

The Live Music Lineup on Butler Ave.

Thursdays, 6-7:30 p.m.
the Cafe at Weavers Way Ambler

Make an evening of it by getting a hot sandwich or bowl from our kitchen. For more info on the acts, go to our Event Calendar.

Here's who's coming to our cafe to sing and play the next few weeks:
Sept. 3: Tim Dodson
Sept. 10: Michael & the Brass Quintet
Sept. 17: Carolee Rand & Bob McCluskie

See the full schedule on page 13.

weavers way co-op

Community-Owned, Open to Everyone

The Shuttle

SEPTEMBER 2026 | Since 1973 | The Newspaper of Weavers Way Co-op | Vol. 54 | No.7

Local Herbs and Wellness Workshops

by Nima Koliwad, Weavers Way Outreach Manager



Simone Davis

We are excited to debut a new series of workshops led by Simone Davis this fall. Simone joined the Co-op as Outreach Coordinator this past Spring after relocating to Philadelphia from New York. Her work at the Co-op includes facilitating Community events and partnerships, which has enabled her to be rooted in local happenings.

Simone is an herbalist, gardener, educator, and founder of Nommo Apothecary. As a clinical herbalist of 9 years, she has run a Brooklyn Apothecary for 3 years and oversees a free Community Herb Clinic. Her work takes on many forms with an emphasis on sharing plant wisdom with marginalized communities to foster empowerment through collective well-being. She is guided by regenerative practices that focus on seasonal attunement.

(Continued on Page 6)

Following the Coffee Production Trail in Peru

by Virginia Herbaugh Souder, Weavers Way Merchandising Coordinator



Photo by Virginia Herbaugh Souder

Coffee beans drying at Sol y Cafe San Agustín, Cajamarca, Peru.

After 12 and a half hours, our group of Equal Exchange and grocery co-op employees landed in Piura, Peru, a city on the country's northern coast, where approximately 3,000 tons of coffee are exported each year. For the coffee grown in this region, it's near the end of its journey. But our group has only begun.

After a warm welcome by our hosts, the Sol y Cafe Cooperativa de Productores, a large producer cooperative in Peru, we piled into the shuttle van with treats and coffee, traveling the same road as the beans that are being exported. The traffic shifted from four makeshift lanes in both directions to one long stretch of country road, as the landscape changed from arid desert to mountains covered in clouds. Eight hours later, we finally arrived in the high jungle of Jaén. For us, it was a long, exciting day. For those who regularly work this route, it's a grueling journey.

Jaén is a bustling city this time of year. We arrived during harvest season amid countless farmers from all around the Cajamarca region who were there to finish drying their crop before selling it. Their tarps, covered in Arabica beans drying in the sun, line the roads into and out of the city.

Sol y Cafe's warehouse and offices are similar. Next to the parked motorcycles of staff members lay a smaller tarp lined with beans. On the warehouse side, a large truck full of ready beans in large black bags waited to be unloaded. Inside, they will be weighed, tagged, and sampled.

We formed a semi-circle around a large scale, watching small, nimble men pile bags, each weighing about 170 pounds, onto the scale with relative ease. After the harvest is weighed and tagged,

(Continued on Page 6)

More Than a Box of Vegetables: Why You Should Join Our CSA

by Alessandro Ascherio, Weavers Way Farm Manager



@jelsominemedia

How local can your food be? Short of growing it in your own backyard, it's hard to get much closer than joining Weavers Way Farms CSA.

Our Community Supported Agriculture program connects Co-op members directly with food grown at our two farm sites in Northwest Philadelphia. Vegetables in your share are harvested at peak freshness — often the day of or the day before pickup — and distributed at our Henry Got Crops Farms site. But being a CSA member is about more than getting great produce every week; it's a way to directly support working farmland and land-based livelihoods in the city.

CSA membership helps Weavers Way employ a team of professional farmers to grow food in Philadelphia while creating opportunities for people to build

(Continued on Page 3)



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This month, we're letting our Retail Team take over the Editor's Note to make an announcement that we believe is noteworthy!

Once in a while, Weavers Way gets the chance to truly collaborate with a local vendor to bring our shoppers a product that is high-quality, affordable and, well, worthy of our name. We are pleased to announce our latest collaborative effort.

If you're a fan of Vera dried pasta and jarred sauces and have noticed that these products have suddenly left our shelves—fear not. The Weavers Way products you now see on our shelves are in fact being produced for us by Vera. (See our ad on page 5.) We chose to partner with Vera on this line because they make a product, close to home, that we are comfortable standing behind because it's clean and tastes great! Our loyal Vera shoppers may also notice that this partnership allows us to pass some savings along to our shoppers.

If you're new to this product line, now is a great time to give it a shot, with promotional pricing through the month of September!

Matt Hart, Weavers Way Grocery Category Manager



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.

the word on wellness

Three Pillars That Can Help Support Healthy Aging

by Karen Palmer, Weavers Way Ambler Wellness Buyer

September is Healthy Aging Month, a reminder that growing older isn't simply about adding years to our lives — it's about maintaining the strength, energy and independence to enjoy them. While we can't stop the aging process, we can make choices that help us stay active, resilient and engaged in the activities we love.

One of the biggest changes that occurs as we age is the gradual loss of muscle mass and strength, a process called sarcopenia. Beginning as early as our 30s, we naturally lose muscle if we don't challenge and nourish it. Over time, this can make everyday tasks —carrying groceries, gardening, climbing stairs, getting up from a chair or keeping up with grandchildren — more difficult. Fortunately, research continues to show that regular movement, strength training and good nutrition can make a remarkable difference at any age.

This month, Weavers Way Wellness in Ambler is highlighting three products that work together to support healthy aging: protein, creatine and magnesium.

Protein is the foundation. Every muscle, organ and tissue in our bodies depends on it. While many of us think of protein powders as something reserved for athletes, they're simply a convenient way to help meet our daily protein needs, especially for busy adults, older adults and anyone who struggles to eat enough protein throughout the day. Protein can be stirred into oatmeal, yogurt, pancake batter, baked goods and even soups, making it easy to incorporate into everyday meals.

Creatine may be the most misunderstood supplement in the wellness aisle. Although it's often associated with bodybuilders, creatine is one of the most extensively researched supplements available. It helps muscles produce quick energy during movement and, when paired with resistance exercise, has been shown to support muscle strength, power and physical function in older adults. Scientists are also exploring its potential role in supporting healthy brain function as we age.



Magnesium works quietly behind the scenes. It plays a role in more than 300 enzymatic reactions throughout the body, supporting healthy muscle and nerve function, energy production and relaxation. Many people also find that magnesium supports restful sleep and recovery, making it an excellent partner for an active lifestyle. My favorite sleep aid is a bedtime mocktail made with magnesium powder, cherry juice and a splash of carbonation about an hour before bed. I have been drinking it for years, and it works as well now as it did in 2021.

Healthy aging isn't about chasing youth; it's about preserving the ability to live life on your own terms. Whether you're hiking, tending a garden, practicing yoga, lifting grandchildren or simply hoping to feel your best every day, small, consistent habits can have a lasting impact.

Throughout September, the Ambler Wellness Department will sample creative recipes featuring these products. You can learn practical ways to incorporate them into your routine and chat with us about these and other supplements. We believe wellness is built one healthy choice at a time, and we're excited to support your journey toward aging with strength, confidence and vitality.



SLICE IT DICE IT SERVE IT

Taking Restock

by Kieran McCourt, Weavers Way Ambler



There is rarely a time of year that I avoid soups, even during the sweltering heat of summer. As fall approaches, that desire mounts until soup becomes a weekly event, and that means making stock regularly.

A homemade stock lets you customize the base of a soup. Also, it's an easy way to help reduce your food waste by wringing every cent out of your weekly shop.

When trying to reduce food waste, avoid anything with mold or vegetables that are getting slimy. The basics of most good stock start with a mirepoix: onion (or any other allium), carrot and celery. When preparing those vegetables for dinner or snacking, save the odds and ends in a zip-top bag and store in the freezer until you have a critical mass of:

- Clean onion skins, (the root end), woody green leek or scallion tops
- Carrot ends and peels and even leafy carrot tops
- Celery tops, leaves and its white, fibrous ends.

But that's just the base; most vegetable scraps can be saved, too:

- Mushroom stems from cremini, buttons, portobello, shiitake and fancier varieties
- Herb stems, from parsley and cilantro to sage, rosemary or thyme.
- Fibrous stems and outer layers of fennel or a kernel-less corn cob work wonderfully, too.
- Brassicas stems and woody cabbage cores are also great for stocks. Avoid the tender florets of broccoli and cauliflower, as they can add a sulfurous element to stock.

For basic vegetable broth, once you have enough frozen scraps to fill your biggest pot halfway, throw them in and cover them with water until everything starts to float, then simmer for about an hour. Additional flavor can be built by first throwing your scraps under the broiler for a little roasty-toasty char.

You can add in other flavor enhancers like bay leaves, crushed peppercorns and seaweed, like kombu, to amp up the umami factor or to tailor it to a specific cuisine or recipe. Depending on how you plan to use the stock, be mindful of how much and when you add salt, since reducing the liquid stock will intensify the salinity.

Store in an airtight container in the fridge. You can also freeze stock in an ice cube tray for easy weeknight cooking, like steaming greens or cooking grains.

If you eat animal protein, consider keeping a separate bag in the freezer to collect bones from roast chickens (whole or in parts), or from bone-in pork or beef cuts. For a meat stock, the cook time needs to increase to draw out flavor and break down any connective tissue and joints.

For the dairy friendly, save the rinds from hard cheeses like Parm, pecorino and grana padano in the freezer and add to soups or stocks for an extra boost in flavor.

If you get a box of stock and know you're only going to use a small amount, you might consider giving it the ice cube tray treatment to make it last longer.

Thinking Coffee

Beyond Consumption: Alternate Avenues of Coffee Appreciation

by Neal Fordham, for the Shuttle

IN HIGH SCHOOL, A FRIEND IN Northampton, MA, worked at the Yankee Candle plant and would come home smelling worse than I did. (I worked at Chick-Fil-A). He always smelled like a weird, fruity sachet. (When I came home, only the dog would come close to me).

My friend hated his "berry cologne" and refused to meet us for dinner unless he first went home to shower. The best candle he ever brought us as a gift was Coffee. (Other related Yankee Candle scents are Vanilla Bean Espresso, Cafe Al Fresco and for Starbucks frequenters, Café Macchiato).







Coffee in the Darkroom

When I was in art school at the School of the Museum of Fine Arts in Boston, I brought a jar of coffee to school one day. In the darkroom, I made a bath of coffee and soaked a set of black and white prints. This gave them a lovely sepia tone and a slight coffee aroma.

This brings me to my Weavers Way aside on education. The four regular employees/drivers at the warehouse are all art school graduates, and many others who work at the Co-op are musicians or went to art school. If it were 75 years ago, we could have formed an orchestra from our pool of employees. But for now, we could probably form a dozen rock, jazz or funk bands and design our own merchandise and posters!

Coffee Ice Cream To Beat the Heat

We've had one week so far of 100 degree days, but even so, any warm day always seems like a fine time for ice cream. Last year, I bought a $40 ice cream maker that works perfectly! Lately, I've been making coffee sorbet, using water instead of cream. I add cinnamon, cardamom or cayenne for a little zing.

There are numerous coffee or Vietnamese coffee ice cream recipes out there. If I ever used regular coffee in my sorbet, my family might be up all night with their caffeine buzz. Instead, I chose to work with one of our nice decafs.

Local Aroma

Chestnut Hill Coffee roasts their coffee beans close to our Chestnut Hill store on some mornings. On those days, I pause in the backyard of the store and deeply breathe in the rich, roasting coffee aroma.

Baked in the Bread

The Moosewood Cookbook has an excellent banana bread recipe that calls for a cup of coffee! The first time I used the cookbook was in Ithaca, NY, where the Moosewood Restaurant is located. To surprise the person I was living with, I spent the late afternoon making her banana bread.

I wasn't the most experienced baker then and was prone to errors. When my roommate was presented with a warm slice of banana bread, she bit into it and said, "Neal, it seems kind of, gritty." That's right — I added one cup of coffee grounds instead of a cup of brewed coffee. When made properly, which I did from that point forward, the brewed coffee adds a lovely flavor to the bread.

