

You Can Now Round Up or Dollar Up for Food For All

by Kathleen Casey, Weavers Way Development Director

WEAVERS WAY IS EXCITED TO OFFER A UNIQUE CO-operative economic initiative that is aimed at fulfilling our Ends of improving community access to healthy foods and actively engaging our members in the life and well-being of our community: The Food For All and

“Round Up/Dollar Up” for Food For All programs. We recently made improvements to the Round Up program, and we hope we can grow the initiative to keep up with the increase in the number of participants in Food For All since our Germantown store opened its doors.

(Continued on Page 10)



Community-Owned,
Open to Everyone

The Shuttle

OCTOBER 2024

Since 1973 | The Newspaper of Weavers Way Co-op

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Lancaster Co-op Helps Farmers Save Time and Grow Sustainably

by Danielle Nagelberg,
for the Shuttle



Photo courtesy of LFFC

Casey Spacht, executive director of Lancaster Farm Fresh Co-op.

“HOW DO YOU GUYS WANT TO WRITE your destiny? What do you want to see?” Casey Spacht asked at the founding meeting of Lancaster Farm Fresh Co-op in 2006.

The farmers of LFFC were visionaries. In 2008, organic farming in Pennsylvania brought in \$212 million dollars from 586 farms — 6.7% of national organic sales. By 2021, that number had mushroomed to \$1.09 billion from 1,125 farms — 9.7% of nationwide organic sales.

(Continued on Page 13)

Community Fridges Help Fill Food Voids in Germantown

by Betsy Teutsch, for the Shuttle

GERMANTOWN’S COMMUNITY FRIDGES offer an opportunity for neighbors to directly help neighbors who are experiencing food insecurity. Local small businesses and households with a surplus stock the fridges, freezers and pantries, and hungry folks come by and help themselves. The fridges are open to all, 24-7, 365.

Community fridges started in Europe less than a decade ago and have spread around the world, as great ideas do. The COVID-19 pandemic presented the double challenges of increased hunger and the reluctance of many to visit indoor food banks and soup kitchens. The fridges are outdoors, right on the street. They are a user-friendly, respectful setup for those who need food, because folks can choose what they want. They’re way simpler for food givers, too. Unlike traditional food banks, the fridges can accept perishable and non-perishable items such as fresh fruits and vegetables. Also, any neighbor may donate anonymously.

The fridge by Greene Street Friends School, located on Armat Street between Germantown Avenue and Greene Street, opened in September 2020. A second fridge on High Street and Germantown Avenue by the First United Methodist Church of Germantown started in January 2021. They are maintained by dozens of hardworking local volunteers.

Susan Bloch, a longtime Mt. Airyite and Weavers Way member, has become a passionate fridge worker bee, volunteering several times a week. She finds that her direct service — making food available to people in such a straightforward, accessible way — is deeply meaningful.



Photos by Karen Plourde

The Germantown Community Fridge at Greene Street Friends School on Armat Street (top), and at First United Methodist Church of Germantown on High Street (bottom).

She got involved during the pandemic and has stayed with it.

Who Uses the Fridges?

Fridge shoppers fall into two different categories. Some folks have kitch-

(Continued on Page 6)

Yes, It’s Time Again to Consider a Board Run

by the Weavers Way Leadership Committee



Leadership Committee

AS THE CO-OP LEANS INTO OUR busy fall season, please consider playing a role in the governance of our organization. From now through the end of February 2025, members who are at least 18 years old can learn about the responsibilities of our board of directors and apply for a spot on the ballot for next spring’s election.

Whether you’ve been a member for a million years or far fewer, now is the time to start thinking about giving back to the Co-op by serving on the board; it’s one of the most impactful ways you can do your part. You don’t need to have served on a board to run; if you’re elected, you’ll be offered training, resources and other support.

What do you need for board service? Mostly, time, focus and the drive to fulfill your commitment during the course of a three-year term. Now that the Co-op has grown into a sprawling operation that serves more than 13,000 member households with four neighborhood grocery stores plus three other stores

(Continued on Page 6)

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Editor's Note



by Karen Plourde, Editor, Weavers Way Shuttle

I'M WRITING THIS THE DAY AFTER THE Philadelphia Phillies exited the play-offs far earlier than we would've liked, losing to the hated New York Mets in five games in the National League Division Series. Had to put that out there and share the misery. Don't talk to me about next year — it's way too soon. And for heaven's sake, don't bring up the Birds.

From time to time, I hear from Shuttle readers that the paper is packed with info. That's great to hear, and this issue is no exception. There's a profile of Lancaster Farm Fresh Co-op, probably our biggest local supplier of organic produce, for Co-op Month on the front page. See Karen Palmer's Word on Wellness column on page 3 for advice on taking care of your back as you age. The poets among us (attention Weavers Words contributors) can learn about a poetry contest being sponsored by the Wissahickon Valley Public Library on page 4.

On page 8, Liz Hersh offers three ways you can help care for and preserve Philly's tree canopy. There's fall gardening advice from Sally McCabe of the Pennsylvania Horticultural Society on page 11 and Chris Mattingly, the founder of Backyard Eats, on page 20. And Boris Kerzner offers guidance on what to do with fall leaves besides bagging them and setting them at the curb in his Great Food-scape column on page 12.

On pages 18 and 19, Norman Weiss, our longtime purchasing manager and author of the Suggestions column, delves into a bunch of different Co-op grocery-related issues and goes through suggestions from member shoppers. I can't prove it yet, but I think his column has gotten longer of late, maybe because we're getting more feedback from our new crop of shoppers in Germantown. At any rate, you may find someone has written in about a Co-op item or issue that you've wondered about as well. If not, email him with yours at suggestions4norman@weaversway.coop.

Thanks for reading. Catch you in the pages next month.

Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle



October is Co-op Month, and to mark the occasion, the Co-op has taken 10% off all products produced by co-ops. They include Waitfield, VT's Cabot Creamery, producer of butter and cheese, which has been a cooperative since 1919.

Here are other Co-op vendors that are cooperatives:

- **Frontier:** This Iowa-based purveyor of teas and spices was founded in 1976, and our bulk departments would sure be emptier without them. Frontier was the first major herb and spice distributor to recognize and promote the value of organics.
- **Kerrygold:** This producer of primary dairy products operates out of Dublin as Ornu Cooperative Ltd. Their butter and cheese is exported to 20 countries.
- **Organic Valley:** Dairies and co-ops have a long history, including LaFarge, WI's Organic Valley. It was formed in 1988 and is the largest farmer-owned organic collective in North America. Their products are made without pesticides, synthetic hormones, antibiotics or GMOs.

- **Tillamook:** Another dairy co-op. They're based in Tillamook County, northwest Oregon and were formed in 1909. Our stores carry their ice cream.
- **Florida's Natural:** This well-known citrus juice provider was formed as a co-op in 1933.
- **Real Pickles:** This Greenfield, MA-based organic fermented veggie company formed in 2001 and became a worker-owned co-op in 2013. They're committed to building a better food system, in part by buying organic vegetables only from farms in the Northeast and only selling their products in the Northeast.
- **Lancaster Farm Fresh:** You can take a deep dive into this farmer veggie co-op starting on p.1. They formed in 2006 and have grown from the original seven farmers to 120. Thanks largely to LFFC, we can offer a variety of organic produce for Co-op Month, as well as a few organic produce specials every week.

In addition to the discounts on items from co-ops and on selected organic produce, our wellness departments are taking 15% off all Weavers Way – branded wellness and beauty items through Oct. 29. So if you're looking to save on the good stuff, this is your month!

Our Halloween Surprise Throwback

Halloween at the Co-op has always been a little...complicated. It's hard to come up with something sweet, healthy and portable enough to throw into a kid's trick or treat bag.

So this year, we've put together a good-sized bagful of classic fun-size candies geared to grownups and those allowed to take an occasional break from eating healthy. Our Monster Mash Mix (\$5.99/lb) includes:



- Goldenberg's peanut chews
- Smarties
- Saltwater taffy
- Andes mints
- Dad's root beer barrels
- Dum dum lollipops
- Hershey kisses
- Reese's mini peanut butter cups
- Goetze's caramel creams
- Tongue Torchers — a smaller (about 1/4 the size) version of Atomic Fireballs, an edible instrument of torture that debuted in the 1950s. They were recently discontinued.
- Double Bubble gum

Grab a bag for yourself or add the contents to your giveaway mix for the trick or treaters. Then get back on the no sugar, healthy wagon on Nov. 1.



The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

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

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

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

Advertising

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



6 YEARS SLICE IT
DICE IT
SERVE IT

Lemons, Preserve Us!

by Kieran McCourt, Weavers Way Ambler

Preserved lemons are traditional in Moroccan cuisine and used throughout the Indian subcontinent. They are fermented with salt and their own juices to create an environment that's inhospitable to food pathogens while making the peel edible.

While the whole preserved lemon is usable, the peels are the best part and can be easily incorporated into your cooking. Remove the pulp and then mince, slice, dice or chop it.

Preserved lemon peel can be added into a marinade for animal or plant-based proteins. They work wonderfully in braised dishes or when added to a pot of dried beans to impart a lemony flavor. The pulp can also be added into soups and stews for added punch.

Serve sliced peels alongside olives or other pickled veggies on a cheeseboard for a refreshing twist. They also work well when added into salads, cooked grains or other sides.

The peels and brine work great when finely diced and added to various herb sauces like chimichurri or gremolata. They also add a great flavor to a homemade dressing, aioli and even cocktail sauce. When pulverized, the peels can be whipped into ricotta,

cottage cheese or cream cheese to add a burst of lemony-ness for a morning schmear.

The pulp and brine are also versatile and easily worked into braises or simmered dishes. Jazz up a Bloody Mary by adding briny and lemony notes and using the peel as a garnish.

Or make a briny lemonade with whole preserved lemons that can be served cold on a hot summer day or as a tea to ward off winter chills.

While preserved lemons are available for purchase, they're incredibly easy to make at home. All you need are lemons, salt and a container to ferment them in. Just be sure to choose organic lemons, since the whole fruit is being preserved.

When in season, Meyer lemons preserve best, because the fermentation process amplifies their natural sweetness and floral notes.



the word on wellness

What You Can Do to Maintain a Healthy Back as You Age

by Karen Palmer, Weavers Way Ambler Wellness Buyer

ONE DAY IN LATE JUNE, THE WEATHER WAS PRISTINE, with a lovely breeze that felt like a caress on the heels of so many steamy days. I really wanted to feel that breeze while I was cooking dinner, so I removed the air conditioner from my kitchen window — and poof! The breeze was fantastic.

Four days later, while getting out of my car, I experienced a muscle spasm in my back so severe it was disabling. I never felt pain like that in my life! My doctor prescribed muscle relaxers, steroids, ice, heat and rest. My chiropractor, whom I have been seeing since 1991, assured me that I would recover. But she cautioned me that my 61-year-old parts meant that patience was key as I did the necessary work.

This was my first experience with persistent severe pain, and it was humbling, challenging and memorable (how can I ever forget that it took me 45 minutes to walk 10 yards?!).

It was a few weeks until I could do anything without pain. I eased my way into some of my regular activities and about a month later, I resumed my work schedule. As soon as I could tolerate driving, I met with my coach in the gym so he could assess the damage and put a plan together so I could return to health. The injury made me feel so vulnerable and protective of my back that simple movement was challenging. I was afraid that I'd caused permanent damage.

Maintaining a healthy back is essential for our overall well-being. Our backs support every body movement, from sitting and standing to everything else. Keeping your spine supple is essential, especially as we age.

The spine is the body's central support structure; it carries the weight of the head, torso and arms. It also allows for movement, such as bending and rotation. The spine is made up of bones, ligaments and spinal discs. Its length varies by height.

Here are some ways to keep your spine healthy.

Build a Strong Core

A strong core is the foundation of a healthy back. The core is the central part of the body that includes the lower back, pelvis, hips and stomach. It's also known as the trunk. The core's main function is to stabilize the body and protect the spine. How do you know if you have a strong core? Those who have one can get off the floor, unassisted, from a seated position.

Engaging in regular exercise is ideal for core building. Core-specific exercises like hollow hold, plank, bird dog and dead bug are just what your core needs. A balanced routine that includes stretching, strengthening and

aerobic exercises helps keep your back muscles flexible and resilient.

I often get asked how long it takes to build a strong core. In general, core training programs should include working those muscle groups two to four times per week, depending on your general fitness and age. It may take 12-14 weeks of consistent core work to realize the benefits. Once you have a strong core, commit to maintaining it so your core can take you into old age. It won't be long before you can get off the floor unassisted from a seated position!

Practice Good Posture

Poor posture can lead to unnecessary strain on your back. When sitting or standing, make sure that your shoulders are back, and your spine is in a neutral position. Use ergonomic chairs that support the lower back and take frequent breaks to stretch if you're seated for extended periods.

Here are some tips for improving your posture:

- Stand up straight.
- Stand tall, keeping your shoulders back, head level and chin tucked in. (Your ears should be over the middle of your shoulders.)
- Sit up straight.
- Sit in a comfortable chair with your knees open and hips at a 90-degree angle. (Keep your feet flat on the floor.)
- Stretch — It can help loosen tight muscles in your back and torso, which can help keep your spine aligned.
- Exercise.

Manage Back Pain

If you're experiencing back pain, rest and gentle movements are key. So is gentle exercise! Avoid activities that exacerbate the pain and consider applying ice or heat to reduce inflammation and discomfort. Over the counter remedies like magnesium supplements or topical applications containing arnica or menthol can provide temporary relief. It's crucial to seek professional help if the pain persists.

Additional tools to help with pain relief include a TENS, or transcutaneous electrical nerve stimulation, unit; it's a small, battery-powered device that uses electrical currents to relieve pain. They work by stimulating nerves in the body to reduce pain signals and increases the production of endorphins, the body's natural painkillers. As soon as I feel any sort of muscle twinge anywhere in my body (especially after a long day at work), I apply

my TENS unit to the area for relief. It has helped immensely and is now part of my self-care regimen. (Amazon has many TENS units to choose from and your HSA should cover the cost of the unit.)

