



IT'S THAT TIME OF YEAR — SPRING HAS SPRUNG AND the call for democracy is in the air. I won't talk politics, but there is one thing that I hope is on all of our minds, and that is raising our voices! With that in mind, I urge you to take a few minutes to let us know what you think about the Co-op when you get the Weavers Way Member Satisfaction Survey in your email this month.

Members make a difference. Over the years, we have seen many significant programs and improvements suggested, driven or inspired by members, such as our low-income discount program Food For All, the Senior Discount

by **Kirsten Bernal**,
Weavers Way Membership Manager

program and the EasyPay Pays You 2% incentive. This past year has also seen the opening of our third store and huge growth for the Co-op. There has never been a more important time for members to share their perspective.

Hearing our members' concerns and viewpoints and developing the means to address them is one of the things that sets co-ops apart from other businesses. That is why we need every member to participate. We want to hear

what you have to say. Your feedback guides us, telling us if we are on the right track. Is Weavers Way serving you? Let us know. The survey is expected to be delivered to your in-box June 10; we're looking for them back by June 24. Contact me at member@weaversway.coop or 215-843-2350, ext. 119, if you don't get a survey, or have questions.

Member participation is integral to the overall health of any co-op — democracy without participation is no democracy at all. So be sure to take the Member Satisfaction Survey!

kirsten@weaversway.coop



Community-Owned,
Open to Everyone

The Shuttle

JUNE 2018

Since 1973 | The Newsletter of Weavers Way Co-op

Vol. 46 | No. 6

Food For All Opens Up To SSDI, SSI Recipients

by **Amelia Duffy-Tumasz**, for the Shuttle

FOOD FOR ALL, THE CO-OP'S DISCOUNT PROGRAM to make healthy eating more affordable for people who access government assistance, is expanding its reach, including, for the first time, members who collect Social Security Disability Insurance (SSDI), Social Security Insurance (SSI) and/or military disability.

Inaugurated in 2015, Food For All offers participants 10% off nearly all Weavers Way purchases, along with a reduced yearly membership equity investment of \$5 instead of the usual \$30. (The 10% can be combined with the 5% Working Member discount for a total of 15%.) Participation requires completing a simple one-page application, and for those who are not already members, joining the Co-op. All discounts are taken discreetly at the cash registers where electronic benefits are accepted.

As of April, Food For All had enrolled 142 member families who receive food stamps (SNAP), cash assistance (TANF), the supplemental nutrition program for Women, Infants and Children (WIC), and/or Medicaid.

(Continued on Page 8)

HUNGER DOESN'T TAKE A VACATION

SUMMER FOOD DRIVE



FRIDAY, JUNE 22 - SUNDAY, JUNE 24

ALL WEAVERS WAY LOCATIONS:

MT. AIRY & CHESTNUT HILL | FRI 10-5 | SAT-SUN 10-6

AMBLER | FRI-SUN 10-5

HENRY GOT CROPS FARM MARKET | 7095 HENRY AVE. | FRI ONLY 12-7



Food Justice Committee

*non-perishable food donations are especially encouraged

Philly Food Bucks Buck Food Insecurity

by **Eric Borgstrom**, Weavers Way Food Justice Committee

AT A TIME WHEN BENEFITS PROVIDED TO those struggling with food insecurity are threatened nationwide, Weavers Way is partnering with local organizations to increase benefits and expand access to healthy, affordable produce through three upcoming projects.

The Food Trust, a nationally recognized non-profit that coordinates with local grocers and farmers to host farmers markets throughout the Philadelphia area, has spearheaded the Philly Food Bucks program, whereby an individual who spends \$5 of SNAP (EBT or food stamps) benefits at a participating farmers market receives a \$2 coupon (Philly Food Bucks) to be spent exclusively on produce.

Weavers Way's Henry Got Crops Farm Market began distributing and accepting Philly Food Bucks in May. In 2017, the farm market reported a total of \$705 in SNAP sales. If Philly Food Bucks had been available then, Weavers Way could have distributed nearly \$300 in coupons towards the purchase of healthy produce.

(Continued on Page 8)

Interested in Investing in Your Co-op? Join the Crowd

by **Member Loan Committee**
Co-Chairs **Laura Siena** and
Kathleen Casey

WE ARE THRILLED BY ALL THE support we're receiving for Together We Grow Phase II, the Co-op's member loan campaign to raise \$400,000 in loans from our member-owners.

With our incredible growth in mem-

bership — approaching 10,000 households — Weavers Way must increase its capacity to serve our communities. We're looking to build up cash reserves and pay down commercial debt. Loans to the Co-op are a great way to support our cooperative business, with its positive impact on our local economy.

We prefer to pay interest to our own members: Member loans earn 4% for 6

years for a minimum loan of \$1,000. The interest is simple, not compounded, and paid at the end of the loan period. Lenders must be Pennsylvania residents. There is no maximum loan amount.

The deadline to participate in Together We Grow Phase II is June 21. For more information, to ask questions or to get an application, contact us at memberloan@weaversway.coop.

TOGETHER
WE
GROW
Phase II

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

Take the
WEAVERS WAY MEMBER SATISFACTION SURVEY
Look for it in your email.

What's in Store at Weavers Way

Check It Out!

by Karen Plourde, Weavers Way Communications Staff

The Daily Deli

Perlagrigia and Fran de Maquis: Two young herbed cheeses for spreadable summer adventures.



Bowing to the tastes of summer, *la cassa del formaggio* in Chestnut Hill has added more mild, spreadable cheeses. **Perlagrigia sotto cenere** (\$19.15/lb.), a semisoft pasteurized cow's milk entry produced near

Venice, contains black truffles. The wheel is next blanketed with a layer of dried cloves, cinnamon, nutmeg, coriander and licorice to keep the interior from drying out. It's recommended as an antipasto accompaniment.

Also from the herbed side of town is **Fran de Maquis**, from Couet Farm in Dudley, MA (\$13.69 ea.). It too is made of cow's milk and pasteurized, and is coated in rosemary, fennel seeds, juniper berries and savory. The boldness of the herbs give it heft, so in addition to baguettes and crackers, it would go well with cucumber or tomato slices. You may also want to dot it on grilled steak for extra bam!

Going On in Grocery

Greyston Bakery treats taste great while doing good. And Origin Almond shakes are cold-pressed and local.

The brownies and blondies from **Greyston Bakery** of Yonkers, NY, now available in Ambler (\$1.95 each), take packaged bakery items to the next level. Yes, they're moist and chewy, with no artificial ingredients. But the company has also committed itself to Open Hiring — giving jobs to people regardless of education, work history or other barriers such as incarceration or homelessness. They also offer workforce development and housing services to their employees and the community. And they've created a Center for Open Hiring to educate other businesses about the practice. (Read more at greyston.org/the-center-for-open-hiring.) The four varieties (including one vegan) are located on the Sweet Treats display by the Membership Desk, and in the refrigerated case near the checkouts.



New in Chestnut Hill's beverage case are **Origin Almond** shakes of Laurel Springs, NJ. In addition to infused almonds, the all-vegan flavors include superfoods like turmeric, ginger and matcha and moringa leaf, and no added sugar.

Bulk & Beyond

Sun & Earth bulk expands in Mt. Airy. And more new nuts to spice up summer.

King of Prussia's **Sun & Earth** bulk laundry detergent has long been a staple in Mt. Airy. Now their dish detergent and all-purpose cleaner are getting a retry on Carpenter Lane. Both are \$1.99 a pound, and contain no petroleum-based solvents, dyes, perfumes, brighteners or preservatives. All three are also stocked in Ambler, along with floor cleaner and hand soap.



Every month seems to usher in a new type of seasoned nut around here. Mt. Airy recently introduced **GrandyOats** nori sesame cashews (\$17.85/lb). Ambler, meanwhile, brought in Grandy's garlic and herb cashews (\$17.79/lb.) and Wricley salted pecans (\$13.29/lb.) They're great in salads or as a pasta protein alternative. And they'd pair well with your favorite IPA.

kplourde@weaversway.coop

Local Vendor

Spreading the LUHV, One Veggie Burger at a Time



Daniel and Silvia Lucci and son Facundo are looking to expand their line of vegan foods — and also their line of LUHV Vegan Bistros (pictured above: the Hatboro shop).

by Jeannine Kienzle, Weavers Way Purchasing Assistant

WITH SO MANY VEGAN AND VEGGIE BURGERS ON the market attempting to replicate a traditional beef patty that is meaty in texture and even “bleeds” red, it is refreshing to discover LUHV Food's black-bean burger. It not only tastes delicious and doesn't fall apart in a crumbly mess, but stands on its own as not-beef. (As Craig LaBan says, “If you are craving a plant-based patty that actually tastes good, the LUHV burger achieves that goal admirably.”)

LUHV Food, family owned and operated, is a true example of the American dream. Silvia and Daniel Lucci are Argentinian immigrants who have been in the restaurant business for more than 20 years in the Philadelphia suburbs. They discovered veganism when Silvia fell ill several years ago after experiencing a mild stroke. Daniel researched healing foods to aid in Silvia's recovery and was persuaded about the health benefits of veganism.

“It was a challenge for Daniel to come up with flavorful vegan options, but he just thinks of something in his head and it translates into a delicious meal,” Silvia said. That's how the sweet-and-spicy black bean, plantain and poblano LUHV burger was born.