Neal Fordham is a local coffee aficionado and truck driver for Weavers Way.

More Than a Box of Vegetables: Why You Should Join Our CSA

(Continued from Page 1)







@jelsominemedia

skills and careers in urban agriculture. This is particularly important in the fall. Participation in our Fall CSA helps us keep our farm crew working later into November and December, extending seasonal farm jobs at a time when work on many farms is winding down.

Members can get even closer to the farm through our CSA work-share program, trading regular volunteer shifts for a discount on their share. Work-share members might harvest, weed, and wash vegetables, or help with other seasonal jobs alongside our farmers, while meeting fellow Co-op members and others from the community. It's a rare opportunity to participate in growing some of the food you bring home each week. In addition, Weavers Way working members can request a discount code for 5% of all CSA purchases.

CSA pickup happens during our Farm Market hours, making it easy to round out your weekly share while supporting other local farms and producers. Alongside our own produce, members can shop for staples like locally baked bread, flour, meats, yogurt, and other products, making CSA pickup a convenient weekly stop for more of your local food needs.

CSA members can also drop off household food scraps for composting at no charge. The scraps are composted by local partner Bennett Compost, and some of the finished compost comes back to the farms as a primary ingredient in the potting mix we use to grow our seedlings.

During our Main Season Veggie CSA, which runs May through October, members also have access to our you-pick garden through a pay-what-you-can system. Depending on the season, members can harvest herbs, flowers, cherry tomatoes and other crops for themselves — another chance to spend time on the farm and experience where their food comes from.

Keep the Farms Growing This Fall

We're currently welcoming members for our fall CSA programs. Our Fall Veggie CSA runs from late October through December and offers members a selection of cold-hardy greens, honeynut squash, Asian pears from our orchard, and root and other autumn vegetables. We even offer an early Fall Bouquet CSA that begins in late August and runs into October — late sign-ups are pro-rated and welcome! Our egg share has rolling enrollment, with an additional late-fall extension available from late October through December.

Signing up gives you exceptionally fresh, locally grown food. Just as importantly, it helps sustain working farmland, agricultural jobs, and a community of people who grow food together right here in Philadelphia.

Click on the QR code to learn more and sign up.

Dog Tip of the Month

How to Teach your Dog to "Touch" your Hand on Cue

by Christopher Switky, for the Shuttle

"Touch" is an easy cue to teach a dog. The desired behavior is that your dog touches her nose to your hand when you ask her to.

Why teach your dog "Touch"? It's a useful cue for getting your dog to engage with you in certain situations. For instance, she might be running around in the yard, and you need her to come to you and get leashed up. Some dogs will respond to a recall cue by coming to their handler, but if they're in a frisky mood, they'll run right past the handler instead of stopping and maybe start a game of "keep away."

If you have your dog "Touch" as she approaches you, she'll have to stop and engage with you, provided she responds well to that cue. Then you can have her "Sit" and leash her up, as needed.

"Touch" can also be useful for working with excitable dogs during walks. When they get revved up about something that they've seen, such as a squirrel or another dog, you can redirect that energy toward engaging with you by making a game out of a series of touches. The first one can be an easy target. Then the next one is down low on the right, then up high on the left, then your hand is behind your back, and so on like that.

To start training this cue, have your dog sit or stand in front of you while you handle some training treats. Having both hands smell like treats is key here, so she'll be interested in sniffing them. One of your hands will be the "Touch" target, and the other will be for delivering a treat for each success.

Place your target hand about two inches away from your dog's nose. When she touches your hand, praise her and give a food treat. Repeat this routine while gradually increasing the distance between your hand and her nose. Five repetitions at two inches, then another five at four inches, then another five at six inches is a good way to start.

Once it's clear that your dog has caught on to the routine, it makes sense to add the verbal cue. Say "Touch" about one second before extending your hand.



When your dog has become proficient at the easy version of "Touch" — where the target hand is clearly visible in front of her — you can start making the game a bit more interesting. Have your dog move around to get to the target hand — hold it down low, then up high, then between your knees from around the back, and so forth. It will take time to get the game to that level — at least a couple of weeks or possibly longer, depending on your dog's learning curve and how much time you have to practice.

Getting your dog proficient at "Touch" will also help her learn to ring a bell that's hanging on a doorknob when she needs to go outside. We'll look at how to teach that behavior in the October issue of the Shuttle.

Chris Switky is the founder of Positive Canine Concepts Dog Training and regularly teaches a "Basic Manners for Dogs" class through Mt. Airy Learning Tree. See MtAiryLearningTree.org for more details.

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Fourth Annual Henry School Run Set to Kick Off Sept. 26

The C.W. Henry Fun Run, a community 5K and one-mile race through West Mt. Airy that benefits C.W. Henry School, returns for its fourth year on Sept. 26 at 9 a.m. Registration and volunteer sign-ups are open now.

Registration for the 5K is $30 per entry, and the fee for the Fun Run is $15. The deadline for registration and t-shirt sales is Sept. 11. The starting line for both events will be at Henry's upper schoolyard on Greene Street.

This year's race has expanded, and the course will be closed to vehicle traffic. Henry's PTA, which will again host the run, seeks to raise $10,000 for the school. Proceeds support schoolwide initiatives, including classroom supplies for teachers, educational field trips for students in every grade and enriching extracurricular programming. Over 200 runners of all ages are expected to participate.

Last year, 19 local businesses sponsored the Fun Run, and organizers hope to top that number this year. Current sponsors include The Larry DiFranco Team, Elfant Wissahickon Realtors and Rachel Reilly, Realtor, with additional sponsorship opportunities still available. Businesses interested in sponsoring the event can contact the Fun Run team at henryfunrun@gmail.com.

Every registered runner will receive a free event t-shirt, with additional shirts available for separate purchase. The day will also feature prizes for race winners, refreshments and fun for the whole family. To make sure every child can take part, the registration page also offers the option to make an additional donation.

To register for the run, click on the QR code. To volunteer, go to www.runtheday.com/register/volunteer/676902/.

All the Way to Peru to Find Out How Coffee is Grown Cooperatively

(Continued from Page 1)

the sample is taken and inspected at a station on the opposite end. Here we watched a worker sort the beans with expert speed, judging their appearance. If the coffee looks good, it receives a higher score; if not, Sol y Cafe works with the farmer to identify and improve future harvests. As for the beans, they'll be used in either a lower-grade coffee or exported to Canada for skin care. Nothing is wasted.

The Dance of Cooperation

We next stopped at one of the farm cooperatives, a longtime member of Sol y Cafe. But first, we visited their member facilities 30 minutes outside Jaén. Here, farmer members can finish drying their crop before going to the offices in Jaén. The process can take up to three days, depending on the weather, and many farmers travel a long distance.

With this in mind, the cooperative built a hotel and restaurant for members who need to stay in the area, which allows them to get much-needed rest. In addition, the facility has a school for their children. While we visited, the students took lessons in math, gardening, reading and dance. We were told the philosophy is that "dancing is the first expression of cooperation." We were fortunate to witness this philosophy in action.

At the end of this tour, we watched the students board charter buses and we climbed into cars. They traveled home while we rocked along twisting mountain roads. Three hours later, we arrived at our host family in the Santa Rosa area, surrounded by forests and cliffs, with a sky full of stars.

After a delicious breakfast, made complete by coffee grown on host Gerardo Goicochea's land, we followed him to the plots for harvest. He's been growing coffee for 30 years, and as we walked to mature trees dotted with red and green beans, buckets strapped across our shoulders, it became clear this is more than work for him — it's his passion.

We were instructed to pick the ripe beans, which have a rich red shade and come off with an easy twist. Our group worked slowly, hoping to do a good job. After we filled our buckets, they were combined into large bags and emptied into a tray back in town. There we learned about the sorting process and our yield. From the 11 of us, we managed to harvest about 50 kilos. On a usual harvest day, each worker alone picks that amount.

Fortunately, we didn't get sent back to the fields but instead learned the sorting process. First, we removed underripe beans, then overripe ones, and put them into separate containers. No bean is thrown away — that would be like throwing away money. All the beans have value. As we sorted, Gerardo explained the next steps: removing parchment, or the shell of the fruit, like picking the pit from a cherry. The beans then ferment for four days.

The process from harvest to export

(Continued on Page 8)

Simone's Wellness Workshops

(Continued from Page 1)

Simone is hosting two wellness focused workshops that will present ways to tune into the season and explore the many gifts of our local plants. Through this two-part series, she will discuss ways to support wellbeing as we shift into cooler weather. The first workshop will feature a plant walk in our beloved Carpenter's Woods on September 29th, highlighting botany and medicinal properties of commonly found flora as they wane into autumn. The next workshop in the series will be held in our Ambler cafe on October 17th. Simone will teach you how to craft seasonal remedies with kitchen herbs and discuss creative ways of incorporating them into everyday life. This series is meant to draw awareness around our local abundance and tap into the many accessible ways of practicing herbalism. Join us for one or both of these free workshops. All levels of experience are welcome! Please register online on our website at www.weaversway.coop/events.

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GM'S CORNER

In Stormy Seas, Co-op Keeps Steady

by Jon Roesser, Weavers Way General Manager

I WRITE THIS COLUMN HAVING JUST READ A STORY from Axios News: "America's Next Grocery Shock is Brewing." I wish I hadn't.

The story is about the litany of factors impacting global food systems, none of them favorably. Droughts and floods. Wars and parasites. Capricious, idiotic tariffs. You get the idea.

Declining yields, coupled with rising input costs — fertilizer, fuel, feed, labor — are squeezing profit margins, while supply chain disruptions from the Black Sea, to the Strait of Hormuz, to the 5,525 mile border between the United States and Canada, are further driving up the price of, well, just about everything.

It is as if we are going out of our way to see how far we can push the global food system before it collapses.

So far, the disruption has impacted the rest of the world more than the United States but messing with international supply chains can have unpredictable consequences that can sometimes take years to manifest.

Clearly, something is in the wind. A new Economist/YouGov poll reports 75% of Americans think grocery prices are rising (the other 25% probably don't go grocery shopping). JP Morgan's analysts, hardly alarmists, advise that global food inflation will surpass 5% by 2027.

Walmart's latest quarterly sales growth was the lowest since the summer of 2020 – peak pandemic – and they are predicting full-year growth of somewhere around 4.7%, pretty mediocre performance for the world's largest retailer.

Meanwhile, conventional grocers are getting hammered. Kroger is forecasting annual growth of 2.2%, well below the rate of inflation, which is lousy, but it's a lot better than Albertsons, owner of Acme, which is forecasting growth of an anemic 0.5%. Other big chains are doing little better.

Adding to industry woes is the meteoric rise of GLP-1s. Michigan State University estimates people on GLP-1s consume 21% fewer calories, and the impact on the food industry could be as high as $55 billion.

All in all, it's not the best time to be in the grocery biz.

Here at the Co-op, we have so far managed to outperform the overall industry. For the fiscal year that ended on June 28th, the Co-op's sales growth was 8.5% over the prior year, led by continued impressive growth in Germantown, though sales were up across all stores.

Along with the rising sales has come a rise in Cost of Goods Sold (COGS), which is what we pay the farmers and food producers for the products we sell. It is the rise in COGS that serves as the best early indicator of an inflation spike.

Our gross profit margin came in at 34.42% of net sales, not great – we budgeted 34.70% – but not terrible. Given upward pressure on COGS, combined with our need to keep retail prices aligned with the marketplace, we would be hard pressed to achieve a higher profit margin without running the risk of turning shoppers off.

Labor costs rose by about 5.5% over the prior year, a combination of higher wages and a significant increase in health insurance premiums (the Co-op now spends well over $1 million annually on health insurance, with further increases likely coming in January).

Other operating costs have risen too, basically across the board, but especially in repair and maintenance. Credit card fees came in at $783,340, a stupefying amount that should motivate us all to switch to Easy Pay.

Then there's IT expenses. In the last fourteen months we've had three cyber-related security breaches. In one case, malware was installed on a dormant laptop at our Saul Farm Market. In another, a staff person's email was hacked when they fell for a phishing scam. And this past spring, a skimmer device was placed on one of the checkout terminals in Mt. Airy.

