

Crisis Ministry Provides Food and Emergency Help to Germantown

by Jeff Podraza, for the Shuttle

GERMANTOWN AVENUE CRISIS Ministry welcomes Weavers Way to Germantown and looks forward to partnering with the Co-op to provide healthy food and support to Germantown residents.

GACM is grassroots 501(c)(3) organization housed within the First Presby-

terian Church in Germantown on West Chelton Avenue. In 1997, clergy from a consortium of Northwest congregations noticed an increase in the number of people requesting emergency assistance. In response, they established GACM, a centralized non-sectarian ministry. The consortium pooled financial resources to

fund a part-time social work staff position and to provide money for emergency grants and direct service.

Since then, we have grown from a small food pantry to providing over 30 tons of food and serving over 1,900 unduplicated clients in a normal year. GACM now operates with the support of two so-

(Continued on Page 15)



Photo courtesy of Germantown Avenue Crisis Ministry.

Members of the Germantown Avenue Crisis Ministry with the community service award they received from the Philadelphia Corporation for Aging in June.



Community-Owned,
Open to Everyone

Board Gets a New V.P., While Three Officers Repeat

by the Weavers Way Leadership Committee



Leadership Committee

THE WEAVERS WAY BOARD OF Directors gathered last month and selected officers for the new fiscal year. The following board directors were elected to the positions listed:

- President: Cheryl Croxton
- Vice President: Hilary Baum
- Treasurer: Gail McFadden Roberts
- Secretary: Jason Henschen

Cheryl, Gail and Jason, who were re-elected by Co-op members in the spring, are continuing their positions as officers from the last cycle. Joshua Bloom has stepped down from his role as vice president but continues to serve on the Board. Thank you, Josh, for serving as an officer, and welcome Hilary, our new vice president and co-chair of the Leadership Committee. Our officers are looking forward to continuing last year's momentum and helping to execute our latest Strategic Plan.

Weavers Way member-owners are encouraged to get involved in the governance of our Co-op.

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The Shuttle

AUGUST 2024

Since 1973 | The Newspaper of Weavers Way Co-op

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Sen. Casey Drops by Germantown



Photos by Rachel Coates, Weavers Way marketing manager

U.S. Senator Bob Casey visited our Germantown store on July 19. He supported the Germantown store by helping us win a \$1.5 million grant through the Federal government, and wanted to see how the money was put to use in Germantown. In addition to talking about the jobs we created, Weavers Way General Manager Jon Roesser and other staffers took the senator on a tour to see how the funds transformed the building.

FJC Fund Drive Returns to Aid Area Food Pantries

by the Weavers Way Food Justice Committee



AFTER A ONE-YEAR HIATUS, THE Co-op's Food Justice Committee will kick off our annual food fund drive on Sept. 1 to benefit the Mattie Dixon Community Cupboard in Ambler, the food pantry at St Luke's Episcopal Church in Germantown and the food pantry at Holy Cross Church in Mt. Airy.

The drive will run until Sept. 30, and members and nonmembers can donate online through the Co-op's website. All funds will be collected by the Co-op's nonprofit, Weavers Way Community Fund, and will be equally divided between the three pantries. This allows all donations to be tax deductible, which was not possible before.

Committee members will table at the Co-op's main stores next month to solicit donations from shoppers.

The FJC decided to take time to regroup last year after a few longtime members left for personal reasons, which left the committee depleted. Earlier this year, the FJC put out a call for new members and received a tremendous response. The new recruits have brought energy into the group, and the committee is ready to take on new projects and initiatives, including the food fund drive.

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Monday, September 2.**

Editor's Note



by Karen Plourde, Editor, Weavers Way Shuttle

RANDOM SHUTTLE-RELATED THOUGHTS gathered while spending much of my summer catching up with the (mostly) fine folks of Port Charles, NY after 41 years (IYKYK):

- The Food Justice Committee's Food Fund Drive returns next month to raise money for three area food pantries — Mattie Dixon Food Cupboard in Ambler, the food pantry at St. Luke's Episcopal Church in Germantown, and the pantry at Holy Cross Church in Mt. Airy (p.1). It's great to have the FJC back after a yearlong absence, ready to do good work.
- Speaking of good work, Betsy Teutsch's article on the 13th anniversary of Together Women Rise (p.12) details the history of the group's formation. Their earliest project was the funding of a foundation that worked to provide economic alternatives to rural families in Nepal. Typically, these families would have sent their young daughters to the city to work as bonded servants, thus ending their education and their childhood. Over the last 13 years, the group has raised over \$400,000 (!) to support various projects around the world that empower women and girls.

• The Shuttle now has a film review column! Go to page 8 for "The Weavers Watcher," Jana Marie Rose's column on food related movies. She's a Co-op member and is sharing her writing talents with us to fulfill her working member hours.

Jana's debut selection is "Burnt" (2015), which stars Bradley Cooper as a chef seeking a fresh start in London. Look for further recommendations for food-forward films in future issues.

- Boris Kerzner's column, "The Great Foodscape", returns this month (p.5). Boris makes a living designing, building and maintaining food-producing landscapes for homeowners via his business, Grow Our Food, so he doesn't have much time in spring and early summer to write. This month, he discusses how to capture rainwater for use in your garden and includes a how-to for making your own rain barrel on the cheap.

If none of these stories grabs you, I hope you'll find something in this month's issue that does. Catch you in the pages next month.

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

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

Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

How did it get to be August? Certainly, teachers, parents of school-aged kids, and the kids themselves have been thinking that.

The Co-op can't keep the new school year from coming, but we can help smooth over the sometimes-rocky transition out of summer vacation. Starting Wednesday, Aug. 14, we'll be offering a slew of Back to School Specials in various departments. They're mostly food-related and are designed to help families stock up on school year essentials — snacks, easy dinner items, lunchbox equipment, etc.

Here are some of the items we'll be featuring in-store through Tuesday, Sept. 3:

- **Stasher** These zip top storage bags are made of foodgrade silicone and can replace 260 single-use plastic bags, according to the company's website. They come in a variety of sizes and colors. Through Sept. 3, all Stasher products are 20% off (reg. \$10.99-\$19.99 each).



- **Sugarbooger** The kids division of the Southern California home goods company Ore Originals produces stackable food storage containers, lunch totes and bento boxes. Through Sept. 3, the Twist & Stack snackers are \$2 off (regularly \$9.99 each). Meanwhile, their lunch totes are \$3 off (regularly \$15.99 each), and their bento boxes are \$2 off (regularly \$9.99 each).



- **Melii snackle boxes** Everything made by this Canadian-based kids' products company was designed by its founders, two moms named Melissa. Snackle boxes are similar to tackle boxes, but with removable dividers to accommodate various sizes of snacks. Through Sept. 3, assorted sizes of them are \$2 off.



- **Decomposition notebooks** These are a favorite of mine. They're made from 100% post-consumer waste, which saves trees and reduces the use of fresh water and energy. The Michael Roger company is family owned and has been around since 1949. Through Sept. 3, all sizes of Decomposition books are 20% off.



- **Mavericks cookies** contain less sugar (up to 40% less than the leading natural kids brand), eight grams of whole grains per serving, and are non-GMO. They're also kosher and are produced in a peanut-free facility. Through Sept. 3, (package size?) are 2/\$7 (regularly \$4.99 each).

- **Orca Bay frozen fish** This Seattle-based food processing company has been in business since 1981. Through Sept. 3, 10-ounce packages of their flounder and yellowfin tuna are \$3 off (regularly \$7.99 each).



- **Nature's Bakery bars** are part of the Kind family and have been around since 2011. They're made of whole grains, real fruit and are plant-based, gluten free, dairy free, nut free and non-GMO Project Verified. Through Sept. 3, six packs are \$2 off (regularly \$5.99 each).

Switching gears to wellness, Ambler, Next Door and Across the Way recently brought in **Fat and the Moon** herbal body care products — shampoo and conditioner bars, deodorant cream, perfume, lip balm and more. They use plants that are abundant, ethically harvested and organically grown. Their products are handcrafted and basically made to order, so are way fresher than a lot of their contemporaries. Swing by soon and see which items you may want to incorporate into your body care routine.





6 YEARS SLICE IT
DICE IT
SERVE IT

Maximize Melon Time!

by Kieran McCourt, Weavers Way Ambler

Continental breakfast spreads and the like have done a great disservice to cantaloupe and honeydew. They're served out of season and barely ripe, so they're bland and much too crunchy. Why pick a melon when other summer fruits are available? Because when grown in season, melons can be a delightfully juicy, sweet and cooling summer treat.

There are a few tricks to making sure you select a good melon while shopping. As with watermelons, an easy first test is weight. A ripe melon will feel heavier for its size. The sound test works well, too; give it a knock and it should sound hollow.

For cantaloupes, another good indicator is the outer skin. A ripe melon should be beige with a little green showing from beneath. You can also test by smell; sniff the stem side and a ripe cantaloupe should smell sweet. If it smells fermented, it's gone bad.

Now you can start cutting into it, right? Not so fast. It's important to thoroughly wash your cantaloupe before cutting it open. The raised and textured rind can be home to a variety of microorganisms, especially bacteria that could lead to foodborne illnesses.

Melons can be cut into wedges and slices that leave the rind on or peeled and cut to size. You can also dig around the cutlery and finally put that melon baller to work. One of the easier ways to peel a cantaloupe or honeydew is to cut off a small slice from the stem side to help stabilize the round fruit. Leave it whole or split it widthwise, then use your knife to trim off the outer peel before cutting into your desired shape or size. Cut melon can keep in the fridge for a few days in an airtight container — if it lasts that long.



the word on wellness

Mid-Summer Wellness Check: Embrace Balance and Well-being

by Karen Palmer, Weavers Way Ambler Wellness Buyer

THE MIDDLE OF SUMMER IS THE PERFECT TIME TO take a step back and assess our wellness. The longer days and warmer weather bring with them a plethora of activities, but they can also add stress and disrupt our routines. Here are some tips to ensure you maintain a healthy balance and continue to thrive through the rest of the season.

- **Stay hydrated and nourished.** Summer heat can lead to dehydration, which affects your energy levels and overall health. Aim to drink at least eight glasses of water a day. Infuse your water with lemon, cucumber or berries for added flavor and nutrients.

Incorporate water-rich foods such as watermelon, cucumbers and leafy greens into your diet; they help with hydration and provide essential vitamins and minerals. I really enjoy trying the different varieties of summer fruits and veggies we have at the farm and in-store!

- **Mindful movement** Staying active is crucial, but it's important to adapt your routine to the season. Enjoy the benefits of nature by taking your workouts outside; try activities like hiking, biking or swimming. Remember to wear sunscreen and stay hydrated. Exercise during the cooler parts of the day to avoid heat exhaustion. This also allows you to enjoy the serenity of early mornings or the calmness of evenings.

- **Sun protection** While sunshine is beneficial for vitamin D production, overexposure can be harmful. Use natural sunscreens that protect your skin without

harmful chemicals; look for ingredients like zinc oxide and titanium dioxide. Wear hats, sunglasses and lightweight, long-sleeved clothing to shield your skin from the sun.

- **Mental wellness** Summer activities can sometimes lead to stress and fatigue. Mindfulness and relaxation are key to maintaining mental well-being. Incorporate mindfulness practices such as meditation, deep breathing exercises or yoga into your daily routine: they can help reduce stress and improve mental clarity. Spend time in nature to boost your mood and reduce stress. A walk in the park or a visit to a local arboretum can do wonders for your mental health.

- **Eat healthy.** With an abundance of fresh produce available, this is the ideal time to focus on healthy eating. Take advantage of the season's bounty by visiting local farmers markets. Enjoy fruits like berries, peaches, melons, and vegetables like tomatoes, zucchini and corn. Opt for lighter, refreshing meals that are easy to digest. Salads, smoothies and grilled vegetables are perfect options for summer.