While I was rebuilding my back, I also started to wear a brace, which can help support you while you recover from muscle strains and disc herniations. A brace applies pressure to the torso to limit your motion, which helps correct posture and reduces strain on muscles and ligaments.

While back braces can restrict movement, there's no evidence that wearing one weakens the back. You should still exercise and maintain proper muscular tone while wearing a brace and use it like the tool that it is without becoming dependent on it.

Eat Anti-Inflammatory Foods

Diet plays a vital role in managing back pain. Incorporate anti-inflammatory foods like fatty fish, leafy greens, nuts and berries into your meals. Turmeric and ginger are also excellent additions for their natural pain-relieving properties. Avoid processed foods and excessive sugars, which can increase inflammation.

While there aren't any tricks to keeping your spine healthy, there are tips you can practice:

- **Stretch Every Day:** Gentle stretches like the cat-cow pose or child's pose can keep your back flexible. Develop a routine of stretching before breakfast, lunch, dinner and bedtime. Just a few minutes throughout the day will reward you with flexibility!
- **Lift Properly:** Always bend at the knees, not the waist, when lifting heavy objects (especially air conditioners!).
- **Stay Hydrated:** Proper hydration helps maintain the elasticity of spinal discs. There's a general rule to drink half of your body weight in ounces of water, especially during cold months, when we are really not thinking about how much we are drinking.

If you have a healthy back, please take some time to maintain your health through stretching and exercise. Don't be like me and take a healthy back for granted.

The way I see it, you either work hard every day to keep your back healthy or struggle with pain and discomfort because you don't stretch or exercise. As my dad would say, "if you are lucky you get to choose your hard." Living with pain is hard work that affects your quality of life as well as the quality of your relationships.

I hope some of this information helps you stand tall and stay happy.

How Our Farm Manager Got Friendly with the Blue Scoliid Wasp

by Alessandro Ascherio, Weavers Way Farm Production Manager

I WAS NEVER A KID WHO SPENT TOO MUCH TIME OBSERVING bugs and insects. I had some moments of awe observing enormous colonies of ants consuming an apple core on the sidewalk, seeing a shiny wasp flying by with a yellow jacket's head in tow, and standing on the edge of a field flush with fireflies at night. But I didn't really think about them in my spare time, and I didn't go out of my way to learn about them. The same could be said about my early days of farming.

A spiritual and mental health crisis in my early 20s threw my farming career and life for a big, complex loop. I was forced to slow down so I could still function in the world. Some of the most beautiful moments of respite during this time included honest self-disclosure and sharing with close friends, family and counselors. I also had memorable moments with animals and insects on farms and in the forest. Fortunately, I was moving slow enough to give these experiences more attention.

Once while I was sitting in a wall-less "outhouse" in Maine there were two barred owls on the ground about 15 feet in front of me. They seemed perplexed at first, then looked at each other and back at me with their huge, round,

dark eyes and made a few approving hoots. They seemed to be assessing me and decided I was all right before they flew away. These times outdoors with other beings coaxed my attention beyond my own struggles, so I could approach them with more space and peace.

I first took in blue scoliid wasps in August, 2018 my first year with Weavers Way Farm. Seemingly overnight, there were literally hundreds, if not thousands, of them flying across our field and the adjacent meadow at Awbury Arboretum. Even though they had big old stingers on their backs, I did not feel threatened. The breadth and regularity of their movement made it seem like they were on a mission and could care less about me or anyone else. I cautiously walked through the zigzagging masses as they elegantly zipped around me.

A blue scoliid adult is over half an inch long with black antennae and a shiny black head, thorax and fore abdomen. About midway along the abdomen are two yellow spots (one on each side). These may appear as a band across the abdomen when the wasp is flying. The hind portion of



Photo by Alessandro Ascherio

Blue scoliid wasps "resting" on a Lambs Quarters plant at Mort Brooks Memorial Farm at Awbury Arboretum.

(Continued on Page 8)

A Martyr for the Cause of Filipino Freedom

THIS MONTH, THE CO-OP'S Diversity, Equity and Inclusion Advisory Committee spotlights the contributions of Filipinos as part of Filipino American History Month.



Dr. José Rizal (1861-1896), a 19th-century Filipino nationalist, was the seventh of 11 children born to Francisco Rizal Mercado and Teodora Alonzo. Rizal's family advocated for the rights of Filipinos from 300-plus years of entrenched Spanish domination. Their activism was highly regarded within their community, but José was considered an enemy of the state beginning in the late 1800s.



Rizal, a revered scholar, is respectfully called the "First Filipino" and "the Father of Filipino Nationalism." He studied law, philosophy and medicine and was an ophthalmologist, businessman, polymath, polyglot (he spoke 22 languages), artist, sculptor and writer. His pro-Filipino writings, notably "Noli Me Tangere," provided momentum for the 1896 Filipino Revolution.

with Spanish soldiers standing behind a Filipino firing squad. That date is now known as Rizal Day and is commemorated worldwide throughout Filipino communities.

Despite never advocating for armed revolution, Rizal was executed on Dec. 30, 1896,

—Rosa Lewis

Ambler Library Sponsors Contest on the Poetry of What "Home" Means

THE CURRENT POET LAUREATE OF Montgomery County is partnering with the Ambler branch of the Wissahickon Valley Public Library to hold a community poetry contest for National Poetry Month with the theme of home, home town, community and belonging.



Participants in "Where We Belong: Celebrating the Poetry of Home" can submit one-page poems on any aspect of the theme from Oct. 15 through Feb. 15, 2025. The contest is open to children, teens and adults, with prizes for each category. To view the contest guidelines, visit to www.wvpl.org/poetry-contest.

Lisa DeVuono, an Ambler resident and retired librarian, was named poet laureate for the county last April. She hopes that the contest will help people in the community get to know each other better.

bringing together our community through poetry," she said. The library's mission is to welcome, connect and inspire and our vision is to be the place where you are always welcome. Through this collaboration, we hope to inspire creativity and freedom of expression around the theme of home and what it means to belong."

"Poetry has the capacity not only to give voice to our unspoken longing, but to offer an intimate connection with another human being," she wrote. "Through reading poems, we can know something about the other person even if we have never met them."

Posters with selected submitted poems will be displayed in several Ambler storefronts during April, and a printed anthology of all submitted poems will also be published. A public reading will take place on Apr. 26 from 1 to 4 p.m. at the Ambler Library Community Room, 209 Race St.

Anne Hall, head librarian at the Ambler branch, said the staff is delighted to partner with DeVuono on the project.

"We are celebrating and embracing by

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The Weavers Watcher

“Waitress” Highlights a Woman’s Ability to Overcome Her Circumstances

by Jana Marie Rose, for the Shuttle

SOMETIMES THERE ARE LAYERS OF SADNESS AND pain we cannot make sense of, so we make humor. Dark humor.

“Waitress,” written and directed by Adrienne Shelly and starring Keri Russell, Shelly, Jeremy Sisto and Cheryl Hines, came out in 2007, not long after Shelly was killed suddenly in her office in New York City. The film is beautiful and the Broadway musical based on the film became a wild success, but Shelly never got to see what came of her work.

Shelly’s work and desire was to help women succeed in their artistic endeavors, and she did that through her career choices and the story of this film. The movie centers on Jenna Hunterson, an unhappy wife to an abusive husband. She makes pies for the restaurant where she works, and creating new pies is her creative outlet. She is disheartened when she gets pregnant by her husband, Earl, because the pregnancy gets in the way of her plans to secretly leave him with the small amount of money she has saved.

Instead of feeling the pain too viscerally, Shelly gifts us with extra humor so that we have hope for Jenna. After all, she has friends who support her with kindness, and she has the haven of her imagination, where new pie recipes sprout every day. People come to the restaurant for her pies, and Jenna’s new obstetrician, Dr. Pomatter, tells her that the marshmallow mermaid pie she made him was “biblically good.”

Pie goes a long way as a peace offering, or to brighten someone’s day; we don’t have to worry about the calories. There are savory and sweet pies, and amid feeling powerless in her marriage and circumstances, Jenna feels useful and confident in this one area of her life. She

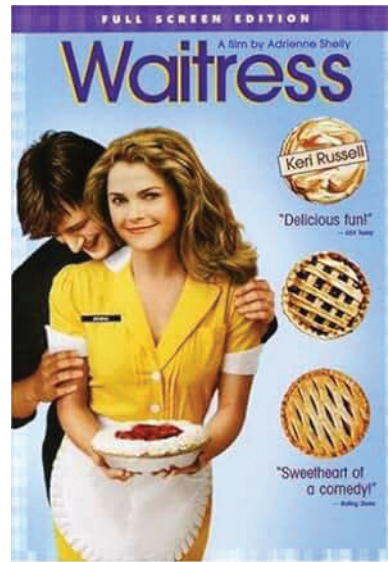
even dreams of entering a contest that can win her enough money to leave Earl.

Many of us know someone who has been abused or coerced in an unhealthy relationship with an intimate partner. Jenna does not want to bring another life into this situation, and Earl gets even more angry, selfish and self-centered when he realizes he has to share time with a baby. But the letters she writes to her baby and the pies she keeps making give her the spark of hope she needs to keep going.

The birth of Jenna’s daughter helps her gain the strength to make a big decision. Sometimes it is children who teach us things about what life can be like, even if they cannot yet talk. Through her daughter, she recognizes she is allowed to have boundaries, and gathers the energy she needs to get what she wants.

I saw “Waitress” about a month after my son – my first child — was born. These were the first few hours I had away from him, so I could feel like a person again instead of a new mom who was sweating, fretting and lactating. The movie beautifully captured the feeling of a change that occurs when a woman realizes her power and strength and wants better for the next generation. What we put up with ourselves, we often won’t put up with for others. I felt that strongly in watching the film, and it always hold a special place for me.

With the presidential election coming up, along with



so many questions about women’s reproductive rights, this is an especially timely film to watch. Political issues can seem abstract until we know someone going through a hard time, and real life is not the movies. In what ways do we personally, politically or societally support women (or men) who are struggling in abusive marriages? In what ways are we or aren’t we ensuring that new life is cared for and nurtured, so that negative patterns don’t repeat?

Luckily, in this film, Jenna has a special friend who looks out for her, even if he looks and acts mean on the surface. Her pies are the winning ticket for a lot of things in her life, it seems.

What is your favorite pie? Which pie do you daydream about? Which pie would you make to cheer up someone? Wise women don’t need a cauldron of spells when they’re under heavy and harsh circumstances. Instead, we can fill our cabinets with spices, bake flaky crusts and use our wild imaginations to blend flavors. The magic ingredient in any pie is love, even and especially amid heartbreak and loss.

“Waitress” is available to rent or purchase on Amazon.

Jana Marie Rose is a teacher, performer and writer. She recently published the book “Letters to a Young Woman, from Paris,” which is available through her website, www.janamarierose.com. Her current blog is “The Ms. Wonderful Film Club.”



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 (October 6, 2024)

Store	Prep	Deli	Bulk	Produce	Beauty & Topical Remedies	Grand Total
Ambler	4,958	1,162	1,946	3,389	0	11,455
Chestnut Hill	6,023	1,739	1,651	0	3	9,416
Mt. Airy	2,856	1,649	2,742	0	0	7,247
Germantown	0	0	0	0	0	0
Totals Sold	13,837	4,550	6,339	3,389	3	28,118
Deposits Refunded						17,997
Return Rate						64%

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 fully prewashed and free of food residue.
4. Return containers in a timely fashion to prevent the Co-op from needing to keep buying more stock, and please do not write on or sticker CRP items.
5. Spread the word to family and friends, so they can help save the Earth, too!



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

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Consider a Board Run

(Continued from Page 1)

and employs more than 300, the 11-member board needs dedicated, collaborative, smart and skilled cooperators with applicable professional or life experience.

To get a sense of what a monthly board meeting entails, how it is structured and our current concerns, please attend an upcoming meeting. If you're interested in running, you'll be required to attend a board meeting between now and next February. The next meetings will take place Monday, Nov. 4, Tuesday, Dec. 3, Tuesday, Jan. 7 and Tuesday, Feb. 4. Contact Margaret Funderburg, board administrator, for the meeting location at boardadmin@weaversway.coop. The board meets monthly in person except in August, generally on the first Tuesday evening. Most months require one to two hours to review materials and otherwise prepare before the two-hour meetings. In addition, half-day retreats take place twice a year, during which we educate ourselves and take deep dives into complex issues. When faced with the demands of complex undertakings such as the expansion into Germantown or the 2023 Strategic Plan, the entire board might have to meet more than once a month. Special committees devoted to certain projects may meet even more often.

To learn more about qualifying for the upcoming election or to join the Leadership Committee, a board committee that is open to non-directors, please email leadershipcommittee@weaversway.coop. You can earn member work hours for participating.

Community Fridges Help Fill Food Voids in Germantown

(Continued from Page 1)

ens and prepare their own meals but are short on food. They need groceries like pasta, fresh vegetables and canned goods. Others live in circumstances without cooking options, so they must rely on grab'n'go meals. The fridges strive to stock both types of sustenance.

Tight food budgets don't allow for much margin of error; people only buy what they know family members will eat. Sometimes donated produce is unfamiliar to patrons, and Bloch has observed people exchanging information like how to cook spaghetti squash or what do to with eggplants. Regulars get to know the volunteers and one another, building community and spreading the word about the fridges.

Over the past few years, volunteers have built strong relationships with local establishments that are eager to donate their surplus, including Taproot Farm, The Night Kitchen, High Point Café, Merzbacher's of Germantown, Grocery Outlet, Bredenbeck's and Rollings bakeries and Weavers Way. Pick-up routes are well established, keeping wonderful but not sellable (for example, day-old) food out of landfills and feeding people instead. This is a huge win-win. These local small businesses are pleased to partner with the fridges, and who wouldn't be happy to pick up some of their delicious products?

Local food rescue initiatives like Northwest Mutual Aid Collective, Sharing Excess, Workers Revolution Collective and Philly Food Rescue are also regular donors, some several times a

week. They prevent quality food from being discarded, which cuts down the astonishing one-third of American food that is wasted, along with all the resources that are used for its production.