In all three cases, member data wasn't compromised and the overall impact was kept to a minimum, but three separate cyber insurance claims led to an increase in premiums and compelled us to invest in upgrades to our IT infrastructure.

In FY2026, we spent $396,186 on IT contracts, equipment, and services, and that doesn't include the administrative overhead of our three-person IT department. We'll spend even more this year.

All this notwithstanding, we had a pretty solid year overall, with revenues covering outlays, and while our sales growth in the year ahead won't match last year's performance, we are still forecasting to grow at a rate better than the industry average.

By the way, all of these numbers are unaudited. Our annual fiscal audit is about to get underway, and we'll report audited financials once we have them, though I do not expect the bottom line to change by much.

I'll have more to report at the fall General Membership Meeting. In the meantime, feel free to reach out if you have any questions: jroesser@weaversway.coop.

See you around the Co-op.

Weavers Way Cooperative Association - FY2026 Income Statement

	Unaudited FY2026
Gross Sales	**$ 53,713,121**
Discounts	$ 2,228,064
Net Sales	**$ 51,485,057**
Cost of Goods Sold (COGS)	$ 33,766,381
Gross Profit	**$ 17,718,676**
Gross Profit %	**34.42%**
Labor	$ 12,219,834
Occupancy	$ 2,152,869
Operations	$ 2,947,032
Administration	$ 410,565
Marketing	$ 186,638
Farm	$ 166,136
Governance	$ 35,779
Other Operating Expense	$ 2,488
Total Expenses	**$ 18,121,341**
Income/(Loss) From Operations	**$ (402,665)**
Other Income	$ 531,916
Other Expense	$ (7,500)
Rental Activity	$ 339,405
Interest Expense	$ (374,744)
Taxes	$ (55,281)
Net Income/(Loss)	**$ 31,131**

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Sept 26 Aishah Shahidah Simmons
Cultivating Balance in the 8 Worldly Winds
Nov 28 Community Sit with Jamie Roberts
Generosity and the Meaning of Merit
Dec 12 Aishah Shahidah Simmons
Mudita | Appreciative Joy:
Turning Away from Envy, Comparison and Greed
DELAWARE VALLEY INSIGHT
DVInsight.org

All the Way to Peru to Find Out How Coffee is Grown Cooperatively

(Continued from Page 3)

can take from eight to 15 days. But to get to harvest, a coffee tree must first grow. At Gerardo's farm, they begin as a sprout, carefully grown in a nursery. During our visit, we planted baby coffee trees three months old, handling them with the utmost care. Their roots are contained in plastic, which we cut away before planting them carefully in a mixture of dirt, guano, and fertilizer.

Our trees were planted in grades down the mountain side, their bright green leaves shining on an overcast day. For our group, this was a humbling experience: The trees planted will be ripe for harvest in two years. If we didn't do this well, the future of the family would be jeopardized. As I tucked in my little plant, I whispered to it, "Please grow big and fruitful."



Photo by Lenin Gómez García

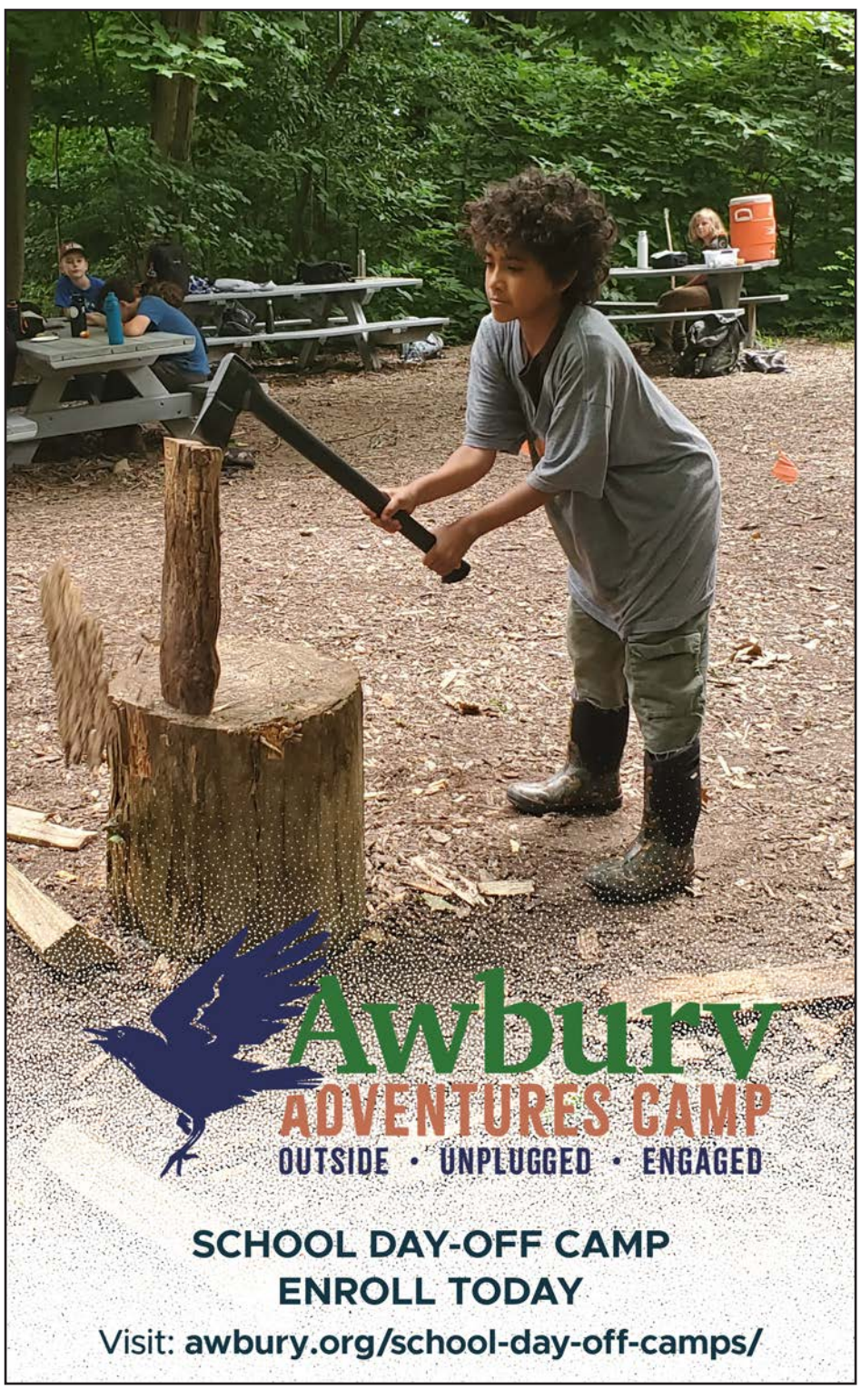
Equal Exchange Coffee Delegation

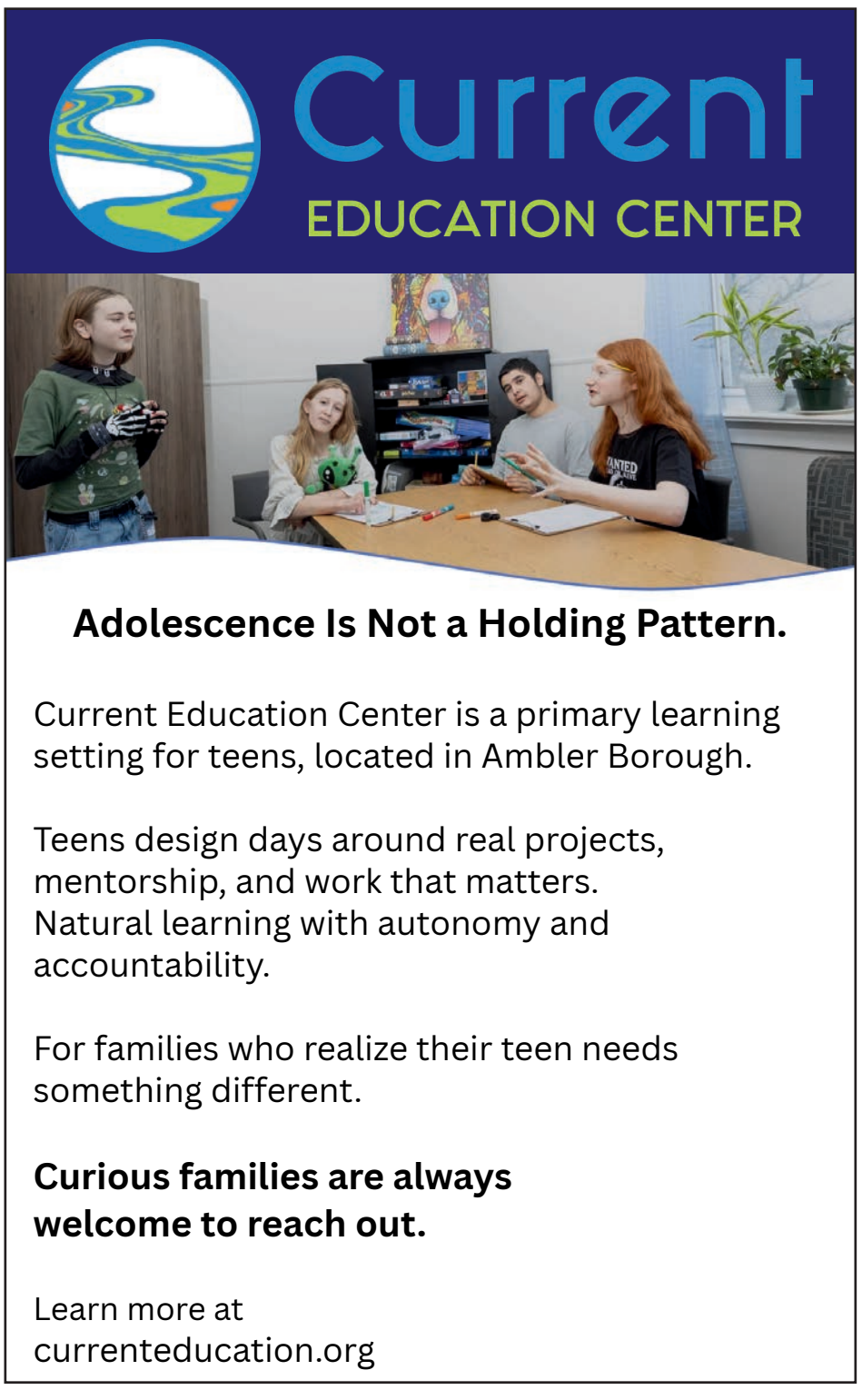




Photos by Virginia Herbaugh Souder

Above, Coffee Beans on Mature Tree; Below Young Arabica Coffee Plant





Medicare & Us

This article originally ran in The Shuttle in December, 2025.

What Can Be Changed (and What Can't) During the Annual Enrollment Period

by Joan Adler, for the Shuttle

Fall Open Enrollment, also called the Annual Enrollment Period, occurs every year from Oct. 15 - Dec. 7. This is the time of year when you can find out the Medicare plans for the coming year and make changes.

If you are not already on Medicare, this enrollment period is not for you.

If you are on Original Medicare and have a Medigap supplement and a Part D drug plan, you should check your drug plan every year. The open enrollment period is the only time that you can change your drug plan.

Your Medigap supplement generally does not change. When you get a Medigap supplement during your initial enrollment period, or during the first six months of your Part B, you have "guaranteed issue," which means that you cannot be asked any questions about your health or illnesses. They cannot ask about pre-existing conditions. You can only be asked whether or not you smoke. You are guaranteed the ability to purchase Medigap as a healthy person at the lowest rates.

If you are enrolled in a Medicare Advantage Plan (HMO or PPO), you can change to another advantage plan during open enrollment. This new plan will start in January 2027.

You will also have a second opportunity to change to another Advantage Plan from January through March. The new plan will begin the first day of the following month. Other than that, you will not be able to change to a new plan.