- **Connect with your community.** Social connections are vital for our well-being, and summer is a great time to strengthen these bonds. Participate in local community events or farmers market days. Engaging with others and supporting local vendors can boost your sense of community. Be sure to spend quality time with loved ones. Whether it's a picnic in the park

or a backyard barbecue, these moments create lasting memories and enhance your emotional well-being.

- **Make eco-friendly choices.** Being mindful of our environmental impact is part of a holistic wellness approach. Reduce waste by using reusable water bottles, shopping bags and containers. Support eco-friendly brands and local organic farms. If you have space, start a small garden. Growing your own herbs and vegetables can be rewarding and environmentally friendly.

- **Self-assess and set goals.** Take a few moments to reflect on your wellness journey so far. Ask yourself how you are feeling physically, mentally and emotionally. Are there areas that need more attention or adjustment? Use this time to set realistic wellness goals for the remainder of the summer. Whether it's improving your hydration habits, incorporating more exercise or finding time for relaxation, small steps can lead to significant improvements.

Enjoy the vibrancy of midsummer while prioritizing your health and well-being. By staying hydrated, protecting your skin, eating healthy and maintaining mental wellness, you can make the most of the season. Meanwhile, our stores are here to support you with a range of natural and organic products to help you on your wellness journey.

Wishing you a balanced and healthy summer!

Get Fresh Daily Campers Get a VIP Tour of Germantown Store

by Jiana Murdic, for the Shuttle

ON ONE OF THE HOTTEST DAYS IN July, 22 children from Get Fresh Daily's garden-based environmental camp found respite and inspiration in one of the coolest grocery stores in the Northwest: Weavers Way Germantown.

To an onlooker, this may have looked like just another store tour. In fact, it was a fun, yet important study in the value of supporting community, small businesses, our local food system, sustainability, and each other.

Weavers Way Outreach Manager Nima Koliwad and Outreach Coordinator Camille Poinvil led the tour, which began in the produce section. They discussed the store's commitment to supporting local farmers and growers, highlighting foods that are in season and organically grown. That resonated with the children, because it's a frequent topic of discussion in our garden.

Our group was then led to the refrigerated section, which contains juices, milks, butters and more. We were excited to have the chance to go behind the scenes and into the back refrigerator area, where we learned that the shelves are stocked from behind. Who knew? The children loved that; one exclaimed that it felt like they were "breathing ice."

The tour concluded in the bulk foods section. Nima explained that it makes the store unique, because it demonstrates a shared commitment by customers — an understood agreement that they will buy what they need and use more sustainable packaging to reduce waste and plastic use in support of the environment. The children were fascinated by the section's wide array of nuts, beans, rice, dried fruits and coffees. The DIY peanut butter and wide selection of candy were particularly well received, of course.

Our time in the store concluded with a group activity in the outreach office led by Store Manager James Mitchell. He asked for the children's assistance with packaging date bars and fig newtons for the bulk section. They loved that and did an excellent job!



During the activity, James shared the inspirational story of his start at Weavers Way over 10 years ago, when he was part of the overnight stock team in Chestnut Hill. He was in that position for only a few months before moving into management. He was grocery manager in Chestnut Hill for about nine years, and when the Germantown store began to become a reality, he was tapped to lead its opening as the Co-op's first Black store manager.

James said he's proud to lead the Germantown store, which is bringing more fresh and healthy foods into the neighborhood. The children really appreciated hearing his origin story and gave him a warm round of applause.

The store tour is an extension of an ongoing partnership between Weavers Way and Get Fresh Daily. The Co-op is a longtime supporter of GFD and served as lead sponsor for its annual Juneteenth Plant-Based Cookout and Hangout, which just celebrated its fifth year. We are grateful to collaborate with the Co-op in our shared commitment to community, the environment and healthy living for all.



Photos courtesy of Get Fresh Daily

Campers pack dates after their store tour in Germantown. Above, the group after their tour.

Get Fresh Daily is a mission-driven organization that promotes holistic wellness through programs, events and offerings based at our West Philadelphia healing garden. Our initiatives educate and celebrate plant-based eating and Earth-centered living for all. Since 2021, GFD, in collaboration with Philly Foodworks, has distributed over 7,000 farm fresh, local and organically grown produce boxes and hundreds of plant-based recipes to communities throughout Philadelphia.

Thanks to Weavers Way Germantown for such a fun and dynamic learning experience for our children. We're honored to have the first tour of the new store, and we had an amazing time.

To learn more about Get Fresh Daily and ways you can support us follow us on Instagram @getfreshdaily or make a donation via our website at www.getfreshdaily.org/support-gfd.

Jiana Murdic is the founder of Get Fresh Daily and a Co-op member. She lives in Mt. Airy.

Montco SAAC Offers Activity and Support to Area Seniors

by Danaé Reid, for the Shuttle

MONTCO SAAC, NESTLED IN THE heart of Ambler, is more than just a senior center — it's a thriving hub of activity, creativity and support. We're dedicated to enriching the lives of older adults through a variety of classes, programs and events designed to inspire and engage.

According to the Centers for Disease Control and Prevention, social isolation is associated with a 50% increased risk of dementia, heart disease, stroke, depression, anxiety and suicide in the elderly. Montco SAAC provides a lifeline for our seniors, who rely on our social workers, programs and care. We turn despair into improved quality of quality of life. At our centers, seniors find the community and support they desperately need.

Apart from benefiting seniors, Montco SAAC also serves as a hub for many nonprofits that serve the entire community: food programs, support for the homeless, medical outreach and other social services that directly benefit Montgomery County residents.

Among our most popular offerings is our vibrant Bridge Club, where members and non-members can enjoy friendly competition and camaraderie every Monday. Our gardens program invites participants to cultivate their green thumbs and enjoy the therapeutic benefits of gardening.

For those looking to improve their physical health, our tai chi classes provide a gentle yet effective way to enhance balance and overall well-being. In addition, we offer a variety of art classes, bingo, trivia contests and more, ensuring there's something for everyone. At Montco SAAC, we pride ourselves on creating a friend-

ly and familiar home atmosphere.

Another standout feature is the art center, where members can explore themselves through painting, sculpture, pottery and more. Our experienced instructors guide participants in discovering new skills and honing their talents in a supportive and welcoming environment.

We recently received a community block grant to refurbish and enhance the parking lot and surrounding areas at the Ambler Senior Center, which is also home to the Intergenerational Arts Center and Ambler Physical Therapy. The project, aimed at improving safety and aesthetic appeal, will include resurfacing the lot and maximizing the use of the 30,000 square-foot area to incorporate plans for a community garden, improved fencing and sidewalk repairs.

The improvements will honor the original historic significance of the Forest Elementary School property, built in 1926. The school served the community for many years before its transformation into a senior center two decades ago, and the center continues to be a cherished landmark, with past students often visiting to reminisce about their school days.

Montco SAAC is easily accessible and serves as a central gathering place for the community. With ramps, automatic doors, elevators, a parking lot and daily nutritious lunches, we strive to make your visit as comfortable and enjoyable as possible. Come visit us at 45 Forest Ave. and see all the opportunities we have to offer! You can reach us at 215-619-8863.

-Danaé Reid is marketing coordinator for Monto SAAC.



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

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The Great Foodscape

How to Catch and Hold Rainwater to Use in Your Garden

by Boris Kerzner, for the Shuttle

THE RECENT HEAT AND DROUGHT CONDITIONS HAVE many of us thinking about rain. Sometimes too much rain falls at once, and in between there are dry periods. A surprising amount of water falls on our roofs, and a large rain tank can go from empty to full after a few heavy rainfalls. This water can then be used in your garden (edible or ornamental) to supplement or even replace your reliance on municipal water for out-door irrigation.

It's pretty satisfying to use free rainwater collected from your roof to water your garden. Talk about virtuous cycles.

The options for collecting rainwater include the mighty and oft-installed rain barrel, which holds 50 to 60 gallons of water. In the past, you would have had to cut your downspout, but there are now nifty diverters on the market that allow you to drill a hole in the downspout and insert a diverter. This device automatically and mechanically re-directs rainwater down the downspout when the rain barrel is full. Winterizing is as easy as taking out the diverter and covering the hole with a cap. These barrels can also be strung together for more capacity.

If you want something bigger, you may want to opt for IBC or Intermediate Bulk Container totes. These are squarish containers that measure about four feet on each side and sit inside a metal frame. They're used in industrial shipping to move liquids — think orange juice, olive oil, soy sauce, glycerin, chemicals, etc.

Given their prevalent usage, there is a steady stream of used IBC totes waiting to be re-purposed; search Facebook Marketplace to get an idea of what's out there. The capacity of these totes ranges from 275 to 330 gallons — the equivalent of five standard rain barrels.

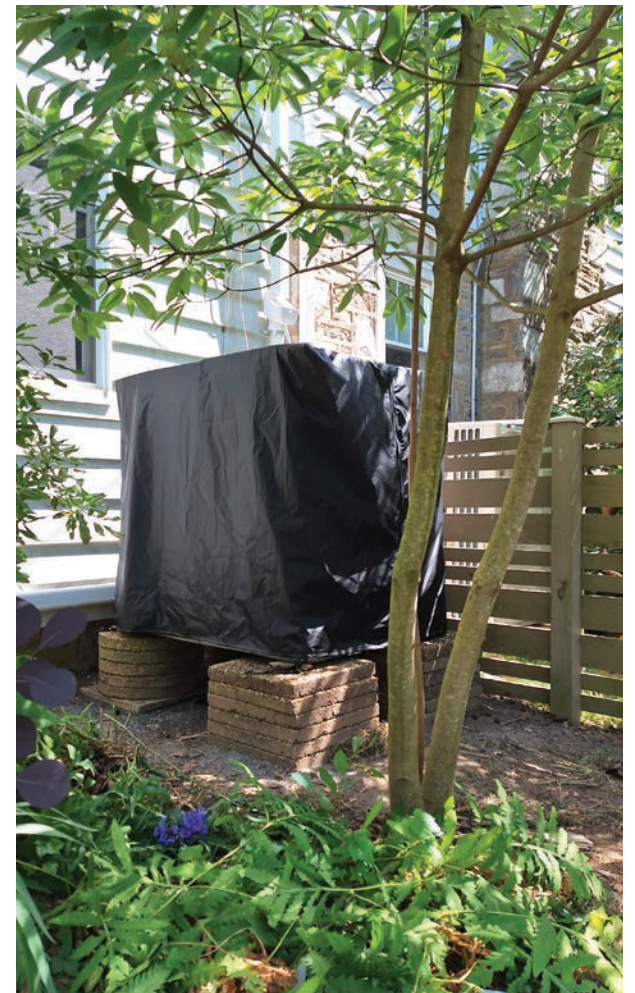
It's important that only containers that previously held some kind of food be used rather than those that held industrial chemicals; this will help ensure the cleanliness of your garden water supply. In addition, make sure to paint or cover the tote, which is usually translucent, to avoid the formation of algae, which can clog irrigation lines or create odor. Black plastic covers can be purchased online, or you can build one out of wood.

IBC totes can be professionally plumbed from the downspout with a leaf catcher and sewer and drain plumbing, so that no drop of water is left unaccounted for. It either enters the tote for storage and later use, or is elegantly piped away from your foundation, just like the downspout used to do.

IBC totes are basically repurposed, and their low price and availability make this an attractive option. That said, if you search for rain tanks online, you'll see many options for new models in a variety of sizes and materials, some of which are quite attractive. These too can be plumbed to make your garden more resilient.

If you're interested in putting together a rain collection system, reach out to Grow Our Food Landscaping at www.growourfood.com/contact or 267-415-6076. We have experience with building these kinds of systems and would be happy to come out for a free estimate.

