado and learn about its vision and plans for the future, according to Salisbury.

To register, go to: https://alumni. temple.edu/bloom.

# **WOW Expo Returns to Promote Natural Healing, Mt. Airy Garden**

by Lee Bowman Gannon, for the Shuttle

HE WOW (WORLD OF WELLness) Natural Health Expo, which returns to Plymouth Meeting Mall on Oct. 21, will donate their net ticket sales to help a community garden in East Mt. Airy whose existence is in danger due to a townhome development being constructed on the surrounding property.

Pam Gilly is event coordinator for the expo, and Weavers Way is one of its main sponsors, along with Boiron Homeopathics and Gilly's website, healerist. net. She read about the plight of Werner's Community Garden in the July Shuttle and was inspired to help the group get to their \$10,000 goal so they can fund the legal costs necessary to keep the garden intact. Thus far, Werner's GoFundMe campaign has gotten them halfway to their

According to Gilly, the core concept of the expo is to bring the community together to learn natural ways of personal healing and helping to care for the environment around them. WOW also supports locally-sourced products, local makers who create non-toxic product lines, and natural health practitioners who can offer new perspectives on strengthening the immune system, dealing with stress and natural ways to manage chronic pain.

"We are all trying to find ways to heal after the pandemic," said Dr. Larisa Sharipova, co-coordinator of the event. "The Expo is a community-connecting event where people can meet like-minded individuals who are seeking more natural approaches to health, and reconnecting to self-care remedies that our ancestors from past generations readily knew about."

This year, the expo will expand to encompass the large, lower-level courtyard of the mall. For \$5 admission, attendees can get all-day access to presentations from holistic speakers that will take place in the 100-seat Plymouth Meeting Performing Arts Center and a 30-seat conference area donated by Sola Salon

The event will also feature three sections for attendees to explore: The WoWellness Pavilion, where holistic practitioners will be offering screenings and mini therapy sessions; the Mother Earth Marketplace, an openair area populated by local, earthfriendly businesses, makers and artisans; and the Giving Garden, which will branch off the marketplace and will house local nonprofits, including Werner's Garden.

The Garden of Eating food court will offer healthy food and beverage options and cooking demonstrations throughout the day. The cooking demos will kick off



photo courtesy of Werner's Community Garden

Werner's Community Garden members Margaret Funderburg, left, and Doren Day harvest collard greens for to donate to Face to Face Germantown. FYI, Margaret is also the Co-op's board administrator.

> with Joshua Black, chef/owner of Flourtown's Flatbelly Veg takeout restaurant.

Hours for the expo will be 10 a.m.- 6 p.m. To learn more about the event, Werner's Community Garden and the schedule of events go to www.wowexpo.com.



# Hit the Trails and Raise Funds While Walking the Wissahickon

by Lisa Hansell, Senior Development Manager, Wissahickon Trails

**66** WALK THE WISSAHICKON" WILL TAKE PLACE THIS year on Saturday, Sept. 30. This signature event, now in its 27th year, gives participants the chance to discover the trails and nature in their backyard. It also showcases the heart of Wissahickon Trails' mission — the Green Ribbon Trail and Wissahickon Creek.

Choose the distance you want to walk — five, eight, 14 or 21 miles — and experience the beauty of the Green Ribbon Trail in Montgomery County and Forbidden Drive in Philadelphia. Our staff and volunteers will lead you along the natural, mostly unpaved, trail through diverse wetlands, woodlands and meadows as you follow the creek. All funds raised support Wissahickon Trails' efforts to protect and restore the creek and surrounding trails for the community to enjoy.

All walks begin at 8 a.m. from Parkside Place in Upper Gwynedd Township. Participants will be bused back to the starting point. The five-mile walk finishes at Penllyn Park in Lower Gwynedd Township. The eight-mile walk ends with lunch at Four Mills Barn in Ambler. The 14-mile walk concludes at Morris Arboretum, and the 21mile walk at the Philadelphia Canoe Club in Manayunk.

Fees are \$35 if you register by Sept. 1, \$40 if you register by Sept. 28, and \$45 the day of the event. Snacks, lunch at Four Mills Barn, bus transportation and a t-shirt are included. Please note that t-shirts are available while supplies last. Register online at wissahickontrails.org/ events/walk-the-wissahickon-2

#### Love muddy trails? Neither do we.

We're in the business of keeping feet dry and reducing trail erosion. The Green Ribbon Trail sections closest to the creek are often flooded due to stormwater and other factors; the section from the trailhead to mile marker 3 especially has a reputation for being muddy.



Here are some of the improvements we've made in the past year to manage wet sections of trail for the benefit of both habitat and trail visitors:

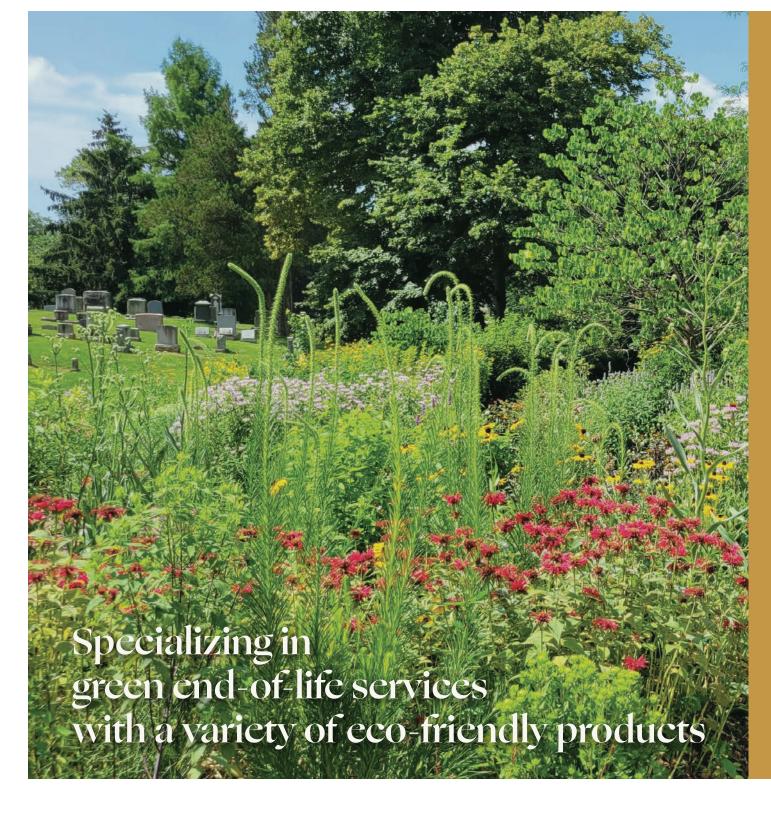
- Volunteers joined staff to deconstruct a flood-damaged boardwalk. Removing the displaced boardwalk will open the trail for easier passage and will create space for new boardwalk construction to take place.
- Volunteers piled crushed rock on worn down, muddy banks on either side of the Merck steppingstone crossing. The crushed rock improves bank stability, slows erosion, and will help walkers safely cross the
- Plantings at the headwater's restoration site continue to grow. Vegetation roots hold soil in place, stabilizing banks and floodplains and reducing erosion. Plantings also play a big role in absorbing stormwater, and maintaining healthy plant communities is a critical stormwater control tool!
- A local contractor is inspecting the muddy section through Timoney Preserve, with a fix coming later this year.



• An Eagle Scout completed his service project by removing a damaged boardwalk and replacing a bridge over a small stream that runs to the Wissahickon.

Stay tuned to our social media and wissahickontrails. org for trail improvement information. You can also get updates there about the much-anticipated reopening of the Green Ribbon Trail near Route 202.