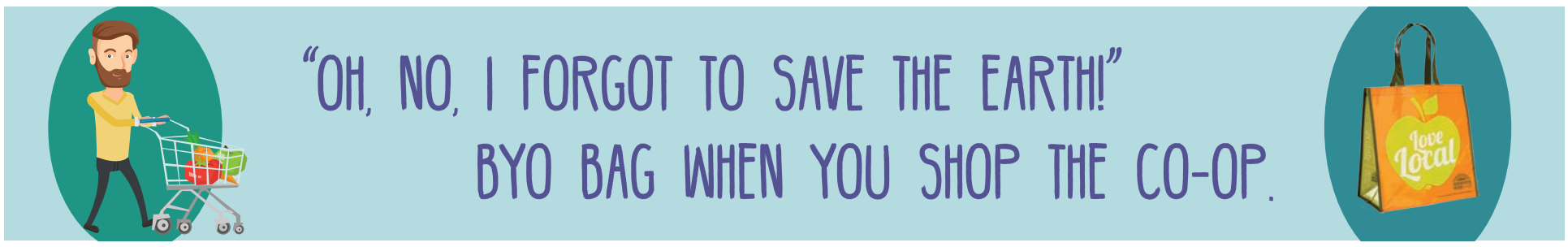
In the past, those on Medicaid were able to change their plan many times during the year, but this is no longer the case. Medicaid recipients can change to another Advantage plan only during the same periods mentioned above. During the year, they may change to a Part D drug plan, which will take them out of the Advantage Plan system and put them on Original Medicare. They can then use their Medicaid as a supplement.

After this six-month period, if you want a new Medigap, you will have to go through medical underwriting. They will ask you many questions about your past medical history. The insurance company can then charge you more for a Medigap, or decide not to sell you a policy at all.

If you are in good health, you may be able to get a new Medigap at a cheaper rate, if you can pass medical underwriting.

PA MEDI is a federal and state-funded program through the Department of Aging. You can contact me at 215-844-0439, or call the office at Jefferson Einstein Hospital at 215-456-7600.

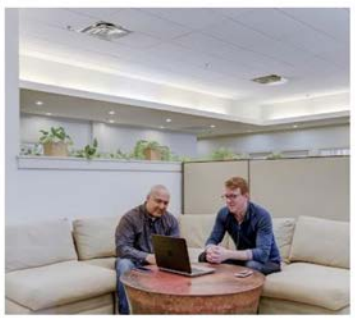
Joan Adler is a Medicare counselor with Pennsylvania Medicare Education and Decision Insight (PA MEDI), a free and confidential statewide service operated by the Pennsylvania Department of Aging. Email your questions about Medicare to her at medicare-qa@weaversway.coop.



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April 12, 8 - 9:30, USG, Sullivan Chapel
June 13, 9:30 - 4, Summit Presbyterian
June 14, 8 - 9:30, USG, Sullivan Chapel
August 15, 9:30 - 4, Summit Presbyterian
August 16, 8 - 9:30, USG, Sullivan Chapel
October 8 - 11, Residential Retreat, Pendle Hill Retreat Center
November 14, 9:30 - 4, Summit Presbyterian
November 15, 8 - 9:30, USG, Sullivan Chapel
December 13, 8 - 9:30, USG, Sullivan Chapel
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Directed by Jane Toczek

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8130 Germantown Avenue, Philadelphia, PA 19118
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www.thestagecrafters.org

Four young women find friendship and solidarity at a well-paying radium dial factory job in the 1920s. Years later, as they realize that their health has been compromised by the work, they unite and support each other while exposing the truth.

September Sidewalk Used Book Project Will Benefit Fair Elections — 100%

by Pam Rogow, WPM Typewriter Shop & Garden

THE LONG RIBBON OF USED BOOKS by the sidewalk that hugs WPM Typewriter's corner shop in Mt Airy Village will serve a special purpose in September. Throughout the month, 100% of funds given for books will benefit Protect Democracy United, a 501(c)4 organization.

Hundreds of titles will be displayed daily, so long as the weather obliges. The range of books — already impressive for both adults and kids — will be even more ambitious than usual while the recommended donation should please even the more parsimonious amongst us.

This project follows on our success in June, when 100% of the money from books went to Philabundance, the hunger relief organization. We raised $2,980, enough for more than 5,000 meals. 'We' means everyone who picked up a book here.

Protect Democracy United support laws and guardrails that constrain authoritarianism in America. It works toward a more responsive and representative democracy, with 120+ staff members in 20 states.

For more about Protect Democracy United, watch the powerful TED talk by Ian Bassin, former White House counsel in the Obama administration, and a co-founder of the organization.

The month-long used book project has its own title: "Turn the Page."

Volunteers are welcome — lots to do! — wpm.type@gmail.com.

(WPM is located at the corner of Greene St at Carpenter Lane — two dozen steps from Weavers Way Co-op.)



Weavers Way Farm
Henry Got Crops CSA
7095 Henry Ave

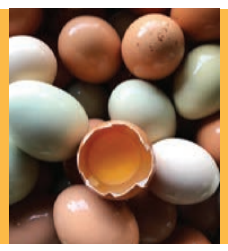
Fall Bouquet CSA
8 weeks: Aug 24 - Oct 17 / $150
Pick up a weekly bouquet of Philadelphia grown flowers fresh from our farm. Experience the changing of seasons from late summer to fall.



Fall Veggie CSA
8 weeks: Oct 26 - Dec 14 / $200-$400
Enjoy a bounty of winter root vegetables like carrots, beets, and daikon radish, along with other Fall favorites like Honeynut squash, sweet potatoes and plenty of frost-sweetened kale, cabbage and more! Extend your local eating season!



Fall Egg Share
8 weeks: Oct 26 - Dec 14 / $60
Pick up 1 dozen pasture-raised eggs from Horseshoe Ranch!



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CHILDCARE AVAILABLE UPON REQUEST

- Learn the realities of detention.
- Share major wins.
- Strategize community action.
- Help dismantle the prison for $$ system.



Guided Hikes Through the Wissahickon

by Sara Stevenson, executive director of Friends of the Wissahickon

Wissahickon Valley Park, much like the city of Philadelphia, is made up of distinct sections, each with its own character and charm.

From late August into November, Discover the Wissahickon invites you to explore the park for the first time or see it all over again. Each weekend we'll explore a new section of the park's 50+ miles of trails in this brand-new, 14-part hike series.

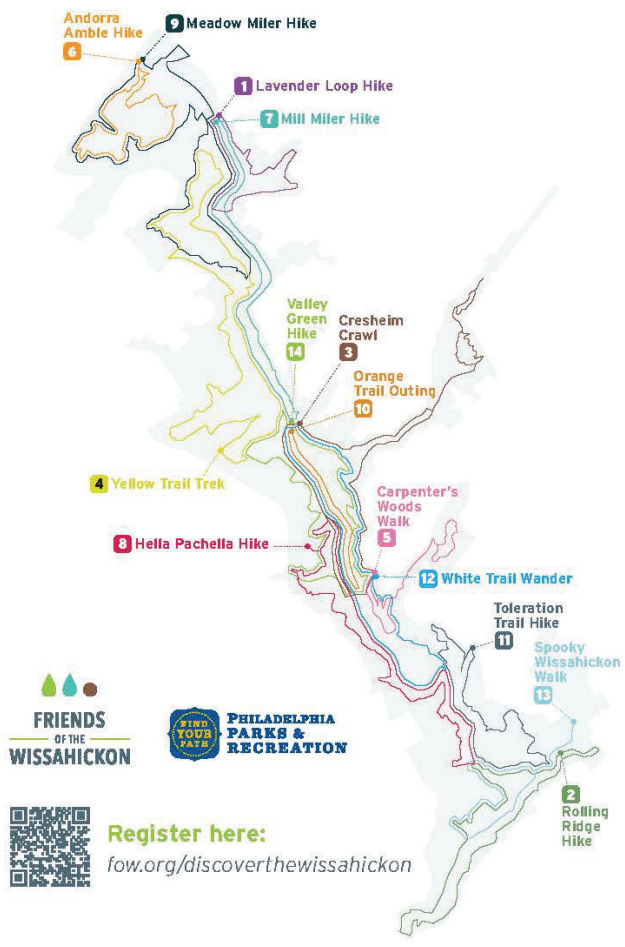
A new adventure, every weekend. Sign up for a Discover the Wissahickon hike today by scanning the QR code on this page.

We know that exploring the park can come with a lot of big questions. How will I get there? Where will I go? Who will join me? FOW's free, guided hikes take these unknowns out of the equation. All you have to do is show up. Our staff and volunteers will take it from there.

We provide public transit and parking information, detailed route descriptions, and of course, hiking buddies.

Along the way, our knowledgeable Trail Ambassadors will introduce you to some of the places that make the Wissahickon so special. Meet new people beside cascading falls along the Lavender Trail, hear symphonies of bird songs through Andorra Meadow, and discover iconic landmarks and historic structures on the Orange Trail.





Join one, join them all. There's no better opportunity to step off your usual routes, explore a new corner of the park, and discover new favorites.

- **Carpenter's Woods Walk**
  Sunday, September 13, 2026 from 4-6 p.m.
- **Andorra Amble Hike**
  Saturday, September 19, 2026 from 9-11 a.m.
- **Mill Miler Hike**
  Sunday, September 27, 2026 from 1-3:30 p.m.
- **Hella Pachella Hike**
  Sunday, October 4, 2026 from 9-12 p.m.
- **Meadow Miler Hike**
  Saturday, October 10, 2026 from 8-12:30 p.m.
- **Orange Trail Outing**
  Saturday, October 10, 2026 from 10-12 p.m.
- **Toleration Trail Hike**
  Saturday, October 17, 2026 from 3-5 p.m.
- **White Trail Wander**
  Sunday, October 25, 2026 from 9-12 p.m.
- **Spooky Wissahickon Walk**
  Saturday, October 31, 2026 from 10-12:30 p.m.
- **Valley Green Hike**
  Sunday, November 8, 2026 from 9-12 p.m.

This free programming is made possible with support from our generous sponsors and members. Special thanks to our presenting sponsor, Newrez, a leading national mortgage lender and servicer based in Fort Washington, Pennsylvania. The company is a long-time supporter of FOW events and projects and regularly brings groups of employee volunteers to work alongside FOW's field staff to beautify the park.

If you'd like to help FOW continue to provide educational programming at no cost, you can join us as a member! Fow.org/member.

FRIENDS OF THE WISSAHICKON





Benjamin Lay Was Right

by Joe Pelusi, Esq., for the Shuttle

Benjamin Lay was four feet tall, lived in a cave, and is buried ten minutes from my house. Almost no one knows his name, but he was among the first people in America to demand the complete abolition of slavery.

He was born in 1682 in Copford, a farming village in England, to Quaker parents. He labored as a shepherd and glovemaker before going to sea at twenty-one. Small but undaunted, he worked a dozen years as a sailor on merchant ships, which is how he wound up in Barbados.

He lived there for two years and came to abhor slavery by watching how enslaved workers were forced to produce sugar. The sugar mills routinely maimed the workers who fed cane into their rollers, and the boiling houses killed others. Years later, in Philadelphia, Lay would tell people that sugar was made with blood. He was not being metaphorical. Nearly half of the enslaved people brought to Barbados died within three years of arrival. The plantations killed people faster than the slave ships could replace them.

He and his wife Sarah, a Quaker minister, moved to Pennsylvania in 1732 and settled in Abington. There they lived in a cave they converted into a cozy home, complete with a 200-book library, a thriving garden where they grew their own food, and a workshop where they made their own clothes. Because they believed that all living things carry a spark of the divine, and thus to take a life is to kill God, they were vegans. For the same reason, they were pacifists. And they believed that if you should not kill a person, you should not own one either. At a time when the whole colonial economy, from Barbados sugar to Chesapeake tobacco, ran on slave labor, this was perhaps their most progressive position.

And then, after Sarah died in 1735, Ben got even more radical. He started engaging in a lot of protests targeting the oligarchs of his day: standing barefoot in the snow outside Quaker meetinghouses on meeting days to draw attention to the lack of shoes provided to enslaved people; stabbing Bibles filled with juice so that churchgoing slaveowners would be sprayed with "blood"—that sort of thing.

These were actions that would get a person thrown out of four different congregations but that would also lead them to write a book so controversial that only Benjamin Franklin was willing to print it.

Lay was considered a lunatic. Polite Quakers rolled their eyes. He was too loud, too rude, too much. Then, twenty years after the bible berry juice "blood," the Philadelphia Yearly Meeting formally denounced slavery. Lay heard the news on his deathbed. By 1776 the Society of Friends made slaveholding a disownable offense, becoming the first western faith community to do so. And in 2018, Abington Monthly Meeting formally reinstated him.