How the Fridges Are Refilled

Currently, volunteers gather three to four times a month at FUMCOG's kitchen to make and package individual meals. They focus on nutrition, taste and seasonal ingredients when possible. Groups and individuals also make and label sandwiches for quick meals. People who like to cook at home donate prepared foods, too.

Neighbors are always dropping off food items. Some people pick up extra food to donate, or clean out their pantry, making sure to donate only unexpired foods. Even if you might eat food that's past date yourself (because expiration dates are vague), the fridge never wants hungry community members to feel that others are dumping their rejects on them, and so does not allow anything expired or damaged.

Surplus produce from home gardens and gleaned foods are always welcome. Demand is constant and the food moves quickly!

If you have leftovers from an event, they are welcome, but kindly repack them in individual containers and label them. As nice as a whole catering tray might look, it's too bulky for an individual shopper who might be on foot or using public transit.

Fridges require a great deal of behind-the-scenes labor. Volunteers are

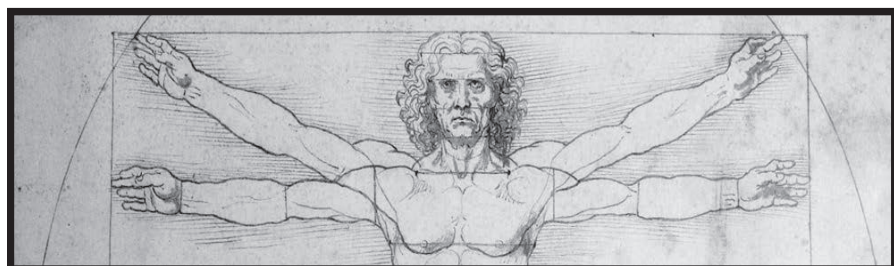
committed to maintaining a clean, orderly, appealing presentation. With so many people coming and going each day, dropping off items while others take them, there may be spills, empty boxes, vegetable debris and other general trash in and near the fridge. Often, people coming by to shop stay to help the volunteer cleaning crews.

The fridges welcome all your extra sturdy paper grocery bags as well as reusable totes, because shoppers often need them. That's another eco-win!

If you'd like to get involved, check out the wish list at www.germantown-communityfridge.com. Cash donations, Amazon Wishlist and Target Registry items are always needed to help to purchase additional food, toiletries, baby and pet supplies as well cleaning supplies for site maintenance. Trash services are a big expense, too. New volunteers are always welcome.

The community fridge at Weavers Way Ambler has been temporarily closed for months. Efforts are underway to reestablish it at another location in the borough, but nothing has been finalized yet. In addition, plans are in the works to install a community fridge outside the Germantown store, although no date has been set for that yet, either.

Many thanks to the dedicated and always growing Germantown Community Fridge team, which works together to feed our neighbors and decrease the appalling amount of food we all waste. Now you know what to do with the four cans of the wrong type of baked beans you picked up on sale!



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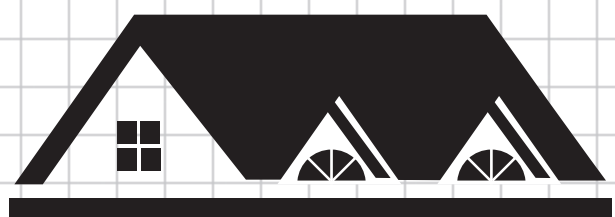
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Nervous About PA's Role in the Presidential Election? We Are, Too

by Jon Roesser, Weavers Way General Manager

DOES ANYONE ELSE WISH THEY DIDN'T LIVE IN our country's most important swing state?

For once, but only this once, we can envy our cousins in New Jersey: At least the weight of the world doesn't rest on their vote.

The Economist magazine, among many others, has determined that Pennsylvania is the key to the election: 70% of their election outcome models hinge on how we vote.

No pressure.

If the most consequential election since the Civil War will be decided in Pennsylvania, it is here in Philadelphia and our burbs — 5% of the commonwealth's land mass, 33% of its population — where much of the nation's attention will fall.

On Election Night, we can look forward to news commentators analyzing results coming in dribs and drabs from the "collar counties" (only non-Philadelphians refer to our suburbs this way) and turnout levels in the city's working-class neighborhoods.

One of the presidential candidates has said "bad things happen in Philadelphia," and that's sometimes true, but not because he said it. Even the truth-challenged sometimes say true things, if only by accident.

Proper Philadelphians know it's polite to greet fellow citizens on Election Day with an old quip: "Vote early and often." It's not as funny as it used to be, what with a certain former president ruining the joke by whining about make-believe voter fraud.

The Co-op is nonpartisan, a vitally important tenet for an organization with over 13,000 member households. Tolerating different worldviews is a prerequisite when you own a grocery store with your quirky next-door neighbor and the eccentric across the street.

It is not partisan to state this fact: Republicans in Harrisburg scuttled legislation that would have permitted mail-in ballots to be counted prior to Election Day, thus ensuring it will take several days, perhaps once again until the weekend, before the winner is declared. State stores and beer distributors are rejoicing.

While the Co-op is nonpartisan, we are also a business, and as owners of the business we should be

“

**Any grocer
dabbling in price
gouging will
face lower-cost
competitors.**

”

aware of how certain policies proposed by the candidates could impact us.

Grocery prices have become an issue for both campaigns, and it's no wonder. Memories of the dramatic increases in food costs back in 2022 and 2023 remain fresh, even as inflation has settled down to more typical levels over the last year.

One of the candidates promises to crack down on "corporate price gouging," which sounds good. (Does anyone favor corporate price gouging?) But it is unclear how "gouging" will be defined, nor is it clear how offenders will be penalized.

I do not doubt that some unscrupulous companies and individuals take advantage of economic tumult to pad their bottom lines. But the grocery biz is ferociously competitive, and any grocer dabbling in price gouging will face lower-cost competitors ready to entice their customers away.

Implementing price controls would, theoretically, reign in corporate price gouging. But make no mistake:

If corporations are constrained by anything resembling price controls, they will seek to achieve profitability in other ways — slashing their workforce would be at the top of their list.

Cracking down on corporate price gouging strikes me as better politics than policy.

There is no evidence that the Democratic candidate's opponent has ever actually gone grocery shopping, but this billionaire man of the people nevertheless has a plan for combating food inflation.

Tariffs on imported food products would raise the price consumers pay for those products, theoretically increasing demand for domestic alternatives. As demand increases, prices for those domestic alternatives would rise. This candidate's plan to lower grocery prices would, if implemented, have the exact opposite effect. Brilliant.

The Co-op's support for our local food system is unrivaled: Approximately one-third of what we sell is grown or produced within 150 miles of City Hall. But there's no such thing as local bananas.

Come winter, nearly all the berries we sell are from South America. Iberian citrus is an essential component of our produce offerings from October to March. The list goes on: avocados from Mexico, olive oil from Tunisia, maple syrup from Canada.

Furthermore, many of the local vendors we support rely on imports from upstream. Impose tariffs on coffee beans, and the cost of all the local coffee we sell will rise accordingly. Imposing tariffs on food imports will not, emphatically not, lower grocery bills.

This is Econ 101 stuff.

Of course, there's a great deal more at stake in this election, and I assume no one is casting their vote based on either candidate's policies related to grocery prices. Nor would I recommend doing so. There are far weightier things to consider.

So as swing-staters, we can lament all the attention we'll endure over the next few weeks, while also embracing the awesome responsibility entrusted to us.

See you around the Co-op.

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Three Ways You Can Care for Philly's Urban Tree Canopy

by Liz Hersh, for the Shuttle

WALKING THE TREE-LINED STREETS OF NORTH-west Philly is one of the great pleasures that make living in or visiting here so special. If you are a walker like me, you may have noticed that the spots with no trees are brutal on those all too frequent, scorching summer days. As trees die, there is no system in place to replace them. While the city now has a tree plan, a commitment to tree equity and urban greening, progress is slow.

It's up to us as neighbors to protect, maintain and grow our precious urban canopy.

Those who love trees recognize their value for shading and cooling homes on hot summer days. In addition to providing beauty and shade, trees also clean the air, contribute to mental and physical health, provide habitat and are linked to safer streets and calmer people. In addition, they are a local, cost-effective step we can take to help heal the Earth from climate change.

Tree Tenders are volunteers who plant and care for street trees as part of a citywide network with the support of the Pennsylvania Horticultural Society. The group, which was founded by Mt. Airy resident Mindy Maslin, needs your help to restore, protect and grow the tree cover in Northwest Philly.

Here are three things you can do to help our trees:

1. Take care of your tree.

Make sure the mulch around your tree is in a doughnut shape, rather than a volcano. Trees are suffocated by mulch that goes up their trunk, so make sure to keep your mulch at least three inches away from the trunk so it can breathe. Clear trash and grass away from the base of the tree and loosen any ties that are on it. Lastly, water young trees with 20 gallons of water a week. They get thirsty!



Photo by Liz Hersh. Mt. Airy's intrepid team of Tree Tenders.

2. Plant a free street tree.

Home and building owners can apply online now for spring planting; the deadline is Nov. 22. The approval process takes a few months. An arborist will make sure we plant the right tree in the right spot. They make sure your tree will not hit wires or pipe or block driveways or visibility, and that there's plenty of space for people to get by on the sidewalk.

Once approved, volunteers will come out around Earth Day next April and plant your new tree or trees. If you are part of a faith community or local nonprofit, you may be eligible for a tree as well.

Your job, once your tree is planted, is to keep it safe and provide water and mulch. You'll get a sheet of instructions with your new tree. Here is the link for home and building owners to apply for a free street tree. (The application for trees around rental build-

ings must come from the owner.) <https://pg-cloud.com/phs/?openform=request-a-tree>

3. Volunteer!

On Nov. 16, we will plant over 80 trees in Northwest Philly. You don't need experience to help, and it's fun and satisfying. Visit www.mtairyreetenders.org or email anne.dicker@gmail.com to sign up.

Tree Ambassadors help get the word out about free trees, especially on streets that are heat deserts. We go door to door and give out flyers and posters. We'll be fanning out across the neighborhood in October if you'd like to join us, or we can provide flyers and posters for you to share. To volunteer, go to www.mtairyreetenders.org or contact lizhersh@gmail.com.

Liz Hersh is a member of Weavers Way and West Mt. Airy Neighbors.

How Our Farm Manager Got Friendly with the Blue Scoliid Wasp

the abdomen is reddish brown and somewhat fuzzy. The wings are blue-black.

After doing a little research, I learned these elegant insects control June and Japanese beetles and other potential crop pests in their grub/larvae stages. I was also happy to learn they are solitary nesters and don't form big colonies, despite their apparent huge numbers, so unlike with yellow jackets, there's no risk of disturbing a big nest. Yellow jackets can also be a big help in limiting garden pests, but we need to be extra mindful and super cautious of where they might be nesting. That's not the

case for the blue scoliid wasp.

It turns out these wasps were all on a mating mission! No wonder they weren't interested in me. After finding a mate, female wasps locate grubs in the soil and dig to find them, paralyze them with their stingers or venom, and sometimes lay an egg on top, so their young have something to eat when they hatch.

Blue scoliid wasps and I are seven years in now, working together on the same land. I have never been stung. I regularly have to reassure new volunteers, work-

(Continued from Page 3)

ing members and employees who have not yet formally met these garden allies.

I still think it's good to be cautious and respectful with any sort of wasp or other animal encounters for that matter, and to generally keep your distance, especially if you are not familiar with them. But as we spend more time with them and learn about them, especially in the context in which we encounter them, we can learn to co-exist more harmoniously, and even learn how we can help each other out.




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The Latest on Our Restoration and Pedestrian Bridge Project

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

THE WISSAHICKON IS NOT JUST A BEAUTIFUL PLACE to be — the park and its trail system are an escape to nature for two million-plus visitors every year. Wissahickon Creek supplies drinking water to one in three Philadelphians, and its diverse landscape provides habitat to thousands of species of plants and animals.

Improving accessibility to this essential urban green space for all who seek it while ensuring its resiliency is paramount for Friends of the Wissahickon. Our ongoing Valley Green Run Restoration and Pedestrian Bridge Project fulfills both needs.

Planning for this project, which broke ground in May, began soon after the collapse of the original foot-bridge in 2014, which carried park users down from Valley Green’s Upper Lot. Without this infrastructure, visitors must walk alongside cars on Valley Green Road to enter this high-use area, which can see an average of 1,000 visits a day, according to FOW’s trail counters. This is unsafe, and our park users deserve to be able to enter the park in a way that is as beautiful as what lies ahead.

If you want to be a part of this landmark project, consider donating in support of it by visiting fow.org/vgbridge.

We are so grateful for your patience during construction and are happy to share that we are in the home stretch of the park’s newest landmark. We’re also thankful to our team of contractors for their work: Skelly and Loy, Inc., the general contractor for the project and designer for the stream restoration; Resource Restoration Group, the builder for the stream restoration; CVM-NEXT Construction, the designer and builder of the pedestrian bridge; and Krieger Architects, the design architect for the pedestrian bridge and project architect for donor recognition.

Our team has completed the run’s boulder bank re-ventments, which, in concert with native tree and shrub plantings, will further protect the streambank from erosion. Nine total steps pools in the Valley Green Run chan-



Photo courtesy of FOW staff.

The status of the pedestrian bridge as of this summer.

nel have been installed. These stair-like features, which are made of large boulders, will slow oncoming surges of stormwater during extreme weather events and collect sediment, ultimately improving water quality in the Wissahickon Creek.

In addition, we’ve regraded the banks to prepare them for woody plantings that will be installed in November. The streambank surrounding this new bridge has already been seeded with grass, but the addition of trees and shrubs, with their reinforced woody root systems, will grow deep into the soil, stabilizing it, to abate erosion during storms.


The final steps to completing the Valley Green Run Restoration and Pedestrian Bridge include installing black locust decking on the bridge, improving stormwater infrastructure to properly convey water off Valley Green Road, creating a brand-new trailhead at the north

approach to the bridge, and installing native plantings.