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### The Backyard Beet 🗡

# It Ain't Over — Dive into the Bounty of Fall Gardening

#### by Chris Mattingly, for the Shuttle

S THE DAYS GROW SHORTER AND THE TEMPERAture starts to cool, many of us bid farewell to our gardens. But the end of summer doesn't have to mean the end of gardening season. Fall gardening offers a wealth of opportunities to continue growing fresh produce right in your own backyard. You can even start planting coolweather crops before summer ends. In this column, we'll explore the benefits and possibilities of fall gardening, offering expert advice to help you make the most of this underappreciated season.

Fall gardening has several benefits, whether you're growing food for your family, school or community. First, it maximizes your garden's potential by lengthening the growing season. This ensures a continuous harvest of homegrown food throughout the year. Thanks to cooler temperatures, plants also experience less heat stress, which can lead to healthier plant growth and a more enjoyable experience.

Is your garden a mess come August? You're not alone! Life gets busy as kids go back to school and vacations wrap up. If you're intimidated by the cleanup and setup of a fall garden, here's what you need to know. If you want help with your garden, there's always Backyard Eats!

First, clean up any "spent" plants from the summer. Remove short-lived summer crops like lettuce and longlived spring crops like carrots. Your vining-type tomatoes, cucumbers, melons and squash should still be going strong and heavily producing. If they're unhealthy, diseased, or insect-ridden, remove the whole plant from the garden. You can remove plants by chopping (and leaving) their roots just below the stem where it meets the soil. This avoids unnecessary labor and tillage. Before you plant, rake the soil clean, top off beds with compost, and add granular organic fertilizer with active fungal communities to the soil.

Contrary to popular belief, you can grow a wide range of crops in fall. Mild temperatures allow the cultivation of cool-weather crops that struggle to thrive in summer. Consider re-planting some of your favorite spring crops for fresh and nutrient-dense produce.

For example, harvest a continuous supply of fresh greens by planting crispy head lettuce or tender baby greens. Kitchen herbs and certain annual vegetables like carrots and radishes also thrive in fall. And garlic and shallots can also be planted for a bountiful harvest the following year.

Here's a full list of annual and perennial plants that we're growing this fall:

#### **Beyond Veggies and Herbs**

Fall gardening isn't just for annual vegetables and herbs. Perennial fruit trees, berries and herbs also have undeniable benefits, and fall is the best time to plant them. These hardy plants will bless you with abundant fruit year after year and require minimal maintenance.

Imagine the joy of picking strawberries, blueberries, raspberries and more straight from your garden. They're a treat for old and new gardeners alike. And perennials can be effortlessly woven into your existing landscape without the need for raised beds. Additions like berry trellises, herb gardens and trellis planters create a beautiful focal point in your landscape while ensuring convenient access to your backyard harvest. You'll thank yourself for planting perennials next year when you're picking fruit right off the vine!

As you savor the joy of the season, don't forget to prepare your garden for the coming year. You can also make additions and renovations that will benefit your future gardening endeavors, like installing fencing and trellising to protect your crops from pests and increasing growing space. You may want to embrace drip irrigation to keep your plants healthy without daily watering chores, or construct a durable and attractive stone pathway to make accessing your garden a breeze, even when the weather turns muddy. Or consider doing something simple and sustainable like rotating crops to maintain the long-term health of your soil.

Having a fall garden can be an easy and rewarding experience that provides you with ample homegrown produce. Once you experience the abundant benefits of growing your own food in fall, you'll never dread the end of summer gardening season again! No matter your level of experience, fall gardening has something to offer to everyone.

#### A Savory Recipe for September

Have you ever waited to harvest a zucchini, then returned a day or two later to find it's almost doubled in size? Growing food in your own backyard is magical and rewarding, but sometimes at the end of summer you can end up with more produce than you know what to do with!

If you've already given away zucchini, tomatoes and more to your loved ones or local community fridge and are tired of zucchini bread — try these easy zucchini pancakes from Carolyn Cope at Serious Eats. They pair perfectly with a summer meal and are a great way to use up a lot of summer squash at once.

Brassica Greens Mix, Baby Kale Mix, Baby Leaf Red Mustard, Baby Leaf Tatsoi, Baby Lettuce Mix, Mini Kohlrabi, Spicy



Bok Choy, Escarole, Frisée, Green Butterhead, Red Butterhead, Romaine Lettuce

#### **PERENNIAL & ANNUAL HERBS**

Chives, Cilantro, Dill, Mint, Oregano, Parsley, Rosemary, Sage,

#### ...AND BEYOND!

Blackberry, Blueberry, Raspberry, Garlic, Dandelion, Multicolor Radish, Red Radish, Shallots, Sweet Turnip...and many more!

#### **Easy Zucchini Pancakes**

#### **Ingredients:**

- · 2 medium zucchini
- 1/2 medium yellow onion
- 1/2 tsp. salt
- 2 large eggs
- 1 clove garlic, finely minced
- 1/4 cup shredded Parmesan cheese
- 1/4 tsp. fresh thyme or oregano (minced)
- 1/4 tsp. lemon zest
- 1/8 tsp. freshly ground black pepper
- 6 Tbsp. flour
- 1 tsp. baking powder
- 2 Tbsp. olive oil

#### **Directions:**

Shred the zucchini and onion on the large holes of a box grater or in a food processor with the shredding disk. Place the shredded vegetables in a colander in the sink and sprinkle with salt. Toss to combine. Let drain for 30 minutes, then pick up by the handful and squeeze out as much moisture as possible. Place on a kitchen towel or double layers of paper towels.

In a medium bowl, combine the eggs, garlic, cheese, herbs, lemon zest and pepper. Beat well with a fork. Add the drained zucchini mixture and mix. Sprinkle the flour and baking powder on top and mix with a fork just until well combined.

Heat one tablespoon of the olive oil over mediumhigh heat in a wide, heavy pan. When the oil is hot, drop the batter into the pan by heaping tablespoons. Cook for about three minutes on the first side, until nicely browned. Flip and cook for about two minutes more. Place the cooked pancakes on a paper towellined plate and repeat with the remaining oil and

Serve with a dollop of Greek yogurt, sour cream, tzatziki or applesauce.

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

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# Grow Your Own Mulch, Fertilizer and Compost this Fall with Cover Crops

#### by Sally McCabe, for the Shuttle

ET'S FACE IT; SUMMER IS OVER, AND ALL THE newbies and amateur gardeners finished planting crops months ago. But the pros know it's time to plan for fall harvest, rip out all the waning summer vegetables, and go crazy filling in all the spaces with cover crops.

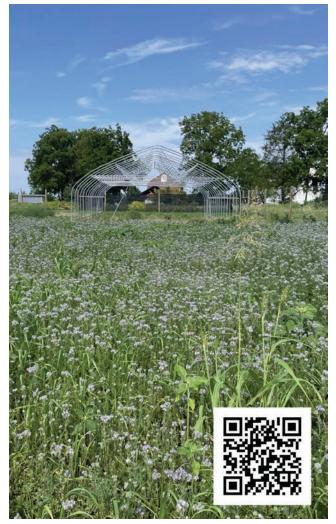
Cover crops are what the name says: crops that cover. They blanket the ground with lush growth in all the nooks and crannies where nothing else is growing. But the difference between these and your normal fall plantings is that we don't expect to harvest them to eat, sell or give away. They are meant to stay in all winter, covering the ground as mulch and delivering several other benefits.

If cover crops do all this, how come so few people use them? Many gardeners don't want to admit that the summer is over, and that all those green tomatoes aren't going to miraculously turn red by the time frost hits. Most city dwellers don't have acres of available land, so we jealously guard every square inch, gardening intensively to get the most out of our limited space.

It takes a shift in thinking to know when to cut our losses when we see diminishing returns on our summer crops. There are lots of compromises we can make along the way to make cover cropping fit our gardening style, including filling every available space in September and October, even between existing plants, while you're waiting for them to freeze or otherwise give up the ghost.