I think about Benjamin Lay when someone tells me sustainable investing is naive, or that divesting from fossil fuel companies is a fringe position. Is it? Or is owning the companies that profit from destabilizing our one habitable planet the fringe position?

Western Michigan professor Ron Kramer, in Carbon Criminals, Climate Crimes, argues that the continued extraction of fossil fuels, the decades of organized propaganda and disinformation, and the militarized scramble to control what is left constitute state and corporate crimes. Lay condemned slaveholders as evil. Today most of us would agree with him. Kramer calls fossil fuel executives criminals. Will future generations agree with him?

Lay looked at the world he lived in, an economy built on the labor of enslaved people and refused to take part. He grew his own food. He wove his own clothes. He kept beehives to produce honey for his tea instead of using sugar. Lay might not inspire us to go live in a cave. But he might inspire us to open our brokerage statements, see what our money owns, and ask whether we want it there.

A graduate of Amherst College and Harvard Law School, Joe Pelusi, Esq. (Ret.), CSRIC is the Founder and CEO of Green Investment Strategies, Inc. and an Investment Adviser Representative of Formative. He can be reached at joe.pelusi@formativefinancial.com.

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Visibility Brigade Defends Democracy from the City Avenue Footbridge

by Betsy Teutsch, for the Shuttle

Following the 2024 presidential election, many Blue voters were deep in the dumps. What to do now? In time, many creative resistance approaches were launched. One of them was to expand the Visibility Brigade's "Rush Hour Resistance," which sprang up in Paramus, N.J., in 2020.

Rather than gathering at a city hall or Immigration and Customs Enforcement or legislative office, this group got together on a bridge overpass to post pithy messages in letters large enough for oncoming drivers to read. They return each week with another message. There are now nearly 500 formally organized Bridge Brigades around the country and likely many more informal ones. They share guidelines, strategies, experiences, slogans and encouragement via email. Read more at www.visibilitybrigade.com.

Readers of Robert Hubbell's "Today's Edition" Substack are treated to a stream of many Visibility Brigade signs around the country. While the impact is impossible to measure, the brigades have enormous staying power. They show up weekly at the same spot, thereby training drivers to look for each week's message.

In Mt. Airy, Devery Howerton, Lucinda Lea and Desi Hrevatis were each looking for a way to resist. Hrevatis was excited by Jessica Craven's "Chop Wood, Carry Water" daily resistance activity messages and invited neighbors to brainstorm about what they might want to take on. They birthed the Philadelphia Visibility Brigade and settled on the pedestrian overpass over City Avenue, facing drivers heading south. There's always a bottleneck there, which gives drivers an opportunity while stuck at the traffic light to read their message, honk and wave. (They don't project on the north side; because of the ramps to I-76 and the moving Lincoln Drive lanes, drivers need to stay focused).

"Our messages help raise awareness of threats to our civil and human rights and positive actions we might take to offset them," Lea said. "By standing in solidarity with other community members and hearing the supportive honks of passersby, I stay hopeful that with persistence and commitment, we are helping protect and ultimately save our democracy."





The organizers craft the weekly message and send word out to all the volunteers when and where to meet. I joined them on July 8 and was wowed by their focus and their choreography!

Their operating system is cleverly low-tech. They created a large collection of over 100 black posters, each with one giant white letter or symbol, according to the letter distribution found in, say, Scrabble. Lots of vowels, not much need for Q or Z. Once they've settled on the weekly message, inspired by other groups' ideas along with their own refining, Howerton and Lea pull out all the necessary letters and meticulously stack them in the proper order. They place these piles in large boxes and then transport them to the bridge.

Once the boxes are schlepped to the bridge, out come the bungees. They are used to attach each poster/letter to the chain-link fence, facing out in the correct order. Bold American flags are added for a patriotic touch. Then comes an hour of interacting with drivers. In the hour I spent with them, one pickup truck driver hurled a lot of epithets at us, but the organizers advised us to ignore such bunk, which was far outnumbered by the honks and waves. Maybe six pedestrians crossed the bridge, none impeded by the group.

Howerton finds that participating actively in the brigade each week gives her some hope during these dark days when our democracy is under attack.

"By composing a message and spelling it out on the bridge, we are on the front lines of the resistance, educating and encouraging others to be courageous and speak out," she said. "Camaraderie with the people who join us on the bridge and with those in the cars honking below gives me a sense of connection and support as we 'make good trouble.' "

If you're interested in joining, email philly_visibility_brigade@proton.me. If you'd like to create a message with a group of your own, Hravatis is ready to help — contact her at the same email address. A group of teens recently created a Teen Visibility Brigade and found the experience gratifying.

The Philly Visibility Brigade is on Facebook. You can share their posts to expand their message. If you drive past them, be sure to honk, snap a picture and share widely! Thanks to them for their creativity and commitment.





Brenda's Cat Tales

What Steps to Take When You Find a Solo Kitten

by Brenda Malinics, for the Shuttle

FINDING A SOLO KITTEN TOO YOUNG to be by itself is most often due to relocation by a mother cat. Mother cats will move their litters if they feel they are in danger from predators, noise, construction, or even curious, well-intended folks who happen to find a litter in their yard and show it to their friends and neighbors.

When a mother cat moves her kittens, she must carry them one by one in her mouth. She sometimes must climb trees, crawl under fences and jump obstacles to reach a new location, all the while, holding a kitten in her mouth.

During this time, kittens often get dropped by their mother. She may also be weak from delivery, malnourished, sick, injured, or have painful dental problems. If a mom is rushing to relocate a litter of five or six kittens, she may be exhausted or startled. Or the kitten is too active and mom cannot keep it in her mouth.

Mother cats who drop their kittens will usually pick them up again, but circumstances are not always kind or easy during relocation. If the kitten falls from a fence or branch while the mother cat is being chased, she will keep running.

Mothers will move their litters even if the kittens are large and almost weaned. A kitten usually weighs one pound by four weeks, and is weaned around six to eight weeks, so moms may be carrying multiple kittens that weigh as much as two pounds. A kitten at this age cannot survive without its mother and needs to be rescued.

Determining a Kitten's Age

Without weighing a kitten, there are visual clues that can help estimate how old it is. Kittens begin to walk around two to three weeks, although they are weak and uncoordinated. Canines and incisors also come in around this time. If you find a kitten that runs from you, you know that it is at least six weeks old.

An easy way to quickly age a kitten is by the color of its eyes. Kittens are born with blue eyes that transition to another color when they're around seven weeks old. Kittens with blue eyes are too young to be on their own. Please know that even though the kitten is cute and small, it may not be friendly, especially if it has never encountered humans. It may resist being handled and will run, hiss and bite.

You should always wear leather gloves and have a thick towel, a pillowcase, and a carrier nearby if you want to pick up a kitten in this age range. If you find a kitten whose eyes are closed, or one that is not walking, that's an emergency and you should bring it to a shelter or your vet as soon as possible.

Do not attempt to feed a newborn kitten cow's milk with an eyedropper; kittens should not drink cow's milk. If you've never attempted to bottle feed a kitten, don't try it without the proper nipples and formula. You should watch a video on how to bottle feed before trying it, because even the holding position is critically important. It is easy to aspirate and unintentionally kill a kitten.

The circumstances around each kitten being found are unique and dictate different responses. You may have found a kitten that was removed from its litter by children, or whose mother was killed, with the kittens being old enough to wander from their nesting location. Storms may have flooded the nesting location. When I get calls about found kittens, I have a list of questions that need to be answered before I can give appropriate advice. However, space here is limited and will only allow for cursory instructions.

Kittens need to stay warm and dry. If you see any open wounds, especially with blood or something that looks like sawdust on it, get help immediately. Fly eggs resemble sawdust and are an indicator of a wound under a tan clump of eggs. The kitten may have fleas, but do not attempt to bathe it or give it flea medication. Keep it confined in the carrier, which should have soft fabric to help it feel secure and warm. If you are concerned about fleas, keep the carrier in your bathtub or shower.

What to Feed an Older Found Kitten

If you find an older kitten that is crying and appears hungry, you can offer it a cat food pate with enough water added to give it the consistency of applesauce. Do not give a kitten human tuna. If possible, also avoid fish-flavored cat food, since fish is hard for kittens to digest. You can offer human baby food, but check the ingredients to make sure that it does not contain onions, which are toxic to cats. Do not overfeed the kitten. This will cause diarrhea, which will quickly dehydrate the kitten. It's better to offer small servings every few hours rather than a huge portion of food.

Most rescues and shelters are overflowing with kittens and cannot accept more, but these tips can help you know what to do when a solo kitten is located. Some days, Brendas Cat Rescue gets as many as a dozen calls, texts and emails asking for help with kittens or litters that have been found. People have offered "large donations" if I would accept their finds, but money cannot create space that is not available. When our foster homes are full, we have no room.

Larger shelters can accommodate more intakes, but with so many shelters becoming "no kill" they too get full and refuse additional cats. Philadelphia has a huge cat overpopulation problem.

If you find a cat or kitten, tap into your network of contacts — friends, coworkers, relatives — to enlarge the scope of short- or long-term rescue possibilities. Most importantly, check references on anyone who wants to take a rescue kitten. There are too many people who want to acquire cats and kittens and have evil intentions. Animal abuse is a big problem in our city. Please check vet references, spend time talking to the applicants and choose with care.

Brenda Malinics has worked with cats for over 65 years and founded the nonprofit Brenda's Cat Rescue. She also has over 35 years of wildlife rehab experience and is a bat specialist.

Tabbies Times Two



Meet Tiny and Toby, two bonded young tabbies that are a perfect pair. They are loving, gentle, curious purr machines that would rather sit on your lap, lay on your chest or warm your lap. Toby starts to purr when you make eye contact or speak to him.

Although they look like twins, their rough beginning is their only prior connection. Tiny was less than one pound when found in a trash can, and Toby weighed one pound when rescued while being offered to passersby for free on a street corner. They are now healthy, totally vetted and waiting for a special someone to adopt them and their best foster friend, Puff.

Contact Brenda's Cat Rescue at 215-872-1636.





Eight Ways to Walk the Green Ribbon Trail this Fall

by Gabrielle Fatula, Wissahickon Trails Communications Manager

If you regularly walk the Green Ribbon Trail, chances are you have a usual section. Maybe you start at Parkside Place, enter near Penllyn Woods, or know the stretch around Four Mills well enough to recognize every bridge and creek crossing. It's easy to become familiar with one section without knowing where the trail goes next.

This fall, Wissahickon Trails is offering eight guided hikes to help people explore the full 10.5 miles under our care. The series divides the trail into four routes, each offered on both a weekday and a weekend. Hikers can choose a section they have never walked or join all four routes to see how the trail connects communities and preserved lands throughout the watershed.

Participants will begin and end at the same location. Distances range from five to six miles, with Wissahickon Trails staff and volunteers leading the way.

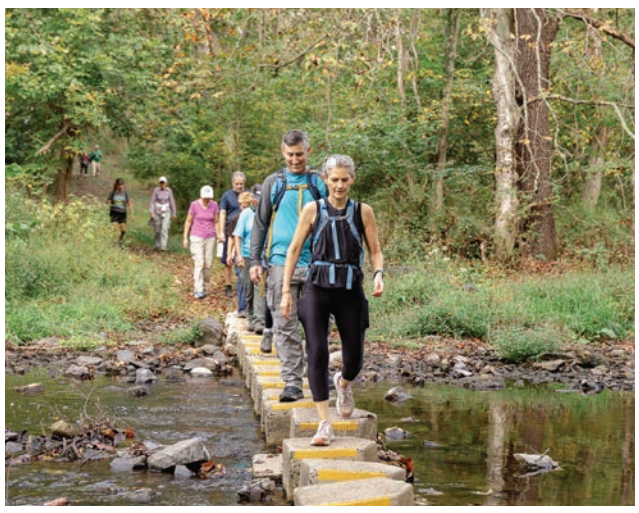
Hike Schedule

- **Parkside Place to Evans-Mumbower Mill**
  Thursday, September 10th
  Sunday, September 13th
  5 miles, beginning and ending at Parkside Place Park

This five-mile hike begins at Parkside Place Park and follows the Green Ribbon Trail 2.5 miles to the historic Evans-Mumbower Mill before returning along the same route.