The company — Silvia and Daniel are co-owners, Daniel is the chef — makes them at their plant in Hatboro and sells them, three to a freezer pack, at grocery stores from Connecticut to Virginia. A garbanzo bean burger with a slight chipotle kick will be available in stores soon.

Chef Daniel and wife Silvia also operate the 40-seat Café con Leche in Newtown, which they opened in 1997. Daniel introduced the nutritious Energy Soup and black bean burger at Café con Leche and customers ate it up, always requesting what Silvia was eating.

The response was incredible and people started buying the burger patties to take home. Both Daniel and Silvia became vegans during this time period and their oldest son, Facundo, followed suit.

Facundo's entrepreneurial spirit kicked in when he saw how popular the black bean burgers became. He encouraged his parents to package the burger and sell it to local food markets — even taking the bold step of coming back home from New York City to help with the family business. Facundo designed the packaging, created a website, applied for trademarks, and took over the business end of launching the product. The family opened their factory in Hatboro in 2015, and a vegan storefront bistro there a year later. LUHV Food sources all compostable packaging and even used reusable and recycled pallets to build the furniture and counter fixtures in their bistro.

Most recently, LUHV Food was offered a permanent space at the Reading Terminal Market, the first vegan establishment to have a permanent place at the Market. Facundo manages the location, which sells their burgers, soups, mock tuna salad and other vegan items.

Silvia's goal is for veganism to go mainstream. “I believe that veganism is an act of giving and spreading awareness.” Her hope is to open more LUHV Food bistros in the Philly suburbs, especially where vegan food might not be accessible. Silvia says the Hatboro community has embraced them and has been very supportive of their establishment.

LUHV Food Energy Soups and Black Bean Burgers can be found at all three Weavers Way Co-op locations. Be sure to check out LUHV Food's demo station at Vegan Fest on Saturday, June 23, at Weavers Way Ambler.

jeannine@weaversway.coop

VEGAN FEST

SATURDAY, JUNE 23

11AM - 4PM

WEAVERS WAY AMBLER

217 E. Butler Ave.

DEMOS
WORKSHOPS
EATS & TREATS
LOCAL VENDORS
LIVE MUSIC

YOGA AT 10 A.M. | ALL VEGAN HOT BAR | VEGAN STORE TOURS
VEGAN RAFFLE BASKET | "V FOR VEG" VANCE LEHMKUHL
FOOD JUSTICE COMMITTEE FOOD DRIVE

LUHV BURGER | CRUST BAKERY
SALLY B MUNCH BAR | GROOTHIE | MOM POPS
BRENDA'S CAT RESCUE... AND MORE!



HENRY GOT CROPS

now open!



Farm Market Days Are Here Again

by Lauren Todd, Weavers Way Farm Market Manager

HAVE YOU VISITED THE CO-OP'S FOURTH RETAIL location yet?

The Farm Team warmly invites you to visit the Weavers Way Farm Market at Henry Got Crops, 7095 Henry Ave, opposite Saul High School in Roxborough. We're open noon to 7 p.m. Tuesdays and Fridays through November.

The Farm Market showcases the vegetables, flowers, and fruit grown at both of the Co-op's urban farms: Henry Got Crops Farm at Saul, and Mort Brooks Memorial Farm at Awbury Arboretum in Germantown. But over the last few years, the Farm Market has grown from a roadside stand to what is best described now as a mini, seasonal Weavers Way store! In addition to a full array of chemical-free homegrown produce, here you'll find some of your hyper-local Co-op favorites, including **Philly Bread's** Philly Muffins, **Instar Apiaries** raw honey, **Wholesome Dairy** raw milk and yogurt, **Talluto's** frozen pasta, **Stryker Farm** heritage-breed pork and grass-fed beef products, **Wissahickon Pottery** functional earthenware, **Piperwai** natural deodorant and **Food & Ferments** sauerkraut and Fireside Tonic.

When temperatures soar, come chill at our shaded picnic tables with a bottle of **Baba's** kombucha, a perfectly ripe peach from **Beechwood Orchards**, a freshly baked pastry from **High Point Café**, or an ice cream sandwich from **Zsa's**. I assure you that we're the coolest spot this side of the Wissahickon.

HENRY GOT CROPS
FARM MARKET

FRESH PRODUCE & LOCAL PRODUCTS

7095 HENRY AVE.
at the farm across from
Saul High School in Roxborough

— HOURS —
Tuesdays & Fridays
Noon-7 p.m.

MAY-NOVEMBER

EBT, FMNP, and —
NEW — Philly Food Bucks accepted.



Ready to rock and retail: From left, Marlise Frame, Shayona Tyler and Lauren Todd.

(Continued on Page 20)

Welcoming Two New Farmers to the Awbury Arboretum Fields

She's No Stranger to Digging

Before deciding to become a farmer, I was an archaeologist. I worked at various sites in Greece and Italy — including Pompeii! — but I primarily worked on the island of Crete at a Bronze Age town known as Gournia. I originally moved to Philadelphia to pursue my PhD in archaeology at the University of Pennsylvania.

My plan, after finishing the PhD, was to use my knowledge of ancient food systems as a platform to advocate for modern food and environmental justice. But after my first semester at Penn, I withdrew. I realized that if I wanted to make meaningful changes in the food system, I had to work directly in local communities.

I had already enjoyed working on a farm in Kansas before moving to Philly, so I decided to pursue farming as a new career and avenue for creating social and cultural change. Getting this job at the Mort Brooks Farm feels like the culmination of the career shift I set in motion just over a year ago.

I'm grateful to be farming in Northwest Philly, not least of all because it brings me closer to my spiritual community at St. Vincent's Catholic Church in Germantown. I look forward to finding more communities over the course of the season.

One thing you should know about me: I identify as a trans woman, and prefer feminine (she/her) gender pronouns.

— **Thalia Parr**



Nina Berryman photo

Thalia Parr and Alessandro Ascherio got to work earlier this season. Remember long sleeves?

From Vermont to Germantown

I became interested in farming as an Environmental Studies major at the University of Vermont. After working at UVM's student-run farm and The Farm Between in Jeffersonville, VT, I continued working on various organic vegetable farms across the Northeast, always for a full season, if not two. While letting go of a desire for more continuity in my relationships with farms and people was challenging, I am grateful to have been exposed to different management practices and gotten to know different communities.

More recently I worked at an educationally oriented

overnight leadership program for teenagers in Newport, PA, in the Susquehanna Valley, called Longacre, where I managed a 1/2 acre vegetable garden for camp meals and outdoor learning. I also worked at Tait Farm near State College (a Weavers Way vendor!). There I became more adept in and enthusiastic about no-till growing practices, which I feel excited to share with the rest of the Weavers Way Farms crew!

I continue to be drawn towards farming as a way to relate positively to myself and the people and space around me. I look forward to bumping into you out at the farm.

— **Alessandro Ascherio**



An offshoot of Weavers Way Co-op

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THANKS TO...

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For Their Support!

FOOD MOXIE

We dig what we eat.



United Healthcare recruits wield the tools of volunteerism.

Local Business Lends Food Moxie a Hand (Yours Can Too)

As part of a partnership with Food Moxie, 16 volunteers from United Healthcare of Pennsylvania helped spruce up Hope Garden at Stenton Family Manor and Hope Farm at MLK High School. Many of the tasks UnitedHealthcare volunteers undertook — such as clearing a fence line and tending to weeds — were projects that our farmers and educators aren't able to get to given their other daily responsibilities.

Food Moxie helps build healthy communities by connecting people to the Earth and their food, which is directly in line with UnitedHealthcare's mission of helping people live healthier lives. A 2010 study conducted by UnitedHealthcare on the health benefits of volunteering found that when people work together, they build social connections based on shared values, which creates a stronger, more connected community. And, of course, the actual work done by volunteers is often directly related to the health of people and organizations in the community.

This volunteer effort was part of Food Moxie's emerging Corporate Volunteer Program. To learn more about how your business can help Food Moxie grow, cook, and learn together, contact Development Director Allison Budschalow at allison@foodmoxie.org.

The older generation has plenty to learn from our Mariah Butler: Page 10

MEET THE NEW STAFF

**Growing Assistant
Crystal Geraldo**

CRYSTAL IS COMMUNITY-ORIENTED. That passion started at El Centro de Estudiantes, an alternative high school in Kensington that emphasizes social-justice issues and where students are expected to intern at an organization of their choosing. Crystal has been an intern and volunteer at many places, including the Philadelphia Zoo, Operation Ava, Norris Square Neighborhood Project, Youth United for Change and Sunrise.

In her own words: "I am fascinated with the idea of a chance to work in sustainable agriculture because it is more than just work to me. To me it's about the greater good and how growing healthy food, cultivating the earth and teaching how to can benefit life in totality."

Welcome, Crystal!



All Entertainment & Awbury Arboretum Present:

Aubury Live
Neighbors Night Out in Germantown

June 28th
6:30 PM

Live Music
Free Admission

Bring your own blanket and picnic and enjoy
An evening of classic Soul and R&B featuring
The Right Time Players

www.awbury.org for more info

Liberty to Go to See

A dramatic experience based on the Chew Family Papers

Our award-winning dramatic event returns for a limited time!

Wednesday - Friday, June 13 - 15 at 7 PM

Saturday, June 16 at 12 PM & 3 PM
as part of Historic Germantown's annual Juneteenth Celebration

Tickets: \$15

Advanced ticket purchase is required.