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. Email him at growourfooddesign@gmail.com or visit at www.growourfood.com



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 (July 27, 2024)

Store	Prep	Deli	Bulk	Produce	Beauty & Topical Remedies	Grand Total
Ambler	4,873	1,121	1,809	3,056	0	10,859
Chestnut Hill	5,710	1,573	1,526	0	0	8,809
Mt. Airy	2,849	1,633	2,731	0	0	7,213
Germantown	0	0	0	0	0	0
Totals Sold	13,432	4,327	6,074	3,056	0	26,881
Deposits Refunded						17,270
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 food residue-free, fully prewashed.
4. Return containers in a timely fashion to prevent the Co-op from needing to keep buying more stock, and please do not write on or sticker CRP items.
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A program run by Echo Systems with support from the Weavers Way Plastic Reduction Task Force

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In Praise Of Our Chefs

I WANT TO CONGRATULATE THE WEAVERS Way chefs who create the tantalizing array of prepared foods displayed in the refrigerator case. While I generally stick to food I prepare myself, whenever I treat myself to a soup, side dish or entree made by your talented staff, I am impressed!

I recently bought a large container of curried cauliflower with pecans, even though I am not a fan of curry and worried it would be too spicy. My first taste put those fears to rest; it was one of the most scrumptious veggie dishes I have ever had! I am not exaggerating when I say that such a dish would be at home in a James Beard award-winning restaurant.

Bravo!

Stacia Friedman

SHUTTLE LETTERS POLICY

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

Board Gets a New V.P., While Three Officers Repeat

(Continued from Page 1)

The Leadership Committee, which is open to non-board members, is focused on connecting member-owners with the governance process by encouraging members to either run for the board or to engage friends and colleagues who might be interested in serving. Attending a Board meeting is an important and enlightening step and is one of the requirements for qualifying to run in the annual election.

Come check out a Board meeting, whether you are interested in running or not, and see how your board members ensure that Weavers Way achieves our organization's stated Ends. We usually meet the first Tuesday of each month at 7 p.m. For details about the next meeting, which is scheduled for Tuesday, Sept. 10, email board administrator Margaret Funderburg (boardadmin@weaversway.coop).

Accountability, whether of the Board to its members or our general manager to the board, is one of the most impactful values of cooperative ownership. Participating in the governance of Weavers Way provides a path to assuring that our Co-op's standards of accountability are honored and protected.

A great resource to learn more about how our Co-op is governed can be found on the bottom right hand corner of your member portal page, under the heading "My Co-op." While there, you can peruse the Co-op's bylaws, Ends, Strategic Plans, board meeting minutes and financial information. Being an informed



President Cheryl Croxton



Vice President Hilary Baum



Treasurer Gail McFadden Roberts



Secretary Jason Henschen

member-owner is critical to the long life of Weavers Way. The future of our Co-op depends on all of us! For more infor-

mation about running for the Board or to join the committee, please contact us at leadershipcommittee@weaversway.coop.



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GM'S
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How Grocery Stores Can Do Better at Caring for the Environment

by Jon Roesser, Weavers Way General Manager

THOSE WITH TIES TO WESTERN PENNSYLVANIA may be familiar with Giant Eagle, a Pittsburgh-based grocer which operates about 500 supermarkets, pharmacies, gas stations and convenience stores. Giant Eagle is not to be confused with Giant, ubiquitous in these parts, a 200-store grocery chain that is a brand of Netherlands-based Ahold Delhaize, a Brobdingnagian corporation of 7,700 stores and a market capitalization of over \$30 billion. The grocery game is big business.

Last month, to much fanfare, Giant Eagle opened their first “Zero Waste” store in Westfield, IN, a suburb of Indianapolis. It’s a 50,000 square foot outpost of their Market District brand (for perspective, our new Germantown store is 6,000 square feet).

To be sure, the store has some laudable attributes. Giant Eagle is partnering with a variety of sustainability-focused organizations, including a local food rescue program and a recycling company that will help divert more than 90 percent of the store’s waste away from landfills.

The trouble is that while grocery stores, including the Co-op, generate a lot of waste, that’s only a small part of their overall environmental impact.

Start with a supply chain that’s overly dependent on pesticides, fossil fuels and single-use plastic packaging. Much of what you find on the shelves of a typical grocery store has traveled thousands of miles to get there. The Co-op generates little-to-no “waste” stocking blueberries in January, but the environmental impact of getting those blueberries from the farms of Chile to the shelves of the Co-op is considerable.

Then there’s the electrical load. With aisle after aisle of refrigerated and frozen display cases, it’s no surprise that a grocery store needs a lot of juice, especially one that’s 50,000 square feet. Is a store really “zero waste” if it’s being powered by electricity generated from a coal-fired power plant built in the 1940s?

Finally, there’s this unpleasant fact: Most of a grocery store’s waste is generated at the consumer level.

“

Most of a grocery store’s waste is generated at the consumer level.

”

Disposing of food packaging, which is designed for convenience, extending freshness, and enhancing food safety, is the responsibility of the consumer. Can a store be zero waste when it sells tons of single-use plastic that’s destined for landfills and incinerators?

Our recently completed Strategic Plan emphasizes the importance our members have placed on improving the Co-op’s environmental impact. And while there are things we can do to make our stores zero waste, the real priorities are related to energy use and reducing the amount of single-use packaging we sell.

As I write this column, the Clean Energy Co-op is installing a 75-panel solar array on the roof of our Germantown store. We’ve committed to purchasing whatever electricity this array generates, which will go a long way toward covering the Germantown store’s electrical load. Future arrays can potentially be installed on the roofs of other Co-op buildings.

No single endeavor of ours goes further at improving our overall environmental impact than our Container Refund Program. The CRP, which has been around for several years, offers shoppers glass or reusable alternatives to single-use packaging for certain prepared foods, bulk, deli and produce items.

We have not executed the CRP particularly well. This is no one person’s fault, but rather a systemic issue, so if the blame lies with anyone it’s with me for not giving it sufficient priority. Up until now, we have lacked the operational infrastructure needed to consistently keep CRP containers on the shelves. Users of the program have routinely reported limited CRP out-of-stocks.

Danielle Mitchell, the Co-op’s sustainability coordinator, is now working with store managers and our warehouse and logistics team to build out the systems we need so that the CRP can be executed properly and scaled up considerably.

The rollout of our new and improved CRP is planned for the fall. Initially, there will be core sets of items in all fresh departments, and we will have systems in place to ensure that whenever you shop, those core items will be available in CRP containers.

Eventually, we’ll expand the program to include more items, with a stated goal of reducing by 40% the proportion of what we spend on plastic-based packaging by the end of 2028. At that point, less than five years from now, it should be possible and relatively easy to do a full grocery shop without having to purchase any single-use plastic containers.

I tip my hat to the folks at Giant Eagle for investing time and effort to open a zero-waste store, and hope they achieve their stated goals. Recognizing that as grocers, our environmental impact goes far beyond the waste we generate is an important next step as we seek to transform our industry for a sustainable future.

See you around the Co-op.

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The Weavers Watcher

Bradley Cooper Seeks Redemption as a Chef in London

by Jana Marie Rose, for the Shuttle

EVERYTHING IS IN THE EYES, SOUL SEEKERS WILL tell you. Look in someone’s eyes and know their truth; the eyes can’t lie.

Bradley Cooper, who plays chef Adam Jones in the 2015 film “Burnt” (now streaming on Netflix, Hulu and other services) has intense eyes; maybe it’s what Philadelphia water does to a person. Here, as in more recent work, his potency and presence on screen can’t be denied.

“Burnt” is set in London, and catalogues Jones’ attempt to put his life back together after making a few messes in France and America. Despite having accrued a few enemies, he’s earned two Michelin stars. That makes him a legend to up and coming chefs, and Jones knows how to use the little he’s got to get what he wants — a crew, a new restaurant and perhaps a third star.

Jones doesn’t hide from confrontation; he’s also honest. He has a sordid past and readily admits to it, because his talent in the kitchen speaks for itself. To get a place to stay until he can afford a hotel, he sidles up to David, a young chef who makes sandwiches that everybody loves. He compliments him and promises to give him a job if he can sleep on his couch indefinitely.

I found London a surprising choice for a film about haute cuisine; my week there years ago led me to eat mostly Italian food. You can’t really mess up pasta and sauce and a loaf of bread, so that was a sure bet for my version of budget-friendly fine dining. Other London meals seemed to involve dry meat and bland potatoes.

The British even eat differently than Americans if you watch closely. The fork is often turned upside down; the knife scoops mashed food onto the back of the fork. Why? Maybe it’s more polite?

Despite my experience and observations, the London in “Burnt” has a lot of flavor and vibrancy. The kitchen crew Jones acquires exudes a lot of warmth. My experience in rainy London was a bit lonely; I found Londoners to be courteous but aloof. But Jones is such a spitfire that he brings out the hot-headedness in his team.

That’s how he manages to attract young, beautiful, blonde Helene, played by Sienna Miller. At first, she just wants extra cash, and Jones pulls some strings to ensure she has to change jobs and work for him. Soon enough, though, she desires to be as great a chef as he is and leans in more intently to her craft.

Helene’s daughter, Lily, (played by Lexie Benbow-Hart) is probably my favorite character. You can’t impress a kid by being a bully in the kitchen, and she does not cater to Jones’ behavior. In her quiet way, she speaks her truth openly; her opinion ends up mattering the most to Jones and Helene when they are serving cake or fish.

In a scene that is perfectly written and performed, Jones meets Helene in a fast food burger joint and explains to her the long history of why peasant food is popular. In taste, he says, fast food matches with some of the best French recipes. The problem, he adds, is that there is too much consistency. He recognizes it is only through variety, creativity and unpredictability that he and oth-

er chefs are able to make a name for themselves and charge triple for the same basic ingredients.

The thing I love most about “Burnt” is that it is about family and the way that family finds us. Just like biological family members, people in our chosen or work family come with a range of quirks, talents and limitations. We learn to love them anyway. After all, a true family is a team of people who respect one another’s differences and find ways to celebrate successes and support one another in defeat. They lift each other up and call one another out. Most importantly, they gather around a warm meal — even if it’s hearty, simple and served in a pan. Hearty and simple goes straight to the heart — even for a chef of haute cuisine.



Jana Marie Rose is a teacher, performer, and writer; her current blog is “The Ms. Wonderful Film Club.” You can find more about her on her website: www.janamarierose.com.

For the Good of Your Health, Hum Along

Editor’s Note: This month, the Co-op’s Diversity, Equity and Inclusion Advisory Committee has a free self-care offering to our readers.

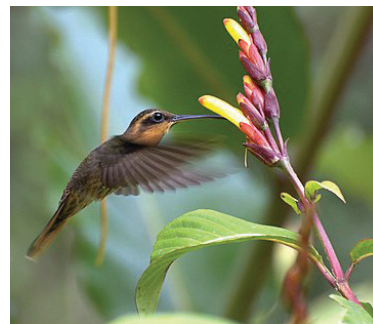
HUMMING IS THE STEADY RELEASE OF SOUND vibrations created when the mouth is closed. This wordless reverberation originates in the vocal cords and emerges through the nostrils. Humming’s closed mouth sensations resonate predominately from low sound frequencies which are most often monatomic, but they can produce melodic tones.

Humming stimulates the vagus nerve, which functions as a communication connector, linking the brain and selected body systems. According

to an Oct. 2022 article on Vice.com, it has several health benefits, including improving the respiratory, cardiovascular, digestive, urinary, nervous and immune systems.

Humming rewards practitioners with reduced anxiety and stress, lowered heart rate and blood pressure. It also increases the amount of nitric oxide produced in the body, expands blood flow, releases endorphins and improves sinus health, inflammation and lymphatic circulation. Humming aids cognition, breathing, temperament, sleep, concentration, introspection, reflection and overall well-being. So don’t worry about who might notice; go and have a hum.

—Rosa Lewis



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Scoop Up Sweetness in Nature at FOW's Annual Ice Cream Social

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

FRIENDS OF THE WISSAHICKON INVITES YOU TO our sweetest event of the summer — our 18th Annual Free Ice Cream Social on Wednesday, Aug. 21 from 3-5 p.m. at the papermaking barn at Historic Rittenhouse Town in Germantown.

Attendees will enjoy ice cream and non-dairy frozen treats from Bredenbeck's Bakery and Ice Cream Parlor in Chestnut Hill. Bredenbeck's, which is donating a portion of the ice cream, is just one of the local businesses and organizations that will make this free event a success. Please let us know you're stopping by at events.fow.org/icecreamsocial2024.