The northern section of the trail includes wooded and grassy paths, boardwalks, bridges, road crossings, and several stepping-stone crossings over the Wissahickon Creek.

- **Evans-Mumbower Mill to Penllyn Woods**
  Friday, October 2nd
  Saturday, October 3rd
  6 miles, beginning and ending at Evans-Mumbower Mill





Photos by Jamie Stewart, courtesy of Wissahickon Trails

Beginning at Evans-Mumbower Mill, this six-mile hike travels three miles to Penllyn Woods and then returns to the mill.

Along the way, the trail passes through wooded areas, travels beneath Route 202 beside the creek, and crosses several bridges and streams.

- **Four Mills Nature Reserve to Penllyn**
  Friday, October 23rd
  Saturday, October 24th
  5 miles, beginning and ending at Four Mills Barn

This route follows the Green Ribbon Trail

between Four Mills Nature Reserve and Penllyn, crossing several bridges and traveling beside the creek through wooded sections of the trail.

- **Four Mills Nature Reserve to Fort Washington State Park**
  Wednesday, November 4th
  Saturday, November 7th
  5 miles, beginning and ending at Four Mills Barn

The final route in the series begins at Four Mills Barn and follows the trail into Fort Washington State Park. Hikers will continue to the Hawk Observation Deck before returning to Four Mills.

Join us for one route or make a fall project of walking all four. One of them may earn a place in your regular rotation!

Advance registration is required. Because the terrain and trail conditions vary by route, participants should read the full hike description before registering.

Visit wissahickontrails.org/events/upcoming-events for start times, complete details, and registration.

WISSAHICKON TRAILS CONNECTING LAND, WATER & PEOPLE





Fall Garden Shopping Guide: How to Choose Healthy Bulbs and Perennials

by Sally McCabe, for the Shuttle

As crisp autumn breezes replace the humid days of late summer, September gardening swings into high gear across the Greater Philadelphia region. While many view autumn as the time to put the garden to bed, experienced growers know that it is actually the start of the next growing season.

September is a prime opportunity to plan ahead, as nurseries and online plant retailers stock up on fresh spring-flowering bulbs and hearty fall-planted perennials. Whether you are shopping online or browsing in person at a local garden center, knowing how to choose healthy plants ensures your time and money yield breathtaking results in our local Zone 7 environment.

Why September Is the Best Time to Shop

When autumn arrives in Zone 7, soil temperatures remain delightfully warm even as air temperatures begin to drop. This unique combination makes fall the absolute best purchasing and planting season. Plus, you can garden comfortably without sweat dripping off your nose!

- **Ideal Rooting Environment:** Warm soil encourages energetic root establishment without the severe heat stress of midsummer.
- **Superior Selection:** Retailers receive their fresh shipments early in the season. Shopping in September ensures access to high-demand varieties before inventory runs low.
- **Winter Readiness:** Fall-planted perennials have ample time to settle in and establish deep root networks before winter dormancy, setting them up to explode with growth come spring.

What Bulbs to Look For

Fall is when nurseries and specialty mail-order catalogs offer dormant bulbs requiring a necessary period of winter chilling before bursting into spring blooms. Here are the most reliable, but don't forget all the minor bulbs, like grape hyacinths, snowdrops, and glory-of-the-snow (chionodoxa). Stack these on top for a layered effect when you plant the bigger bulbs.

Bulb Type	Bloom Window	Ideal Growing Conditions	What to Look for When Purchasing
Daffodils *(Narcissus)*	Early to Mid-Spring	Full sun to partial shade; well-drained soil	Plump, heavy bulbs with intact, papery tunics. Excellent naturalizers and inherently pest-resistant.
Tulips	Early to Late Spring	Full sun; rich, sharply draining soil	Firm, unblemished bulbs. Look for larger sizes (measured in centimeters around circumference) for maximum bloom capacity.
Crocus	Very Early Spring	Full sun to light shade; adaptable soil	Small, dense corms free from soft spots or signs of premature sprouting.
Alliums	Late Spring to Early Summer	Full sun; dry to medium moisture, well-drained soil	Large, solid bulbs with a clean, garlic-like aroma and no signs of blue mold between layers.
Hyacinths	Mid-Spring	Full sun to partial shade; moist, well-drained soil	Firm, heavy bulbs. Handle with care, as their dry skins can irritate sensitive skin.

Perennials Worth Buying in Fall

While spring shopping is often driven by impulse buys of plants already in bloom, buying perennials in the fall yields far greater long-term value. Late-season specimens put their energy directly into root development rather than showy top growth. (And if you buy ones that are blooming, deadhead them after planting so they can redirect energy back down into their roots!)

Consider adding these durable, long-term options to your fall shopping cart:

- **Coneflowers (Echinacea) & Black-Eyed Susans (Rudbeckia):** Fantastic native choices providing late-season nectar for pollinators and winter seed heads for birds.
- **Sedum (Hylotelephium) & Asters:** The undisputed heroes of late-fall color when the rest of the garden fades.
- **Ornamental Grasses:** Offer structural interest, delicate motion, and textural beauty throughout fall and winter.
- **Hellebores:** Exceptional evergreen foliage that brightens shady borders well into cold weather, popping out blooms anytime after Christmas.

How to Choose Healthy Stock

Whether sifting through bins at your local nursery or ordering online, quality control is paramount.

Quick Bulb Inspection Checklist

- **Firm and Heavy:** Healthy bulbs feel dense and solid, similar to a fresh onion.
- **Free of Mold and Soft Spots:** Avoid anything that feels spongy, mushy, or exhibits powdery blue or black mold.
- **Sized for Success:** Larger bulbs store more energy, yielding bigger, stronger stems and blooms.
- **Red Flags:** Skip dry, lightweight, papery-hollow bulbs, or those with deep gouges that invite soil pathogens. Never buy unlabeled mystery packages lacking origin or planting specifics.

Inspecting Perennials

Focus on structural health rather than immediate floral displays. A perennial completely covered in open flowers at the nursery is spending energy on blooms rather than roots.

- **Check the Roots:** Gently tip the plant or inspect the drainage holes at the base. Avoid rootbound plants with dense, spiraling rings of roots along the pot walls. Look for clean, light-colored root tips where the soil mass is held together cleanly.
- **Inspect the Foliage:** Pass on plants displaying yellowing leaves, powdery mildew, or active insect infestations. Note: Foliage cut back late in the season is completely normal and often healthier for transplanting!
- **Read the Plant Tag:** Verify light requirements, mature height and spread, soil moisture, and hardiness zone (ensuring suitability for Zone 7).

Plan Your Space Before You Buy

Impulse shopping often leads to crowded beds and stressed plants. Pre-shopping preparation is key:

1. **Evaluate Sunlight:** Track actual sun hours. "Full Sun" **requires a minimum of 6 hours of direct light daily.**
2. **Account for Mature Footprint:** Always design your layout based on the plant's mature width, not its container size.
3. **Design for Succession:** Mix spring bulbs with late-emerging perennials. As early crocus and daffodil foliage naturally yellow and die back in late spring, emerging coneflower or hosta leaves grow in to naturally mask the fading bulb foliage.

Post-Purchase Care Tips

- **Plant Bulbs Promptly:** Get bulbs in the ground before the first hard freeze at a depth roughly three times the bulb's height.
- **Hydrate Perennials:** Water new acquisitions thoroughly right after planting, and keep soil consistently moist until the ground freezes.
- **Map Your Plot:** Sketch a simple map marking where you buried dormant bulbs so you don't accidentally dig them up during spring weeding.

Should You Avoid the Sale Rack?

Absolutely not! Find your sense of adventure by taking chances on a few small, root-bound, or stressed-out plants that need a little TLC. And while earlier is always better, you have full permission to plant bulbs until the ground freezes solid, often around New Year's in Zone 7.

Head out to your local garden centers or explore trusted online nurseries with your landscape plan in hand. A little attention to detail now will reward you with a spectacular show come spring!

PHS



eco tip

If You Plant It, They Will Come: My Final Eco Tip

by Marsha Low, Weavers Way Environment Committee



Above, Marsha Low; Bottom right, Joe Pye Weed from Marsha's Garden

It's been quite a run! I've been writing Eco Tips for the Shuttle for over 15 years, and I've been on the Environment Committee longer than some of you have been on the planet. Now that we've got some new (and younger!) members, I'm leaving the committee, so this will be my swan song.

Going forward, I'll be putting more time into music, especially writing and performing songs of resistance and activism that meet this dire moment in our country's history. I'll also be working in my pollinator and vegetable gardens with my husband, David.

Over the years, I've enjoyed exploring and writing about ways Shuttle readers can make their lives more sustainable and environmentally friendly. In recent tips, I focused on what we can do to convert our backyards and other outdoor spaces into places that support pollinators, birds and other wildlife. It may be the most important thing we can do in the face of steep declines in populations of insects, birds and other species. Climate change, a major driver of these declines, along with habitat loss and the use of pesticides, including insecticides and herbicides), is a part of a problem so huge that we could easily throw up our hands and say there's nothing we can do.

But we can help struggling pollinators and birds by converting our yards into spaces that support them. If you have a lawn, consider removing at least part of the turf and planting native perennial flowers that support pollinators and birds, including bee balm, milkweed, coneflower, Joe-Pye weed, goldenrod and New England aster. You can also add shrubs or small trees such as serviceberry and winterberry holly.

Life is Better With Native Plants

Once established, these perennial plants require little work to maintain. Even if you only have a patio, you can plant native flowers in large pots. If you have enough space, you can also plant a veggie garden, and the presence of pollinators will benefit your squash, cucumbers and other crops. Once you've established your garden, try to get neighbors on board to create a corridor of habitat gardens that will help pollinators and birds. That will accomplish more than one isolated garden in the middle of properties with lawns that are too often treated with pesticides.

Unfortunately, many homeowners in this country are obsessed with having what they consider a perfect, weed-free lawn. That obsession, one that requires the use of herbicides and insecticides, is the result of years of marketing by pesticide companies. Since about 99% of synthetic pesticides are derived from petroleum, natural gas and coal, according to multiple sources, it's not surprising that fossil fuel companies play major roles in developing pesticide ingredients and profiting from their use. Through aggressive advertising, pesticide companies have convinced many of us that dandelions, violets and clover are weeds that should be eradicated. Yet, these plants are food sources and hosts that pollinators depend on early in spring before many other flowers bloom.

In addition, many homeowners buy and apply mulch to their flower beds in the spring to suppress those early- blooming plants that pollinators need. In the fall, instead of allowing fallen leaves to remain in their flower beds or gently raking them to an area of their garden, they pay landscapers to use highly polluting and noisy leaf blowers to remove them. In doing so, they also remove beneficial insect larvae that depend on fallen leaf cover to survive the winter and emerge the following spring.

Those fall leaves make great free mulch after the critters have emerged, but we have been programmed to think of them as "litter." Then we look around our gardens, scratch our heads, and wonder where all the butterflies and bees have gone.

All of this is a huge con. We spend countless hours applying pesticides and mowing lawns (monocultures that don't support anything living except the grass itself). We spend money or our time removing leaves from our properties every fall and forking out more money to buy mulch in spring. We fight nature instead of working with it.

In my tips, I've often written about "win-win" situations. Having a pollinator and bird-friendly garden is one of those. First, you'll be helping pollinators and birds survive and perhaps even thrive. Nature, with a bit of help, is resilient. Second, once the initial installation work is done, you'll save time by no longer having to mow your lawn or pull up those native plants you once considered weeds. Third, no longer paying to have your leaves removed, purchasing mulch and paying to have it spread around your plants means you'll save money — or time, if you previously did those tasks yourself. Instead, you'll be able to enjoy your beautiful garden with your family and friends, along with bees, butterflies and birds. Yes, if you plant it, they will come!



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Suggestions

by j, 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.