Performances are 90 minutes & begin in the Carriage House.
(Entrance near the corner of Cliveden & Morton Streets.)
www.cliveden.org/liberty-to-go-to-see/

Liberty to Go to See is funded by the African American Cultural Heritage Action Fund of the National Trust for Historic Preservation with support from the Doris Duke Charitable Foundation & by The Haley Foundation.

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IRON HILL
BREWERY & RESTAURANT



During June, Iron Hill Brewery in Chestnut Hill is serving a special "MOXIE Brew" created in honor of Food Moxie and our work to connect underserved Philadelphians to the Earth, their food and each other. As a way of thanking Iron Hill and supporting Food Moxie, head out for dinner on Tuesday, June 19, and 20% of your check will be donated back to us.

Sign up for our eNewsletter at www.foodmoxie.org and we'll send you a coupon to use June 19.

Cheers!

5TH ANNUAL
HOEDOWN
TO BENEFIT



FOOD MOXIE

SUNDAY, JUNE 24

3 TO 6 P.M.

**WEAVERS WAY FARM
AT AWBURY ARBORETUM**

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Tickets are \$15 in-advance, \$20 at the door, and kids 10 and under are free.

Tickets available at
www.foodmoxie.org/hoedown

MARK YOUR CALENDAR!

**CELEBRATE THE
START OF SUMMER
ON THE FARM!**

Join us for a fun-filled afternoon with **FOOD MOXIE** at the Awbury Arboretum. Explore and learn about this 2-acre urban farm. Enjoy tasting tours, meet new people, and learn about the expansive programs that we offer. Delicious farm-fresh food and drinks for purchase, live music, face painting and fun prizes.



Join the CHCA at the concert, receive the Local, and pay only \$40 per year! A 20% savings for new members only!



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**PASTORIUS
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JUNE 13

TOUBAB KREWE

Afro-California rock n' roll fusion
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JUNE 20

THE JASPER STRING QUARTET

Virtuoso string quartet
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JUNE 27

ZYDECO A-GO-GO

A spicy gumbo of irresistible dance music
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JULY 11

RUNA

Irish super group
www.runamusic.com/2016/



JULY 18

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JULY 25

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Pastorius Park is two blocks west of Germantown Avenue, on Millman Street.
CHCA • 215-248-8870 • www.chestnuthill.org
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Time in the Garden

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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. Editorial copy is due the 10th of the month prior, e.g., Dec. 10 for January.

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 to the editor. 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, via email at advertising@weaversway.coop or by calling 215-843-2350, ext. 314. Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

The Shuttle is printed on 100 percent recycled paper.



Editor's Note

by Mary Sweeten, Editor, Weavers Way Shuttle



THERE WAS A LOT OF BUSY-NESS around here last month, so I'm afraid I didn't have time to think about my column. But when the going gets tough, the tough do Items:

Item: On Page 1 there are a couple of stories about all the work the Food Justice Committee is getting done. I urge you to read them, and you can help, too: By donating to the Food Trust to support the Philly Food Bucks program, by contributing non perishable food to the Summer Food Drive June 22-24, and by getting involved with the committee's projects.

Item: Philadelphia's about to get medical marijuana dispensaries under the new state law. There's a story about it on Page 16. (Don't pretend you're not going to read it.) It happens to be unclear when the two dispensaries that have been approved will open, but there was one report it would be the end of May.

Item: Mt. Airy and Chestnut Hill shoppers, have you visited the Ambler store yet? What? Well, there's no more congenial time than between 4 and 8 p.m. Fridays, when we do dinner for \$4. BYO, enjoy the summer evening scene . . . and *there's parking*.

Item: The member satisfaction survey goes out this month, and Kirsten, Jon and I are all urging you to fill yours out. This year, there are some questions about the Shuttle. Who better to address those than Shuttle readers? So please, have at it.

msweeten@weaversway.coop

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

Please be Careful With Kids & Mowers

THE AMPUTEE COALITION OF America (amputee-coalition.org) and a Facebook post by the Philadelphia Department of Health inspired a cyber-search that yielded information I wanted to share with Shuttle readers.

- Lawn-mower injuries are the leading cause of amputation for children in the United States, more than 600 a year according to the Amputee Coalition.
- The Pennsylvania Trauma Systems Foundation, which collects statistics on trauma injuries, says: "Among the traumatic wounds treated by surgeons who care for children, few are more dreadful than those associated with lawn mowers. The young child admitted with lawnmower-related injuries typically has sustained high-energy trauma analogous to a blast injury."
- The American Journal of Surgery stated in 2016: "The estimated annual incidence of lawn-mower injuries in children has remained unchanged over the past decade."
- Clinical Orthopaedics and Related Research stated in 2016: "If children younger than 6 years had not been near the lawn mower and those younger than 12 years had not been operating one, at least 69% of the accidents might have been prevented."

'Tis the season to frolic, have fun and please be careful when powering up your lawn mower.

Frank Schaller

What's That in the Soup?

READING THE INGREDIENTS LIST OF hot-bar items at the Chestnut Hill store last month, I noticed some of the offerings contain sugar, corn syrup and monosodium glutamate — all no-nos for me. The sugar and MSG were in the chicken noodle soup, the corn syrup in the hearty vegetable soup.

I'm now wondering if there are guidelines for hot-bar items regarding additives (processed foods, chemicals), and would like to see these guidelines. I rarely buy from the hot bar, but will now be more savvy in checking the ingredients lists when I do.

I would hope that healthful alternatives to all three of these would be found, such as fruit juice concentrate for the sugar and corn syrup.

Also, is MSG back in favor? I thought it was phased out of Chinese food years ago due to deleterious effects on some, including myself.

Lynn Mather

SHUTTLE LETTERS POLICY

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



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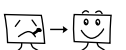
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GM'S CORNER

The Co-op Exists for Members. So Don't Stop Telling Us What to Do.

by Jon Roesser, Weavers Way General Manager

RECENTLY, I ATTENDED A PARTY where I met a woman from Center City who had never set foot in one of our stores but was nevertheless quite familiar with Weavers Way.

She went on and on about her high opinion of the Co-op, about how much she appreciates us, in her words, "being on the cutting edge" when it comes to supporting the local economy and raising awareness of environmental issues.

It was nice to be able to talk to someone about the Co-op without boring them to death and I was certainly grateful for the compliment, and it's really nice to hear that the Co-op's reputation is spreading. All that outreach we do is apparently paying off.

Her words have been on my mind as I prepare the Co-op's upcoming fiscal-year business plan because, in truth, it's not quite accurate to say the Co-op is a leader on any particular issue: In reality, all we're doing is following the lead of you, our member-owners.

As a cooperative enterprise, we exist to meet the needs of our members. So in developing our annual business plan, the fundamental question to ask ourselves is "How can we better meet the needs of our members in the year ahead?"

Figuring this out is no small task and hardly an exact science. We now have more than 9,400 member households representing well over 20,000 individual member-owners. Determining member priorities requires time and effort.

Certainly member patronage is an



We hear that, above all else, our members want us to be excellent grocers. It's pretty cool that we all own a grocery store together, but let's make sure it's the absolute best grocery store: one that is immaculate, with excellent customer service and consistently delicious food.

important data point, as the products members buy (and don't buy) tell us a lot about what you want the Co-op to be. Tailoring the product mix to meet member preferences is an essential element of the business model of any consumer cooperative.

Official feedback via our annual member satisfaction survey — being sent out this month — is also helpful. One benefit of the survey is we get good comparative data to look at year-over-year, so we can track members' changing priorities and our progress (or lack thereof).

Behind the hard data is the avalanche of unofficial feedback, usually given by members through nothing more than a quick conversation, often not even presented as "feedback" at all, just members talking in our common space. In the daily life of the Co-op, in thousands of little interactions among members, flows a current of information that, if properly interpreted, can help point us

to the Weavers Way of the future.

So what are we hearing?

For starters, we hear that, above all else, our members want us to be excellent grocers. It's pretty cool that we all own a grocery store together, but let's make sure it's the absolute best grocery store: one that is immaculate, with excellent customer service and consistently delicious food. So continuous improvement is paramount.

Beyond this fundamental, members clearly want the Co-op to continue to play our role in the regeneration of our local "foodshed." The last decades of the 20th century saw the decimation of nearby agriculture as farmland gave way to subdivisions, and food producers — dairies and canneries and the like — moved away. As a result, more and more of our food comes from far outside the region.

But beginning in the 1990s and ac-

celerating ever since, a new foodshed is being created, with small farms and orchards taking root in the most unlikely of places and a new generation of producers transforming the local food scene. As a retailer, the Co-op has an important role to play in matching consumers with the cornucopia of amazing food now being grown and produced in and around Philadelphia.

Another area of interest for members is making the Co-op a more environmentally responsible business, particularly when it comes to reducing our reliance on plastic packaging. In "The Graduate," Mr. McGuire believed plastics were the future, but that was 1967, and in 2018 plastics are strictly retrograde.

Unfortunately, a stroll down any grocery store aisle will reveal the extent to which our food system is plastic-dependent. This is something that should satisfy none of us; instead of remaining part of the problem, the Co-op can take meaningful steps to reduce single-use plastic packaging.

Led by Weavers Way's venerable Environment Committee, members are forming a Plastic Reduction Committee that will work with Co-op management to come up with viable alternatives that will make us a more sustainable business and a role model for other grocers.

If we do this right, Weavers Way will be viewed as being on the cutting edge of an issue that's important to all of us, and we'll be happy to take the accolades.