#### What Cover Crops Can Do

Cover crops are effective at preventing soil erosion and loss of valuable topsoil by protecting it from wind and rain. They also compete with weeds for sunlight, water and nutrients, reducing weed growth while also trapping and holding excess nutrients. They add organic matter to your soil, which improves structure and soil fertility, and they attract beneficial insects, reducing the need for chemical pesticides. Some types of cover crops (in the legume or bean family) can even pull nitrogen from the air and fix it in the soil for upcoming crops.



Choose cover crops that fit well into the available space without overcrowding or competing with your main crops. Gardeners should also select cover crops that can grow and thrive during the times you're not growing your main crops, like fall and winter. Additionally, determine your primary goal for using cover crops. If you need to boost soil fertility, plant clover or hairy vetch to fix nitrogen. If weed suppression is your main aim, go for more aggressive cover crops like buckwheat.

Here's additional insight from the Pennsylvania Horticultural Society's community gardens team on best cover crops for the garden:

- "For small gardens, crimson clover and annual ryegrass are my favorite cover crops for the fall. I like underseeding brassicas in the fall with white clover as well, since it stays shorter than crimson. Annual ryegrass is probably the easiest for beginners, and about 90% of all the cover crops planted on PA farms are ryegrass. Buckwheat is my favorite for sneaking in a cover crop during the season. White clover can stick around if you don't properly kill and incorporate it in the spring, but I don't think the others are a problem. Vetch may be an issue if you let it flower and seed." —Adam Hill, PHS City Harvest
- "We used tillage radishes (Daikon-type radishes penetrate deeply to break up and aerate hard soils.) Radishes were convenient for when we wanted extra winter veggies; they winterkilled easily and left the soil quite workable afterwards." —Marta Lynch, PHS Norristown Farm Park

For small intensive gardens, timing is also crucial when using cover crops. Here in Philly, sow your cover crops between Sept. 15 and Oct. 15 to maximize their benefits and allow enough time for decomposition before spring.

With these tips and best practices in mind for cover cropping, you'll be set up for success as you plan your fall garden.

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



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# The Importance of Fungi, and Why We Need to Protect It

by Sandra Folzer, Weavers Way Environment Committee

E HUMANS ASSUME WE ARE THE HIGHEST FORM of life, but we couldn't manage without help. For one thing, we are totally dependent upon the trillions of microbes, both bacteria and fungi, which live everywhere inside our bodies. They digest our food and produce minerals to nourish us as well as protect us from

I want to introduce you to fungi so you can appreciate them as I do. Thanks to Bonnie Hay, who suggested I read "Entangled Life" by Merlin Sheldrake, from which many of the facts in this article derive.

Fungi are everywhere above and beneath our feet. The largest weighs tons, spreads over 10 square kilometers and is thousands of years old.

There are over two million species of fungi, six times more than the number of plant species. Fungi were the first organisms on land 1.3 billion years ago. In time, they produced oxalic acid, which made rocks crumble and began the formation of soil. Plants then followed a few hundred million years later. Today, 90 percent of all plants depend on root (mycorrhizal) fungi.

Recently, popular books like "The Hidden Life of Trees" by Peter Wohlleben have described how trees communicate via these same mycorrhizal fungi. Most fungi form networks of many cells that branch and fuse into a filigree of mycelium, through which water and nutrients flow.

Fungi propagate via spores. Mushrooms emerge from the earth to spread spores, which are the "seeds" of some fungi. Others release spores without mushrooms. Fungi produce about 50 megatons of spores every year, according to an article in the July 11 issue of Time magazine.

#### Fun with Fungus Through the Ages

Humans have employed fungi throughout history. Researchers found that a Neanderthal man from 50,000 years ago used a fungus for a tooth abscess.

Oetzi, the Iceman from 5,000 years ago whose body was discovered in the Italian Alps in 1991, carried a pouch with fungi tinder for starting a fire. He also brought with him fragments of a mushroom, which was likely used for medicine.

The Talmud mentions a mold cure called "chamka", which is made of moldy corn soaked in date wine. Yet "civilized man" did not recognize the healing properties, of fungi until 1928, when Alexander Fleming discovered penicillin.

Fungi are everywhere, from the sea floor to deserts. They can survive because they have diverse metabolic abilities. Lichen, made up of fungi and algae or bacteria, illustrate true symbiosis. The fungus offers physical protection and nutrients while algae harvest light and carbon dioxide to make sugar for energy.

Lichen can live anywhere from volcanos to under the ice in Antartica. They can be resuscitated after 10 years of dehydration. Yet, there is no single definition of what makes up a lichen. They form the boundary between life and non-life.

Lichen are able to make soil by dissolving and digesting rock by using acids and other chemicals. Then fungi create networks, which hold the soil together. Fungi can also transform wood, crude oil, plastics and even nuclear

Mycologist Paul Stamets, in his 2008 TED talk "6 Ways Mushrooms Can Save the World," describes how fungi can save the planet. He stated that fungi decompose organic waste, and that some can decompose used diapers, which is being done in Mexico City, according to a 2011 article on PubMed, a National Institutes of Health website.

Fungi are closer to animals than plants. On a molecular level, fungi and humans are similar enough to benefit from the same cures. Medicines derived from fungi include Taxol (for cancer), statins, immunosuppressants and penicillin.

Alcohol is another gift from fungi. It was poisonous to humans until the microbes in our bodies altered the enzyme ADHA 10 million years ago, which detoxified it.

Sometimes fungi can be a pest. For example, the homes, cars and trees of those who live near the Jack Daniels distillery in Lynchburg, TN are covered with a black fungus that thrives on alcohol vapors. Sometimes fungi can be devastating, as was the case with Dutch Elm disease, which wiped out trees in Europe and the United States beginning in 1910. Romans prayed to the god Robigus to ward off fungal diseases on their crops, which caused famine and contributed to the fall of the Roman Empire.

There are many harmful fungi in our systems, but other fungi and microbes keep them in check under normal conditions. For example, someone who takes antibiotics may develop problems because of an imbalance in microbes. One therapy which has been proven effective is fecal transplantation, in which (FYI, yuck alert) a healthy person's stool is put in a patient with colitis. Doing so has given those with colitis a good chance of recovery.

We don't yet know the part that bacteria, viruses and fungi play in our health, but we know they are important. We have not yet classified the fungal kingdom, but we do know that the fungi present in someone with cystic fibrosis is different from those found in healthy people.

#### The Mysteries of Fungi

Fungi flow toward something attractive and away from other things. Some have opsin, which are protein-couped receptors that create the light-sensitive pigments found in our eyes. They can distinguish color. Some are sensitive to touch and can detect the presence of different objects. Even objects a few centimeters away may cause them to bend away, without touch. Scientists don't know how: Electromagnetic fields, humidity, temperature and mechanical cues have all been ruled out.

Just as the electrical systems in our neurons manage our actions, electric signaling also occurs with plants, algae and some fungi and bacteria. According to an article published last year in The Guardian, mathematical analysis of the electrical signals that mushrooms seemingly send to one another has identified patterns that are similar to human speech.

The ways in which animals and plants depend upon fungi are complex. All 25,000 species of orchids are monotropic, which means they depend on fungus for nutrition.

Older trees have many fungal connections, while younger trees have fewer. Thus, when more valuable larger trees are removed, they disturb the fungal networks below ground which maintain other trees and plants.

Since all plants and animals depend upon fungi for life, what happens when we disregard their importance? This frequently happens on factory farms, where the soil is deluged with pesticides and artificial fertilizers. Anti-fungal chemicals cause fungal superbugs, which can play havoc with all life. In addition, our topsoil is being destroyed because industrialized agriculture doesn't consider the health of the soil.

There are hundreds, maybe thousands, of meters of fungal networks in every teaspoon of healthy soil. They provide nutrients and help resist disease. When we artificially pump manufactured fertilizers and pesticides into the ground, we are interfering with a natural process.