By donating to this project, you can have a direct impact on the experience of millions of the park’s visitors. This new, resilient bridge will restore an essential trail link from the upper Valley Green Road parking lot and provide safer pedestrian access to one of the most popular locations in the Wissahickon.

Thank you for your support and patience with this ongoing project. We’re sure that it will be worth the wait.





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You Can Now Round Up Or Dollar Up for Food for All

(Continued from Page 1)

Together, Food For All and Round Up/Dollar Up acknowledge the economic diversity of our shoppers and offer a mechanism for members to help create a more equitable environment. Through these initiatives, we empower our community and ensure that everyone can access nutritious food while fostering a spirit of collaboration and support among our members.

Smaller grocery stores and co-ops in the United States have created sliding scale shopping programs over the years, often with “tiered” pricing visible on shelf tags. This approach allows customers to choose a discounted price based on their needs, while others may opt for the higher price. This system helps the stores cover essential expenses like labor while helping accommodate shoppers who have less income.

At the Co-op, we do not have tiered pricing at the product level; instead, we run several discount programs. Lower pricing is available to members in need through Food For All, and we give discounts to working members, seniors and students. While it may be frustrating that we cannot easily display that shelf prices are not always the actual cost for member-shoppers, we have other tools available to us to approximate the sliding scale approach.

A Different Kind of Sliding Scale

Choosing to pay a little more to support a fellow community member is possible through our Round Up/Dollar Up program for Food For All. Once enrolled, members can choose to either automatically round up their purchases to the nearest dollar or increase their total purchase by \$1 when they check out. These donations will be tracked for the member and are eligible for a tax deduction because they are collected by Weavers Way Community Fund, a registered 501(c)3 organization. In turn, the Co-op will receive these funds from WWCF to offset the cost of the program.

Food For All was started by the Co-op’s Food Justice Committee 10 years ago. Enrollees in the program receive a 15% discount on Co-op purchases every time they shop, as well as a reduced member equity requirement of \$5 per year. If the participant is a working member, the 15% discount increases to 20%. Both new and existing Weavers Way members can qualify for Food For All if they currently receive food stamps (SNAP), Medicaid, TANF cash assistance, WIC, Social Security Disability Insurance, Supplemental Security Income or military disability. Applicants may also indicate an unspecified economic hardship when they apply.

Participation in Food For All has risen by 40% in recent months, in large part due to our exponential growth in membership since the opening of our Germantown store. We opened Germantown in the hope that we could increase Food For All participation, and it’s great to see so many members enroll. For those who may have greater economic security, Round Up/Dollar Up for Food For All presents an opportunity to pay a little more to help the Co-op sustain the discount for these new members.

Currently, there are a little fewer than 700 households in Round Up. We hope to nearly double that amount, to 1,300 participating households.

Opting into this program is easy; it can be done through our online Member Center or by dropping off a form at the register. The simple sign-up form is included below and is available at the registers. You can opt out online at any time or suppress the Round Up/Dollar Up for that transaction when you check out; just ask your cashier.

If you’re able, please consider enrolling in the Round Up program. If enough members participate, we can collectively help ensure that our community will have access to the Co-op’s offerings of healthy, local and sustainable foods.

ROUND UP FOR FOOD FOR ALL

Food For All, the Co-op’s low income discount program, provides a 15% discount for members who qualify and reduces their annual equity investment from \$30 to \$5.

Make charitable contributions at the register through “Round Up” or “Dollar Up.”

- “Round Up”: Co-op purchases will automatically round up to the nearest dollar.
- “Dollar Up”: Adds \$1 to your Co-op purchases.

Your contributions will go directly toward offsetting the cost of the Food For All program, allowing the Co-op to increase our community’s access to healthy, sustainable food and decrease barriers to membership.

Sign me up! (Please cut this ad out and give to a cashier or sign up at members.weaversway.coop under “My Donation.”)

Print Name: _____

Signature: _____ Member #: _____

Round Up contributions will go to Weavers Way Community Fund, a registered 501(c)3 nonprofit that supports healthy food access. Your contributions are tax deductible. You may opt out of these donation programs at any time. You can access a record of your Round Up contributions through the online Member Center at members.weaversway.coop.

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October is for Preparing for Frost, Planting Bulbs and More

by Sally McCabe, for the Shuttle

TO MAXIMIZE GROWING IN OCTOBER, IT'S NECESSARY to do some planning to ensure you're able to harvest crops before the frost gets too severe. Our area can expect frost anywhere from Oct.15 to Oct. 31, but there are many shades of frost.

There's the just-too-cold-for-the-basil frost (when the temperature goes down to 40). Or the nipping frost, which whacks the tops of tomatoes and the edges of the annuals. Or the really heavy dew-on-the-low-spots-on-the-lawn variety, which kills off most of the annuals and any tomatoes you haven't covered at night with a blanket. Or the white-stuff-on-the-windows type, which makes all the leaves fall off the ginkgo trees in one day and leaves frost on your fall pumpkins.

After that comes the killing frost, which gets down below 28 degrees and kills off all the stuff you've been trying to protect in the garden. Lastly, there's the hell freezes over frost, where the ground freezes solid and hoses, rain barrels and water pipes burst. Figs are wiped out and even the spinach dies.

Pay Attention to the Weather Forecast

Just in case the weather ever becomes predictable again, we're due for frost somewhere around Halloween. Be ready to run out and cover tomatoes and peppers with blankets or plastic if it goes below 35 degrees — last year, I did this and managed to keep the plants alive long enough to have tomatoes into December. If frost triumphs, clean out the dead veggie plants and throw down some last-minute cover crop seeds; hairy vetch and winter rye are about the only ones you can plant this late. Otherwise, cover the empty beds with mulch or shredded leaves.

Rip Out Tomatoes And Plant Greens

Now that the heat has broken and we've had a little rain, the plants are vibrant green and full of yellow flowers. Unfortunately, we're looking at less than a month before frost, so the flowers are just for show. Unless the plants are absolutely loaded with good-sized fruit, it's time to cut your losses. Yanking the plants out by the roots and hanging them up will force much of the fruit to ripen. Any that don't ripen by the first frost warning should come in and sit on your windowsill.

Take all that tomato-vacant space and plant your last crop of greens from seed. Spinach, lettuce mixes, arugula, mustards and mesclun mixes that get planted now should put out enough growth for a Thanksgiving salad; they often hang on into the December holidays and beyond. These cool-season crops will practically hop out of the ground because of the increased soil moisture and decreased air temperature. Just broadcast lightly and cover with a quarter to a half inch of soil. Water lightly and expect the fall rains to be enough.

Move Houseplants and Plant Bulbs

Now is the time to begin transitioning houseplants indoors a few at a time, before the heat comes on. First, get them used to the lower light levels indoors, then let them face the low humidity when they've slowed down a bit. Take off any dead or damaged leaves and check for bugs; pull each plant out of the pot if you can, to make sure you're not harboring unwelcome guests. Do it now, not at the last minute when the frost alarm goes off. Trust me — I have advanced degrees in procrastination!

Bringing all your houseplants inside on the same night guarantees that you'll get praying mantises in the bedroom, katydids singing in the curtains, loud chewing insects in the night and snakes at the breakfast table. Not to mention a bill from your chiropractor for overdoing it.

October is also a great time to plant bulbs. A simple rule is to plant them point side up, three times as deep as they are wide or tall. If a daffodil bulb is two inches tall, plant it in a six-inch hole. Planting deep enough keeps bulbs from being heaved out of the ground. Put a tablespoon of bulb fertilizer in the hole and cover the whole thing with an inch or so of mulch as added insulation.

To avoid any compulsive desire to plant them symmetrically, throw handfuls of odd numbers of bulbs onto your beds and plant them where they fall. Don't forget to mix bulbs to get more diversity of color and bloom time.

Advice for Amaryllis and Potatoes

Are you an amaryllis owner? If so, it's time to bring that indoors, too. I brought in mine from plant camp this week, and the leaves are huge and beautiful. They need at least six to eight weeks of dormancy, so I put them in the basement in total depravation mode (no water, no light) until all the leaves die back. I'll revive them on a sunny windowsill in January in time to bloom when the new store-bought ones are starting to fade.

Your potato plants should have died back by now, but even if they haven't, it's time to get those babies out of the ground before they resprout. Use a spading fork instead of a shovel to avoid cutting your spuds in half.

Aside from these tips and tricks for October, now is a great time to make a list of what worked this year and what didn't. Consider the elements of your garden that need to be changed or corrected come spring — write it down now, before you forget!

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



Middle photo by Morgan Horell; bottom photo courtesy of Ris Productions. Top, PHS staffers plant bulbs in Logan Square last fall. Middle, tomatoes on the vine at Norristown Farm Park. Bottom, a gorgeous haul of sweet potatoes.



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The Great Foodscape

Better Than Bagging: Eco-Friendlier Ways to Deal With Fallen Leaves

by Boris Kerzner, for the Shuttle

ON MANY OF OUR PROPERTIES, WE MAINTAIN TWO ecosystems at the same time, in the same place: The trees are a forest, the lawn is a grassland. In nature, these are different ecosystems; so how do we do it? By removing the fall leaves. Wet leaves piled high kill grass. A forest floor has many leaves, but little to no grass.

Might there be an alternative that is friendlier to the nonhuman lives we share our yards with? After all, many of the insects and other invertebrates in our yards use fallen leaves and other organic debris as housing for the winter.

One option that's gaining in popularity is to leave the leaves where they fall. Leaves piled a few inches thick, mimicking natural ecosystems, can serve as a home for important invertebrates. For example, red-banded hairstreaks lay their eggs on fallen oak leaves when the caterpillars hatch in spring. They eat those same leaves for nourishment. Your yard is now part of one of nature's cycles.

For some, this won't be a viable option. Maybe it's aesthetically unacceptable, or maybe the kids use the lawn as a play area. So here are some alternatives.

Make a Pile

Rake the leaves and pile them up in an unobtrusive portion of your yard; this will help the nonhuman life there pass the winter comfortably. If you compost outdoors, put the leaves in a pile near your composting receptacle — they make perfect carbon-rich "browns" for your compost. Come summer, you'll be happy with your past self for thinking ahead.

I see many compost piles that lack "browns" and end up soggy and smelly. A three-to-four-foot-high circle made of garden wire fencing makes a nice structure to hold leaves near your compost receptacle.

Leaves also make a wonderful mulch to place around your plants. Spread them on your lawn, run a mower over them a few times to chop them up, rake up the bits and apply them as mulch. If you don't have a good use for the leaves, either for your compost setup or in a garden but don't want a pile of leaves in the corner of your yard indefinitely, wait until the temperatures in spring are reliably in the 50s. Then spread them out on your lawn and run your mower over them a couple of times. In a few weeks they will have decomposed and fed your lawn.

Chop 'em Up

If leaving a pile of leaves isn't an option, consider running a mower over them to chop them up, then leave them alone. In a few weeks they should decompose and disappear, with the added benefit of feeding your lawn. This option does less for overwintering insects in your yard, but it feeds your lawn and is easier than bagging leaves or moving them to the curb.

Mulch Them for Ornamental Beds

Finally, if you have ornamental beds with open space, consider raking the leaves into them; they make a good mulch. Make sure not to pile them too deep, which could damage or smother your existing plants. If this is a concern, reduce the volume of the leaves drastically by first chopping them up with a lawn mower, then raking them into the beds.



Photo by Boris Kerzner. A red-banded hairstreak, which lays its eggs on fallen oak leaves.

These alternatives may take a bit more planning, but you'll be satisfying your aesthetic or functional needs while taking local natural cycles into account. Plus, you'll be utilizing a free resource that rains down from the tall, oxygen-generating life forms that tower above us.

If you want help dealing with the leaves in your yard this fall in an eco-friendlier way, give us a holler at www.growourfood.com/contact. We use only hand tools and electric tools that are powered by renewable energy from the Energy Co-op. Happy fall, everyone!

Boris Kerzner is the founder of Grow Our Food, a business focused on the design, installation and maintenance of food-producing landscapes in the Greater Philadelphia area.

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Lancaster Co-op Helps Farmers Save Time and Grow Sustainably

(Continued from Page 1)

In no small part, this growth is driven by the farmers of LFFC.

The co-op began with seven founding farmers, including Spacht, who is now its executive director. Sitting on saddles and bales of hay lit by kerosene lamps, they discussed how to combat the difficulties facing farmers in their community. Figuring out how to package, store, market and distribute produce took up a lot of their time; sometimes the work was redundant. By organizing and working together, they could save time and resources.

From its original seven farms, LFFC has grown to a cohort of 120. Each farm is organic. Some were organic before joining; others decided to go organic and join.

“Our business really does support life,” Spacht said. “We want to make sure our streams are healthy. We want to make sure the land’s healthy. We want to make sure our people are healthy. And once you have that chain of regeneration, you’re good to go. Because that also supports healthy attitudes and healthy relationships.”

In May 2006, LFFC made its first deliveries, using a truck owned by one of its farmers. One of its stops on that delivery was Weavers Way.

“To have their stamp of approval, to buy from us, is awesome,” Spracht said. “And knowing that our products are getting to their customers through their stores is awesome, too.”

At LFFC, the farmers are the experts; the co-op gives them the opportunity to share knowledge and resources. During crop-planning meetings, they sit in rooms without computers and discuss who will grow which crops and share their methods for combating pests, along with other agricultural knowledge.

The majority of the co-op’s members are Amish, which influences its structure. Many members don’t drive cars, don’t use electricity and don’t have cell phones. As

a result, they don’t rely on email communication and tend to meet in person.

“A common goal that we had was to keep the farmers on the farm with their family,” Spracht said. “We don’t really want our farmers or need our farmers to go and market or drive and deliver; and, they don’t want to do that. Ultimately, they want to stay on their land and take care of their crops and grow, organically, with their families.”

As LFFC expanded, it acquired a larger warehouse and more and better trucks. It is also supporting a new generation in farming; in some cases, members buy farms for their children using profits they earned through the co-op.

“It’s super powerful,” Spracht said.