But in reality, we're just following your lead.

See you around the Co-op.

jroesser@weaversway.coop

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Food For All

(Continued from Page 1)

The program is part of the Co-op's response to criticism that the "Good Food" movement is exclusive and elitist, with high prices preventing low-income families from taking part.

Food Justice Committee member Rachel Millenbach championed the FFA expansion, conducting interviews that showed the lengths Co-op neighbors with chronic health issues go to to access benefits such as SSDI, SSI or military disability. Last December, Millenbach presented her proposal to expand the FFA program to the Food Justice Committee.

The presentation profiled several people including a Northwest Philadelphia resident who, due to mobility challenges caused by an adverse reaction to the antibiotic ciprofloxacin, switched to a vegan diet to avoid meat and dairy containing trace chemicals. Another resident lives with chronic fatigue syndrome – her limited budget keeps her from buying healthy food.

Both had heard of Weavers Way, but also that it was expensive so they did not shop here. This perception, and reality, is not theirs alone, Millenbach pointed out.

As a result of Millenbach's advocacy, the Food Justice Committee unanimously voted to formally request that the program be expanded. Weavers Way General Manager Jon Roesser took the question to the Co-op's leadership team who responded favorably and agreed to add the three additional programs for FFA eligibility.

But we need your help. Our goal is to spread the word about this initiative to promote food equity within the Co-op itself. Tell your neighbors, family and friends. Take an updated flyer to your faith-based organization or workplace. There's ongoing community outreach where we could use helping hands as well.

Just last month, Shaline Webb, Miriam Kahn and I collaborated on a workshop called "Finding Bargains in Co-op Bulk Bins" as part of the Good Food for All conference at the Free Library of Philadelphia. And there are a number of other exciting events coming up this summer. So stay tuned.

Amelia Duffy-Tumasz chairs the Food Justice Committee. She invites you to attend committee meetings, held on the first Wednesday of the month from 6 to 7:30 p.m. Visit www.weaversway.coop/food-justice-committee for the latest info on meeting locations, or email foodjustice@weaversway.coop.

Germantown Farmers Market

Opens June 14

Market Square, Germantown Avenue and Church Lane
Every Thursday, 3-7 p.m.

Farmer John Zook from Gap, Lancaster County, will join Weavers Way and other local vendors at this new weekly farmers market at historic Market Square. Look for guest appearances by the many historic gardens and urban farms of Germantown too! SNAP, Philly Food Bucks, FMNP and cash accepted.

For more info about The Food Trust's network of farmers markets, visit thefoodtrustmarkets.org.

Food Justice Committee

(Continued from Page 1)

The Weavers Way New Economy Incubator Committee is working with the Germantown United Community Development Corp. to bring a weekly farmers market to Germantown. Beginning June 14, the Food Trust will host local farmers and purveyors and conduct cooking demonstrations at Market Square, 5501 Germantown Ave. (at Church Lane) 3-7 p.m. every Thursday.

"Our mission is to promote and improve Germantown's business corridors through business attraction, cross-promoting business with our historic sites, increasing foot traffic and community engagement, and providing fresh food options to an area that needs it," said Andy Trackman GUCDC executive director. "By working with the New Economy Incubator Committee, GUCDC was able to hit all those points by bringing a farmers market to Market Square, a little-used park which was the site of Germantown's public market in the 18th century. With our partnership with The Food Trust, an experienced farmers market manager, and with Weavers Way acting as an anchor vendor, we are really excited to see this project get off the ground."

"The Food Trust has operated farmers markets in Northwest Philly since 2003. We are so excited to be working with such great partners to open this farmers

market," said Katy Wich, Senior Associate, The Food Trust's Farmers Market Program.

The Food Trust's nutrition educators will be hosting cooking demonstrations through the farmers market. Every participant in these interactive demonstrations will get to sample the prepared dish and receive \$4 in Philly Food Bucks to spend on local produce at the farmers market.

On Saturday, Aug. 25, Weavers Way will again take part in the annual Natural Health Fair at Germantown's Health Center 9, 131 E. Cheltenham Ave. The health center's Advisory Committee hosts hundreds of Germantown residents for an afternoon of healthy foods, cooking demonstrations, music and introductions to healthy activities such as yoga, tai chi, dance, acupuncture and chiropractic medicine. In addition, the Food Trust will be hosting a farmstand. Individuals who participate in the demonstrations for health activities will receive Philly Food Bucks.

Please come out and support all these activities! But you can also help by donating toward the Philly Food Bucks program. The Weavers Way Food Justice Committee is raising money for Philly Food Bucks for all three projects. And the Weavers Way Farms staff, led by Farm Manager Nina Berryman, would like to be able to distribute Philly Food Bucks to Saul High School students who patronize the farm market. If you are interested in making a donation, please contact the Food Justice Committee at foodjustice@weaversway.coop for additional information. All donations are tax-deductible.

Eric Borgstrom is also a member of the Weavers Way Board. Reach him at eborgstrom@hotmail.com.



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May 2 - 29

Why shop the Co-op?

LET'S COUNT THE WAYS.

1 CATERING.

Want to Eat Well? Stick to the Seasons

by Liz Traison Witkin, Weavers Way Neighborhood Nutrition Team

IT WASN'T TOO LONG AGO THAT "EATING SEASONALLY" was simply eating. Asparagus poked its pointy heads from the ground in spring, we waited patiently for peaches to ripen to that delicious, juicy, dribble-down-to-your-elbow moment of summer, and crisp apples meant crisp fall air was on its way. Winter was a little bit harder, with canned or fermented produce from earlier months providing nourishment, but also a reminder of those tasty summer morsels during the cold winter months.

Today, our world is quite different. We see strawberries year round. It might not even occur to many people that potatoes have a growing season too. And while convenience is good too, there are a few really good reasons to stick to the seasons:

Seasonal eating is cheaper. When produce is being grown in the season that it's best equipped to, it grows bigger and better. This means there is a greater supply, so it costs less for farmers and distribution companies. Eating with the seasons tends to increase support to local farmers as well. Farmers markets and community supported agriculture (CSA) programs are great way to eat seasonally and support the local economy.

Seasonal eating is healthier. Seasonal foods are picked at their peak, which means they have maximum nutrient potential. Not only are fruits and vegetables more flavorful, they have higher vitamin and mineral contents as well. People who eat seasonally also tend to consume a greater variety of fruits and vegetables, a key component to maintaining a healthy diet.

Seasonal eating is environmentally friendly. A lot of infrastructure is needed to get foods grown half a world away to a grocery store near you. Eating in seasons cuts



down on shipping, storage and refrigeration costs, and, increasingly, it means less irradiation and pesticide use.

If you need berries in the dead of January or brussels sprouts in August (as we all do sometimes!), frozen foods are a cheaper and healthier way to go.

As summer makes its way to us, with all the juicy moments it holds, why not find at least one new way to eat seasonally this summer?

Liz Traison Witkin is a registered-dietitian student at LaSalle University and also working on her masters in human nutrition. Ask her about lacto-fermentation, yogurt making and kitchen-sink soups.

THIS MONTH: EATING WITH THE SEASONS

Eating local and seasonal foods is good for the planet and can be more healthful, too.

COMING UP IN JULY: Healthy Skin

Our largest organ, the skin is continuously exposed to internal and external influences that can alter its condition and function. We'll focus on good nutrition for healthy skin and talk a bit about sunscreens, too.

Workshop: Eating with the Seasons

Friday, June 8, Noon-1:30 p.m.
Weavers Way Ambler

Seasonal changes are the perfect time for renewal and rejuvenation. Even gentle shifts in your diet can stimulate your mind and body. Join Neighborhood Nutrition Team member and Registered Dietitian Liz Traison Witkin to talk about what's in season in June, and how we can adapt our diets with the the change in season. Tastings and recipes included! FREE. **To RSVP, visit www.weaversway.coop/eating-seasons.**

Seasonal Spring / Early Summer Veggie Salad

- 3 Persian cucumbers, thinly sliced
- 2 chioggia beets (or 1 purple and 1 golden beet)
- 5 radishes, very thinly sliced
- 4 scallions, thinly sliced
- 3 cups snap peas, cut in half
- Sesame, black sesame, hemp seeds (optional)

Chop veggies as directed. Sprinkle with seeds if you choose. Put in a bowl and enjoy outside on a cool, summery evening.



CHALLENGE YOURSELF WITH THESE ACTIVITIES

Date	Event	Time	All locations are Weavers Way Ambler, 217 E. Butler Ave., unless otherwise noted.
Saturday, June 2	Kickoff & Pledge Signing	10-11 a.m.	
Wednesday, June 6	WORKSHOP: Eating with the Seasons	Noon-1:30 p.m.	
	WORKSHOP: The Art of Eating	6-7 p.m.	
Sunday, June 10	GROUP FITNESS: Group Run with Ambler Running Club	7:30 a.m.	Temple University Ambler
Wednesday, June 13	Ask the Weavers Way Nutrition Team	1-11 p.m.	
Thursday, June 14	WORKSHOP: Spring Tonics	Noon-1:30 p.m.	
Friday, June 15	Nutrition for your Microbiome	10-11 a.m.	
Wednesday, June 20	WORKSHOP: The Art of Not Eating	6-7 p.m.	
Thursday, June 21	GROUP FITNESS: Yoga Restoratives & Reiki	6:30-8:30 p.m.	Healing Arts Studio, 15 W. Highland Ave., Chestnut Hill
Saturday, June 23	GROUP FITNESS: Yoga in the Parking Lot	10-11 a.m.	
Saturday, June 23	WEAVERS WAY VEGAN FEST	11 a.m.-4 p.m.	
	WORKSHOP: Vegan Desserts	3-4:30 p.m.	
	WORKSHOP: Chilled Soups for Summer	Noon-1:30 p.m.	
	WORKSHOP: Vegan Meal Planning & Prep	2-3 p.m.	
Friday, June 29	WORKSHOP: The Perfect Diet	10-11 a.m.	
	Ask the Weavers Way Nutrition Team	11 a.m.-1 p.m.	