Even the naturalist, geographer and explorer Alexander von Humboldt in 1845 recognized this relationship. "Gradually, the observer realizes that these organisms are

connected to each other — not linearly, but in a net-like, entangled fabric," he wrote.

We need to protect the fungal network beneath our soil. It sustains all life.



# Less Lawn Series Offers Pros and Homeowners Ways to Go Lawnless

by Colin Battis, for the Shuttle

URN YOUR HEAD AND LOOK OUT the nearest window; there's a good chance you can see a stretch of lawn. The 63,000 square miles of turf grass in the United States taken up by lawns covers an area larger than Georgia, according to a May 2019 article on grist. org. And mowed lawns are the largest irrigated "crop" in the country, according to an October 2016 article in Michigan Farm News.

If you have a lawn, you know they're a lot of work. They need planting, fertilizing, watering, weeding and mowing. But this care comes at a cost —the adverse impact of the ecological footprint of lawn is truly staggering.

This fall at Morris Arboretum and Gardens, the Less Lawn series of lectures and classes will offer guidance on transforming all or a portion of your lawn. The result will be a space of ecological value that can filter pollutants, control stormwater runoff and feed pollinators, all without losing beauty and intentionality.

The seven classes will be led by ex-

perts in restoration and ecological horticulture, including Andrew Conboy, a Philadelphia-area forester and founder of Colonial Canopy, a nonprofit that focuses on restoring native trees and plants. Andrew Kirkpatrick, a Weavers Way member and director of stewardship at Willistown Conservation Trust in Newtown Square, will also be one of the instructors.

The series will lead participants through a variety of possibilities and techniques for converting lawn from beginning to end, while still making sure the space works for them.

The Less Lawn series runs from Nov. 7 to Dec. 11 at the arboretum and includes seven different lectures and classes. Each session costs \$35 for Morris members and \$40 for others. Registration for the entire series is \$225 for members and \$260 for others. Learn more and register at: morrisarboretum.org/learn-discover

Colin Battis is the McLean Contributionship adult education intern at Morris Arboretum and Gardens.



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# Suggestions

by Norman Weiss, Weavers Way **Purchasing Manager** 

REETINGS AND THANKS FOR WRIT-Jing. Email suggestions to suggestions4norman@weaversway.coop. usual, suggestions and responses may have been edited for brevity, clarity and/ or comedy. In addition, no idea, concept, issue, remark, phrase, description of event, word or word string should be taken seriously. This also applies to the previous sentence.

In July, our Henry Got Crops Farm and Farm Market at Saul High School hosted a visit and tour from Tom Vilsack, Secretary of Agriculture and a cabinet member. Lucky for us, he's apparently fond of small farms and local food, so a visit to Saul made sense. Vilsack visited our farm and farm market and toured the Saul grounds, then gave a talk that included a vision of supporting smallish farms and local food systems.

The USDA is sixth on the list of federal government spending, behind Health and Human Services (\$1.9 trillion, 27.1%), Treasury (\$1.3 trillion, 18.9%), the Social Security Administration (\$1.1 trillion, 16.4%), Defense (\$1 trillion, 14.7%) and the Veterans Administration (\$236 billion, 3.4%), The budget for the USDA is \$197 billion, which makes up 2.9% of U.S. government spending.

About half of USDA spending goes to the SNAP program, followed by a few nutrition programs (including WIC), then a myriad of other programs.. Since every Weavers Way member is an owner/ operator of two vegetable farms and an orchard, naturally we have to suck up to politicians with the power of the purse.

The USDA mainly subsidizes commodity farmers who grow corn, soy, wheat, cotton and rice. I asked Vilsack why kohlrabi is not on the subsidy list and what it would take to change that. Before he could answer, a large man told me to "please step away from the secretary." The man had a coiled wire extending from his ear to somewhere within his suit, so I surmised he was part of cabinet

Since I am not easily intimidated and believe in adapting to circumstances, I figured I'd try to convince the man that a kohlrabi subsidy was worthwhile.

Turns out the security guy was not a foodie, had never heard of kohlrabi and didn't seem chatty. He kept looking



around as if one of the Saul cows was preparing an attack and the cud chewing was just a ruse.

To de-escalate the situation, I reached for my trusty smudge stick; I figured a few whiffs would chill things out. Instead, he treated me as if I was about to light a stick of dynamite and swatted it away. I told him I was a member of the Woodstock generation and this is what peace and love looked like, but he was having none of it. I then decided this was not the time or place to pursue the kohl-

Speaking of our farm, a few weeks ago our CSA share at Henry Got Crops included edamame. Since it's too much labor for our farmers to pick the individual pods off the stems, CSA members get a bunched group of stems with the pods.

As I was picking them at home, getting them ready to cook, I realized that this is likely some of the healthiest food I've ever eaten. For one thing, edamame is a nutritional powerhouse. For another, the plant (like all legumes) helps fix nitrogen in the soil. Also, our edamame is hyper-locally grown using sustainable growing methods, and the only packaging is a rubber band, which is easy to reuse.

While pulling the pods off the stems, I realized I was engaging with the edamame more than I do with most other food. I think humans instinctively forage for food, and in our hunter-gatherer days, it involved all our senses and our bodies.

These days, our foraging instincts get expressed via shopping. Our eyes are mainly used to identify packaged food on shelves. Our hands are used to put the packages in our cart (gathering) and then to open those packages at home; it's far removed from what our ancestors did. So I appreciate the stemmed edamame experience as a way to get closer to food, even if it's to such a small degree.

(Continued on Next Page)

# International Co-op Principles

- Voluntary and Open Membership
- Democratic Member-Owner Control
- Member-Owner Economic Participation
- Autonomy and Independence
- Education, Training and Information
  - **Cooperation Among Cooperatives**
  - **Concern for Community**



#### suggestions and responses:

**s:** "We have about 15 slightly different kinds of canned tuna, all packed in water. I think that tuna packed in water is way worse than tuna packed in oil. It's weird that we have so many nearly identical options for people who prefer water, and none for those who don't. I imagine the two or three suppliers you order tuna from don't (or didn't used to) offer any options in oil.

SafeCatch now has several options packed in oil. Wild Planet offers skipjack in olive oil. Crown Prince offers tuna packed in oil. There are also decent and economical oil-packed tunas from Genova and Portofino, among others. Any reason not to mix up what's on the shelf a bit?

P.S. On the regular shelf of reasonably priced canned tuna, there should be some packed in oil. I could send you a dozen articles from every food site on the web that all say oil-packed tuna is as healthy and much tastier than water packed. No reason this shouldn't be a well-represented, reasonably affordable option.

- r: (Virginia) You make a good point. During the pandemic shuffle, we had some stocking issues on canned tuna and some things we had before were long term out of stock and fell off our orders. We have had Crown Prince light yellowfin tuna available at our Chestnut Hill and Ambler stores for a while now and we may be bringing that to Mt. Airy. More immediately, we are bringing Tonnino jarred tuna in olive oil (expected retail \$8.99) into Mt. Airy. We'll be looking to add other options soon, so stay tuned for more tuna.
- **s:** "Can we get more products from local bakeries, restaurants, meat shops, farms etc.? I see so many good products at nearby farmers markets and shops."
- **r:** (Norman) Yes and no. While some small local producers look to wholesale as well as retail, in general wholesaling can be a challenge for small shops. Margins are lower, often delivery is involved, and for restaurants and bakeries, packaging a product for wholesale involves an entire set of Food and Drug Administration regulations that does not apply to their products

### The security guy was

not a foodie, had never

heard of kohlrabi and

didn't seem that chatty.



when sold in their shops. Sometimes it makes sense to wholesale, but often the cost is too high, or they can't handle the added volume.

store. When I returned home and unloaded my groceries, I heard a faint thud as I picked up the mango. I shook it, and to my great surprise, heard the pit rattle inside the flesh. I prefer my fruit to be silent. I would like a 50% refund for this unanticipated auditory assault. I also prefer clingstone fruit, because I don't like to pay for "extra air" in my fruit. I would like the remaining 50% I paid to be refunded. Air is not produce, and I paid for produce.