LFFC’s way of doing business is more environmentally friendly than that of other farmers and produce distributors. They produce little to no food waste because they compost and donate to food banks. They also use less electricity and gas than many other farms. In addition, they are looking for ways to reduce packaging waste and to phase out plastic. They are currently trying out reusable pallet wraps and compostable packaging whenever possible.

Another goal is to focus more on growing their own seeds. By doing that, they won’t have to buy them elsewhere, which will give them more control over their means of production.



Photo courtesy of LFFC

Casey Spacht harvests dinosaur kale at one of LFFC’s fields.

“We’re always talking about taking the power back, you know?” Spracht said. “You have life in the seed, then you plant it, and life springs forth. It’s just amazing — to have that interconnectedness, another level of relationship with the land and with the plants and with the people.”

LFFC’s produce is available at Weavers Way or through their CSA. Learn more at www.lancasterfarmfresh.com.

Show your local park some LOVE!
Over 100 Philly parks need volunteers to help with raking leaves, planting trees, and cleaning up after a busy summer.

Love Your Park Fall Weekend November 8-10

Sign up to volunteer:
loveyourpark.org

Special thanks to Weavers Way Co-op for sponsoring the signature site cleanup event at Cliveden Park!

Made possible thanks to the support of:

Harvest Sampler Ambler

Sunday, October 27 • 1-4 PM

Join us for a delightful day celebrating the fall harvest at our beautiful Ambler store!

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- Adult & kid cider drinks
- Raffles
- Goat petting & photos

We will have a Polaroid camera ready!
Feel free to wear your costume



WEAVERS WAY EVENTS

Navigating Home Care for Your Loved Ones

Wednesday, Oct. 16 6:30-7:30 p.m.
Virtual Event

This webinar, hosted in conjunction with Home Care Associates, is designed to equip participants with the knowledge and tools to confidently navigate the home care process with ease and compassion. We will share valuable insights into how personalized care can significantly enhance the quality of life for seniors, individuals with disabilities or chronic illnesses, and families caring for their loved ones. You will receive a link for the webinar after you register. Home Care Associates is a trusted, licensed and certified socially conscious B-Corp home care agency based in Philadelphia that has provided reliable, high-quality care for over three decades.

Farm in Fall

Saturday, Oct. 19 10 a.m.-3 p.m.

Henry Got Crops Farm
7095 Henry Ave., Roxborough

Spend a day on the farm and celebrate autumn! Enjoy fresh apple cider from our cider press, vendors selling local foods and handmade goods and outdoor games and activities. There will be live music and a wood carving demo. In addition, our farm market will have beautiful wreaths, bouquets and pumpkins for sale.

Celebrating Solar Growth through Grassroots Investments at Weavers Way Germantown

Saturday, Oct. 19 1-2 p.m.
(Rain date Sat., Oct. 26)
328 W Cheltenham Ave.

Join Weavers Way and the Clean Energy Co-op as we celebrate how grassroots investment is growing renewable energy at Clean Energy's latest solar project outside our Germantown store. The solar array is the seventh installation of the Clean Energy

Co-op, which uses an award-winning method of developing solar projects using pooled investments by its members. This investment structure allows individuals to directly increase the amount of renewable energy installed in Pennsylvania. Weavers Way worked closely with Clean Energy to put solar on the roof of the Germantown store.

Get Out the Vote – A Letter Writing Party

Sunday, Oct. 20 2-4 p.m.

5225 Greene St., Unit 9, Germantown

Join longtime Co-op member and local artist Mindy Flexer for "Vote Forward's" letter writing party at her art studio. Letter writing is more fun with friends, and in a year in which we need all community members engaged and ready to vote. This is a fun way to reach a lot of voters. Supplies will be provided, but if you want to bring extra paper, envelopes or stamps to share it would be greatly appreciated. We kindly ask that you wear a mask to this event. Working members can earn two hours of working member credit by participating.

Painting Workshop with Isaac Dickey

Wednesday, Oct. 23 6:30-8 p.m.

Weavers Way Germantown Outreach Office
326B W Cheltenham Ave., Germantown

Local artist Isaac Dickey returns for his second painting session! Whether you're a beginner or an experienced painter, this hands-on workshop offers creative inspiration, new techniques and fun in a relaxed environment. Don't miss this opportunity to enhance your skills and explore your artistic side. Isaac will share easy to follow tips and tricks to help you create your masterpiece. Supplies will be provided for you to create a painting that you can take home.

Virtual New Member Orientation

Thursday, Oct. 24 6:30-8 p.m.

We encourage all new members to attend a member orientation. Our virtual 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 two hours working member credit. (The orientation lasts approximately 1.5 hours.) You will receive a Zoom link by email prior to the meeting. Please sign up at the Member Center.

Ambler Harvest Sampler

Sunday, Oct. 27 1-4 p.m.

Weavers Way Ambler

Discover a variety of delicious free treats and samples from our talented vendors. Enjoy pizza from Pizza Freak, Aaji's tomato lonsa and Living Smart granola, just to name a few. Free apple cider will be available as well. You can also meet adorable goats and take photos with them in your Halloween costume. We'll have a Polaroid camera ready to capture the fun!

Ambler Store Tour

Wednesday, Oct. 30 11 a.m.-noon

Join General Manager Jon Roesser for this walking tour. Jon will discuss the Co-op's product philosophy and selection, share shopping tips and tricks and explore the bulk department with attendees. You'll meet other members and have an opportunity to ask questions. Gather near the service desk to begin the tour. Please register through the member site.

Membership Office and Notary Hours

Mt Airy: 555 Carpenter Lane
Membership and Notary Services

Monday - Friday
11 a.m. - 5 p.m.

For more info: www.weaversway.coop/events

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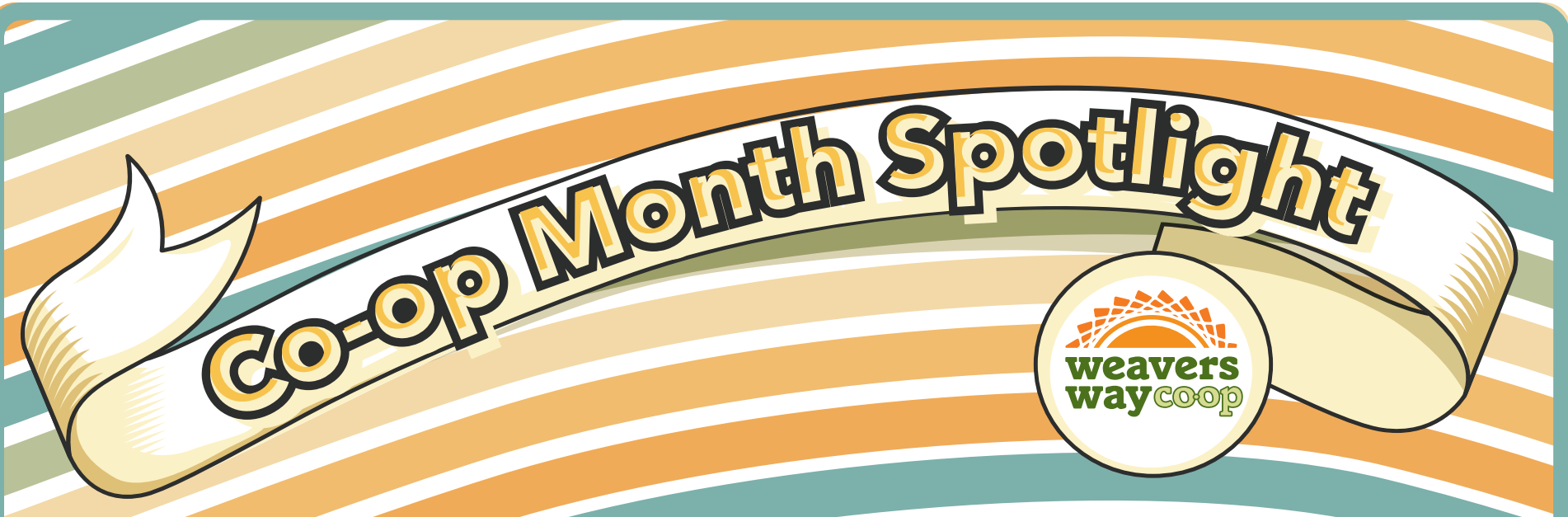
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Our team is prepared to meet the unique needs of clients with compassion and skill. We specialize in providing personalized in-home support for independent seniors and individuals with disabilities or chronic illnesses.

We work collaboratively with clients who face such challenges as dementia, reduced mobility, or life-altering events, and craft individualized plans to meet short- and long-term needs. Our commitment to excellence is reflected in the high standards of social and environmental responsibility, transparency and accountability that we uphold.

At HCA, we have a dual mission:

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- To create quality jobs in a worker-owned company where all employees are supported to achieve their personal and professional best.

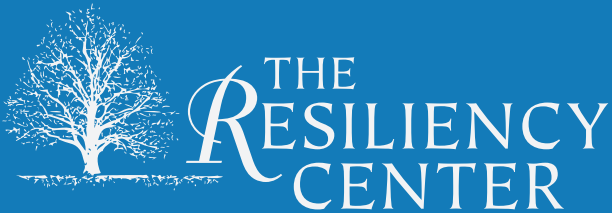
We serve clients who pay out of pocket or with long-term insurance, veterans' benefits, or through managed long-term care (Medicaid) insurance. Our service areas include Philadelphia and Delaware and Chester counties.

Every employee can become an owner after working at the company for three months. Our staff manage committees, co-facilitate trainings and share in the profits of the company. Employee-owners also serve on the board of directors, ensuring that the company's direction reflects the values and needs of those who work with in it.

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Green Ribbon Race Offers Challenges and the Chance to Give Back

by Gabrielle Fatula, Communications Manager, Wissahickon Trails

JOIN WISSAHICKON TRAILS ON NOV. 2 FOR THE Green Ribbon Trail Race — an exhilarating, five-mile run through scenic terrain and natural preserves. Whether you're a seasoned runner or a nature enthusiast, this race offers a unique opportunity to challenge yourself while giving back to the environment.

Set on the award-winning Green Ribbon Trail, this course takes runners through lush forests, winding paths and breathtaking meadows. Runners will experience a variety of terrain, including dirt, gravel, grass, some single-track, stepping stones and paved areas.

Every step you take will help support vital environmental projects like habitat restoration, wildlife preservation and community education.

The race will start at Parkside Place in North Wales, Upper Gwynedd Township and follow the Green Ribbon Trail downstream. Runners will then go onto Swedesford Road at the Evans-Mumbower Mill, go up Evergreen Drive, circle through the scenic Natural Lands Gwynedd Preserve, and reconnect with the trail before heading back to the finish line at Parkside Place.

The fee for the race is \$45 through Nov. 2 and includes a short sleeve, technical unisex t-shirt (while supplies last) and a post-race brunch. Start time is 9 a.m.; runners must clear the course by 10:30 a.m.

Please note that dogs and strollers are not permitted on the racecourse for safety reasons.

Police officers and volunteers will be present to assist with road crossings, ensuring that you can enjoy the race safely.

Thanks to our friends at North Wales Running Company, we can offer \$50 each for the top female and male finisher and \$30 to the second-place finishers. Third-place winners get \$15 each.

There are \$10 age group awards to the first-place winner in each 10-year age group. (Age groups include 15 and under, 16-19, and up to 70 and over.) Those who contribute or raise an additional \$100 beyond your registration fee receive a Wissahickon Trails swag bag, including a cozy winter beanie, as a token of our appreciation for your dedication to preserving our local environment.

Whether you're looking to set a personal record or simply enjoy a scenic run, the Green Ribbon Trail Race offers something for everyone. Make sure you stick around for the post-race brunch, where you can refuel, celebrate your accomplishments and connect with fellow



Photo by Jamie Stewart

runners and supporters of Wissahickon Trails. Register today and take part in this exciting event that combines fitness, fun and conservation!

www.wissahickontrails.org/events/green-ribbon-trail-race



Inaugural Literacy Fair Will Feature Interactive Activities, Giveaways

THE IMPORTANCE OF READING AND its power to uplift communities will be celebrated at the inaugural Germantown Literacy Fair on Oct. 19 at Natural Creativity Education Center.

The fair will be hosted by Natural Creativity in partnership with the Children's Literacy Initiative and will offer a range of interactive activities, book giveaways and other fun projects designed to promote literacy. In addition, local organizations, education advocates and literacy-focused groups will host tables with games, reading challenges, and hands-on activities.

Attendees will be able to learn and connect with organizations like Mighty Writers, Tree House Books, Weavers

Way, Prescribe Outside and more. They can also register for an on-site training session with the Literacy Initiative for a deeper dive into literacy education.

This event is made possible with funding from the Neighborhood Literacy Fund, Philadelphia Activities Fund, Germantown United CDC and First Book Marketplace.

The fair will take place from 10 a.m. to 2 p.m. at Natural Creativity, 5534 Pulaski Ave. Childcare will be available, and the fair is free and open to the public. For more information, email Krystal Dillard, director of Natural Creativity and the event organizer: krystald@naturalcreativity.org.



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There's Good News About Solar Power, EV Batteries and More

by Sandra Folzer, Weavers Way Environment Committee

SOME GOOD THINGS ARE HAPPENING, EVEN now. Amid dark political times, I am sending tidings of good news.

The International Energy Agency, made up of 31 countries, has announced that funding for clean energy is slowly catching up to funding for fossil fuels. In the United States, total investment in domestic clean energy manufacturing has quadrupled, according to the Clean Investment Monitor. Much of this was the result of President Biden's 2022 Inflation Reduction Act. According to a Sept. 2023 article in Reuters, the world needs investments of \$2.7 trillion a year to reach net-zero emissions by 2050.

While solar power currently provides only 6% of power globally, solar power generation in the United States has increased drastically over the last two decades, according to the website Statista. In 2011, it generated just below two terawatt hours; in 2023, it reached its highest point yet — 164.5 terawatt hours.

What's more important is how the cost has plummeted. According to the International Energy Agency's World Energy Outlook 2020, the world's best solar power schemes now offer the cheapest electricity in history; the technology is cheaper than coal and gas in most major countries. Jenny Chase, who founded and led BloombergNEF's solar analyst team for 17 years, predicts that solar power will be free on sunny days by 2030.