IN CELEBRATION OF SUMMER, Weavers Way Co-op is hosting a 28-Day Healthy Eating Challenge. From June 2 to June 30, participants will pledge to eat a healthy diet while they receive guidance and support throughout the month to help them meet their healthy lifestyle goals.

The challenge will be guided by Weavers Way member Seth Pollins, a cook, writer and teacher. For 10 years, Seth worked as a lecturer and recipe developer at Whole Foods, where he inspired individuals of all ages to discover the joy of cooking and eating right.

28-Day Challenge Programs

Individual programs are free and open to the public, not just challenge participants. Late to the Challenge? You can still sign up. Contact outreach@weaversway.coop or 215-843-2350, ext. 118, or visit www.weaversway.coop/challenge.

2 MEMBER BENEFITS.

3 BULK FOODS.

4 CO-OP BASICS.

5 SUSTAINABLE MEAT & SEAFOOD.

6 PRODUCE.

Green Dream Weavers

How Weavers Way Can Be A Model for Sustainability

by Alisa Shargorodsky, Weavers Way Zero Waste Consultant

WEAVERS WAY HELD ITS FIRST ZERO WASTE GENERAL MEMBERSHIP Meeting a few years back. Since then, each GMM has been run in such a way as to limit the generation of solid waste. I have to say that at our most recent GMM, in April, I was hugely impressed at how well we did. The majority of Co-op members who attended did bring their own place settings, and the members who did not rented theirs from the Environment Committee. I perused the room at Summit Church afterwards, peeking into the waste bins, and they were all pretty much empty. Even in the food-prep process we didn't really generate much waste. We completely transformed our footprint collectively.

I wanted to thank each of you for participating and doing your part to make this a continuous success. It does illustrate something about intentional behavior. It shows that when we are mindful, our impact on the planet changes. There is more on the horizon.

UNFI Pallet Wrap Petition

We're asking the National Cooperative Grocers to make this petition available to other food co-ops who would like to see natural foods shipper UNFI switch from disposable plastic pallet wrap to reusable wraps. Visit

www.change.org/p/unfi-unfi-to-switch-to-reusable-pallet-wrap and sign!

Here's an example. Last year we sold 37,000 units of Vintage seltzer water in plastic liter bottles. There is a possibility that Weavers Way could make our own filtered seltzer water but bottle it in glass and charge a deposit for the bottles, as we do with some of our milk. We will be surveying our top seltzer-water purchasers to see if they are interested in participating in this program. Our hope is that we will receive a positive response and this will fuel our agenda. The task force will then work diligently to get that program up and running.

We also hope to incorporate a deposit system for prepared foods that we now sell in small single-use plastic containers. If you happen to receive an email, it's because we have identified you as a regular purchaser of these products and care about your feedback, so please take a moment to respond.

These efforts may seem small against the backdrop of what happens in the United States each day, let alone around the world, but let me explain how these changes are astronomical in model development. If we are able to indicate that embedding these types of programs successfully within the marketplace can have a positive impact on source reduction as a whole, it will set the stage for other small markets to make these changes too. This will make our community a prime example of how consciousness shapes the environment and protects natural resources. It's really a big deal. I want to thank each of you who think and care about these issues, and it's so exciting for us to be at the vanguard of such positive change.

Lastly, please consider signing our UNFI pallet wrap petition if you have not yet. We will be outside the Mt. Airy store for several days collecting signatures. If you see us out there, please come by and sign. Or visit:

www.change.org/p/unfi-unfi-to-switch-to-reusable-pallet-wrap

Thank you in advance.

asharg.zwc@gmail.com



The author, left, with her cross-generational role model, Food Moxie's Mariah Butler.

What the Frugal-est Generation Learned from #GenZeroWaste

by Betsy Teutsch, for the Shuttle

WHEN I FIRST ENCOUNTERED MY FUTURE mother-in-law's thriftiness 45 years ago, I was amazed. Reusing tea bags? Darning socks? In time, I came to understand these habits were born of having been reared in Depression-era Germany and coming to the United States as a refugee. Her job was to stretch every penny, and she really did.

Twenty years later, I realized I'd turned into my mother-in-law. She amassed drawers full of odds and ends someone might need sometime; we collected scads of waste to be taken to the suburbs for recycling, before curbside recycling came to Philadelphia. For me it wasn't about pennies, but "reducing, reusing and recycling" to save Planet Earth.

Now our world is awash in plastic waste, glutted with cheap clothing and facing a climate crisis. New methods to enable sharing and strategies for reducing consumption are abundant, too, making it a little easier to shrink our oversized carbon footprints.

New to Instagram, I was intrigued by Mariah Butler's postings celebrating #ZeroWaste. Mariah, a dear friend of my daughter Nomi, is a Food Moxie farmer/educator. I invited Mariah to share her perspective, comparing and contrasting our approaches.

While I was influenced by "The Tightwad Gazette" and Annie Leonard's video, "The Story of Stuff," Mariah's entry point was journalist Michael Pollan skewering the agricultural/food processing/chemical-industry complex, followed by a deep dive into reading about food systems and waste.

My habits are both practical and spiritual. Mariah and other ZeroWasters embrace a more radical rejection of consumerism: seek-

ing to meet one's needs with a minimum of interaction with destructive materialism. And yes, there are hashtags: #zerowaste, #zerowastelifestyle, #LowWasteLifestyle. Paradoxically, there are people making livings writing books on this, with a flourishing online community featuring apps, bloggers, videos and Instagrammers.

Mariah and her love, Tom, whom she met in Nepal, are a graduate student and an employee of a nonprofit, so living simply suits them financially. But the process of creating their sustainable lifestyle is a statement as well as fun—it's a challenge and a hobby. Tom loves furnishing their home from West Philly porch sales. They garden, of course. They buy clothes from thrift shops. Mariah's Diva Cup is past its recommended lifespan, but why should she replace something that works fine? As you may have gathered, it's not easy to sell Tom and Mariah new stuff.

You won't find much garbage or recycling at their home, because they purchase most everything in bulk at Weavers Way or Mariposa Food Co-op. I reuse bread bags for compost and take it to a neighbor's chicken coop. Mariah bakes her own sourdough bread each weekend and uses waste that some people would compost to make new foods like vinegar and stock.

Occasionally I fret about appearing cheap or weird—the lady who uses terrycloth rags instead of paper towels and gives you napkins from Subway. For Mariah and other #zerowasters, there is no #frugal-shame. Bravo for that!

Betsy Teutsch, a Weavers Way Working Member, is completing her new book, "100 Under \$100: Tools for Reducing Postharvest Losses."



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Meet Us in Ambler in June!

Weavers Way Environment Committee is excited to announce that our June meeting, scheduled for **Wednesday, June 13, 7 p.m.** – and every third meeting thereafter – will be held in Ambler!

Thanks to the pastor of Calvary United Methodist Church, Catherine L. Bowers, for providing us with this regular meeting space. The church is at 6 E. Park Ave., between Lindenwold and E. Butler avenues. The entrance is from the church parking lot. Parking is limited to 20 cars; if the lot is full, there's also plenty of street parking, and Weavers Way Ambler is just around the corner.

Along with those who already serve on Weavers Way Environment Committee, we wish to welcome new Co-op members from Ambler, so if you're interested in joining, we hope to see you there!

Questions?

Contact Denny Whalen:
dennywhalen@yahoo.com.

— Marsha Low



And I Thought Our Transit System Was Good

by Sandra Folzer,
Weavers Way
Environment Committee



I AM BLESSED TO HAVE ACCESS to decent public transportation. When I worked, I could easily take the train to my teaching job at Community College of Philadelphia. Some of my students were not so lucky. I recall mothers describing how they had to rise as early as 4 a.m. to get their children ready for day care or school. They would then have to take several buses to drop their children off before taking still another bus to come to class. Sometimes the weather was cold, snowy, windy or hot. Sometimes the bus didn't come. And, of course, they would have to make the whole trip in reverse at the end of the day. (My students sacrificed so much to get an education!)

I have always been a fan of public transportation because it saves energy and reduces pollution. I didn't stop to consider how mass transit here does not serve everyone equally.

Recently I attended a Roundtable on Transportation Equity for the 21st Century held at the SEPTA offices. One of the things I learned was that Philadelphia has the highest rate of poverty of large American cities and is also the fourth-worst city in the nation in terms of travel time for workers. These two things are not unrelated.

John Dodds, executive director of Philadelphia Unemployment Project, described commuting time as the strongest factor in escaping poverty. He referred to a study at Harvard by Raj Chetty, who found that the best chance for someone to move from the bottom 5% in income to the top 5% is to live in a city with the best transportation, like New York, San Francisco, Boston, Washington, D.C., and Seattle.