I assume fruit with extra air will rot from the inside faster, and as I prefer my fruit to have no olfactory qualities, I will wrap the mango in a few layers of clean plastic, spray it with Febreeze, and throw it in the garbage.

I encourage the produce department manager to train his, her or their staff to detect fruit that is too loud and too filled with air. I wouldn't want any other customer to experience a similar trauma. As a longtime Co-op member with a five-digit member number that begins with 11, I feel I have a right and a responsibility to my community of fruit eaters to bring this matter to your attention. Thank you."

**r:** (Norman) Citing Seinfeld: (Kramer to Jerry) "Jerry, this peach is subpar; I'm returning it. (Produce Shop Joe to Kramer) "God makes the fruit; I just sell the fruit. You got a problem with the fruit, talk to God!"

All kidding aside, we agree a mango should not thud, rattle, squeal, squawk, hiss or make any other sound. Fruit, in general, should be seen but not heard. Unlike the old days, when our produce buyer picked out produce from the Philadelphia Food Distribution Center on Packer Avenue and could examine a lot of fruit before buying it, these days produce is bought sight unseen (or heard) so it is more difficult to exclude the duds and thuds. Your reference to clingstone fruit is interesting. Once upon a time, I remember having choices between clingstone and freestone peaches, but I don't think these terms were applied to any other fruit. In any event, we will ask God to credit your Easy Pay account.

- **s:** "With global warming and all we have discovered we no longer use the snow melt we bought from WW in 2021. Can we return the unused portion?"
- **r:** (Norman) Sorry, we can't accept returns of opened products. Just dump it in the Wissahickon, as it would serve nature right for not accommodating our climate warming behaviors of convenience.
- s: "I bought Mi Niña brand tortilla chips/jalapeño agave flavor at Chestnut Hill a month or so ago. I usually shop at Mt. Airy but went out of my way to buy more the other day only to discover they were not being stocked. Please consider bringing them back to Chestnut Hill or even better to Mt. Airy. These chips are so good in flavor and texture. Thank you."
- **r:** (Keith, MA) No room for them; all the corn/tortilla chips are selling well enough.
- r: (Len, CH) We do have Mi Nina chips in stock.

# Local Effort Aims to Outfit Lakota Kids with Skateboarding Gear

(Continued from Page 20)

from them despite their having treaties with the United States

In the spring of 2021, a few of us who had attended ceremonies and other events at Pine Ridge were contacted by Lakota Chief Ricky Gray Grass. Through individual and corporate support, skateboard parks have been built in the town of Pine Ridge and a few other places on the reservation. However, many families were too poor to buy decent boards for their kids. The Chief asked us if we might be able to donate a dozen or so skateboards.

Through the help of Philly's skateboard community and other gracious folks, our community managed to come up with 70 complete skateboards, pads and related

gear. We journeyed to Pine Ridge to help the chief distribute the equipment at parks. We also organized a give-away following a Sundance ceremony hosted by Waylon Black Crow

Being a part of an effort to give gifts to children and their families — something fun, safe, and perhaps in some cases, lifesaving — has truly been one of the most remarkable experiences of my life. Skateboarding has come to Pine Ridge and other Indigenous reservations in a big way; you can see for yourself by searching for "best skateparks in South Dakota" on YouTube.

This fall, we will again take skateboards to Pine Ridge. Generous individuals have already contributed

money and skateboards, and we're almost halfway to our goal of raising \$3,000.

Two fundraising concerts are planned for this month: One on Sept. 8 at Dawson Street Pub in Manayunk featuring the Humbleman Band and Nylon Ghosts, and a second show on Sept. 10 with location and bands TBD. Our GoFundMe campaign is titled "Skateboards for Sioux Kids — 2023." Perhaps you can help; as the Oceti Sakowin say, "Mitakuye Oyasin" ("We are all related.")

For more information, contact me at 215-768-2698 or charlie@humbleman.com. .

Charlie Cooper is a longtime member of Weavers Way and a member of the Humbleman Band.

# **WEAVERS WAY ENDS**

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

#### AS A RESULT OF ALL WE DO:

- **END 1** There will be a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community.
- **END 2** Our community will have access to high quality, reasonably priced food, with an emphasis on local, minimally processed and ethically produced goods.
- **END 3** There will be active collaborative relationships with a wide variety of organizations in the community to achieve common goals.
- **END** 4 Members and shoppers will be informed about cooperative principles and values; relevant environmental, food and consumer issues; and the Co-op's long-term vision.
- **END 5** Members and shoppers will actively participate in the life of the Co-op and community.
- **END** 6 The local environment will be protected and restored.
- **END 7** Weavers Way will have a welcoming culture that values diversity, inclusiveness, and respect.

# Local Effort Aims to Outfit Lakota Kids with Skateboarding Gear

by Charlie Cooper, for the Shuttle

T'S BEEN SAID SKATEBOARDING SAVES LIVES. MANY Lin the Lakota band of the Sioux Nation (Oceti Sakowin) would agree, and so a group of us in Philly are helping equip Lakota kids with the gear they need to get started.

The Pine Ridge Reservation of the Oglala Lakota, which is located primarily in South Dakota, is home to over 45,000 members. Over half of this population is under age 18, over 80% of Oglala Lakota are unemployed, and over half live below the poverty level. The reservation has the lowest life expectancy of any region in America. Epidemics of alcoholism, drug addiction and depression affect the entire community. The suicide rate among children is a true crisis.

The Lakota are a proud people who've been fighting bravely to get their land back. That includes Mount Rushmore and the rest of the Black Hills, which were taken

(Continued on Page 19)







(Continued from Page 1)

Lakota Sioux kids pose with the skateboards they received during an earlier trip Cooper made to the Pine Ridge Reservation in South Dakota.

### Horse Shoe Ranch Eggs at Home in the Co-op and Chester County

brands. But they are truly pasture raised — there's no hiding behind language that can be greenwashed to indicate a life for the birds that they don't live. I have seen how the chickens are free to scratch around for bugs and plants to eat and know that they're being fed a non-GMO, chemical-free diet.

Lundale Farm, where I grew up, is now a nonprofit organization that I and others founded to honor a provision in my mother's will. She requested that her 500-acre property become a nonprofit "to be farmed biodynamically or organically." Other than that, she didn't provide any direction, so I and a few of my relatives and interested neighbors were on our own to figure out how to implement her directions.

Even so, we had the legacy of my parents, Samuel and Eleanor Morris, to inform and inspire us. They moved to northern Chester County during World War II and in 1946 purchased the farm as a place to bring up their family, which eventually grew to eight children. We swam in and skated on French Creek, walked in the woods, and tended to chickens, pigs, beef cattle and sheep. With the help of professional farmers, my parents also had a dairy herd, which numbered up to 80 cows. At one point, we shipped a ton of milk a day.

Encroaching development inspired my parents to pursue open space preservation. In 1967 they founded the French & Pickering Creeks Conservation Trust, a land conservation organization that is still going strong and has saved thousands of acres in northern Chester County from development.

Conservation easements — the purchase or donation



photo courtesy of Laura Morris Siena

Brittany, Bird and Brian Donovan of Horse Shoe Ranch at Lundale Farm.

of development rights on land — were novel in the late 1960s. My father, a lawyer by training, wrote some of the first easements in the country, beginning with protecting Lundale's land from development by granting easements on all of it.