Congratulations to our friends at Weavers Way, who opened their new Germantown store in May. To commemorate this amazing new asset for the community, join us for a guided hike from the Germantown store to Historic Rittenhousetown for ice cream. Nature is all around us, and from Weavers Way Germantown, it's less than a mile to this yummy event.

We'll also be joined by Let's Go Outdoors, our partner and the folks who make our Little Friends of the Wissahickon program possible. LGO connects Philadelphia public school students from kindergarten to second grade to the Wissahickon and provides in-class visits that keep kids' curiosity for nature alive. Haven't had the pleasure of engaging with their family-friendly community? We'll introduce you at the social! Hopefully, you'll find yourself at one of their archery classes, habitat monitoring events or Playground Pop-ups before long.

If you're a Wissahickon regular, you've likely met our city partners at the Wissahickon Environmental Cen-



ter in Chestnut Hill. We can always count on them to educate our friends about the park's wilder aspects. Their animal pelt presentation at last year's event was a huge hit. We were joined by over 300 friends and served up ice cream until the late afternoon with the center's wonderful educators.

This is an event you won't want to miss. Make the most of the summer, even those lazy Wednesday afternoons. Register at events.fow.org/icecreamsocial2024.



WEAVERS WAY EVENTS

<p>Virtual New Member Orientation</p> <p>Thursday, Aug. 15 6:30-8 p.m.</p> <p>New and newish Weavers Way members can tap into this session about the history of the Co-op, our online Member Center, our working member program and more. You'll receive two hours' working member credit for participating (the orientation lasts about 1 1/2 hours). Sign up on our Member Center.</p>	<p>Blood Drives at Our Main Stores</p> <table border="0" style="width: 100%;"> <tr> <td>Thursday, Aug. 22</td> <td style="text-align: right;">1-7 p.m.</td> </tr> <tr> <td>Weavers Way Mt. Airy and Chestnut Hill</td> <td></td> </tr> <tr> <td>Tuesday, Sept. 10</td> <td style="text-align: right;">1-7 p.m.</td> </tr> <tr> <td>Weavers Way Ambler</td> <td style="text-align: right;">1-6 p.m.</td> </tr> <tr> <td>Weavers Way Germantown</td> <td></td> </tr> </table> <p>Give the gift of life to those in need. All who give or try to give will earn a \$10 Happy Shopper card. Scan the QR code to sign up.</p>	Thursday, Aug. 22	1-7 p.m.	Weavers Way Mt. Airy and Chestnut Hill		Tuesday, Sept. 10	1-7 p.m.	Weavers Way Ambler	1-6 p.m.	Weavers Way Germantown		<p>Membership Office and Notary Hours</p> <p>Mt Airy: 555 Carpenter Lane</p> <p>Membership and Notary Services</p> <p>Monday - Friday 11 a.m. - 5 p.m.</p>
Thursday, Aug. 22	1-7 p.m.											
Weavers Way Mt. Airy and Chestnut Hill												
Tuesday, Sept. 10	1-7 p.m.											
Weavers Way Ambler	1-6 p.m.											
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For more info: www.weaversway.coop/events

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After 30-Plus Years, a Member's Novel Sees the Light of Day

by Karen Plourde, Editor, Weavers Way Shuttle

THIRTY-TWO YEARS AGO, WEAVERS WAY MEMBER Erick Redwood started “The Lone Dogs of Scrabble: A Canine TreeLeg Chorus,” a novel about two misfit boys, their parents, and their dogs. He didn’t have an outline and didn’t sketch out the characters; he just wrote.

When the time came to self-publish it, he didn’t want to give away the fact that the narration periodically shifts from the human characters to the dogs, who have their own internal vocabulary.

“I have resisted everything that seems to be acceptable in the way of doing it,” he said in a recent Zoom interview. “...I would prefer to see that when people read it, that [the narration shift] take them completely by surprise...because the readership is going to be different when that happens.”

The novel’s protagonist is Jonas Inkin, a 12-year-old boy living on the outskirts of Philly with his parents. At the beginning of the novel, he has no friends other than his journal and is ostracized at school. He yearns to have a dog, because he relates to animals far easier than to humans, but his mom, Elissa, is resistant to the idea. Fortunately for him, his Aunt Syd, Elissa’s sister, supports his desire and constantly pushes her sister to give him what he most wants.

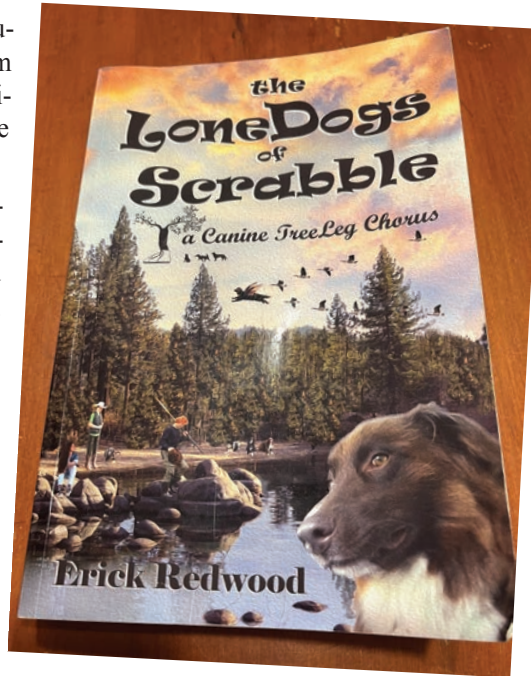
Jonas’ social fortunes change with the arrival at school of Roy Plimpton, who’s come East with his father, Jedd, from Oklahoma after the death of Roy’s

mother. Jonas and Roy’s mutual status as outsiders draws them together, along with their families and the dogs they welcome into their lives.

The book includes a lexicon for the dog narration passages. Common terms used include “treelegs” (humans), “redlunes” and “sunlunes” (angry and happy feelings) and “gyps” (female dogs), among others.

Redwood, 79, who lives in Harleysville, said the book was written “like a puzzle” he put together over decades. And while he’d like to sell copies of his book and get at least part of his investment back, he’s more interested in people reading it, even if they don’t pay for it.

Over the last couple years, he’s sent digital copies of the novel to people in his circle and has gotten some helpful feedback. He also worked with Glass Spider Publishing on the format, cover design and other details to get the book ready for on-demand publishing. He



finally got paper copies of “Lone Dogs” into his hands in April.

Redwood, a native of Germantown, submitted a few chapters of the book to the Santa Fe Writers Project over 10 years ago and was named a runner up in the competition. Afterward, he sent the manuscript to large and small publishers, but they all said that they found the book hard to categorize. He also felt he didn’t have the stomach to push himself and his work out in the world.

“The marketing thing was more than my personality permitted,” he recalled. “There was nobody pushing from behind, really, to say ‘Do this, do that.’”


Redwood hopes that readers will come away from the book with the realization that there are good people in the world. “I like that... people’s character becomes paramount,” he said.

“Lone Dogs of Scrabble” is available through Amazon, Book Baby, Lakeside Books and other outlets. Look for an announcement of an author event/book signing, probably in Ambler, soon.


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August is Prime Time for Maintenance in the Garden

by Sally McCabe, for the Shuttle

DESPITE THE HEAT, WE'RE PERCHED ON THE SUMMER/fall cusp. It's too late to plant summer crops like tomatoes, peppers, eggplants, sweet potatoes and winter squash, and it's almost too late for beans and squash (60 days to maturity is the absolute outside limit.)

We still have plenty of time to grow herbs from seed, since you are not dependent on fruit. So August is the prime time to take a break from all but the most limited plantings and do some shady maintenance.

Once we hit around August 10-15, it's time to start thinking about seeding leafy greens and another round of root crops and start planting cole crops from seedlings (cabbage, cauliflower, collards and broccoli.) You can also start some of these seeds indoors, where you can regulate the temperature, or in a shadier part of the garden, making sure to keep them well watered.

For cole crops, use a light-colored mulch to reflect some of the heat and keep the soil cooler.

And be sure to get out in the garden this month to inspect hoses and fittings. Prolonged heat and UV exposure can weaken hoses, especially dark colored ones, which causes leaks. More common though, are leaky joints, where washers are faulty or missing; be sure to replace them and make sure you tighten the connections.

One smaller leak can be strategically located to drip on specific plants that may need the extra water. But big gushers, or lots of small ones, will waste water, cause mud and run up your water bill. When replacing hoses, remember that heavier hoses may last longer, but they are heavy. So keep heavy hoses close to the spigot, leave that section in place, and cover it with mulch to keep out the sun. Then think about lighter weight or even the little collapsible ones to drag along behind you.

Watering Rules and Picking Fruit

The heat of the summer is also a great time to invest in a pop-up tarp and rain gauge. Pop-up tarps easily allow you to garden in all weather. Move them as needed to keep the sun off your work, or to keep rain from drowning you while you plant. Practice putting it up and down a few times before you take it out into the yard and weigh it down if you're trying to work in heavy winds.

Watering is a challenge in the summer heat, but a rain gauge can help. It's easy to say, "Water if there's been less than an inch of rain in a week," but how are you supposed to know how much rain fell in your yard? Most commercial rain gauges (usually a tube with gradations on the side) are small and cute. But when the mouth of the gauge is small, and the wind is blowing the rain around, will you get an accurate reading?

It's better to take a straight-sided bucket and place it in the garden. Then go out with a ruler after it rains and

record how much fell. Do the math, and if it doesn't add up to an inch in a week, water! Then empty the bucket and restart the count.

Picking fruit is another important task in the garden this time of year. Ripe fruit signals to the rest of the plant to start winding down; removing said fruit encourages the plant to start over. It will then produce more flowers to make more fruit, and that makes us happy. Try to pick fruit in the early morning and when foliage is dry; this discourages fungus from spreading as you pick. Also, in this season of plenty, buy up all the local blueberries you can find and give them space in the freezer. Rinse first, then allow to air dry before sealing them in a well-labeled, dated airtight container. Be sure to use them up before next year.

Late summer is a critical time to care for your hanging baskets and keep them out of the full sun. In this heat, they dry out fast, so they must be watered every day, sometimes twice a day. But when you water that often, it washes the nutrients out of the soil. I recommend watering with a soluble, organic-based fertilizer like fish emulsion, seaweed or worm compost instead of the blue stuff, which is salty and will aggravate the dryness.

Every week, I take a bucket of water, add compost or worm castings, stir the mixture, and sink the whole basket to water and feed plants at the same time. This technique also applies to any houseplant that can fit in the bucket.

Seed Checking and Deadheading

Now is also a good time to sit in the air conditioning and go through your seed collection. Pull out the warm season crops, set aside the tomatoes, peppers and eggplants, and look at the rest. Check the days to harvest and do the math: If we get our first frost around Halloween, that's about 90 days from now, but those last weeks will be cooler and darker, so subtract two weeks. We'd like to harvest for a few weeks before frost, so subtract another 14 days. Now we're just over 60 days. If you can find any beans, squash or cucumbers that need 60 days or less to mature, get them in the ground as soon as possible.

Now is also the time for deadheading! With all the heat and rain, flowers are busting out all over! But re-



Photos by Morgan Horell

Gardeners pose with flowers for their plots during PHS' Healthy Neighborhoods Tour in May.

Cabbage plants at Norristown Farm Park.



member, most plants flower so they can set seeds and die, or at least retire to Florida. If you want them to keep blooming, you must prevent the cycle's completion by removing flowers as soon as they are done. Snip off dead flowers, and the sticking-out stems as well, to make it all tidy.

Get ruthless about standing water. Mosquitos are rambunctious this time of year and will breed overnight in any kind of standing water— buckets, rain barrels, birdbaths, the trays under your houseplants, even the sweat running down the middle of your back. Dump out everything you can and treat whatever is left with mosquito dunks or sprinkles.