Philadelphia's public transportation system developed when most jobs were in the center of the city, with trains running from the suburbs to Center City. This was fine as recently as 1970, when 50% of jobs were in the city; the figure had dropped to 25% in 2013. Meanwhile, according to the Brookings Institute, 64% of jobs in our region are over 10 miles from

Center City, and only 24% are accessible in less than 90 minutes by mass transit. In addition, according to the Delaware Valley Regional Planning Commission, 42% of jobs in Bucks County are not accessible by public transportation; 33% in Montgomery County; 29% in Chester County; and 14% in Delaware. These jobs cannot be reached by SEPTA, regardless of the how many buses you might take.

We're not the only city that is transportation-challenged. Rolf Pendall from the Washington, D.C.-based Urban Institute described a man in Detroit who had to leave his house at 10 a.m. for a 2-10 p.m. shift. Then, at the end of the night, he had to walk home because public transportation did not run that late. Each day he walked 23 miles to keep his job! The good news is that a car dealer heard of his plight and gave him a car and paid his insurance for several years. Most people are not so lucky.

Driving is one solution, but 36% of Philadelphia residents do not have cars; in North and West Philadelphia, the percentage reaches 50%. Mt. Airy State Sen. Art Haywood pointed out that minimum car insurance in Philadelphia averages \$815 a year. That's 18% of a minimum-wage salary.

In response to this need, Philadelphia began the Commuter Options Program. The city currently has 15 vehicles for workers to get to their jobs. Groups of four to seven commuters car-pool from home or near home to work; one person, the driver, keeps the car, and the Philadelphia Unemployment Project pays for the insurance, maintenance and gas. The city hopes to increase this fleet to 60 cars this year. (For information about applying, call 215-557-0822.) In comparison, Seattle has over 1,500 minivans available for low-income car-pooling.

When you think about environmental racism or economic inequality, you may not think about the role public transportation plays. I was under the assumption that Philadelphia had good public transportation. "Good" for whom?

environment@weaversway.coop

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We are aiming to create a space for citizen-consumers, producer partners, and worker-owners to network, connect, and organize together. As we work toward a just food system we need participation from all parts of our supply chain for a successful democratic model. We need to exercise our power as individuals—not just as consumers, but as global citizens. This cannot be successful without us working together, join us in pioneering this movement! Over 2 days we will be hosting workshops with guest speakers, panels with producer partners, and celebrations with our community!

Have Questions? Want to RSVP?
EEActionForum@equalexchange.coop | 774-776-7407
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Howard Goldstein photos

When Hummingbirds See Red, Bees Can't Be Bothered

by Howard Goldstein, for the Shuttle

THIS IS THE NINTH JUNE THAT I have volunteered at the Penn State Demonstration Pollinator Garden at the Horticulture Center in West Fairmount Park. But every year brings something new, and my new favorite flower is Indian pink, *Spigelia marilandica*.

I actually discovered this plant at Morris Arboretum, where it flourishes in moist shade next to the log cabin. It grows to about 15 inches tall, with a five-petaled star-shaped upward-facing yellow flower that emerges from a bright-red trumpet. Its genus name honors Adrian van der Spiegel (1578-1625), a professor of anatomy at Padua, Italy. "Marilandica" refers to the state of Maryland, but it is native all over the Southeast.

Mt. Cuba in Hockessin, DE, has scads of *Spigelia*. A visit there in June is well worth it. The DuPont family spared

no expense in developing Mt. Cuba to highlight native plants.

Spigelia marilandica (love the name) is also supposed to attract hummingbirds. Frankly, the hummingbirds at the Pollinator Garden seem very content with the large red-flowered native honeysuckle, *Lonicera sempervirens*, that, if it is warm enough in March (not this year), will bloom from March through early November. The hummers also like the red beebalm, *Monarda didyma*. These three red flowers are the only true red ones in the Pollinator Garden. Bees do not see red and therefore do not go to these red flowers, but they are very, very busy on a variety of other flowers that bloom in June.

The yellow ones are tickseed (*Coreopsis verticillata*), the tall oxeye sunflower

(*Helianthemum helianthoides*) and St. John's wort (*Hypericum frondosum*), a small shrub. For white, there is beard-tongue (*Penstemon digitalis*). The leaves on our "Husker Red" cultivar emerge with a distinct red/purple hue and become dark

green after flowering. Two kinds of milkweeds bloom from mid to late June: the mauve-flowered common milkweed (*Asclepias syriaca*) and butterfly weed (*Asclepias tuberosa*), which has bright orange flowers. Of course, this is when the monarch butterflies lay their eggs on the milkweeds.

Finally the purple flowers that both bees and butterflies visit include Stokes aster (*Stokesia laevis*), which is a very short border plant; purple coneflower, (*Echina-*



cea purpurea) and purple vervain (*Verbena bonariensis*), which has small flowers on tall stems and is very airy in its appearance.

The June buffet for pollinators includes, from left above left, Indian pink, tickseed and vervain. At left, a monarch butterfly assesses a common milkweed.

The pollinator garden is located just up the hill from the Japanese House at the Horticulture Center near Belmont Avenue and Montgomery Drive. A detailed plant brochure is available at the garden.

Weavers Way Working Member Howard Goldstein chairs the Penn State Master Gardener Pollinator Garden at the Horticulture Center in West Fairmount Park. Reach him at howpau2@yahoo.com or philadelphiamg@psu.edu.



Rooted in Climate Justice

Germantown Interfaith Power and Light Tree Tenders volunteers planted a total of seven trees in April in Germantown — at First United Methodist Church, the Northwest CareerLink (pictured) and at a residence.

They were among 750 trees planted in the city and region the same day by Tree Tender groups.

Germantown IPL Tree Tenders is part of Pennsylvania Interfaith Power and Light's efforts to inform and advocate with faith groups on the climate crisis as a moral imperative.

Mark Smith photo

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The Passionate Gardener

Hardly Any Rest For the Perennial Gardener in June

by Ron Kushner, for the Shuttle

MOST OF JUNE IS GOOD FOR PLANTING PERENNIALS, but it can get too warm at the end of the month. If the weather is unusually hot (over 85 degrees), your plants experience more transplant shock and that could set them back. Make sure they are watered, maybe three times a week until new growth appears. Then cut back watering to once a week, deeply. It is best to check daily for any wilting.

Here are some other chores to keep in mind:

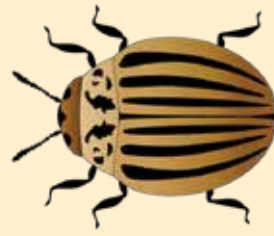
- Make sure any plants started (or purchased) in pots are planted in the ground by mid-June. If you divide and transplant this month, cut the plants back and keep them well watered.
- Keep up with your weeding.
- Japanese beetle adults will be out this month. Be vigilant and knock them off into a bowl of soapy water early in the morning. If Japanese beetles can't be controlled by hand picking, spray with neem oil twice a week.
- Cut back any flowers that bloomed in early spring that may be flopping or looking straggly and cut off dead or yellowing leaves.
- Any plants that will bloom later in the summer or fall can be pinched at this time to create additional growth and to control excessive height. Joe-Pye weed is a classic example of something that can get out of hand. By pinching, I mean simply removing the actual growing tips, including one set of leaves on each shoot. Using your fingers is usually the best way.
- Mums (*Chrysanthemum* spp.) should be pinched or cut back early in the month. Pinch off any buds that are showing at this time. In the Philadelphia area and other zone 6-7 areas, pinching should end before July 1. Mums need about a month to set new buds after pinching.
- Cutting back asters at the same time. They will fill out and although they will flower a bit later in the fall, they'll be less floppy and scraggly. Similarly, goldenrod (*Solidago* spp) will benefit from cutting back, which will reduce their height and create a bushier plant.
- Place supports and stakes now for plants such as delphinium, even if they won't be needed until later in the summer. Thin delphinium when they are 6" tall so as not to crowd each other out. They are heavy feeders and can use a bit of fertilizer at this time. A slow release, granular, balanced fertilizer is best.

Weavers Way Workshop

Organic Garden Pest Control and Disease Prevention

Tuesday, June 5, 6-7 p.m., Hentry Got Crops Farm at Saul High School, 7095 Henry Ave., Roxborough

Walk the rows with one of the Weavers Way farmers and learn about common garden pests and diseases — and what do to prevent and control them. We'll look at real examples as well as pictures of what plagues our fields and answer your questions about best practices in your garden.



Come a little early and shop the Weavers Way Farm Market (noon-7 p.m.).

FREE

Visit www.weaversway.coop/garden-pest-control to RSVP.

- If you have roses, don't neglect to cut a bouquet for inside the house. It will strengthen the plant and promote healthy growth. Deadhead the ever-bloomers.
- Yarrow (*Achilla millefolium*) will bloom all summer if you keep it deadheaded. Cut plants back by 1/2 early in the month and you will get shorter, self-supporting plants. Caution: If you cut back after the buds form, you will not have any blooms until next season.
- Cut off yellowing leaves of hollyhocks (*Alcea rosea*) and any leaves damaged, diseased or eaten by insects.
- Deadhead peonies immediately after blooming.
- Prune coneflower (*Echinacea* spp) early in the month only if you want to postpone blooming until late in the fall.
- Native sunflowers (*Helianthus* spp) can be cut back this month; trim only some of them to produce plants of different heights. Blooming will still happen all summer into fall. *Heliopsis helianthoides* can also be cut back, but blooming will be delayed until later in the summer.
- Candytuft (*Iberis sempervirens*) should be finished this month. Shear back the entire plant and keep watered through the rest of the summer.
- Deadhead Shasta daisy (*Leucanthemum X Superbum*) now and continually. Blooms will continue into the fall.
- Do you grow Indian cup plant (*Silphium perfoliatum*)? Cutting back the stems now will make the plants stronger. They will still bloom all summer and provide seeds for the finches.