#### Next Stop, Harrisburg

My father took this passion to the state legislature, where he served for 18 years between 1970 and 1990. As chair of the Agriculture and Rural Affairs Committee, he designed and sponsored the Pennsylvania Agriculture Conservation Easement Purchase Program, which enables state and county governments to purchase conservation easements from farmers. According to the state's Department of Agriculture website, since 1989 development rights have been purchased on more than 6,000 farms, with more than 600,000 acres under easement. Pennsylvania leads the nation in the number of farms and acres

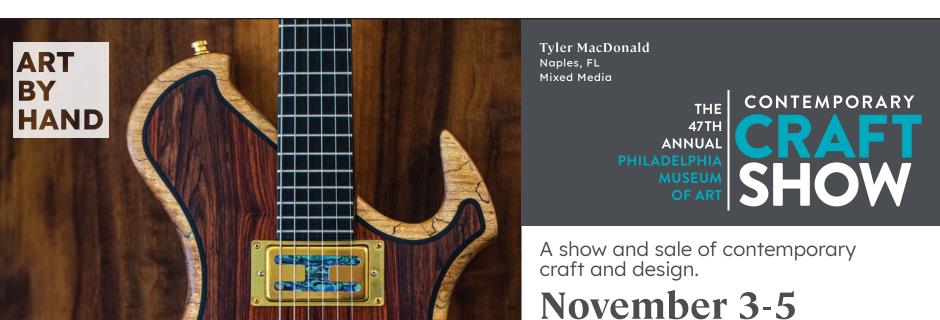
permanently preserved for agricultural production.

As the first board chair of Lundale Farm, I sought to bring a variety of farmers onto the land with hopes that doing so would inspire others with conserved property make more active use of their land. Much of the land under conservation easement in Chester County is used to grow hay, or corn and soybeans, which is not a terrible use, but also not creative or multi-purpose. So we went about recruiting farmers to live on the property, grow using organic methods, and be stewards of the soil.

Today, Lundale Farm is a thriving agricultural community. The partner farmers who rent pieces of the land have their own businesses, but also find synergies in working together when it makes sense. In addition to Horse Shoe Ranch eggs, there is a vegetable grower, Kneehigh Farm, which also has a farm store called Red Dog Market; a flower and pork farm called Pasture Song; French Creek Organic Cider Orchard and more.

When you purchase and enjoy Horse Shoe Ranch eggs, know that there is a hardworking, lovely family behind them. And behind the Donovans is the story of Sam and Eleanor Morris, who long ago had the vision to make sure that farmland in Pennsylvania is treated like a precious resource.

Laura Morris Siena is a member of Weavers Way and a former member of the Co-op's Board of Directors.



Scan code to purchase tickets or visit pmacraftshow.org

**Preview Party November 2 Pennsylvania Convention Center** 



# **Artists in Our Aisles**

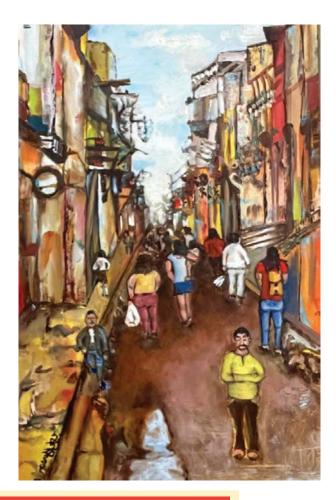
#### Cassandra Jefferson



I'm a visual artist who loves to watch the image come alive in a painting on canvas or charcoal on paper. I've had art shows in Philadelphia, Sharon Hill, Upper Dublin, Norristown and Ambler. I earned my bachelor's degree from Moore College of Art and Design, and graduated from the de Mazia certificate program at the Barnes Foundation, I'm currently taking classes at Drexel University toward my master's degree in art therapy and counseling.

I plan to learn art therapy to help with the disparity in the world today throughout all populations. I'd like to teach various art therapy forms, so people understand how to incorporate music, dance, drama, painting and sculpture into their lives to promote harmony and personal growth.





#### **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 statement about the work
- A short bio
- A head shot
- A link to a website if you have one

We were tight on space this month, so we gave it a pause for September. But look for more poems next month!

## **COOPERATORS NEEDED FOR WEAVERS WAY EVENTS**

#### Petapalooza

Saturday, Sept. 9 11 a.m. - 2 p.m. Germantown Avenue, Chestnut Hill

- One cooperator needed from 9:30-11 a.m. to set up and organize the display table for the event. You'll earn 2.5 working hours.
- Two cooperators needed from 11 a.m.-2 p.m. to host the Co-op table, give out samples and talk to attendees about Co-op membership. You'll earn 3 working hours.
- One cooperator needed from 1:30-2:30 p.m. to break down the display, clean up and load the Co-op van. You'll earn 2 working hours.

#### **Barn Bash**

Saturday, Sept. 9 5 - 8 p.m. **Henry Got Crops Farm** 7095 Henry Ave., Roxborough

- Two cooperators needed from 4-5:30 p.m. to help direct guests to appropriate parking spots on the farm. Farm staff will give directions on where guests should park. You may also be asked to do light setup work. You'll earn 2 working
- Three cooperators needed from 5-6:30 p.m. to set up and serve food. You'll earn 3 working hours.
- Three cooperators needed from 7 8 p.m. to help clear away food, wash and clean serveware and break down tables. You'll earn 2 working hours.

#### The Co-op Social

Friday, Sept. 22 5 - 7 p.m. The Backyard at Weavers Way Chestnut Hill 8424 Germantown Ave.

- Three cooperators are needed from 4:30 6:30 p.m. to set up and serve appetizers and drinks. You'll earn 3 working hours.
- Three cooperators are needed from 4:30 6:30 p.m. to grill and serve hotdogs. You'll earn 4 working hours.
- Two cooperators are needed from 6:30 7:30 p.m. to break down and clean up. You'll earn 2 working hours.

#### **Lower Gwynedd Fall Fest**

Saturday, Sept. 23 Houston Road between Wissahickon Middle & Wissahickon High, Ambler

- One cooperator is needed from 10:30 -1 1 a.m. to unload, help set up and sell Weavers Way merch. You'll earn 1 working hour.
- Two cooperators are needed from 10:30 a.m. 12:30 p.m. to talk about the Co-op and membership, offer samples, and sell apples and Weavers Way merch. You'll earn 3 working hours.
- Two cooperators are needed from 2-4:30 p.m. Same tasks as above. You'll earn 3 working hours.
- One cooperator is needed from 4 4:30 p.m. to help break down the display and load a car after the event. You'll earn 1 working hour.

#### **New Member Orientation**

Tuesday, Sept. 19 **Germantown Outreach Office** 326B West Chelten Ave

6:30 - 8 p.m.

We encourage all new members to attend a member orientation. Our in person orientation 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 2 hours working member credit. The orientation lasts approximately 1.5 hrs. Questions? Feel free to 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

# **Imagining a World Without Waste**

# The Basics of Jar Libraries and Weigh It Weekends

AM OFTEN SURPRISED AT HOW FEW SHOPPERS ARE familiar with either the Co-op's jar libraries, (which are in the bulk departments of all three stores), or the monthly Weigh It Weekends. They are great resources that do not exist at standard grocery stores. And given the feedback we have gotten from member surveys about your desire to reduce your use of packaging, especially of single-use plastic packaging, they're easy ways to do that and to save money.





The Jar Libraries have two baskets. One is for clean, tared (i.e., weighed) glass jars of various sizes that shoppers can use to fill with any bulk item they might need. The other is for donated jars. The sizes and number of containers vary, depending on what's being contributed.



Here are a few tips for those who want to donate to the Jar Library:

- Please wash your donated jars and remove as much of the labels and glue as possible.
- Bigger vessels (e.g., spaghetti sauce jars, quart Mason jars, etc.) are more popular for bulkier items such as grains and granola, while smaller jars are good for herbs and spices. And unless you need a bottle for liquid items, jars with widths as wide as the jar itself are much easier for shoppers to fill.
- Please donate only glass containers with tops or lids no plastic containers.
- When donating or returning containers to the jar library, please place them in the "Used Jars" bin, so we can ensure that they are properly sanitized and weighed for the next user.
- The better shoppers adhere to these guidelines, the more frequently we can turn around the supply.