Since Weavers Way has had some growth in size over the past seven years or so, and we got to be a multi-location organization with sales over $53 million and a staff of over 350, we appear to be on more people's radar than in the past. And when I write "people's," I'm mainly referring to people who want to sell us things. We probably receive 10-15 new product solicitations per week, many claiming to be a good or strong "fit" for our customers, stores, members, etc. We get solicitations of all shapes and sizes, from super high-end medicinal honey from remote Chilean Patagonia to local low-acid coffee to various granolas, crackers, jerky, etc. Some prospective vendors are smallish, crafty high-end type products while others are more commodity level that you'd find in many markets. One thing most of the new food items seem to have in common is they are typically packaged in plastic stand-up pouches. A trip through a grocery store these days is like a stand-up, zip-lock plastic pouch tour.

We also get solicited by service vendors. One interesting recent service vendor solicitation was from a company offering a shipping container "visibility" service. Somehow the company thinks WW is large enough to import shipping container quantities of products. (We are nowhere close to that, even with our best sellers like bananas and salmon). For companies that do deal in container quantities, knowing where the container holding their stuff is at any given time has become an important supply chain service that companies will pay for, giving us another glimpse into our complex, politically influenced, global supply chain.

Seems like I didn't receive many suggestions this month, maybe everyone is happy with what they have or maybe we had some emails get lost in our recent email platform switchover (goodbye Gmail, hello Microsoft), or maybe people just don't write as much as they used to.



suggestions and responses:

s: "A July 21, 2026 ProPublica article on the conditions for blueberry farmer workers discussed several things that can assure blueberry eaters that workers had proper workplace protections. In general, blueberry workers--and other farm workers--do not have such protections. The article outlines some specific ways that grocers can purchase and resell produce from sources with better labor practices. I know that you do often identify specific farms sourcing your products, which is fantastic and a good way to be able to check on labor practices used by the growers. But many time you do not specify a farm. According to the ProPublica article, it is possible to buy produce with some assurance that workers were treated fairly and paid properly via the "Fair Food Program. Those experts, who study farm labor conditions and food supply chains, said the gold standard for preventing worker abuse is the Fair Food Program. Under the program, supermarkets and other corporate buyers commit to paying a little more for produce — a cost so negligible, at a few pennies per pound, that one expert said it shouldn't drive up prices. For those few pennies, grocers get crops from farms that offer their workers stronger protections. Is this a program that Weavers Way already participates in? If not, could we source produce from participating wholesalers? Thank you."

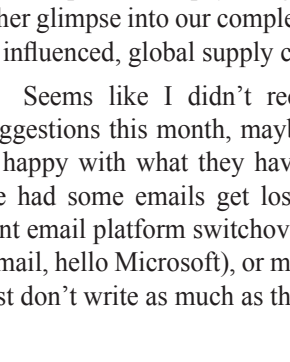
r: (Norman) Thanks for the info, I remember the "penny a pound" program for Florida tomato workers back around 2012, haven't seen much since. Typically, these programs are aimed at larger chain stores and restaurants that have the scale to have an impact. So far, we don't have any wholesalers that are part of the program, but there are a few food co-ops who participate at the

(Continued next page)

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

International Co-op Principles
1 Voluntary and Open Membership
2 Democratic Member-Owner Control
3 Member-Owner Economic Participation
4 Autonomy and Independence
5 Education, Training and Information
6 Cooperation Among Cooperatives
7 Concern for Community

(Continued from previous page)

"sponsorship" level, so we've been in touch with Fair Food Program to see about that. We should have more info in the next couple of months. We only deal with a handful of local farms directly, the majority of our local produce comes from a couple of co-ops formed by local farmers, Lancaster Farm Fresh and Sunny Harvest. The closest local farm we deal with, and the one we have some direct control over workplace conditions (and growing practices) is our own farms. Our farm staff count can vary with the season and interns and apprentices and part timers, etc. but is generally in the 6-12 people range. They produce some of the best food available to us.

s: " We used to always carry Spectrum brand Walnut oil at the Mt Airy store, but lately I haven't seen it, not even an empty space on the shelf waiting to be restocked? I really miss it!"

r: (Matt) Unfortunately, our supplier no longer carries Spectrum walnut oil. They do still carry a brand called La Tourangelle that you could preorder, if you were interested. The smallest unit for a preorder would be six 8.45oz bottles.

s: : "Why doesn't our pet store sell pets?"

r: (Norman) It does seem a misnomer since our pet store mainly sells pet food, pet supplies, and pet toys, not actual pets. However, we are contemplating offering a "catch and adopt" program for local Wissahickon wildlife like ducks and chipmunks. We're developing a drone which can survey Wissahickon Valley Park and then, using AI, capture a duck or chipmunk you pick out, and deliver it to your front door already in a cage and ready for taming. Naturally you're expected to buy the food and supplies to keep the animal healthy from our pet store. Studies have shown that children raised watching and caring for captured wild animals are more likley to grow into the caring adults typically found in co-op communities and also adopt plant-based diets, which is a boon for the natural food industry.

s: "I am so tired of paying PA sales tax, can I file an exemption with WW?"

r: (Norman) PA has specific conditions for sales tax exemptions, including being involved with a bunch of verbs that end in "ing", so if you are buying items so as to engage in Manufacturing, Mining, Dairying, Processing, Farming, Shipbuilding, or Timbering you are in luck. There are other exemptions too but being "tired of paying" is not included.

s: "Can we carry GLP-1 friendly foods?"

r: (Norman) In general, "GLP-1 friendly" food has no recognized FDA definition or certification as of yet so of course the market steps in since there is probably a way to profit from food formulations that are supportive of GLP-1 users. Keep in mind that as people eat less, money spent on food is also likely to go down, and manufacturers and sellers are going to look for ways to adapt. The market is starting to see packaged food products with higher protein, higher fiber, and in general, more nutrition per bite than pre-GLP-1 days. Snack foods, soda, fast foods, cookies, and similar less nutrient dense foods are slowing in sales so the industry will have to find a way to compensate. The long-term effect of GLP-1 on the populace and food consumption will not be known for some time. It seems likely supplement sales will increase for a bit as manufacturers develop formulas to help people not lose nutrients while eating less.

s: "Will the Canadian tariffs affect food prices?"

r: (Norman) Hard to tell where this will settle out but remember there is more to the cost of food than the cost of the crop or animal. Every step in the supply chain has an associated cost which plays into the cost of food. Think of canned soup produced in giant metal kettles, if the cost of the metal the kettle is made of increases due to a tariff, somewhere in the product pricing that tariff will get accounted for and passed on at the wholesale and retail level. The amount and timing may vary by company and type of product, but in general the price a consumer pays has to pay for all the components of the product's supply chain, it's sort of like the law of gravity, there is no escaping supply chain costs.

s: "With lettuce in the news due to cyclospora, what's the point of lettuce anyway? Especially iceberg? I heard it has like no nutrients."

r: (Norman) Do not underestimate the role of iceberg lettuce in the U.S. culinary universe. Iceberg (in past called "crisphead lettuce" and "cabbage lettuce") got its name from being packed under lots of ice for rail-car shipping. It was created in 1984 by Burpee Seeds. What set it apart from other lettuces was its ability to stay crisp under varying conditions. It was also consistent in size and shape so food processing machinery like shredders could be designed around it. It's possible there would be no McDonald's without iceberg lettuce, or at least no Big Mac as it came to be formulated, since no lettuce but iceberg could maintain crispness when shredded and placed between hot beef patties on a warm roll. Subway also benefited from shredded iceberg since it offered bulk and crunch without making the bread soggy. When I started working at WW in 1974, iceberg was the bananas of the vegetable world, i.e., it outsold every other vegetable by a wide margin. We even designed walk-in shelving to hold 4 cases of iceberg efficiently. Nutritionally it doesn't stack up against other lettuce like Romaine or leaf lettuce, but it is not devoid of nutrients. It also lasts longer in a home fridge than other lettuce. Romaine came to beat out iceberg as Caesar salad and salad kits became more popular (for which romaine's long, green leaves are more suited). It also increased in popularity as people learned and cared more about nutrients in food. The future of iceberg remains to be seen as there are no iceberg advocacy groups calling for iceberg's right to exist and have a secure place in culinary culture. Cyclospora may be its death. If your stockbroker is pushing iceberg lettuce futures, you might want to change brokers. Meanwhile, remember the old diner favorite of a wedge of iceberg with Russian dressing that almost every diner in the U.S. offered with no trademark or exclusivity and was probably one of the healthier things on the menu.

> **"The closest local farm we deal with, and the one we have some direct control over workplace conditions (and growing practices) is our own farms."**

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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.

Weavers Words

THE PEACE OF WILD THINGS

When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives may be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.

Wendell Berry

This month, we share a few staff submitted favorites, including one from Wendell Berry, the acclaimed author, poet and conservationist who recently passed at 92.
We look forward to printing reader submissions in our next issue.

WILD GEESE

You do not have to be good.
You do not have to walk on your knees
For a hundred miles through the desert, repenting.
You only have to let the soft animal of your body
love what it loves.
Tell me about despair, yours, and I will tell you mine.
Meanwhile the world goes on.
Meanwhile the sun and the clear pebbles of the rain
are moving across the landscapes,
over the prairies and the deep trees,
the mountains and the rivers.
Meanwhile the wild geese, high in the clean blue air,
are heading home again.
Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting --
over and over announcing your place
in the family of things.

—Mary J Oliver

Our 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.

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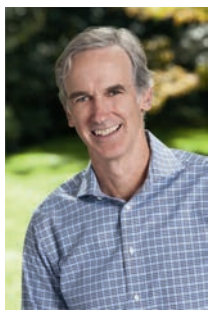
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Weavers Way Ambler Café
217E Butler Ave, Ambler PA 19002

Join us in the Café at our Ambler store for some delightful live music on Thursday evenings in the fall. Grab some yummy snacks or dinner and beverages from our store and unwind while listening to some wonderful tunes by Weavers Way Members Tim Dodson, Carolee Rand & Bob McCluskie, Bert Harris, Michael Harris and the Ambler brass Quintet, Robert Calandra and Jennifer and the Karen Smith Experience. We are excited to present music of various genres, from rock, pop, acoustic jazz to folk music.



Making Zinnia Garlands

Friday, Sept. 11 **3-5 p.m.**
Weavers Way Farm
7095 Henry Ave., Roxborough

Participants will join us in harvesting zinnias and stringing them to make a three-foot garland which can be dried and last for seasons to come.

Tickets are $35 per person and can be purchased at the Farm Market register.



Movie Night at Weavers Way Farm

Friday, Sept 18 **7–9 p.m.**
Weavers Way Farm
7095 Henry Ave, Philadelphia 19128

Join us at the farm for a screening of Over the Garden Wall! This event will be outdoors, so BYO snacks, chair, and blanket for a cozy evening of entertainment. This is a family-friendly event; all are welcome! Please aim for a 7p.m. arrival, showtime will begin at 8 p.m.



Plant Walk in Carpenter Woods with Simone Davis

Saturday, Sept. 26 **11:30-12:30 p.m.**
Carpenter's Woods
South Mt. Pleasant and Greene St.

Herald in the change of seasons with an early fall plant walk with Weavers Way's Outreach Coordinator Simone Davis! We'll spend time with our woody plant friends – trees and shrubs – studying bark, twigs and buds, as well as the lingering fruits of autumn. We will be honing our botanical skills and discussing the medicinal properties of the plants we encounter. We'll gather at the entrance of Carpenter's Woods (at South Mt Pleasant and Greene St) and explore the trails through the lovely woods. This walk is for anyone looking to start their journey with plants or curious to learn more about them. We will be outside, so come ready for any weather, rain or shine! (We'll cancel only if there is severe or dangerous weather.)

First Aid and CPR Training by Weavers Way Emergency Response Network

Tuesday, Sept. 29 **5–9 p.m.**
Summit Presbyterian Church
6757 Greene St, Philadelphia PA 19119

Weavers Way Emergency Response Network, WERN, is hosting a First Responder training with First Aid and CPR certification training. Please email preparedness@weaversway.coop to register. Limited spots available, first come, first served. The cost for the training is $50 per person. Upon completion, Weavers Way will reimburse attendees with a $25 Co-op EasyPay credit.

This event will be hosted in the Parlor room of Summit Presbyterian Church. A WERN committee member will meet you at the entrance to let you into the building.

Virtual New Member Orientation

Wednesday **Sept. 16**
6:30-8:30 p.m.

We encourage all new members to attend a member orientation, which are now virtual!