In the sunny states of Texas and California, consumers were paid to consume electricity on some days. Entrepreneurs are suggesting that solar power be used for water desalination plants, vertical farming and producing carbon-free synthetic fuels.

In Europe, some homeowners are using solar panels as fences. Storing energy has become a challenge, although batteries keep improving. One battery bought online has the capacity to power 680,000 homes.

In addition, it's become possible to transport solar energy. A 30,000-acre solar farm in Newcastle, Australia will be sending electricity to Singapore via cables, both overland and underwater, once it is constructed, according to an Aug. 21 article from the Associated Press. Eventually it will provide one-sixth of the city's needs.

Biden's IRA created 300,000 clean energy jobs and more will be created. In contrast, Donald Trump asked fossil fuel executives for \$1 billion for campaign funds in return for dismantling climate regulations.

Protesting Despite the Risk

Unfortunately, the IRA also greenlit the Mountain Valley Pipeline from Virginia to West Virginia, home of Sen. Joe Manchin. He's considering putting forth a bill that would classify trespassing on fossil fuel infrastructure as an act of terrorism. These fear tactics, which characterize protesters as dangerous criminals, enable oil

companies to rush their projects through construction without community consent.

Money-hungry politicians are trying to outlaw protests by hiding behind safety concerns, saying that innocent protesters pose a threat. More than 300 anti-protest bills have been introduced in 45 states, and 21 have become law. ExxonMobil, Marathon Petroleum, Koch Industries and Enbridge have spent millions lobbying to criminalize protests. In April, the Supreme Court refused to hear *Mckesson vs. Doe*, thus leaving in place a lower court decision that effectively abolished mass protests in Louisiana, Texas and Mississippi, states that have new fossil fuel infrastructure.

Still, resistance continues. Recently, Indigenous people protested at the White House, trying to shut down the Dakota Access pipeline, which carries 600,000 barrels of oil per day beneath Lake Oahe, where the Standing Rock Sioux Tribe gets its drinking water.

Other fossil fuel projects face a lot of resistance. Because of opposition from landowners and environmentalists, Texas-based Navigator CO2 Ventures canceled its 1,300-mile carbon dioxide pipeline across five Midwestern states. Mark Hefflinger, director at Bold Nebraska, an advocacy group made up of tribal nations, farmers and ranchers, said the cancellation was a "gigantic wake-up call" for the industry, which fears becoming obsolete with the influx of clean energy.

There are some small victories. Anne White Hat, a member of the Aske Tiospaye clan of the Sicangu Lakota Oyate, who helped found a Native resistance group, faced felony charges and up to 10 years in prison after being violently arrested by off-duty police in 2018 at a boat launch near St. Martinsville, LA, for trespassing, even though she had permission from landowners. Investigative journalist Karen Savage was also charged with a felony. Eventually, they were released, and the company Energy Transfer was found guilty of trespassing on private property and fined \$450. They were allowed to continue construction.

Congress is working on reauthorizing the Pipeline Hazardous Materials and Safety Administration program. It's good they're trying to prevent leaks and accidents that have caused health problems for many. We need to make sure it does not include punishment for protesting.

In Ecuador, Nemonte Nenquimo, the first woman president of the Waorani people, won a case defending Indigenous rights against oil companies in the Amazon.

She published a book, "We Will Not Be Saved," that describes why it's important to save the Amazon. Unfortunately, Daniel Noboa, Ecuador's president, has threatened to roll back the court's decision and auction off Indigenous land. You can email him and urge him to protect the land at gobiernoabierto@presidencia.gob.ec.

Solar Power for Schools

It's hard to believe but a new report claims one in nine K-12 schools in the United States now uses solar energy for their buildings. Hooray! The numbers have quadrupled since 2014, thanks to tax incentives.

Solar energy is especially important for schools in poorer communities. In Denver, the school district uses its solar canopies to provide electricity to low-income families in the community. In the last two years, over 800 schools have added solar.

Most schools have funded their solar projects through third-party ownership models, and so had no upfront costs. Wayne County, WV, plans to solarize all their buildings by 2025, which will save \$6.5 million over 25 years. Also, the schools will provide job training so students can help install solar in their schools. Promoting clean energy careers encourages others to get solar energy.

Cleaner Cargo Ships

Every day, approximately 6,000 cargo ships traverse the ocean, causing pollution, noise and spills; they use between 150 and 400 metric tons of fuel each day. The use of cylinder sails could reduce fuel use by sucking in air, pressurizing it and then ejecting it to gain momentum. Smaller ships could use 90% less fuel, while larger ships could use 50% less.

The incentive to change to cylinder sails is driven by the high cost of fuel and regulations. The International Maritime Organization requires shipping companies to go carbon neutral "by or around" 2050. While only 30 cargo ships out of 60,000 now use wind propulsion, the International Windship Association estimates that 11,000 ships may be using wind propulsion by 2030.

The Benefits of Bark and Better Batteries

Who knew? Trees offer us so much, and now we learn that their bark can absorb methane as well. At soil level, trees give off some methane, but higher up they consume it. While the strongest consumption is in tropical forests, this absorption happens everywhere.

If you've ever driven an electric vehicle, you're aware of the stress you feel when you think you may run out of electricity. People would be more apt to buy electric vehicles if the batteries could hold more power to drive farther.

This past summer, Samsung announced that they've created a battery so dense that a car can go 600 miles on a nine-minute charge. These are "solid-state" batteries and cost three or four times more than lithium-ion and LFP batteries. Aside from the cost, it's necessary to have the infrastructure for ultra-fast charging. I wouldn't hold my breath on this, because I fear this technology won't be available soon. But it's nice to dream about.

eco tip



For the Sake of Wildlife, Skip the Cobweb Decorations

by Marsha Low, Weavers Way Environment Committee

It's that time of year when a chill is in the air, and pumpkins and other Halloween decorations appear. One type of decoration that has become popular in recent years is fake spider webs, which get hung on trees and draped over shrubs.

While they may help to make your home look spookier, the fake webs harm wildlife. Small insects like bees and moths may still be out in warmer climates or if flowers are still blooming. Birds, bats and other such critters can easily get entangled in decorated bushes or trees and may die of injury, starvation or predation unless they are rescued.

Since fall migration season occurs around this time, it's especially easy for birds to get entangled, often at night, when the webs are difficult to see. In addition, fake cobwebs are made from a plastic-based material that isn't biodegradable and can harm wildlife if winds blow them to other areas.

Birds often use real cobwebs for nesting material, but if they find artificial ones, they may incorporate them into their nests. The synthetic fibers can then entangle the birds, making it difficult for them to fly, feed or care for their young. So let's eliminate those fake cobwebs. After all, plenty of other Halloween decorations — including ghosts, goblins, witches, skeletons and tombstones — can be put to scary use!



Rebates for Energy

Residential homes use 15% of greenhouse gas, so reducing fuel use is important. A single home that uses total energy efficiency would save hundreds of dollars a year and reduce emissions to a quarter of prior use.

Wisconsin is the first and only state to use the IRA to offer rebates for whole-home energy. Seventeen states have applied for funding and \$1.2 billion has been awarded to 10 states as of June of this year. Reimbursements are up to \$10,000 for those who make less than 80% of median income and \$3,000 for those who make one and a half times the median income. The Department of Energy requires that at least half of these rebates go to lower income households. The IRA allocated \$8.8 billion for these home energy projects, which will also support 50,000 jobs.

There is hope for clean energy. Meanwhile, continue to do your part to use less energy. Did I see laundry hanging out to dry at your home, or did I only dream it?



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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.

Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

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

Some of our Germantown shoppers have struggled with the bulk bins we installed. This is turning into an interesting story, with some irony and even zero gravity tossed in.

For starters, most of the equipment installed in our Germantown store was selected by National Cooperative Grocers, our trade group. In general, NCG seems to have frowned on bulk departments lately, possibly because they were influenced by all the "no touch" practices put in place during COVID. Many co-ops were leaders in bulk, which reflected their members' environmental values like reducing trash through container reuse.

When bulk bins were started by co-ops and natural food stores in the '70s, they were mostly crocks, bins and buckets with scoops. They came to be known as "scoop bins" and were a bit of a pain because they take up space, can be difficult to rotate when they are stocked, and are vulnerable to contamination if shoppers leave the lid open or snack with their hands.

As bulk became more popular, some enterprising people created "gravity bins." With them, rotation was automatic, shoppers couldn't touch the content unless they dispensed it, and they could be made space efficient, since they can be stacked.

Because we insisted on having a bulk section in Germantown, NCG staff picked a top-of-the-line gravity bin, the "Maximizer," from Trade Fixtures. The company grew with the natural foods industry, and like many natural food companies, once they were recognized as a force in the market, larger companies saw profit opportunities and got involved, mostly by acquiring companies that were successful. Trade Fixtures started in 1982 and at some point, acquired its main com-



petitor and continued to grow. Eventually, they were acquired by Marmon Holdings, a division of Berkshire Hathaway.

Unfortunately, the Maximizer bins, which are designed with an agitator feature to help dispense sticky items, seem to be a bit of a lemon. The handles are stiff, and we've found that products like rice, which should easily flow (and does in all our other gravity bins), instead sort of self-clog, to the frustration of customers and staff.

In researching alternatives to Trade Fixtures, we were shocked to find an entire chain of food stores in Canada that are devoted to bulk called Bulk Barn. While watching a video of Bulk Barn, we noticed that all their bins are scoop bins, even those at and above shoulder height. In addition, we found a company that provides pre-filled gravity bins as a service, as well as another company that sells high-tech gravity bins that weigh and price the product and print a label.

We are left to conclude that bulk shopping is in a schizo state, with Bulk Barn a zero-gravity bin store and other bulk stores doubling down on gravity bins by adding tech. We don't know where all this is headed, but we do know we have to fix our gravity bin problem in Germantown.

suggestions and responses:

S: "Is it possible to make the 'use your own container' credit easier for the cashiers to apply to purchases? In my experience, it's a rare occasion when the credit is applied to each of the eligible items. While a couple of times no discounts at all were applied, it is far more common that one or two get missed. This isn't surprising, since the cashier needs to apply the credit by hand to each individual bulk item. I know the

(Continued on Next Page)

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Norman Says:

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(Continued from previous page)

15 cents isn't a lot, but as someone who buys in bulk multiple times a week, it adds up. Given all that cashiers need to do or ask with each transaction, I'm sure they would also appreciate streamlining this process."

r: (Norman) We agree that this is a problem. It may be that the best practice is to ask. We are also wondering if there is anything we can do within our POS system, like a prompt for the cashier after they enter a tare.

s: "I'm wondering whether the stores can get frozen concentrated fruit juices. These exist and you can get them at Target. The environmental benefits are obvious: There's little to no plastic, you don't have to transport bottles of liquid, etc. They're also more portable, for our customers. Old Orchard is one possible brand.

r: (Virginia) Thanks for being a member and writing in. Old Orchard looks delicious, but they are not available through our suppliers and a glance at their "Where to Buy" indicates they're a Target exclusive line. Unfortunately, our options in this category are rather limited. We've only been able to get Minute Maid frozen orange juice and lemonade concentrate from one of our suppliers; we carry those in our Ambler and Germantown locations. They're in the same area as our frozen fruit.

s: "Two of my favorite Co-op products are missing from the shelves in Chestnut Hill —Seventh Generation toilet paper and Suzie's Organic saltine crackers with sesame seeds and rosemary. Are these items stocked in any of your other locations? And no, thank you, I do not want to order a case."

r: (Virginia) I reached out to our buyers in Chestnut Hill to see if they'd had any stocking issues on the Seventh Generation TP. They told me they were out of stock on the individual rolls for a bit but have the 12-pack available. They also said they've gotten the individual rolls back in stock. As for the Suzie's, the sales didn't justify us keeping that variety in the set, and so we discontinued it. Incidentally, our vendor is also out of stock on it, so it's possible we'll consider bringing it back in down the line. We do stock the Suzie's rosemary sesame version in our Ambler store.

s: "Why do the flowers sold at the Co-op come from Columbia, which is 2,442 miles away, when there are local people that grow flowers and make bouquets? This seems so wrong for many reasons, not the least of which is the carbon footprint."

r: (Norman) I sent your question to the staffers who buy and sell flowers; their responses are below:

From Ginger, our floral person for Mt. Airy and Chestnut Hill:

1. We love local cut flowers and plants and get a lot of them when available, but they are only available as our climate allows, and not year-round.

2. Cut flowers from South America (which makes up 60% of the cut flower industry) have a rather obscene carbon footprint. But as with the coffee industry (for example, Equal Exchange), many of the farms in Columbia and Ecuador provide a fair wage for fair work. It looks like some of these farms may even provide education opportunities and childcare, which helps folks in poor countries.

From Mira, our produce manager in Ambler:

We have local flowers through September, and basically through the first frost. We were getting Sunny Harvest local bouquets by Mother's Day, at least. So from May through October-ish, their bouquets are our #1 item for floral in Ambler. I think that's kind of normal except when people are planting their gardens in spring; then, the number one item is plant starts. I don't know percentages, but I know we often get 16 to 20 cases per week of non-local flowers through winter, and maybe only 10 to 12 cases during local season.



Bulk shopping is in a schizo state.



During local season, we get maybe 15 to 20 cases of local floral per week in Ambler."

s: "We shop in Mt. Airy and are surprised and disappointed that this year the apples are not local. Also, there are no local potatoes. Apples and potatoes are mainstay crops of Pennsylvania and New Jersey farms. Why are local apples and potatoes not available at the Co-op?"

r: (Mira, Ambler) We offer a lot of local apples seasonally from September until around the end of June, depending on local orchard availability. When Four Seasons (our main produce supplier) has East Coast apples, we bring them in, but our signs may not indicate that they are local because it can generate confusion with the local apple sale.

We cannot get all our apples through Beechwood (our main local apple supplier) due to costs and warehouse logistics. The Honeycrisp is an East Coast apple, and is likely from Pennsylvania or New Jersey. We will make sure we are getting as many East Coast apples from Four Seasons as we can (we usually do that every fall) and can discuss strategies to highlight that they are also local when they are.