Mt. Airy's jar library is located on the lowest metal shelf across from the coffee bins on the second floor. In Ambler, you can find it near the scale by the first row of bulk bins. And in Chestnut Hill, it's located underneath the scale on the bottom shelf next to the trash bin (the jar return is located behind Register 4 by the back door).

Weigh It Weekend happens once a month on the first weekend of the month. Check with the store and/or the eNews for the exact dates. When you use your own jar or one from the jar library, you get a 10% discount on your bulk purchases.

Whenever possible, I plan my bulk shopping around Weigh It Weekend. During those shops, I've saved more than \$5 just on my bulk purchases.

The volunteers who maintain the jar libraries do our best to keep them full for Weigh It Weekends. But they depend on a steady flow of donations to make that happen.

—Valerie Glauser



# There's Still Time To Take Our Dairy Survey

HANKS TO EVERYONE WHO HAS ALREADY COMpleted our container survey for milk and dairy products. If you did not get a chance to fill it out either by selecting the QR code in the July Shuttle or on a poster in one of the stores, please take a minute to do so soon. We look forward to your input.

#### **Current Dairy Choices in Glass**

Right now, Weavers Way only offers one brand of milk in returnable glass — a 64-ounce container, which may be more than many people would like to purchase. Of the nearly 150,000 pourable dairy products sold in the last year, only 800 were cow's milk sold in glass and 450 were goat's milk sold in glass, which makes up less than one percent of the total.

The Plastics Reduction Task Force, in our efforts to increase packaging circularity, would like to gauge the interest of Co-op members and shoppers to purchase dairy in returnable glass bottles. We put together a brief survey of six questions, five of which are multiple choice.

If you would like to help us in this effort and share your dairy purchasing habits and preferences for dairy packaging, please scan the QR code below, or on the posters in the three stores; it will only take you a couple of minutes to complete. Thank you and we look forward to your input.

—Hilary Zankel

# The Recycling Symbol, Reconsidered

Use of the graphic we all recognize as indicating something is recyclable is being reevaluated by the Federal Trade Commission. The symbol, adopted 50 years ago, is seen on a huge number of products, including #3 through #7 plastics that are typically only recyclable in theory. In the real world, the cost of collecting and sorting those plastics makes it uneconomical to recycle them, compared to the cost of using virgin plastics. Because the plastics industry pays nothing for the pollution and environmental degradation caused by production and disposal, there are few businesses equipped to make use of those materials.

The FTC is responsible for enforcing Truth in Advertising laws. Last December, they started gathering input on updates to guidelines that had not been modified since 2012. The Environmental Protection Agency was among those advocating for more stringent FTC regulations for environmental advertising and labeling claims, such as whether products are recyclable.

#### **Plastics 101**

Mike Tennenbaum of the PRTF has created a short course on plastic basics and all the ways you can reduce your use of them as a Co-op shopper. The course will be available to take online and offered as a live training for all members.

Watch for an announcement when Plastics 101 becomes available. Learn about why reducing plastics matters, general tips for plastic reduction, and the many products available at the Co-op that enable you to avoid plastic packaging, including the foods you can buy in reusable containers for a refundable deposit.

If you are interested in joining PRTF, please email PRTF@weaversway.coop.

-Karen Melton

HENRY GOT CROPS

**HOURS** TUES & FRI Noon-7 PM **SAT** 10 AM - 2 PM

**CSA PICK UP** TUES & FRI 2-7 РМ

**EBT • FMNP • PHILLY FOOD** BUCKS ACCEPTED **7095 HENRY AVE.** AT WB SAUL HIGH SCHOOL

# **STAFF CELEBRITY SPOTLIGHT**

#### **Chris Choy**

Job: Deli clerk, Ambler Since when: December 2021

**Age: 57** 

Where she's from/where she lives now: Roxborough/Ambler

How she got to Weavers Way: She has 25 years of customer service experience, most of it earned as a manager at Ulta Salon and other cosmetics companies. She worked in the deli at the Wawa in Spring House for four years but was frustrated by the lack of creativity she was allowed to have. "When I came to Weavers Way, they gave me the opportunity to be creative using my sandwichmaking skills."



The joys of sandwich making: "[It's] a passion for me. I love being creative and making my sandwiches taste great, but look good, too. It really makes me happy." FYI, her favorite sandwich is an Italian hoagie.

**Favorite Co-op products:** Fresh fruit, pasta sauces and wellness items. She especially likes the skin care products.

Thoughts on the Co-op: "Working at Weavers Way makes me feel at home. All the staff and managers are amazing, but my team - [Deli Manager] Karen [Gemmell], [Executive Chef] Bonnie [Shuman], [Ambler Prepared Foods Manager] Alisa [Consorto], [and] the deli and kitchen staff made it possible for me to make the sandwich station successful."

> —Mills Harasta Weavers Way Marketing Coordinator

> > Admin

215-843-2350

**General Manager** 

**Finance Director** 

**HR Director** 

**IT Director** 

Jon Roesser, ext. 131

Earl Pearson, ext. 105

**Purchasing Director** 

Norman Weiss, ext. 133

Lauren Castro, ext. 132

hr@weaversway.coop

IT@weaversway.coop

Membership Manager

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ibeer@weaversway.coop

**Retail Director** 

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Comm. Programs Coordinator

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farmer@weaversway.coop

dkeener@weaversway.coop

**Facilities Manager** 

Admin (Ambler)

215-302-5550

Kathleen Casey

**Executive Chef** 

Doug Keener, ext. 128

**Development Director** 

kcasev@weaverswav.coop

**Marketing Coordinator** 

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Bonnie Shuman, ext. 374

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Mills Harasta. ext. 151

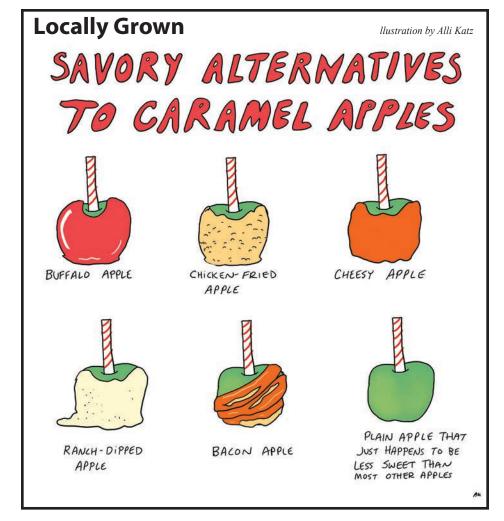
Farm Manager Alessandro Ascherio, ext. 325

jroesser@weaversway.coop

epearson@weaversway.coop

normanb@weaversway.coop

David Chaplin-Loebell, ext. 127







# 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

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Advertising Coordinator: Karen Plourde

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#### **HOW TO REACH US** www.weaversway.coop