This session will include an overview of membership at the Co-op, how it works and why it's valuable. We'll explore our online Member Center, discuss the benefits of membership and help you choose if working membership is right for you!

You will receive a zoom link by email prior to the meeting. Questions? Contact membership at member@weaversway.coop or (215) 843-2350 ext. 119.

ALL EVENTS ARE FREE
Unless Stated Otherwise.

Membership Office & Notary Hours

Mt Airy: 555 Carpenter Lane

Membership and Notary Services
Monday - Friday **11 a.m. - 6 p.m.**

For more info: **www.weaversway.coop/events**

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Imagining a World Without Waste



Efforts Afoot to End City's Incineration Pact

At a July meeting of the "Stop Trashing Our Air" coalition, Philadelphia City Councilmember Jamie Gauthier shared her plans to oppose Mayor Parker's proposal to renew the city's contract with Reworld (formerly Covanta), which incinerates about a third of Philadelphia's trash in Chester.

While the city has not disclosed details of this contract, the renewal, if approved, would perpetuate the already severe air pollution in Chester, as well as spew toxins and harmful particulate matter across the Philadelphia area. Gauthier has stressed this as a critical moment for Philadelphians disturbed by regional air pollution to contact their City Council representatives.

Developments on this issue:

- Last September, Gauthier introduced the "Stop Trashing Our Air" Act to bar the city from contracting for incineration of waste. The proposal, Bill No. 250768, was subsequently approved by City Council's Environmental Committee, which Gauthier chairs, but has not yet come up for a vote in the full council.
- The city's Sanitation Department expressed skepticism about the harmful impacts of burning trash and contracted for two studies, both of which found no significant air quality difference between burning trash and burying it. This finding is at odds with the large body of research showing that incineration is far more harmful. However, the city then announced, without providing details, that it would renew the Reworld contract.
- Since council must approve all city contracts, the vote will be scheduled soon after its summer break. Gauthier will lead the opposition to the contract renewal and is now working to gain the support of most of her colleagues.

Gauthier is urging Philadelphians who oppose incineration to do the following:

- Make your opposition known to your council person via meetings, calls, emails or questions at public events. You can find out who your council representative is by going to the Committee of Seventy website (seventy.org) and clicking on "Get Informed" and then "Find Your Elected Officials."
- Join the rally against renewal of the contract on Sept. 17 at the north side of City Hall starting at 8:45 a.m.
- Show your opposition to the proposal at the upcoming public hearing that will be conducted by the Committee on Streets and Services soon after the summer break. At press time, the date of the hearing had yet to be announced.
- The Reworld plant has been in operation since 1991 and burns more than 2,600 tons of trash every day in a residential neighborhood of Chester. It is the largest incineration plant in the United States and the single largest source of air pollution in southeastern Pennsylvania. Residents were fighting for the right to breathe cleaner air even before the plant opened, because multiple polluting industries are located in the city.

According to the University of Pennsylvania's Center for Excellence in Environmental Toxicology, Chester has the highest infant mortality rate in Pennsylvania, and its rate of asthma is twice that of other parts of the state. Furthermore, its 27% pediatric asthma rate is more than four times the national average.

Burning trash results in significant quantities of toxic ash that still must be disposed of. It pollutes the air with fine particulate matter, volatile organic compounds, and nitrogen oxides, all of which are known to exacerbate respiratory and cardiovascular diseases. The residual ash, as much as 30% of the weight before burning, must still be disposed of. All of this requires a large number of trucks driving in and out of the facility every day.

According to the Clean Air Council, Reworld inspects less than 5% of trash trucks that enter the facility, and even then, no bags are opened during those inspections. Air pollution tests for heavy metals like lead, cadmium, and mercury occur only once a year. In addition, it constantly operates in high-priority violation of the Clean Air Act.

Research has shown that incineration is much more environmentally damaging than landfilling trash. Philadelphia has contracts for both, and costs are comparable. While the long-term solution is to eliminate single-use items, plastics particularly, and adopt a circular economy where items are designed for reuse and actual recycling, in the meantime we should stop poisoning the air by incinerating trash.

—Karen Melton and Elaine Fultz

weavers way coop
Plastic Reduction Task Force

Amazon Proposal Could Make Bucks Air Smoggier

According to the Clean Air Council, even though Bucks County has the worst smog pollution in Pennsylvania, Amazon Data Services, Inc. is seeking approval for more than 350 diesel and gas generators in Fairless Hills that could add even more smog-forming pollution to the region.

Comments on the proposal were accepted by the state Department of Environmental Protection in August. Amazon is seeking the designation of "synthetic minor source," which covers pollution sources that run up to 500 hours per year. However, that designation would not limit the pollutant emitted.

CAC reports that this summer, there have been several emergency orders for existing facilities to run their generators to reduce strain on the local energy grid. In July, as wildfire smoke made local air quality extremely dangerous, local electricity sources were ordered to operate. If constructed, the 350-plus generators proposed at this facility could be ordered to run on the most polluted days of the year.

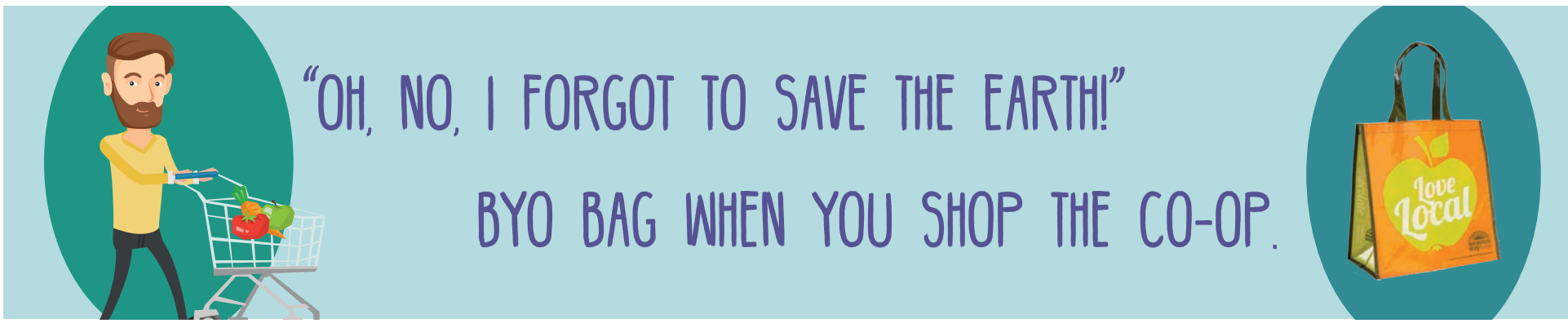
Some Jar Library Tips For Happy Bulk Shopping

- Tell the bulk staffer on duty when you are dropping off your jars, so they can inspect them to see if they're appropriate for the Jar Library.
- Donate clean, dry glass containers — no plastic.
- Remove labels as much as possible. The Jar Library is maintained by volunteers. The more labels there are to remove, the harder their job is.
- Larger jars are especially appreciated, e.g. tomato sauce or quart sized. 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 25-cent discount at the register.



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Six Countries, Dozens of Different Peoples and Languages



Photo by Jen Theodore for Unsplash

This month, the Co-op's Diversity, Equity and Inclusion Advisory Committee focuses on Central America. Central America, the world's longest isthmus, connects two Western hemispheres, North and South America. This land mass is home to seven countries: Guatemala, Belize, Honduras, El Salvador, Nicaragua, Costa Rica and Panama.

Belize was colonized by Great Britain, while Spain ruled the remaining six countries. Before colonization, Central America was home to more than three million indigenous people, representing over 100 distinct ethnic and linguistic groups. The largest population, which made up 21 to 24 distinct groups, was the Mayans of Guatemala.

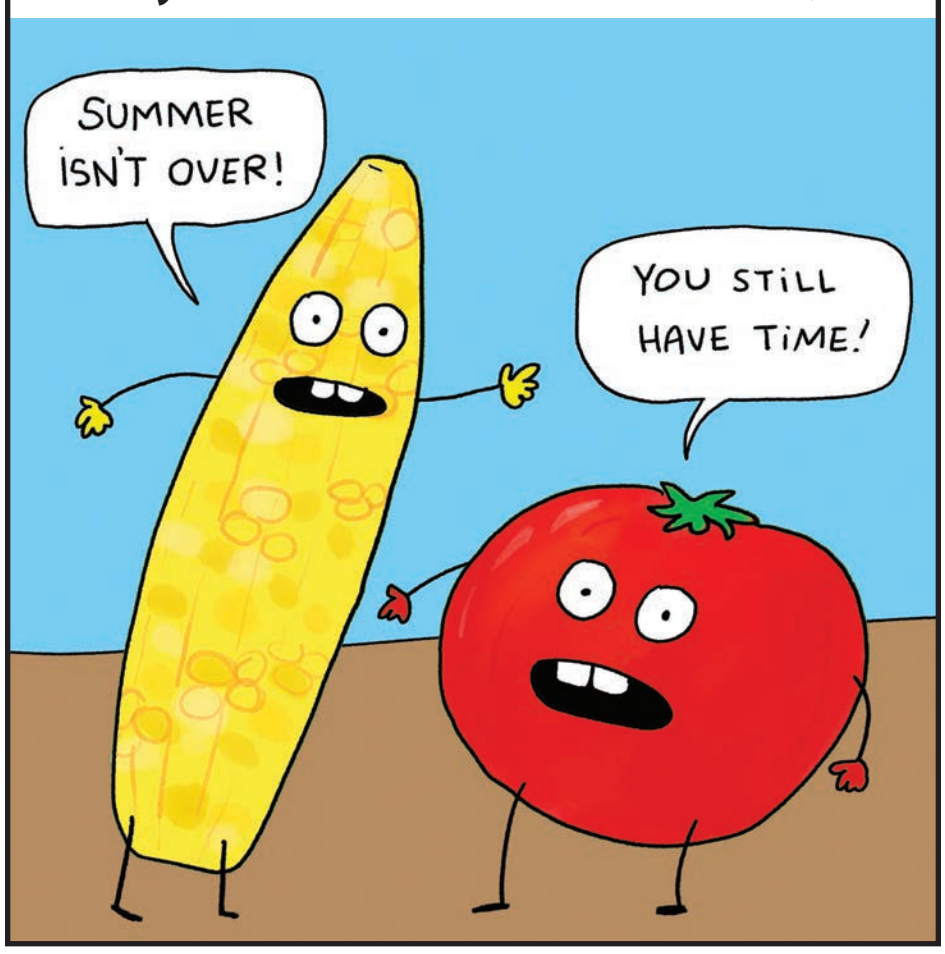
Central America's indigenous communities practice one of the world's oldest eco-friendly farming systems, "The Three Sisters." This sacred, centuries old interplanting of corn, beans and squash enables each crop to thrive as they mutually protect and nurture each other. This planting technique, which symbolizes reciprocity, cooperation and interdependence, encourages healthy structures for communities.

—Rosa Lewis

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

Locally Grown

Illustration by Alli Katz



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

Weavers Way Board

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

The Board's regular monthly meeting is held on the first Tuesday of the month. Check the Co-op's Calendar of Events for the date of the next meeting.

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

2025-2026 Weavers Way Board of Directors
President: Cheryl Croxton
Vice President: Kacy Manahan
Treasurer: Gail McFadden-Roberts
Secretary: Jason Henschen
At-Large: Ellen Badger, Benjamin Bartley, Ariel Baumet, Melissa Easy, Kristin Haskins-Simms, Cedric Hardy & Michael Hogan

The Shuttle

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8 a.m.-8 p.m.
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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!

DID YOU KNOW?
You can read the Shuttle online.
www.weaversway.coop/shuttle-online



NEW MEMBER ORIENTATION

Wednesday, September 16, 6:30-8 pm
Virtual
To register visit: www.weaversway.coop/events



Sunday Sept 20 11-4











MT AIRY VILLAGE FAIR



Greene St & Carpenter La

mtairyvillagefair.com

Join us Sunday, Sept. 20th 11-4 for the 17th Annual Mt. Airy Village Fair, spanning the intersection of Carpenter Lane and Greene Street in West Mount Airy. The fair is a volunteer, community-led fair for our neighbors by our neighbors. Join us for food trucks, a pet parade, live performances, family friendly activities, local makers, shopping, carnival games, a pie eating contest, and so much more!