For questions or comments: ron@primexgardencenter.com.

Celebrate Good Old Carpenter's Woods

JOIN THE FRIENDS OF CARPENTER'S WOODS on Tuesday, June 5, at 4 p.m. when Carpenter's Woods will be dedicated into the Old-Growth Forest Network as Philadelphia County's representative forest. The dedication ceremony will take place at the Ellet Street trailhead.

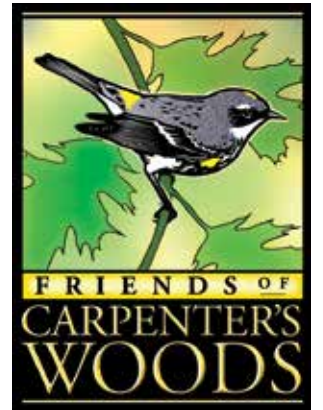
Dr. Joan Maloof, the Founder and Director of the Old-Growth Forest Network, will officially dedicate Carpenter's Woods into her national network and will then lead an interpretive walk, along with Anne Bekker and Edward Sibley Barnard, an author of the field guide "Philadelphia Trees." (2017)

Featuring some of the oldest trees in the Wissahickon Valley, Carpenter's Woods is a 37-acre section of the Wissahickon Valley Park which extends into Philadelphia's Mount Airy neighborhood. It was designated as an Important Bird Area by the National Audubon Society in 2005. The species mix in Carpenter's Woods appears to be similar to that of pre-settlement times.

Among its oldest trees, many of which are concentrated toward the eastern end of the park, are a grand buttressed Black Oak and several White and Northern Red Oaks, as well as American Beech, Tulip Poplar and Sassafras. Some of these trees are well over 200 years old. The "Thumb" section of the park, across Greene Street, boasts a surprisingly large, fruit-bearing American Chestnut.

Due to the efforts of Charles W. Henry School principal Caroline Moffett and her letter-writing students, Carpenter's Woods became Philadelphia's first bird sanctuary in 1921.

The mission of the Old-Growth Forest Network (OGFN) is to connect people with nature by creating a national network of protected, mature, publicly accessible, native forests. The goal is to preserve at least one forest in every county in the United States that can sustain a forest, estimated to be 2,370 out of a total of 3,140 counties. For more information, visit www.focw.org/ for more info.

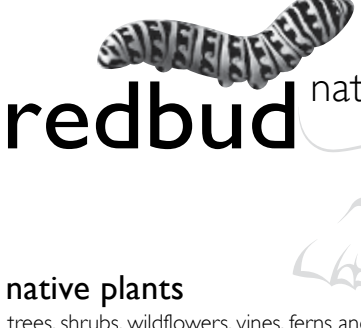




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Dog Training Through Trust & Focus

First of three parts.

by Erick Redwood, for the Shuttle

HOW OFTEN DO YOU FIND YOURSELF repeating commands to your dog, only to be ignored? And what do you do after that? This can be frustrating and potentially critical, especially when it comes to recall — coming to you on command. Of course, that’s why people rely on leashes — for their dog’s and others’ safety.

I have worked with many people and their canine companions. The premises I use are simple: trust and focus. They work together and reciprocally. Many (most?) dog behavioral issues are really a communication problem involving the dog’s unmet needs, expectations and fears and their human’s inability to understand and/or work with them.

Dogs mirror our feelings. If you are stressed while out walking, your dog will be stressed too, and act accordingly. If you “trick” your dog into doing what you want, like offering a treat you don’t actually have, your dog will not trust you, and will likely do the opposite of what you want it to do.

But then, the needs of canines, especially larger dogs, aren’t always consistent with ours. The first tenet of basic canine needs, affirmed also by well-known dog behaviorist Cesar Milan, is free-run exercise. This is not accomplished by walking your dog around the block. Dogs need off-leash time to smell the air and the pee-mails left by other creatures and to run free. While a fenced yard is a good

starting point, sometimes dogs will take their yards for granted, akin to our needing the stimulus of a gym to actually get a workout.

Free-run exercise for a dog is equivalent to taking a child to the playground; walking on-leash is like making your child sit and watch everyone else play.

But being off-leash presents two major problems: Recall and legality.

Regarding legality: Pennsylvania law actually states that “...The protection of the public’s health and safety are attained when dogs are safely secured or accompanied when not so confined...” and, of course “... that person remains liable for any damage done by the dog should it stray out of control.”

Obviously, it is paramount if our dog is to run untethered that we can rely upon his coming back when called. Teaching recall is best done in places where you can walk off-leash safely.

To start, look for large parks or fields with fencing. Many parks, such as nature preserves and wooded trails such as the Green Ribbon Trail along the Wissahickon are lenient with dogs off-leash. Dedicated dog parks, however, are really for socializing, and are too full of distractions to be suitable for recall training.

The training lead, which is nothing more than a 30-50-foot leash (not retractable, and the longer the better), will maintain control while giving your dog a sense of freedom. Using large coils wrapped from your hand to elbow, let your dog run



Dogs gotta run; but they have to come back when you call, too.

free on the full length of leash. The dog will begin to think he’s off leash. That is when you practice recall: Offer small treats to reward even partial movements back to you. If the dog doesn’t come, don’t pull the leash. Just remind him that he’s tethered by pulling it taut.

Once you make the final plunge to let the leash drag free, you still have 50 feet of line to step on. Let go when you’re sure he’s keeping a reasonable distance but starting to respond.

Once you have successfully worked the long lead and recall, you have the beginnings of a happy dog who will trust you. He will want to try to please you, and within the capabilities of his native faculties and your capacity to communicate, he will try hard to anticipate your expectations of him and do what you want.

This exercise establishes an appreciative trust between you. It differs from clicker training or other types of conditioned responses in that these approaches

require a desensitization from the reward. As well, the motivation to cooperate may wane when not properly reinforced.

This is the first of three articles on the “Trust and Focus” primer for teaching your canine buddy. The next article will focus on “Boundaries and Permissions”; this will include the differentiation of voices to establish respectful control of your dog.

The last article will be the fun one: Using “Nurturing and Play” to create the “whole dog” and find what makes your dog happy.

Erick Redwood, M.Ed. does relationship counseling via CBT (cognitive behavioral therapy). With a lifetime of experience with dogs, he has adapted his own methodology to facilitate understanding between canines and their humans. Email him at erick.redwood@gmail.com

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Does a Park-Goer Take Pictures In the Woods?

by Maura McCarthy,
Executive Director,
Friends of the Wissahickon

ARTISTS, PHOTOGRAPHERS, WRITERS, poets and musicians can all claim the Wissahickon Valley as a muse. If you've ever been inspired by what you've seen in the Wissahickon (and I'm sure you have), capture those images and enter the Biennial Wissahickon Photo Contest 2018. Along with Friends of the Wissahickon, the presenters of this year's contest are the Wissahickon Valley Watershed Association and, for the first time, Chestnut Hill's Woodmere Art Museum.

The deadline for submissions is Oct. 15, 2018. Winners will be announced Oct. 29.

We are excited to welcome this year's judges:

- Brad Maule, FOW Instagram editor (and Co-op member).
- Jamie Stewart, a nature and wildlife photographer and WVWA event photographer.
- Christina Warhola, Woodmere's director of communications.

All photos must be taken within the Wissahickon Valley Park, along the Green Ribbon Trail or on one of the WVWA managed preserves. Entries must be the



"Houston Meadow" by Josh Delp won the People category in 2016.

work of the person entering them; categories are People, Wildlife, Landscape and Structures, and must have been taken within the last three years. Prizes will be awarded for Best in Show, and First Place and Youth winner (17 and under) in each category. In addition, Facebook voters will select a People's Choice.

Check the websites of Friends of the Wissahickon (fow.org) or Wissahickon Valley Watershed Association (wvwa.org) for more information and complete contest rules. Contestants can enter up to four photos, which can be submitted via the websites.

If you need inspiration, just explore the trails – you never know what you'll see. Sometimes just sitting down and taking in the view is all you need. Be patient

and wait, the scene is always changing with movement and light. I think some of the most beautiful shots can happen in the early morning or evening. Lovely spots for photos include Houston Meadow in late summer with the goldenrod, Magargee Dam, the white pine grove along Cresheim Creek, or the spectacular lookouts from the Toleration statue or Livezey climbing rock.

The contest is a wonderful way to see the Wissahickon with a different eye and explore new areas. But, if you need further inspiration to get your creative juices flowing, visit FOW's Facebook page to view past contest entries, or take a look at the work of these accomplished artists:

Melvin Chappell. An award-winning photographer, Chappell's 2015 book,



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**Biennial Wissahickon
Photo Contest**

Deadline for entries: Oct. 15

For complete rules, visit
[www.fow.org/
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or
www.wvwa.org/2018photocontest

Visit FOW on Facebook to see the winners of the 2016 contest.