**Ambler** 217 E. Butler Ave. 8 a.m.-8 p.m.

215-302-5550 Store Manager

Heather Wigley, ext. 300 hcarb@weaversway.coop

**Assistant Store Manager** Matt Hart, ext. 379 matt@weaversway.coop

Grocery Nancy Timmons Melley, ext. 373

nmelley@weaversway.coop

**Assistant Grocery Manager** Ken Kolasinski, ext. 380 kkolasinski@weaversway.coop

Front End Manager Hillary Bond, ext. 375

hbond@weaversway.coop Produce

Mira Kilpatrick, ext. 377 mkilpatrick@weaversway.coop

**Prepared Foods** aconsorto@weaversway.coop

Meat, Poultry and Seafood Mike Lawrence, ext. 361 mlawrence@weaversway.coop

Floral Buyer Mira Kilpatrick, ext. 377

mkilpatrick@weaversway.coop **Bulk Buyer** Ross Beauchamp, ext. 380

rbeauchamp@weaversway.coop Bakery Chris Mason, ext.376 cmason@weaversway.coop

Deli Karen Gemmell, ext. 359 kgemmell@weaversway.coop

Wellness Karen Palmer, ext. 350 kpalmer@weaversway.coop

#### contact@weaversway.coop

**Chestnut Hill** 8424 Germantown Ave. 8 a.m.-8 p.m.

215-866-9150

Store Manager Ann Marie Arment, ext. 215 aarment@weaversway.coop

Front End Manager Sherne Williams, ext. 215 swilliams@weaversway.coop

Grocery Len Mears, ext. 217 Imears@weaversway.coop

**Assistant Grocery Manager** Kriss Walker, ext. 217 kwalker@weaversway.coop

Produce Mike Sarver, ext. 211 msarver @weaversway.coop

**Prepared Foods** Ty Moore, ext. 218 tmoore@weaverswav.coop

Meat, Poultry and Seafood Ron Moore, ext. 205 rmoore@weaversway.coop

Bakery Kim Hopson, ext. 217 khopson@weaversway.coop

John Reimers, ext. 217

jreimers@weaversway.coop **Next Door** 

8426 Germantown Ave. 9 a.m.-8 p.m. 215-866-9150, ext. 220/221

Wellness Manager Nicolette Giannantonio, ext. 221 ngiannantonio@weaversway.coop Mt. Airy 559 Carpenter Lane 8 a.m.-8 p.m.

215-843-2350

Store Manager Rick Spalek, ext. 101

rick@weaversway.coop **Assistant Store Manager** 

James Mitchell jmitchellt@weaversway.coop

Grocery Keith Souder, ext. 140

ksouder@weaversway.coop **Produce** 

Shan Wichmann, ext. 107 swichmann@weaversway.coop Deli

Sebastian Agudelo, ext. 134 sagudelo@weaversway.coop **Prepared Foods** 

John McAliley, ext. 102 jmcaliley@weaversway.coop

Meat and Seafood Mike Lawrence, ext. 104 mlawrence@weaversway.coop

Bulk Juli Cardamone, ext. 142

jcardamone@weaversway.coop Bakery Andrew Joyce, ext. 305

Andrewemjoyce@weaversway.coop Floral Buver

Ginger Arthur, ext. 317 floral@weaversway.coop **Across the Way** 

608 - 610 Carpenter Lane 8 a.m.-8 p.m.

215-843-2350, ext. 6 Wellness Manager

Sarah Risinger, ext. 114 srisinger@weaversway.coop Pet Department Manager Anton Goldschneider, ext. 276 petstore@weaversway.coop

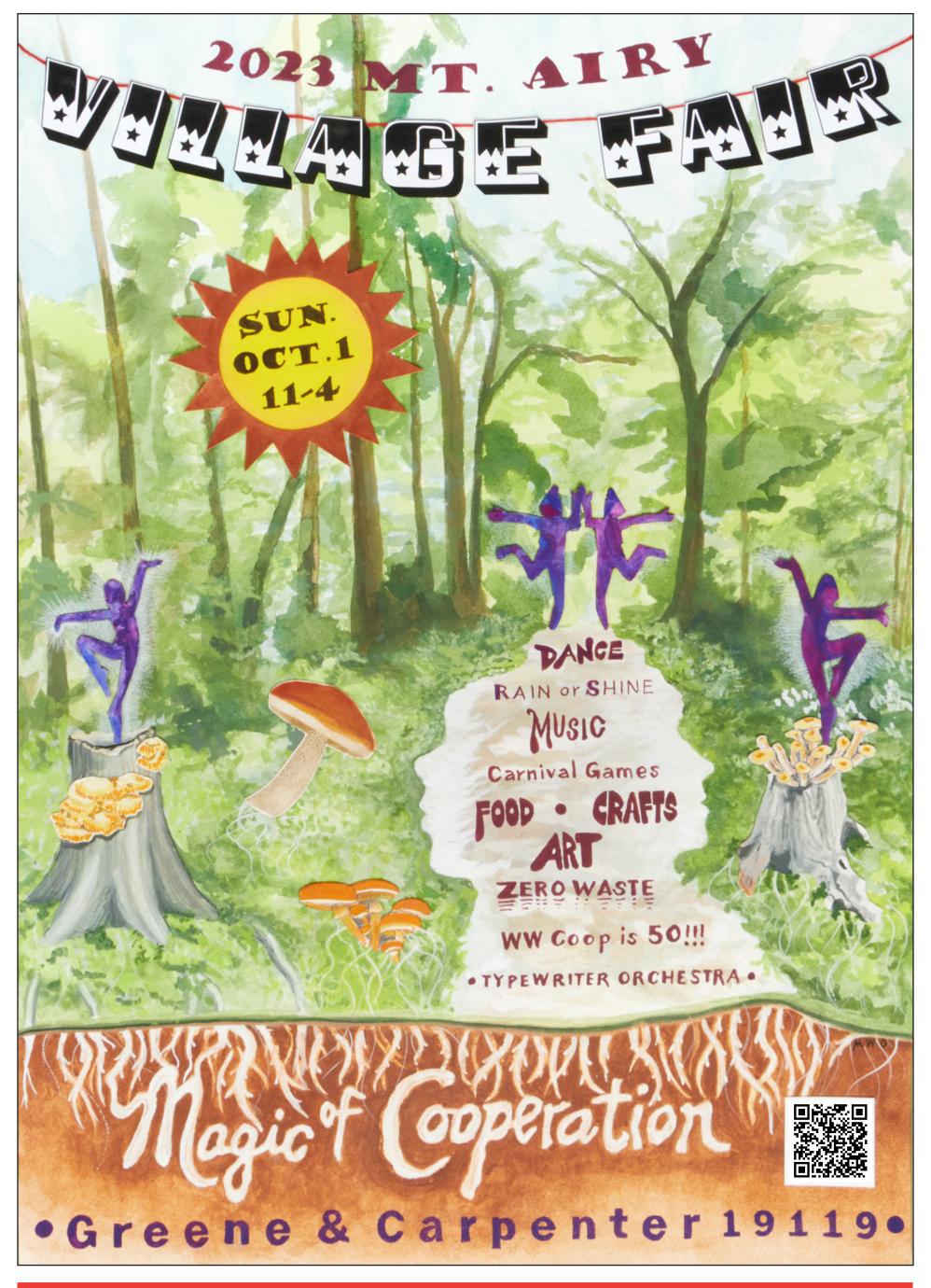
 $\textbf{Catering:} \ catering \textbf{MA} @ we aversway. coop, catering \textbf{AB} @ we aversway. coop, catering \textbf{CH} @ we aversway. coop and could be aversway. coop and could be aversway. coop and could be aversway. coop are considered by the coop and could be aversway. coop are considered by the coop a$ Preorders: MApreorder@weaversway.coop, CHpreorder@weaversway.coop, ABpreorder@weaversway.coop

#### **NEW MEMBER ORIENTATION**

Tuesday Sept 19, 6:30-8 p.m. Germantown Outreach Office, 326B W Chelten Ave, Phila. PA 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!





# **WE ARE HIRING**

Weavers Way is hiring and we need the help of our members to get the word out! As a thank you for any member that refers a candidate that is hired and completes 90 days of employment, you will receive \$100 on your EasyPay account. We are looking for candidates that are interested in working at Mt. Airy, Chestnut Hill and Ambler. We have positions in many of our departments as well as for part time and full time hours. Candidates must be able to work flexible hours including evenings and weekends. **Check out our employment page for more information or reach out to recruiting@weaversway.coop.** 

www.weaversway.coop/employment