Late summer is a great time to take advantage of the early mornings. Intense summer heat is dangerous for those who spend a lot of time outdoors, so try to get up early and garden before you go to work. Water well in the morning and allow yourself the luxury of a little spritzing of leaves, since most moisture will be quickly absorbed, and the rest will burn off in the afternoon heat. If you must be out in the heat of the day, remember a hat and sunscreen, and drink plenty of water. Take frequent

(Continued on Page 14)



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Together Women Rise Celebrates 13 Years and \$400K Raised

by Betsy Teutsch, for the Shuttle

BY EARLY 2012, WEAVERS WAY HAD ESTABLISHED three chapters of Together Women Rise, a national giving circle committed to empowering women and girls in the Global South. These groups sprang up as the result of a Shuttle article I wrote describing the vision: Women sitting around a dinner table, enjoying one another's company, eating healthy, local food, and learning about and supporting others. A fourth chapter was created when the Ambler store opened in 2017.

In 2012, at an initial monthly meeting at Sue Heckrotte's elegant Victorian home, after sharing an abundant potluck dinner, we watched a video provided by Together Women Rise about Kamlari, a traditional Nepalese practice. Impoverished rural families send their daughters — who are often just six or seven — away to the city to work for households as bonded servants. In turn, the parents receive their girls' meager wages, which contribute to the family's survival. One girl recalled her parents had netted \$20 for a full year of her labor.

This is the end of childhood for these girls. They are alone, performing scutwork for strangers at a stage when most girls around the world are at home with parents and family, enrolled in primary school, and busy playing with their friends.

We then heard about the featured grantee, Nepal Youth Foundation, and their shockingly straightforward bargain to coax families into keeping their daughters home: Providing them with guinea pigs or a goat to raise. In exchange, their girls would live at home and attend school. The families come out ahead, clearing more from the sale of the fattened animals than from their daughters' dawn-to-dusk toil.

We were speechless. Our giving circle would likely raise enough money in one evening to free a dozen (or more) little girls from bonded servitude. They would be spared from abuse, get an education, and often be the first in their family to learn to read. Together Women Rise's partnership with a smart, local nongovernmental organization would break this cycle of poverty.



Photo by Betsy Teutsch

Chapter leaders of Together Women Rise at a recent gathering at the author's house. Clockwise from right corner, Sylvia Gentry, Sue Heckrotte, Carole Green, Moya Kinnealey, Margaret Guthrie, National Chair Cheryl Holland, Rosemary Daub, Sue Hoffman, Greta Greenburger, Flo Gelo, Betsy Teutsch

The Good Work Continues

The four chapters have continued to meet monthly, each developing their own friendship network and approach. Judith Tindall, longtime co-leader of our Tuesday chapter, maintains a running tally of our fundraising. As of May, we have collectively raised \$405,130. The daily average raised over these past 13 years is \$92.

That might not sound like much, but many of the women engaged in our programs live on a dollar or two a day. Money goes shockingly far.

Our chapters survived Covid by pivoting to Zoom. Most of our members contribute by autopay, so our revenues were stable. Some increased their giving, knowing how challenging Covid was in low-resource areas.

Many spinoff activities have emerged from the friendship of our chapters. They include lots of postcarding, community quilting, donating to soup kitchens and serving on the national Together Women Rise board and

committees. We punch above our weight!

Almost all our grantees include education as part of their programs. The sweet spot is to keep adolescent girls in secondary school, but we have also funded professional training for midwives, community public health workers, nurses and all kinds of community organizers. That expertise stays in the grassroots communities.

It's hard to evaluate our grantees' successes because their work is integrated. For example, they combine, say, nutritional education with female farmer training and small business management. Together, these have more impact than any one intervention.

Recently, I checked back to see how Nepal Youth Foundation has fared. Their website features a 2020 milestone: Bishnu Chaudhary passed the bar exam in Nepal, making her the first Freed Kamlari female to become a lawyer. She was recently appointed as a government attorney by the Public Service Commission of Ne-

(Continued on Page 13)

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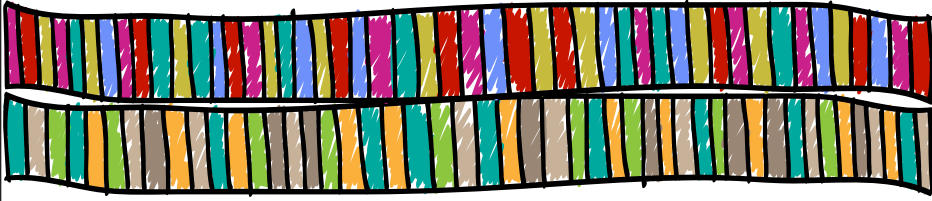
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Calling All Member Crafters and Makers!

The Co-op will host a Makers Mart at our **Fall General Membership Meeting** on Oct. 5 at the Waldorf School of Philadelphia in Germantown. If you're interested in participating, please email outreach@weaversway.coop for details.



Together Women Rise Celebrates 13 Years and \$400K Raised

(Continued from Page 12)

pal. We can't wait to hear about the amazing things she'll accomplish in this position, advocating for human rights and gender equality.

Kamlari has been nearly eradicated in Nepal. Chaudhary might well have been one of the girls rescued from Kamlari by our contributions that first night.

Think of all the Bishnu Chaudharys out there, for whom the difference between extreme hardship and flourishing is, for us, a modest contribution. Our chapters welcome new members. It's also possible to participate virtually — check out the webinars at www.togetherwomenrise.org.

Here's to the next \$405,130! If you have questions, contact me at bpteutsch@comcast.net.

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

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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 the Round Up program at any time. You can access a record of your Round Up transactions through the online Member Center or ask your cashier.

FJC Fund Drive Returns To Aid Area Food Pantries

(Continued from Page 1)

The drive was originally structured around the collection of packaged food donations, and committee members tabled at each store. During the Covid pandemic, the drive went online, and the funds raised were divided among the three pantries. The arrangement works better for food cupboard organizers since they can then spend the money to suit their needs. The Co-op adds \$500 to each pantry's total at the end of the drive.

The Rev. Dave Morris of St. Luke's said funds from the drive would help address the increased demand at their weekly pantry that was brought on by the ending of Covid-related extra SNAP benefits in February 2023. St. Luke's pantry offers fresh produce and dairy items in addition to nonperishable groceries and serves about 200 people a week. When they're able, they also offer toiletries and baby food.

In addition to the pantry, the church prepares about 100 lunches weekly and delivers them to the Germantown Community Fridge. On the third Thursday of every month, they serve a lunch for seniors that normally draws about 40 people.

Cindy Wedholm, executive director of Mattie Dixon, said in a recent email that the cupboard's staff has noticed "a huge increase in need over the last few years."

"The cost of living has affected everyone," she wrote. "However, our clients, who mostly are just making it every month, have been drastically affected. We are having more requests for emergency financial assistance, and the situations are more complex than in the past."

The cupboard's clients receive a semi-custom food order every other week that includes shelf-stable food and non-food items, dairy items, frozen meats and breads and fresh produce.

"We keep track of family size and make-up (adults, children, and seniors)," she added. "We work with unique numbers and duplicated numbers." In the last fiscal year, the cupboard served a little over 6,000 households and 18,467 individuals, some of whom received services more than once.

"Our numbers have increased by almost 50% in two years," Wedholm wrote. "Thanks to the wonderful support of our community partners and individuals, we have been able to support this increase at the high level of support we have always given to our neighbors."

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SEPT. 1 - SEPT. 30, 2024





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Mattie N. Dixon Community Cupboard, Inc., Ambler
Holy Cross Parish Food Pantry, Mt. Airy
St. Luke's Community Nutrition Programs in Germantown




August is Prime Time for Maintenance in the Garden

(Continued from Page 11)

breaks in the shade and think about places to plant shade trees for the future.

Picking flowers can also be done in the early morning before the afternoon heat wilts everything. Take a bucket of cool water with you to the garden, cut flowers and foliage with pruners or a sharp knife and plunge them into the water up to their necks to "harden them off." That means letting them soak up water until their cells are chock full, since this will make them last longer in an arrangement. Let them soak for an hour or two, and once they are nice and crisp, take them out and remove the bottom few inches of leaves from stems, since they

will rot under water in a vase. Make a bouquet in your hands, wrap a rubber band around the bunch, and take it inside where you can enjoy it in the air conditioning.

Harvest any garlic that might still be left in the garden. Once the leaves are dried and brown, there's no more growth happening this season. This is also true with onions. Make sure to get all the little cloves that might have separated from the mother cluster. Inspect every clove to make sure there are no little maggots from the allium leaf miner lurking there: They look like little white worms, or small apple seeds if they've gone to the next stage of development. Soak everything in Listerine (generic is fine,

but the yellow, not the blue) for an hour to kill germs, let dry, and store in a dry place till it's time to plant them in September or October.

Late summer is a wonderful time to get to know your neighbors better. Harvests reach record highs in the vegetable garden just in time for us to go away on summer vacations and miss them. Strike a deal with the folks next door to pick your veggies in exchange for watering. With these tips in mind, you're sure to have plenty to share!

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

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Crisis Ministry Provides Food and Emergency Help to Germantown

(Continued from Page 1)

cial workers, an administrative assistant and many regular volunteers who donate over 100 hours of service each week. Ad hoc volunteers provide additional support during the holiday season and for other special activities.

Right now, GACM is assisting our clients with joining Weavers Way's Food for All program. We have also expanded our Health Access Voucher program to allow clients to use vouchers at the Co-op. The program was designed to expand client access to healthy foods that supplement items received from the weekly food cupboard. The vouchers are limited to the purchase of fruits, vegetables, milk and eggs.

Membership in the Food for All program is affordable to our clients; the 15% discount they receive helps stretch limited cash or food stamp dollars. We and the Co-op are looking into additional partnership initiatives to help the Germantown community.

Since its founding, GACM has worked to ensure access to food and safe housing. We also empower residents by educating them about health and safety issues and ways to use their political power to ensure they can access resources and services for themselves and their community. Our advocacy helps people make the system work for them rather than against them.

Our highest priority is to provide service in a compassionate manner that upholds the client's dignity and affirms their strengths. Whether it's through assisting clients with applying for programs, budget counseling, a GACM grant or advocating on a client's behalf, we work to resolve crises.

We continue to connect at-risk Northwest Philadelphia residents to resources within themselves and the community that resolve their crises, stabilize their lives, and equip them to take the next steps toward self-sufficiency. At a minimum, we help meet our clients' basic needs: food, emergency funding and a wide range of support services. We honor each person's right to be treated with compassion, dignity and respect.

Our program highlights include:

- **Counseling and Financial Assistance:** GACM helps neighbors with information, referrals and financial aid to address their crises; we continue to see food and

housing requests increase. Emergency Food and Shelter Program funds help us respond to increased housing-related requests.

- We disburse emergency grants to help bring financial and housing stability to the seniors, families and children we serve. We facilitate clients' access to financial assistance to prevent evictions or utility shutoffs through GACM emergency funding and from agencies such as the Office of Supportive Housing, Philadelphia Corporation for Aging, UESF, Medicare and SNAP. Our grants also support help with replacing broken water heaters, purchasing fans in the summer, or with critical home or car repairs. We work with each client to address their immediate concerns, explore their options and provide encouragement.
- **Food Cupboard:** GACM's food cupboard is open every Thursday morning. We serve anyone who comes for food, regardless of where they live. Clients take away enough food to provide balanced meals for everyone in their household for three or more days. Clients are also given the option to select additional items from a community table when they are available, including personal hygiene items, baby products and household cleaning supplies. Our Healthy Alternatives Food Voucher Program provides \$10 vouchers to clients for the purchase of healthy foods. We are pleased to partner with Weavers Way to allow GACM clients to use vouchers at the Co-op's Germantown store.
- **THRIVE** (Taking Hold, Reaching In, Vesting Everything) workshops offer education and empowerment training to help participants take the next step toward self-sufficiency.

Through our HomeStrong initiative, which we offer in partnership with Urban Resource Development Corporation, Unitarian Universalist House Outreach Program, and Face to Face Germantown, we provide multi-session training programs for senior homeowners who live in Germantown. The training includes education on



Photo courtesy of Germantown Avenue Crisis Ministry.