With potatoes, for the produce managers it has to do with quality, cost, logistics, etc. We know what we are getting from Four Seasons and returns are easy if there are quality issues. Also, they deliver every day, whereas if we were getting local, we would have to order so much more to last us until the next delivery.

There are often quality issues with potatoes, including mold, sprouting, rot, scabs, etc. Currently, local potatoes are \$10 or more a case. Sunny Harvest only has one type of potato, and it only comes in smaller case sizes, which is not ideal for us, especially for smaller stores like Mt. Airy. We can preorder a half bushel (about 20-25 pounds) of local potatoes for about \$22. If you're interested, talk to a produce staffer.

s: "Do any of the locations carry bottled milk in returnable bottles?"

r: (Danielle) Thanks so much for reaching out! We carry Swiss Villa raw milk in 64-ounce glass bottles in our Germantown, Chestnut Hill and Mt. Airy locations. It is 100% grass fed, costs \$9.99 and its bottle deposit is \$2, which is returned when you bring the bottle back. We have toyed with the idea of carrying pasteurized, typical milk varieties in glass bottles in our larger locations, but it brings up some logistical difficulties. None of our existing distributors offer glass bottled milk, and reaching direct supplier minimums for just glass bottle milk is prohibitive for us. Also, shelf space is tight.

This is an item of interest for me, and even though demand is low, this topic comes up occasionally. If it becomes logistically feasible for us, I'm interested in trying it out.

s: "Thank you for responding. In the meantime, I have switched from buying organic milk in cartons from the Co-op and am buying bottled pasteurized milk elsewhere. It costs more, but that isn't the sole criterion. I'm not interested in raw milk. I suspect more people buy pasteurized than raw. Trickling Springs organic milk in bottles is available at Whole Foods and Mom's for \$6.99 plus a \$3 deposit. I hope those in charge will explore this option."

r: (Norman) The distributor for Trickling Springs also has a bread line we're looking at, One Mighty Mill, which was also requested by a shopper. We got samples and it's pretty good. It's made from stone ground organic whole grains. We're looking at whether we can put together enough regular items to meet the distributor's minimums for a weekly delivery and will work out the glass bottle return logistics. Stay tuned.

s: "I looked at a receipt from a Co-op purchase today and saw that the Pacific original oat milk has a 48-cent sweetened beverage fee after it. Is that a mistake? I've seen that after buying juice, but never connected it to oat milk. It seems like it's embedded in the POS system, and I want to make sure it's right."

r: (David) We made the decision in 2019 to not charge customers sweetened beverage tax for this product, and that was the correct decision; it was accidentally reversed in July. Thank you for bringing it to our attention.

While I think it's correct for us to not collect the fee, I think that Pacific should identify the factored oat sugar in their ingredient list; I think that not doing so is a bit disingenuous. The law specifies we have to pay the SBT, but not whether we pass it on to customers, so we have some discretion here.

(Norman) This may be one of those unclear, oddball items. Our supplier, who pays the SBT on our behalf but charges us for it, shows it as being subject to the SBT. This may be because the nutritional facts show that it includes 13 grams of added sugars. However, there are no added sugars in the ingredients.

Pacific told us that because of the way the oats are processed, some of their complex carbohydrates are converted into simple carbohydrates. For nutritional labeling purposes, this is equivalent to adding a grain-based sweetener, hence the "added sugars" distinction. As a result, our supplier was triggered to charge us the SBT, which we typically pass on to consumers, but not in this case.

If anyone is interested in the topic of whether sweetened beverage taxes help reduce negative health impacts from high sugar consumption, there are several studies to read online. The consensus seems to be that they do help, but to varying degrees, depending on which study you look at. This points to one unplanned benefit of enacting SBT laws — it's become a new study topic for researchers and thus a potential source of academic grant money.

s: "Why are there like 16 varieties of apples but only two of lemons? Isn't diversity a worthy goal?"

r: (Norman) Diversity is a worthy goal but can be hard to measure. Every lemon, apple, piece of fruit, leaf, stem, piece of bark, root, etc. on a plant exists in its own place in the universe, with its own story of how it got there. And each has its own unique fate. Some apples are eaten by deer, some by bugs and most by humans.

Due to the nature of lemons (they're hard to peel and have a sour taste), many people are only interested in their juice, peel be damned. Even so, some use the peel as a flavor enhancer when preparing food. Actually, "peel" is the wrong word when referring to lemons; the yellow skin is called "zest." In this case, "zest" is a noun and a verb,

When you scrape the outside of a lemon, you are, in effect, zesting the zest. Similarly, when you peel an apple, you are peeling the peel. Food has its own language, and I don't like that it's inconsistent. Most distressing is the emergence a few years ago of the zucchini noodle. A zucchini should not be noodle-ized. This is yet another sign of how far we've departed from the traditional definitions of food, and further evidence of a conspiracy by our enemies to undermine our society by diluting accurate use of our language.

International Co-op Principles

1 Voluntary and Open Membership

2 Democratic Member-Owner Control

3 Member-Owner Economic Participation

4 Autonomy and Independence

5 Education, Training and Information

6 Cooperation Among Cooperatives

7 Concern for Community

The Backyard Beet

Winterizing Your Raised Beds: Essential Tips for this Month

by Chris Mattingly, for the Shuttle

WITH FALL GARDENING SEASON in full swing, it's time to look ahead to preparing your garden for winter. It's important to clear plant debris, amend the soil and plant any crops that need to overwinter before hard frosts hit. All these steps will ensure that you begin the spring planting season with a healthy and productive garden next year.

Garden Clean-Up: Preparing Beds for the Off-Season

It is essential to clear dead or spent plants at the end of the season to prevent pests and diseases from overwintering in your soil. "Overwintering" means that they will continue to live throughout the winter and will become a problem when you plant again in spring. Many plants from the same family are susceptible to the same pests and diseases, so even if you rotate crops they could still be affected. To clean up your fall garden, remove any dead plants and debris including leaves, vines and fruit that could potentially harbor insects.

As part of end-of-season care, we add two to three inches of mushroom compost to the tops of raised beds. Compost is thick in texture and rich in nutrients, which adds back nutrients, vitamins and minerals to soil life in raised beds. It also suppresses any weed seeds in the soil and prevents them from germinating by reducing their exposure to the sun. Replenishing the soil volume also takes full advantage of the height and soil structure of raised beds.

At the same time, remove or tidy up trellises, netting and supports. This could be as simple as moving tomato cages to a garden shed or garage to protect the materials and reuse them next season. Our 2-D trellises are designed with easy-to-remove netting, so once your cucumbers, peas or other vining crops are a tangled mess at the end of the season you can simply remove the netting and start fresh. This will save you a lot of time and frustration next season.

Boosting Soil Health, Planting Fall Crops

An annual vegetable garden is not a fully regenerative system. Every season, plants accumulate nutrients, vitamins and minerals from the soil, which we remove from the garden for our own uses. Additionally, over time, soil compacts, pests and disease accumulate and overwinter in the soil and beneficial soil life like fungi diminishes.

To maintain soil balance, both in texture, consistency and growing potential, annual gardens require soil care. We choose to break up soil care into two parts: end-of-season care and pre-season care.



Over winter, these crops will go dormant and emerge in spring, growing for several months until they're ready to harvest in mid-summer. Because growing shallots and garlic takes longer than other crops, be sure to plant them this fall so you can enjoy a delicious harvest next year.

Garlic and shallots can both be planted in late fall, before a hard frost occurs. Unlike "quick fall" crops like baby greens or radishes, which we plant at the end of August, garlic and shallots are best planted in late November or early December in our climate. This gives the crops enough time to get established and begin to grow roots before the ground freezes, without expending all their energy into producing fruit.

Mulching is an essential practice for insulating your raised beds and protecting the soil during winter. By applying a thick layer of organic mulch, such as straw, wood chips or shredded leaves, you can help regulate soil temperature, retain moisture and prevent the soil from freezing and thawing too rapidly, which can damage plant roots. Mulch also acts as a barrier against weeds, which may still attempt to sprout during warmer winter spells. As the mulch breaks down, it adds organic matter to the soil, improving its structure and fertility for the next growing season. Our team can recommend and apply the right type of mulch tailored to your garden's specific needs, ensuring your soil remains healthy and well-protected through winter.

Additional Winter Preparations for Raised Beds

Frost protection is a crucial step in safeguarding your raised beds from the harsh winter weather. As temperatures drop, even the hardiest of plants can suffer if not properly shielded from frost. To protect your garden, consider using frost cloths, which are light-weight, breathable fabrics that can be draped over plants to trap heat and keep the cold at bay. For more substantial protection, low tunnels made from hoops and plastic sheeting can create a mini-greenhouse effect, preserving warmth and extending the growing season.

Cold frames, which are essentially small, unheated greenhouses, offer even greater insulation and are perfect for overwintering certain crops or starting early spring seeds. By implementing these strategies, you can prevent frost damage, ensuring that your plants remain healthy and vigorous throughout the winter. Our team can assist with setting up these frost protection methods, ensuring that your raised beds are well prepared to face the chill.

We encourage you to take advantage of our professional services to make the garden winterization process seamless and effective. Whether it's cleaning up spent plants, enriching your soil with compost or planting garlic and shallots, our team is here to help.

To get started, contact us today to schedule your fall and winter garden services. And subscribe to our newsletter for more gardening tips and advice, so you're always prepared to make the most of your edible garden.

Chris Mattingly is the founder of Backyard Eats, a full-service food gardening business with an array of offerings in the Greater Philadelphia area. Visit www.backyard-eats.com



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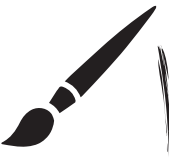
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Artists in Our Aisles



Karen Kieser

I am the owner of Immersion Studio LLC in Ambler. I received my bachelor's in fine arts from the University of the Arts and my master's in fine arts from the University of Massachusetts Amherst. I currently teach sculpture, drawing, painting and watercolor at Gwynedd Mercy College and am co-curator of Art in the Storefront in Ambler.



Even as a child walking in the woods or strolling on a beach, I observed that objects in the environment spoke to me. I have an extensive found-object collection that serves as reference and inspiration in my artwork.

Whether it's a figurative piece, a work that refers to nature or an abstract sculpture, the constant is an interest in organic form – they describe the vibrancy of growth. I seek to comment on the essential human experiences of birth, life and death, and that often means finding parallels in nature.

I strive to depict the beauty and rawness of life. I am drawn to how nature can be both spectacularly beautiful and horribly disgusting without any regard for either condition; it just is. Sometimes nature is humorous; sometimes forms seem threatening or mysterious.

Examples of my commissioned works can be found in Lower Gwynedd Township, Ambler borough, the Ambler YMCA and Wissahickon High School. A collection of my sculpture can be viewed at www.immersion-studio.com or immersionstudio.net. I can be reached at immersionstudio1@gmail.com.



SUBMISSIONS NEEDED

We want to feature your art in the Shuttle!

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

- Two 4" x 6" high-resolution images (300 dpi)
- A short bio
- A headshot
- A short statement about the work
- A link to a website if you have one

Weavers Words

GREAT BLUE

It is raining very hard now
Every leaf in the garden is dancing
every shrub, fern and perennial
—William Hengst

*
Big Bird
Standing like a statue
In the man-made lake
Still
(The heron, not the water)
But then it moved!
*
Must still be fish in there
Like locals say there was when they fished there
In their younger days
*
Blew me off
*
Flew off
In super slo-mo
To a branch
On a neighboring tree
Where it hangs out
Regularly
*
I'll have a Blue Christmas
Without you
But it'll be Great!

—Michael Frost

I WISH MY DEAR/DEER

I wish my dear/deer you'd eat my weeds
Their abundance you'll find might meet your needs
This time of year they grow and grow
There's lots of variety, in case you didn't know

How about some juicy green purslane
There's also snakeroot (don't mind the name)
Pokeweed berries look so sweet
Get them early before birds feast

Burnweed has minerals in it
Vitamins abound in mile-a-minute
Try some cocklebur with some mustard
Kudzu spreads in massive clusters

Yes, I know that hosta tastes like candy
Shrubs grow low which makes them handy
And tender tree leaves are a treat
But weeds you might find just as sweet

So, my dear/deer if you wouldn't mind
Please eat the weeds, all you find
Your help is needed, I do implore
If you would, we'd love you more

—Bruce Hagy

Our Revised Submission Guidelines:

1. Original poems must be of a reasonable length. Lengthy poems that are the subject of a reflection will be excerpted.
2. The Shuttle editor has the final say as to whether a poem or reflection is suitable for publication.
3. The number of poems or reflections in an issue is determined by the amount of space available.
4. Members and nonmembers are welcome to submit.
5. Email your submissions to editor@weaversway.coop and put "Poetry submission (or reflection) for Shuttle" in the subject line.



Imagining a World Without Waste

How Microplastics Endanger All of Us

If you pay attention to the news, you're aware of the serious problems arising from our overuse of plastics, particularly single-use plastics.

Plastics are made in petrochemical plants. Gas by-products, ethylene and up to 16,000 different chemicals are combined to obtain a wide variety of textures and colors. These plants are highly polluting and release toxic air and water; the area in Louisiana where several of them are concentrated is called Cancer Alley for a reason. Plastic manufacturing and incineration often occur in communities like it.

Once plastic items are used, they shed microplastics into most everything they encounter. Research has shown that microplastics are found everywhere on Earth, including the oceans. They're inside most animals as well, whether in the stomachs of sea creatures, wrapped around them, or in their bloodstreams.

Recent research has found microplastics in human breast milk, in our blood and in the plaques in our arteries and our brains. Whenever we consume something from a plastic container, we consume plastic. We do not yet know what this will do to our bodies over the long term.

After single-use plastics serve their brief purpose of holding an item for purchase, they are discarded. Fewer than 10% of the plastics that have ever been manufactured have been recycled, and many put that number even lower. They might be sent to a landfill, where the toxins are slowly released into surrounding areas, or perhaps incinerated. Philadelphia's plastics go to an incinerator in Chester, where they release their toxins into the surrounding area.