A volunteer in the cupboard at Germantown Avenue Crisis Ministry.

home maintenance and safety and guidance on how to help protect the home's value and prepare for the transfer of the property to retain its wealth. We also offer advice on legal issues, how to avoid scams, and the aging brain. Upon completion, participants receive a home repair voucher valued up to \$1,800. Given the amount of gentrification taking place in Northwest Philadelphia, we know this is a needed program that protects seniors' homes and their financial interests.

The need in the community is great and growing. For more information about GACM, or to support our work by donating or volunteering, visit our website: crisisministry.org.

Jeff Podraza serves as treasurer for the board of Germantown Avenue Crisis Ministry.

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Fall Open Houses Will Showcase Evans Mumbower Mill

by Erin Mc Cool, Engagement Director, Wissahickon Trails



THIS FALL, WE INVITE HISTORY BUFFS AND NATURE enthusiasts to dive into the captivating world of Pennsylvania’s past while soaking up the beauty of the Wissahickon Watershed. At the Evans Mumbower Mill open houses, visitors can step back in time and explore the history of the mill industry in our region and its reliance on our waterways for power while enjoying a picturesque day outdoors. The open houses are free and take place monthly through the fall.

The mill, which dates to the early 1800s, is a hidden gem that offers a glimpse into Pennsylvania’s milling history. It’s nestled along the banks of the Montgomery County portion of the Wissahickon Creek, is connected to the Green Ribbon Trail, and has been meticulously restored to showcase its original charm and functionality. As you wander through, you’ll see how grain was ground into flour and learn about Pennsylvania mills and the vital role that the Wissahickon Creek played in the development of local communities.

Why You Should Visit

- 1. Rich History:** Hear stories about the people, the technology and the impact these mills had on our region from knowledgeable and passionate guides. Their engaging tours bring the past to life with fascinating tales and demonstrations, allowing visitors to leave with a deeper understanding of the mill’s significance and the history of the area.
- 2. Beautiful Setting:** The mill is set in a serene, wooded area along the Wissahickon Creek. It’s a great spot to enjoy nature, take a walk, and spot local wildlife.
- 3. Intergenerational Learning and Fun:** One of the unique aspects of our open houses is the opportunity for families of all ages to come together to experience history in a hands-on, engaging way. Blending different generations creates shared knowledge and experiences, enhancing learning for everyone.
- 4. Community Connection:** Meet fellow history lovers and nature enthusiasts who share your interests and passions.
- 5. Get off the Grid:** Put down your phone and have your

kids leave behind their video games to spend quality time with family in nature.

Mark Your Calendars!

Each open house offers a chance to learn about the mill and the watershed and enjoy nature. Some have additional offerings, like blacksmith demos or a cornhole tournament. Bring your curiosity, your love for the outdoors and your sense of adventure.

For more information about the open houses, including those taking place Aug. 25 and Sept. 14, visit wissahickontrails.org/events/upcoming-events. See you at the mill!





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A History of Anti-Immigrant Thought in the Environmental Movement

by Sandra Folzer, Weavers Way Environment Committee

FOR THE LAST FEW YEARS, ANTI-IMMIGRATION GROUPS have been cloaking themselves in environmentalism to push a xenophobic agenda, according to National Public Radio, the Southern Poverty Law Center and other outlets. By aligning themselves with environmentalists, they hope to widen their base.

Blaming immigrants for environmental problems takes the focus away from corporations that pollute the air and water, deforest the land, and poison the earth. Sadly, this line of thinking is nothing new.

I am thankful that Teddy Roosevelt established 150 national forests and five national parks. Yet, his close friend and fellow environmentalist Madison Grant, who created the Bronx Zoo in 1899 and protected bison and redwood trees, was director of the American Eugenics Society and vice president of the Immigration Restriction League.

John Muir, the “father of our national parks,” founded the Sierra Club in 1892 and started the environmental movement. But he made derogatory comments about Blacks and indigenous people. Some of his friends pushed for white supremacy by promoting race through eugenics, which advocated forced sterilization of minority groups.

Another person associated with the Sierra Club, John Tanton, was “the racist architect of the modern anti-immigrant movement,” according to the Southern Poverty Law Center. As an official of the Sierra Club, Tanton opposed immigrant rights. He founded many anti-immigration groups, some of whom still have influence today, including the Federation for American Immigration Reform, the Center for Immigration Studies, Progressives for Immigration Reform and Numbers USA. They are considered hate groups because they blame immigrants for overconsumption and urban sprawl. Some publish falsehoods about the high crime rate among immigrants, although the crime rate among immigrants is lower than that of native-born Americans, according to a report published in late May by the Brennan Center for Justice. Incidentally, the Sierra Club is currently led by Executive Director Ben Jealous, a Black man who formerly was president of the NAACP.

Donald Trump has used anti-immigration as a fear tactic. The director of the Bureau of Land Management during his administration, William Perry Pendley, wrote in a 2007 fundraising letter that “illegal immigration is spreading like a cancer.” Trump’s border wall destroyed sacred Native American sites and ancient cacti and disrupted the migration routes and survival of nearly 100 imperiled species from jaguars to monarch butterflies, according to a Feb. 2020 article in Sierra magazine. The federal government used waivers to destroy the land in the name of immigration control.

Why Our Country Needs Immigrants

If Trump got his wish to deport millions of immigrants, our country would suffer economically. Businesses and farms couldn’t survive, and the healthcare industry would deteriorate without needed doctors, nurses and caregivers. In 1989, President Ronald Reagan said, “If we ever closed the door to new Americans (immigrants), our leadership in the world would soon be lost.”

Economists have stated that our nation depends on immigrants to keep our economy thriving. According to the Congressional Budget Office, immigrants pay far more in taxes over a lifetime than they spend on government services. Undocumented workers also pay taxes, even though they’re ineligible for benefits. If we improved our legalization process, we wouldn’t have to spend billions on border security.

Immigrants contribute to our country in different ways. They are 10% more likely to create new businesses as native-born Americans, according to a June 2022 report by the Bipartisan Policy Center. Nearly one fourth of all STEM workers in the country are immigrants and many are college professors, engineers, nurses, doctors and dentists, according to an American Immigration Council report from the same time. They complement, rather than replace, American-born workers, and they accept jobs others don’t want.

Immigrants have not been valued for their contributions. We have used immigrants to build our country, from slaves who built the White House, to Chinese laborers who built the railroads, to Mexicans who built irrigation systems, to health care workers and laborers today.

Our country has a history of being anti-immigration, which is lightly clothed racism.

In the mid-19th century, the Know-Nothing movement became a major political party. Originally called the American Party, it included 100 elected congressmen, eight governors, many local politicians and a President (Millard Fillmore). They believed in a pure blood Protestant, Anglo-Saxon nation. They wanted to eliminate all Catholics from public office and have mandatory Bible reading in schools. Sound familiar? One of their founders was William Poole, a butcher and gang leader who gambled extravagantly and terrorized voters. After Poole was shot to death in New York City in 1855, he became a martyr. Though he was accused of attempted murder, conspiracy theorists made him an American hero who was “battling for freedom’s cause”, protecting people from dangerous Catholic immigrants.

Although the United States has prided itself on being a melting pot, our anti-immigrant stance continued. During World War II, Franklin Roosevelt signed Executive Order 9066 to relocate Japanese Americans into internment camps, taking away their homes and livelihoods. In 1965, the Immigration and Nationality Act put limits on Latin American immigration for the first time.

Politicians today don’t mention how our policies caused immigrants to flee their countries. We supported military regimes in El Salvador, which murdered thousands, to protect our corporate interests. When four Maryknoll missionaries were brutally killed in El Salvador in 1980, President Reagan’s top foreign adviser, Jean Kirkpatrick, was quoted as saying that they were also political activists.

Similarly, in Guatemala the United States used the CIA to protect American companies by overthrowing a left-leaning government that favored unions and giving land to the landless. In Chile, the CIA helped oust the socialist president, Salvador Allende. He was replaced by the dictator Augusto Pinochet, whose policies were more favorable to American businesses. To learn more, read Jonathan Blitzer’s book “Everyone Who Is Gone Is Here: The United States, Central America, and the Making of a Crisis,” which was published in January.

The United States caused the downfall of many democratically elected leaders in Latin America and took no responsibility for the repressive leaders who replaced them.

Instead of welcoming the people who flee the ensuing violence, we treat them

as pariahs and criminals. We even blame them for our environmental problems.

However, we cannot solve environment problems as isolationists; we need interracial and international cooperation.

eco tip

Recycled or Bamboo Toilet Paper: Is One Better Than the Other?

by Marsha Low, Weavers Way Environment Committee

In the United States alone, 27,000 trees are cut down each day for use in toilet paper manufacturing — approximately 15 million trees per year. Using “virgin” rolls of toilet paper (made directly from harvested trees) should be avoided for the sake of our forests and the health of our planet. But the question then arises: What’s best to use? Recycled or toilet tissue made from bamboo?

Recycled toilet paper keeps trees in the ground and requires fewer resources to produce.

According to an article in the July 15 issue of the New York Times (“What’s Greenest and Cleanest When Nature Calls?”), tissue from 100% recycled paper requires about half as much water and 37% less energy than using virgin fiber from trees and produces 70% less greenhouse gas.

But recycled TP isn’t a forever solution.

According to the Times article, the supply of recycled material has fallen as the use of printer and writing paper has declined (almost a whopping 50% between 2014 and 2022). This is great news for trees and the environment, but it means that it’s only a matter of time before we run out of recycled fibers.

The case for using bamboo is that converting bamboo fibers to paper requires less water than virgin wood (though it uses more than producing recycled toilet paper). But it’s important to consider the origin of bamboo toilet paper. Much of it currently on the U.S. market comes from China. The carbon footprint is likely higher, since fossil fuels are used to produce it and ship it to this country.

Also, check that your bamboo toilet roll package has a label from the Forest Stewardship Council to make sure forests weren’t cleared to grow the bamboo. Finally, consider getting a bidet. If you have one, you’ll end up using far less toilet paper, whether recycled or bamboo, since you’ll just be using a small amount to dry off with.


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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.

Heat has an interesting relationship with food. We use it to cook and preserve our food, and most crops need a certain amount of heat to grow. Farmworkers labor outside in the heat and have to take mitigation measures when temperatures go into the 90s.

We had a relatively brief period during which some people thought cooking food destroyed enzymes and nutrients and incorporated more raw food into their diets. While this is true, many enzymes are changed in our stomachs anyway, and while cooking can decrease water soluble vitamins like vitamin C, it increases the availability of other nutrients and antioxidants, such as lycopene and beta-carotene.

As our climate warms, heat will become more of a factor in our food system, mostly on the production side. Farmers will likely look to science and technology to help them cope. Whether there will be much more research on developing heat resistant varieties of seeds (using GMOs or traditional breeding and hybridization) remains to be seen. But it's becoming clear that agriculture will be one of many parts of life impacted by climate change.

suggestions and responses:

s: I recently switched to the bulk bread flour offered by the Co-op. But once I did, I noticed that my bread dough would not stiffen properly when kneaded. After trying a few times to make bread with it, I reached out to the supplier, Small Valley Milling. They informed me that their white bread flour has a protein content of just 11.2%, which is acceptable for all-purpose flour but well below what is expected of bread flour, which should be 12% at least, and should generally be 13% or higher.

This may seem like an extremely small discrepancy, but it is the difference between a dough that stiffens, becomes stretchy and rubbery, and can be easily formed into a boule, and a dough that remains a viscous liquid. Small Valley Milling did not have data for their whole wheat bread flour, but the highest estimate they were willing to give was 12%.

It is my hope that the Co-op can find a supplier of bulk flour whose bread flour meets the protein requirements for making bread dough. The remaining bread flour from SVM could be integrated into the all-purpose flour. I am not intimately familiar with the enormous logistical challenges in doing this, so if it is not possible, I fully understand. But I thought I should at least put a word in."

r: (Danielle): Thanks so much for reaching out. This one took me down a bit of a rabbit hole that I didn't know existed.