If plastics escape waste collection, they become "fugitive waste" and pollute our communities, waterways and environment. Often, they end up in the oceans, where they may wash up on beaches the world over, become food or a dangerous object for an unsuspecting sea creature, or join one of the great garbage patches. They then begin to break down into microplastics, polluting the water column where microorganisms at the bottom of the food chain dine. New research shows they can also affect other ocean functions. The addition of huge amounts of microplastics to the earth's ecosystems is an enormous science experiment with many yet unknown consequences.

The Plastics Reduction Task Force works to effect change so that our member-owned and run grocery store can assume a forward-thinking role in the face of this crisis. Sometimes unforeseen consequences of single-use plastics, such as the ready availability of inexpensive containers and cheaply packaged products are dismissed in the face of economics and the status quo.

Plastics are convenient, light and easy to use. But if we are to be responsible stewards of this planet, if we are concerned with our own health, and if we are to adhere to the Co-op's bylaws which state that we are committed to plastic reduction, changes need to happen.

In other news, the PRTF recently conducted our second member survey about plastic reduction. Our goal with these surveys is to gauge the desires of our members about plastic reduction, leverage these concerns to persuade the Co-op to carry more items that are not packaged in plastic, and to ramp up the Container Refund Program.

In our first survey, which focused on pourable dairy products, 84 members supported that the Co-op carry more options for purchasing dairy in glass. Our second and most recent survey, which 76 of you took, asked about dry grocery — items which do not require

refrigeration.

In your enthusiasm, many of you did not limit your requests to dry grocery, which was telling. A wide range of items was mentioned, including produce, deli items, dairy, fish and meat, cheeses, prepared foods, dried fruit, salt, condiments, bread, crackers, and cleaning items like kitchen sponges, toilet paper, paper towels and liquid soaps and lotions.

One member suggested that the Co-op carry frozen concentrated juice; I looked this up and found many options available. Also, someone asked why the Co-op packages grind-your-own peanut butter in single-use plastic containers, especially since we have a jar library that anyone can use. Good question!

A few of you asked about items that the Co-op currently carries, including yogurt in glass and liquid soap refill stations. There are also many plastic-free personal care items available, including bar shampoos, conditioners, face washes and toothpaste tablets.

With a little planning and some empty jars, bottles and cloth bags, it's possible to use less new packaging when shopping at the Co-op. Even so, there is much room for improvement.

The Container Refund Program is on the cusp of having more containers available. Once that happens, we can possibly expand it, which can lead to a great reduction in single-use containers. Since the program started, it has prevented over 30,000 single-use containers from being used. But many more could be diverted if more items were packaged in refundable containers and the items were always available. Unfortunately, this is not always the case.

Changing the status quo, even a little, can be challenging. Altering our business-as-usual practices will require at times a little inconvenience for us and the Co-op. We who are concerned about limiting the use of plastics need to push the Co-op to do.

My favorite answer to the question "what would you like to purchase in non-plastic containers?" was "everything." If this issue is important to you, please make your voice heard and let the Co-op know that you would like to see less plastic in the stores. It is our Co-op, after all.

—Hilary Zankel

The Latest News On Our CRP Program

As you may know, the Container Refund Program is now owned and operated internally by the Co-op and is in a time of transition as we look ahead to scaling it up. We have been contracting with ReDish, an outside washing company, to sanitize our containers after use. They have historically provided sanitation services for campus and corporate cafeterias for reusable food serviceware. This is one of their first forays into the grocery space, and it's been a learning experience for all involved.

I'm happy to report that our cadence with pickups and drop-offs between ReDish and our warehouse at the Common Market has mostly been smooth. This bodes well for future success as we look to scale up the program.

Transitioning to this model from our previous full-service warewashing and distribution model with ECHO Systems has been no small feat. We've had to build a new line of communication from department staff and managers to appointed store CRP liaisons, to store managers and myself to our warehouse staff to distribute containers and coordinate logistics. I am so grateful for all involved as we work toward scaling up CRP in our three established stores and look toward introducing the program in

our Germantown store.

Our next and arguably our largest project with CRP is to integrate these distribution logistics into our existing warehouse ordering and inventory platforms. Moving CRP ordering from its current pen and paper order forms to our electronic ordering platform streamlines things tremendously and is of prime importance as we move forward. There are a lot of nuances associated with ensuring that container and deposit values are tracked and inventoried correctly. I am working with our IT team to ensure a steady timeline toward this integration of the CRP into our ordering platform.

I recognize that hearing about back-end work is not as satisfying as seeing more of the products we're talking about on shelves. But, by building a robust foundation, I am confident that our efforts will be rewarded in spades and that the store shelves will reflect those efforts in time.

—Danielle Sellers Mitchell, Weavers Way Sustainability Coordinator

Bear in Mind These Jar Library Reminders

- Tell the bulk staffer on duty when you are dropping off your jars, so they can inspect them to see if they are appropriate for the jar library.
- Drop off clean, dry glass containers only — no plastic containers.
- Remove labels as much as possible. Volunteers maintain the jar library; the more labels there are to remove, the harder their job becomes.
- Larger jars are especially appreciated, e.g. tomato sauce or quart sized. Also, consider if the jar you're donating would be useful.
- If the incoming jar box is full, please do not leave your jars. Currently there is no place to store surplus jars.
- For any item you buy in bulk using your own container or a container from the jar library, you will receive a 15-cent discount at the register.



SCAN ME

Weavers Way Sustainable Packaging Survey



TALK TO US
Please tell us which items you would like to see and/or purchase in non-plastic packing such as glass or paper.





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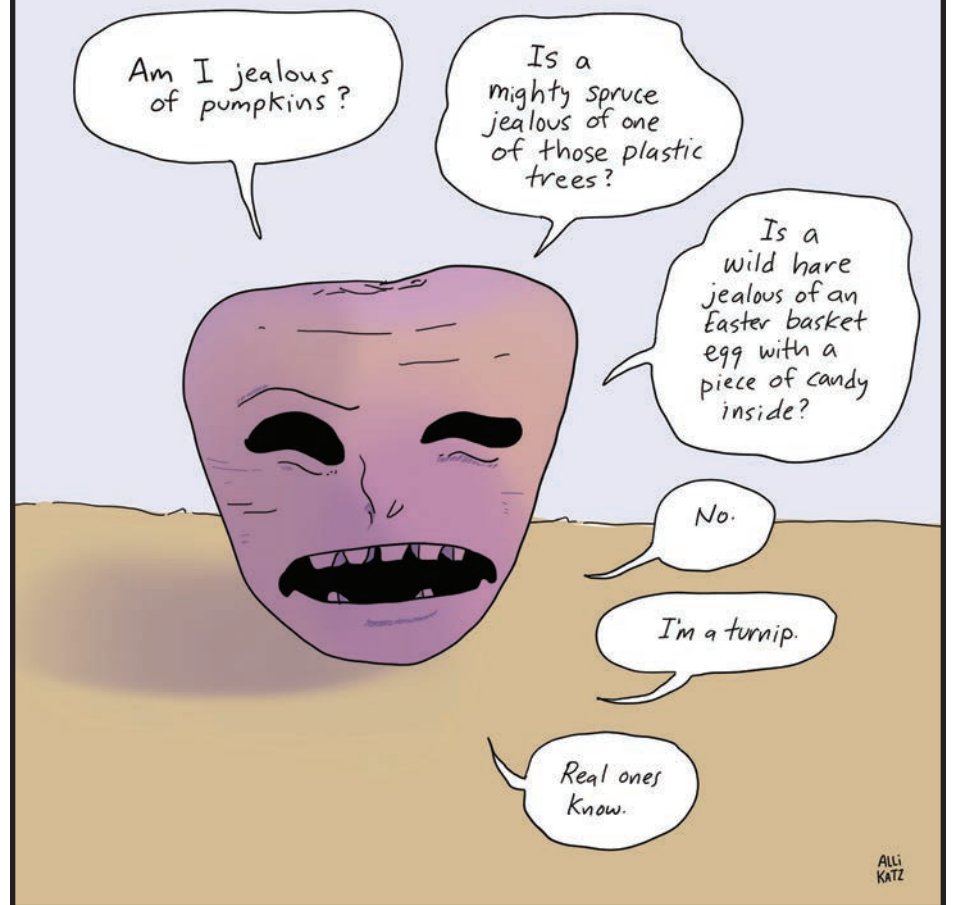
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Locally Grown

Illustration by Alli Katz



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What's What & Who's Who at Weavers Way

Weavers Way Board

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

The Board's regular monthly meeting is held on the first Tuesday of the month. 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: Hilary Baum
Treasurer: Gail McFadden-Roberts
Secretary: Jason Henschen
At-Large: Benjamin Bartley, Kristin Haskins-Simms, Michael Hogan, DeJaniera B. Little, Kacy Manahan, Esther Wyss-Flamm

The Shuttle

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editor@weaversway.coop, 215-843-2350, ext. 135

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Len Mears, ext. 217
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8426 Germantown Ave.
9 a.m.-8 p.m.
215-866-9150, ext. 220/221
Wellness Manager
Nicolette Giannantonio, ext. 221
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Germantown
328 W Cheltenham Ave.
8 a.m.-8 p.m.
215-843-1886
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Grocery Manager
Kristina Walker;
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Mt. Airy
559 Carpenter Lane
8 a.m.-8 p.m.
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cateringCH@weaversway.coop
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CHpreorder@weaversway.coop,
ABpreorder@weaversway.coop

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!

NEW MEMBER ORIENTATION

Thursday, Oct. 24 from 6:30 to 8 p.m.

VIRTUAL

To register visit: www.weaversway.coop/events

DID YOU KNOW?

You can read the Shuttle online.

www.weaversway.coop/shuttle-online



A Fine Day for a Fair

VILLAGE FAIR: PERFORMERS, VENDORS, CRAFTERS, AND PLENTY OF JUST plain folk gathered at Greene Street and Carpenter Lane and environs on Sept. 22 for the 15th annual Mt. Airy Village Fair. Below, a group of ballet dancers takes center stage for their performance. Bottom, the Co-op's food tent at the fair.



Photos by Rachel Coats, Weavers Way marketing manager

Members Meet in Germantown

ACROWD OF ABOUT 120 gathered at Waldorf School of Philadelphia in Germantown on Oct. 5 for the Co-op's fall General Membership Meeting. They got an update on the status of the Co-op from General Manager Jon Roeser and enjoyed a member maker fair. At right, Weavers Way Board President Cheryl Croxton welcomes members. Below, attendees socialize prior to the meeting.

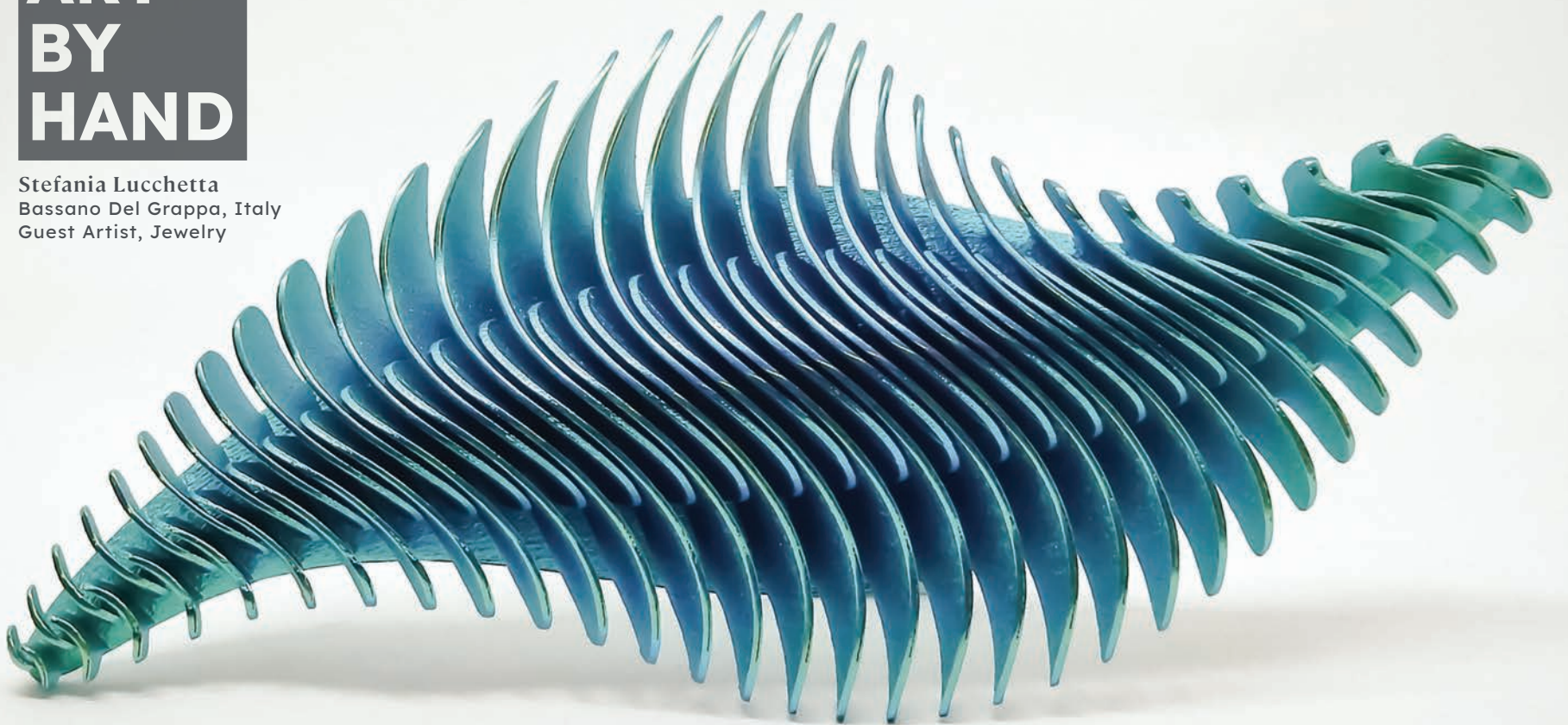


Photos by Dakota Foster, Weavers Way marketing coordinator



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