Even coming from a family with a long lineage of household and professional baking, I hadn't realized the specific protein percentage requirements of different types of flour. As you did, I began calling providers to inquire about protein content. I got the same information from Small Valley Mills: 11.2% for white, 12% for wheat.

When I called Castle Valley Mills (our cornmeal supplier who also offers bread flour), they informed me that their highest estimates are also around 12%, but that they don't have exact numbers. This is where the story ends in bulk.

Historically, there has never been a huge demand for bread flour in bulk and the offerings from UNFI, our main bulk provider, reflect that. They have a few all-purpose varieties, but no high protein flours in bulk sizes. What flour were you using before you switched to bulk? I'll continue to be on the lookout for options that are feasible for us in bulk.

s: "I am a customer at your Chestnut Hill store. I am writing to ask you to consider joining the app TooGoodToGo.com, to reduce your food waste, while also making some money on food which would otherwise be thrown away."

r: (Jess) Thanks so much for reaching out about TooGoodTogo. It is a cool program that we have given a shot in the past. Unfortunately, it didn't seem to get much traction and ended up being a bigger investment of time and effort than we felt it was worth at the time. We may consider it in the future, but for now, we have several places where we routinely donate food to avoid food waste.

s: "Can we get Asiago cheese in Germantown?"

r: (Danielle) We are currently carrying Stella asiago cheese in Germantown (\$14.99/lb.) If there's a specific brand or version you're looking for, please let us know, Thanks!

s: "The Co-op used to sell local cherry tomatoes by weight and in paper boxes. Any chance those options could be revisited? I wonder if others are like me and simply don't buy them because they are packaged in plastic.

Here are a few other suggestions/hopes:

- Low sodium soy sauce in bulk
- Bring back raisins in reusable containers (I know they are hard to pack in bulk from doing my co-op hours!)
- Coconut flakes (unsweetened) in bulk or reusable containers

r: (Danielle) Thanks so much for reaching out. As sustainability coordinator and a member of our Plastic Reduction Task Force, I share your concerns. I too

(Continued on Next Page)

(Continued from previous page)

avoid purchasing products with unnecessary amounts of plastic wherever I can. Local cherry tomatoes, as you know, are a highly seasonal item. We will be bringing them in soon from our farm and from a few other local farms to be sold in pulp containers. Stay tuned!

Bulk liquids are a tough conversation, since they take up a lot of room. We currently offer regular tamari in our Mt. Airy and Germantown stores; it sells modestly well. If we receive more requests from shoppers for a reduced sodium version, we will see what is possible. We carry raw, unsweetened coconut chips (the same product by a different name) in bulk in our Mt. Airy, Ambler and Germantown stores.

As for raisins in reusables, our Container Refund Program is undergoing some restructuring. We've transitioned from it being a full-service warewashing and distribution program fulfilled by a third party to being an internally run and operated program.

We're currently experiencing a lower than ideal volume of containers packed and circulated. But that should soon change, and you can expect to always see organic raisins available in CRP containers. Again, stay tuned! If you have any other questions or concerns, please reach out.

s: "I understand that the Co-op pays quite a lot in credit card fees. Wouldn't it be great if we could save that money and put it toward lower prices in the stores, or donate it to community projects? I see that many restaurants and small stores in farmer's markets are charging 2 to 3% to shoppers who use credit cards; they have a small sign in front of their cash register stating that credit card purchases will include a 3% fee. Can the Co-op implement something like this? I don't think we would lose any business, since this is a growing trend. Do we really need to make the credit card companies any richer than they already are?"

r: (Norman) This past year, credit card fees were probably over \$500,000, which is typical for a grocery business of our size. A few decades ago, when we first started taking plastic payments in a significant way, we used to add fees for card use: 25¢ for debit and 50¢ for credit. I forget exactly what happened, but I think we found out our merchant agreement with the card processor prohibited adding fees.

The fees were part of why we started Easy Pay, which avoids them, but only if members don't use their credit card to fund their Easy Pay account. We are working on a system for members to fund their Easy Pay accounts using bank transfers.

These days, the legality of adding fees for credit card payments varies by state. In Pennsylvania, they're allowed, but we are not considering adding a card fee at this time. That doesn't mean we'll never consider it. FYI, before plastic card payments became the norm, we took in a lot of checks, hundreds per day, and many people didn't realize that processing checks incurred costs, too: Our bank charged us 10¢ per check deposited, plus we spent staff time running the checks through a MICR encoder and preparing deposits. Cash takes time to count, bundle and take to the bank. The reality is that all forms of payment incur internal costs to the merchant, although the plastic cards have by far the highest cost.

s: "Can we stock shark fin soup?"

r: (Norman) Look for it soon in our self-serve soup pots. This soup uses all local, sustainable, and humane ingredients: water from local rain barrels, vegetables from our farms and foraged herbs from Fort Washington State Park. Shark fins are harvested from New Jersey sharks that have signed an affidavit that they are willingly giving up their top fins to benefit humans. It turns out many sharks find their top fins a nuisance; when humans see that fin above the water they tend to panic and clear the area, leaving the sharks feeling

Heat will become more of a factor in our food system.

lonely and abandoned.

s: "I've been trying to minimize the impact of my diet, and while I know going vegan is the best way to do this, I've found it challenging to go beyond vegetarianism for various reasons. I do, however, wish to choose my dairy as responsibly as possible. The recent discontinuation of jar recycling for Wholesome Dairy Farms yogurt has left me wondering if that brand is still the best choice. Do you know why their jar return program ended? Also, is the production, distribution, shipping and recycling of their glass yogurt containers better or worse than a comparably sized plastic container from an equally local and humane grass-fed dairy?"

While I'm at it, may I inquire about a local, grass-fed, good-to-the-cows cottage cheese option? Is there such a product available, and, if so, can you stock it at Ambler? I know I sound insufferable. But faced with a disintegrating democracy and an imperiled climate, I'm comforting myself by controlling what I can.

r: (Norman) Our info is that Wholesome's jar reuse had to be discontinued due to an issue they had with the state Department of Agriculture, but we don't know any details. Our current experience with reusing soup and other jars and lids at our Ambler store has shown us that government agencies are not always set up to allow reuse of containers. That's not because they are anti-reuse; it's more like the regulations weren't drafted with that as a possibility, so it's not dealt with. Some inspectors go by the letter of the regs, including the Montgomery County inspector at our Ambler store.

Interestingly, the Philly inspectors seem to have a different (and more progressive) approach. They seem more concerned with the practicalities and realities of preventing foodborne illness, and if a practice like reusing containers (after proper washing and sanitizing) isn't increasing the likelihood of foodborne illness, they seem ok with it, even if there is no specific language in the regs that allow it. Montco seems to be more of a stickler to the published regulations and if a practice is not specifically allowed, they consider it a violation.

Whether glass is better than plastic for a local producer's container is a good question. Some would say it's best to avoid plastic due to the way it's made and how it interacts with products. For example, food with lipids can sometimes react on a molecular level with plastic containers, since plastic also contains lipids).

The other thing to consider is the difficulty of recycling the container. Plastic industry people would probably tell you to look at the full life cycle and picture. When you add up what goes into production, transport and disposal of glass, it's not as clear that glass is better. From what I hear, neither gets recycled much. I still suspect that glass is at least a little better; you don't hear about miles of glass ending up in the ocean like you do with plastic.

We don't know of a good local cottage cheese with the standards you're looking for, but we do have some national brands that seem to have decent farm animal practices, including Good Culture, Nancy's and Organic Valley. I'm glad that you try to eat in a conscientious manner and consider the health of ourselves and

the planet.

s: "I am a regular shopper at Weavers Way Mt. Airy, and I've been learning more about the bad workplace conditions at most butchers and meat packing plants for immigrant and poor workers. Does the Co-op do any vetting of where meats were processed? If so, what are the standards you adhere to?"

r: (Norman) Thanks for your concern for meat workers. Our meat vendor and product selection is a balancing act between affordability and animal and worker treatment, plus environmental factors. We pretty much have to go by what our suppliers tell us and what we see in industry publications, which don't show much.

In general, although some meat lines have animal treatment certifications, I haven't seen anything regarding meat workers. Some of our meat vendors are local and family owned and run, including Stryker Farm, Esbenshade (turkeys) and Esposito's. We tend to trust the smaller, local meat vendors to treat workers fairly.

The larger local processors, such as Bell & Evans, Dietz & Watson, etc. claim to treat workers well, but we have nothing to go on other than what they say. We don't do audits, (although we did visit Dietz & Watson like 10 years ago and were impressed). We've been struggling with product philosophy and what standards to apply, especially as food inflation makes healthier choices more expensive. Producing food that doesn't exploit workers, animals or the environment in general is more expensive than exploitive food, hence the balancing act of price and standards.

s: "I'm a big fan of summer fruit like blueberries and cherries. The cherries have been great, but I have some complaints about the blueberries. For one thing, the blueberries in each pint are not all the same size. Some are small and tart, some are plump and sweet, and some are in between. Some are more grainy than juicy. I prefer they all be the plump, sweet ones and not be squishy or grainy, either. This almost never happens. Every pint of blueberries seems to have a mix of sizes, flavors and textures. Cherries, on the other hand, seem to be consistent; they're pretty much all the same size, flavor, and texture. Can we find blueberries that are more like cherries? Thanks."

r: (Norman) Blueberries are naturally more diverse size-wise than cherries, and typically don't get sorted by size after harvest. Blueberries are also usually mechanically harvested, while cherries are hand harvested. Cherries are packed and sold by size: 9 row, 10 row, 11 row, etc. The smaller number means larger fruit, since fewer fit in a "row" in a standard cherry box.

Cherries also have pits, and larger cherries have a larger flesh-to-pit ratio, which is important to shoppers (and allows large ones to fetch a higher price). Since blueberries don't have pits, there is no pit ratio in play. From the grower's perspective, all blueberries are created equal, so a pint can have a range of sizes.

s: "I'm going on vacation to Bermuda in three weeks and need to look good on the beach. Is there a food that when consumed frequently offers Baywatch-type bodies in that time?"

r: (Norman) Yes; popcorn. However, there are two conditions for it to work: You have to eat popcorn and nothing else for three weeks, because it has to be alone in your digestive tract. Plus, it has to be eaten in a dark room.

Popcorn contains a hidden protein that replaces fat with muscle without exercise, but the protein must be triggered by darkness to develop. This was discovered accidentally by NASA scientists looking to prevent muscle loss by astronauts while in space. This is ironic, because popcorn is not the easiest of foods to make during a space flight. Also, there are no beaches in space.

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

Extend Your Growing Season by Planting Fall Crops

by Chris Mattingly, for the Shuttle

MANY OF US HAVE FOND MEMORIES of sunny summer gardens brimming with tomatoes, zucchini and other homegrown delights. But we'll let you in on a little secret: The magic of gardening doesn't have to end with the warm weather of summer. As the cool breezes of autumn begin to blow, a whole new world of gardening opportunities unfolds. Fall gardening is an often overlooked yet rewarding extension of your growing season, and brings fresh greens and veggies to your table without the heat stress of summer.

As the days grow shorter and your summer crops begin to dwindle, you might find yourself yearning for the taste of fresh, homegrown produce. Fortunately, fall gardening offers a variety of quick-growing crops that thrive in cooler temperatures — baby greens, head lettuce, radishes, carrots and herbs like cilantro and dill. These cool weather champions flourish without the blistering sun and reward you with multiple harvests before winter.

Fall gardening has several unique advantages. The cooler temperatures slow down the activity of pests and diseases, creating a more manageable growing environment. Plants are less likely to experience heat stress, resulting in healthier, more resilient crops. The natural decline in pest populations toward the end of the season further reduces the likelihood of infestations, making fall a season of lower maintenance and higher rewards.

If you've already dabbled in summer gardening, the transition to fall is a breeze. After harvesting long spring crops like broccoli or carrots in late summer, you will have empty spaces in your beds, which you can fill with fall crops.

During late summer, some warm weather vegs like summer squash could also be winding down and ready to replace. Start by clearing out any spent plants, weeds or debris; this tidies up your space and helps prevent pests and diseases from overwintering in your soil. Don't worry about turning over the entire garden bed; often, leaving the roots of old plants to decompose can be beneficial to soil health.

With your garden prepared, it's time to decide what to plant. While some summer favorites like tomatoes and peppers don't fare well in cooler weather, there are plenty of other options. Baby greens such as lettuce, spinach and arugula are fantastic for fall. These can be harvested using the "cut and come again" method, which allows you to enjoy fresh, crisp greens multiple times throughout the season. While some "long spring" crops like carrots and broccoli also grow in cooler weather, they might not have time to fully mature before winter. Don't forget to plant garlic and shallots toward the end of November; they may take

until next summer to harvest, but the payoff in flavor is worth the wait!

If the idea of replanting your annual vegetable garden each season seems




daunting, fall is also an excellent time to establish perennial crops. Berries and kitchen herbs, for example, benefit from cooler planting conditions. The warm soil encourages root growth, helping plants develop strong foundations before winter.

Blackberries and raspberries are popular perennials in our climate that will provide harvests for years to come. If you love cooking with fresh herbs, consider adding Mediterranean varieties like rosemary, thyme and sage to your garden.


Plant an herb garden near your kitchen, whether in a raised bed or oth-

er container garden, so that you always have homegrown flavor nearby. Container gardens, like raised beds, are perfect for small spaces and can even teach children how to grow food in a bite-sized way.

Gardening in the fall offers more than a bountiful harvest; it's an opportunity to create lasting memories with your family even after summer vacation ends. From crisp veggies to savory herbs, it extends the joy of fresh produce into the cooler months. Don't miss the chance this autumn to savor the flavors and rewards of your growing spaces!



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Artists in Our Aisles



Ellie Seif

I have lived in West Mt. Airy since 1970. My photographic work and creative challenges have evolved since my retirement as a teacher and elementary school principal 20 years ago, and emanate from my interest in people, nature and diverse environments.

I seek images that capture a moment in time, recording what sometimes eludes us as we go about our daily lives. My nature photography includes closeups of the common, and my landscapes seek to celebrate the expanse of our surroundings. A desire to understand and communicate cultural similarities and differences motivates my images of people and the urban environment. I hope to create a sense of wonder and discovery, so that you say to yourself, "I never saw the landscape of Philadelphia that way", or "Is that what the inside of a tulip looks like?"

I've exhibited many of my portraits, nature closeups, landscapes and street photography. An Oct. 2013 exhibit at the Cheltenham Art Center featured photographs of people along the eight and a half miles of Germantown Avenue. I've also exhibited at High Point Café and am currently a volunteer photographer for several organizations, including Habitat for Humanity and Weavers Way.

My photographic greeting cards are sold to support the Picasso Project, which provides grants to support the arts in Philadelphia public schools. I'm also a member of the Cheltenham Camera Club, where I've won numerous awards over many years.

Many more of my photographs from all over the world can be viewed at my website, www.ellielseifphotography.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

BRIEF ENCOUNTER

To speak of what more
 Could we say to each other,
 'twas a brief encounter.
 Two lives unexpectedly intersecting,
 Not colliding, not with that intensity.
 More of an incidental brush.
 A hello, a soft surprise smile,
 An exchange of first names.
 Still everything remaining the same,
 No disruption to the status quo.
 So, really what could we say
 Of our brief encounter.

—Robert Calandra

WRITE A POEM

Write a poem because
 you have something to say
 and just can't do it
 any other way

*But what's the purpose?
 What good is it for?!*

How funny,
 I usually ask that
 when I hear about a war.

Write a poem so
 your thoughts can be read
 and not just exist
 inside your sweet head

*But what if it's bad?
 What if it's no good?!*

Pay that no mind -
 just pick up a pen
 and let your light shine.

Write a poem so
 your soul can be free
 and you can become
 who you're destined to be

—Heather Cohen

THE FRY PAN'S LAMENT AND TRIUMPH

I'd have to say that I'm just as good as new;
 Better, perhaps, than when I was just cast
 From the molten, red-hot iron of the blast furnace

Oh, it wasn't always easy
 The middle years that I spent in basement storage
 I was a castaway, trying not to resent the new shinies —
 Stainless steel, polished aluminum,
 plastic handles with Good Housekeeping seals of approval
 Fancy baked enamels and —God help me —that no-stick Teflon
 Ha! I'd never stick either, when they got the oil just right
 Oh, I'd reminisce — slab bacon, farm fresh eggs and home fries

In those days, I was a standard item for all the brides
 Cured black, I'd sit happily, warming and waiting
 On the wood stove's high shelf back
 Yes, the stories Kettle and I could tell

Whatever became of Kettle?
 Well, she went off to water plants
 And became a planter herself
 And then just rusted away, her metal so frail
 Thank God they found me waiting
 Ah, just collecting dust and hanging by a nail

Now I sit with pride on the granddaughter's range
 My, my, things have come and things have gone
 And I've seen quite a few change

—Charlie Karl

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

Beyond Plastic Pollution: An Online Class

I kept meaning to sign up for Judith Enck's online class "Beyond Plastic Pollution" for a few years but always hesitated at the thought of giving up seven Wednesday evenings for it. A happy miscommunication with a fellow anti-plastic activist led me to finally do so.

Enck is a former Obama Administration regional administrator of the Environmental Protection Agency and the president of the advocacy group Beyond Plastics, which is housed at Bennington College in Vermont. The class is offered annually and I highly recommend it to anyone interested in learning more about the role of plastics in our world, the growing body of research about them, from production to waste stream, and the problems and possible solutions to our reliance on these products.

If you are not already aware of the myriad heavy costs to all of us from this miracle material, which once promised to make so many aspects of our lives easier, or even if you are somewhat knowledgeable, I highly recommend this class. Enck examines plastics manufacturing, the history of and current attempts at recycling, the effect of plastics on our health, its role in climate change, and the many ways in which it is an environmental justice issue. The information can be grim. But the mission of Beyond Plastics is to end plastic pollution, so there is a lot in the class about actions we can all take, both individually and together, to work toward solutions.

Each of the two-hour classes began with a lecture, followed by question-and-answer sessions and a few breakout discussion groups. There were also a couple of brief pop quizzes that we took on our phones for our own edification, to test how much we were absorbing. Enck gave three of the lectures and the remaining four classes each featured a guest speaker.

Even though I do a fair amount of reading about plastics on my own, I learned a lot in this class, both from the weekly lectures and the excellent syllabus. I'm still making my way through some of the longer final readings, but they have been a marvelous resource in my efforts to reduce plastic waste.

The wide variety of items on the syllabus also included videos and the movie "The Story of Plastic." There are also recommended public actions for three of the classes. In addition to the readings for the classes, the syllabus recommends films, books, websites and researchers to follow.

Besides the 12 Bennington students who were taking the class for credit, there were another 160 of us who audited. In the chat, there were many opportunities to connect with others across the country who are concerned about and working on this issue.

How we deal with plastics will have a large effect on the livability of our planet both now and in the future. This class will enlighten and provide direction for a less plastic planet.

—Hilary Zankel

An Opportunity to Build

Our Jar Library Program

Some of you may know about the jar libraries that exist at three Weavers Way stores, at which shoppers can take pre-weighed, clean jars and fill them with bulk products instead of using some sort of single-use plastic. They can also donate their clean glass jars (with tops, and hopefully, with labels removed) to be used for the same purposes. The libraries are maintained by volunteers from the Plastics Reduction Task Force, a subgroup of the Co-op's Environmental Committee.

At the Co-op's newest store in Germantown, the PRTF is looking for volunteers to help start and maintain the jar library. This involves picking up the donated jars to sanitize at home by washing them in your dishwasher. Once they're back at the store, you would label them with "Jar Library" and the weight (called the tare), so shoppers can take one, fill it with their desired bulk item, and only have to mark the container with the bulk code number. The cashiers will ring up the product by code and weight, minus the tare weight, and the customer gets a 15¢ discount for using jar library containers or their own containers from home. You would then pick up new donations to take home and process.

This is not a one-person job. Depending on the volume, two to three people can coordinate their days. Currently, the Mt. Airy store, which has a large bulk section, has two people doing jar library duty every week. The Germantown store wants to have sufficient volunteers on board before starting its jar library, and the Ambler store would like to add additional volunteers. You would consult with the other fellow volunteers to coordinate which day(s) you are responsible for.

Members who sign onto this role will earn more than enough working member hours for the year! If you want to find out more about this opportunity, please contact PRTF at wastereductionphl@gmail.com.

—Valerie Glauser

Take Our One-Question Survey!

A few months ago, the PRTF created a one-question survey to solicit input from members on their interest in purchasing dry grocery items in non-plastic or sustainable packaging. This survey is our second. Last year, we put together a five-question survey focusing on pourable dairy products in glass. Many of you participated in that survey and as a result, the Co-op has been looking into options for dairy in glass bottles.

For our current survey, please tell us which items you would like to see and/or purchase in such non-plastic packaging as glass or paper. If possible, keep your answers to shelf-stable grocery items — those that do not require refrigeration. You may take the survey multiple times if you think of additional products.

These surveys help the PRTF in its goal of reducing the amount of single-use plastic sold in Co-op stores. You can scan the QR code at right to help the Co-op move toward achieving its waste reduction goals.

—Hilary Zankel

Keep in Mind These

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.




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.



weavers way coop

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Photo by Claudia Apfelbaum

A trio of knitters gathered at the tables in front of Weavers Way Germantown in June to work on their projects. From left to right, Anna Hoover, her mother, Evie, and Esther Gilbert.

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. Meetings are currently taking place online until further notice. Check the Co-op's Calendar of Events for the date of the next meeting.

For more information about Board governance and policies, visit www.weaversway.coop/board. Board members' email addresses are at www.weaversway.coop/board-directors, or contact the Board Administrator at boardadmin@weaversway.coop or 215-843-2350, ext. 118.

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You can read the Shuttle online.
www.weaversway.coop/shuttle-online

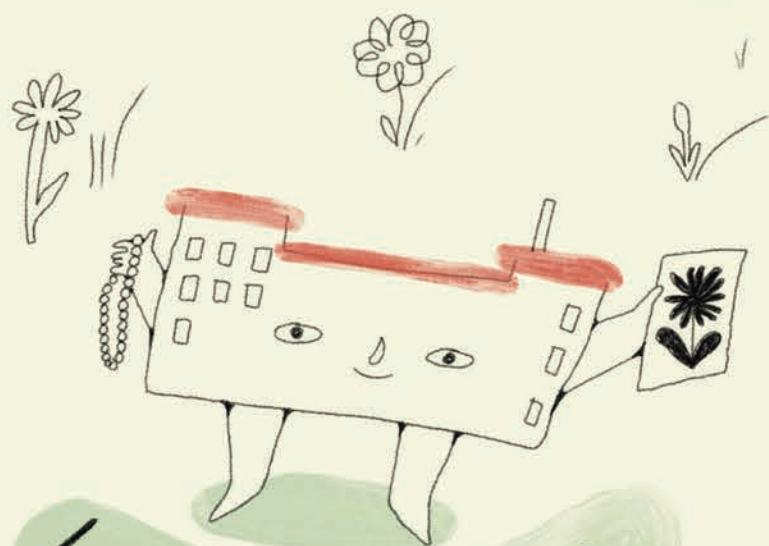
NEW MEMBER ORIENTATION
Thursday, August 15 from 6:30-8 p.m.
Virtual
To register visit: www.weaversway.coop/events

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

15th ANNUAL

MT. AIRY VILLAGE FAIR

SUNDAY, 9.22.24
11-4^{AM} PM
CORNER OF
CARPENTER
and GREENE



crafts

Local Vendors

activities for all ages



zero waste

food + drink

live performances



HOSTED BY THE MT. AIRY VILLAGE

mtairyvillagefair.com

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