"The Wissahickon Valley: The Photography of Melvin A. Chappell," contains 28 of his favorite photos of the park. His work has been used by FOW and other organizations, such as Historic RittenhouseTown and Morris Arboretum, and his photo of the Tedyuscung statue won Best in Show in the 2008 contest. www.melvinchappellphotography.com

Walter Elmer Schofield Born in Philadelphia, Schofield (1866-1944) attended the Pennsylvania Academy of the Fine Arts and is well known as one of the great American impressionists. After spending time in France, he returned to his home to paint the Pennsylvania countryside. www.fow.org/walter-elmer-schofield.

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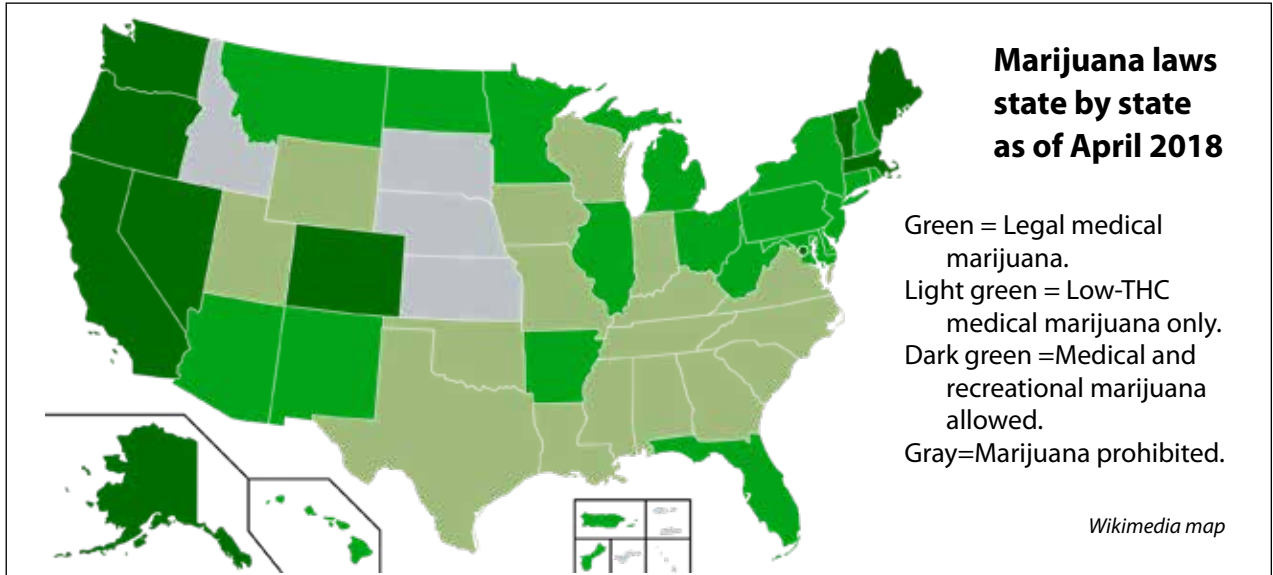
by Susan Ciccantelli, for the Shuttle

THOUGH MANY GARDENERS MIGHT DISAGREE, A weed is “just a plant whose virtue has not yet been discovered” (Ralph Waldo Emerson). The weed making the news these days is marijuana, as in medical cannabis. Now legal for restricted medical use in more than half the states, and legal for recreational use in eight states, marijuana is going corporate, with online suppliers around the world and an investor community that is, according to Forbes, closing in on \$35 billion.

Philadelphia recently became home to the nation’s only comprehensive academic research center focused on the therapeutic possibilities of this weed — and that’s no small feat, since the federal scrutiny of this research is a considerable burden for any research institution. The Lambert Center for the Study of Medicinal Cannabis and Hemp, which is housed within Thomas Jefferson University, is funded entirely by philanthropy, with researchers located across the United States and around the world in places such as Spain, Israel and Canada. Its mission, according to Center director Dr. Charles Pollack, is to “improve the patient experience by informing the science that validates the altering of the course of disease in a positive manner.” This entails everything from pain relief to amelioration of other diverse symptoms.

The most cutting-edge research in this very complex space is being done in Israel and Canada, but the Lambert Center is also doing research locally and is very engaged in offering continuing education to healthcare providers. It also has plans for educational programs about medicinal cannabis designed just for consumers, which it hopes to offer free of charge.

Very little has been scientifically proven so far about the therapeutic effects of medical cannabis. The cannabis plant has been around since 7,000 B.C. or so, and it is the source of more than 140 different biologically active compounds. Of these compounds (referred to as cannabinoids), two get most of the attention: the anti-inflammatory cannabidiol (CBD) and the psychoactive tetrahydrocannabinol (THC, which is responsible for the “high” associated with recreational marijuana). But researchers around the world working in both academic and commercial labs are finding some amazing things about the subtle



interactions and complex combinations of these and other cannabinoids.

Meanwhile, soon there will be not just one, but two medical cannabis dispensaries in the Philadelphia area, in Fishtown and Elkins Park. Both will go by the name Restore Integrative Wellness Center. They are among eight approved by the PA Dept. of Health Advisory Board, with applications continuing to be processed. (Under the state’s Medical Marijuana Act, which went into effect just over a year ago, the board can issue permits for up to 50 dispensaries, which can each have three locations.)

No opening date has been set; visit www.restoreiwc.com for the current status.

Consistent with Pennsylvania law (and not the case in most states), these dispensaries will be staffed by trained clinicians — pharmacists, nurse practitioners, physician’s assistants and even physicians — who will advise patients on what types of cannabis might be helpful for their symptoms. Both dispensaries will also have wellness facilities staffed with fitness and bodywork professionals in multiple modalities, including acupuncture and physical therapy.

To be able to make a medical marijuana purchase, dispensary clients must have one of 17 conditions, from amyotrophic lateral sclerosis to sickle cell anemia, listed by Pennsylvania as qualifying for medical cannabis. They must apply for and receive a PA Medical Marijuana Program Card and choose and make an appointment with a

Resources & Sources

Medical marijuana in Pennsylvania:

- www.pa.gov/guides/pennsylvania-medical-marijuana-program

The Lambert Center:

- www.lambert-medicalcannabis-edu.com

Other reading:

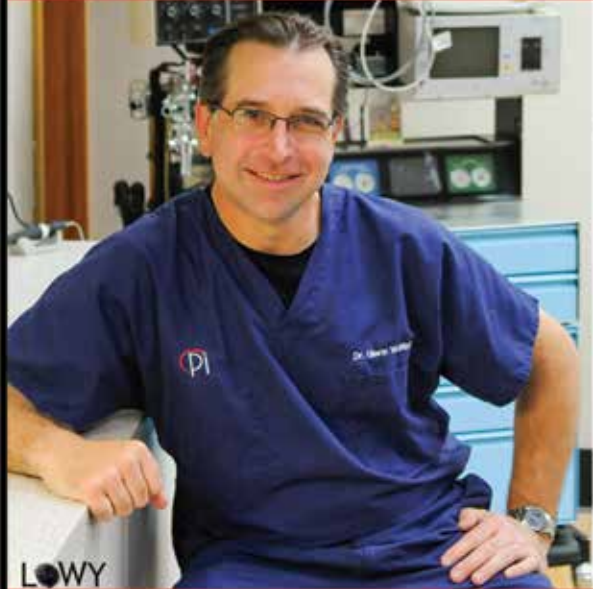
- “The Leafly Guide to Cannabis: A handbook for the modern consumer,” Hachette Book Group, 2017
- “Marijuana Goes Mainstream,” Centennial Media, 2018

certified Pennsylvania physician who will verify their condition and their suitability for a trial of medical marijuana.

Many products that will be dispensed in Pennsylvania have more CBD than THC. CBD is thought to relieve a wide assortment of symptoms, including inflammation, anxiety, pain and insomnia. In the pain category, some of the most dramatic results have been achieved in those suffering from Crohn’s disease and multiple sclerosis, whereas pain that results from neuropathy, including that caused by spine injuries or surgical trauma, usually requires some THC to afford relief.


Susan Ciccantelli is a Weavers Way Working Member.

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Keep Your Kids Healthy, Happy & Outside This Summer

by **Connie Winkler, for the Shuttle**

SENDING THEM OUTSIDE TO PLAY? Good. Sunlight elevates the mood and is essential for synthesis of vitamin D.

But it also can cause sunburn, photo-aging and skin cancer.

Then there are the bugs. While insects might ruin an outing, most bug bites have little long-term health effect — except those than can, like tick bites.

Your first line of defense is putting them in long pants, long sleeves and a hat. Not happening? Here's some information you can use about sunscreens and insect repellents.

Sunscreens

Sunscreens are classified as organic (formerly known as chemical sunscreens) and inorganic.

“Organic” sunscreens — so-called because they are made up of carbon-containing molecules, not because they are akin to organic food — absorb damaging ultraviolet light, keeping it from the skin. Broad-spectrum versions are generally combinations of products that absorb both ultraviolet B and ultraviolet A radiation.

“Inorganic” sunscreens include zinc oxide and titanium dioxide, which work mainly by scattering the sun's rays, rather than absorbing them. They are considered less irritating and thus are the preferred sunscreen for infants and children, although the UV filters known to be contact sensitizers, such as PABA, are now rarely used in sunscreen manufacturing.

Apply sunscreens 15 to 30 minutes before sun exposure to allow the formation of a protective film on the skin and

it is important to use the recommended amount (approximately 1 to 1.5 ounces per total body application). Alternatively, you can follow the so-called “teaspoon rule.” It involves the application of approximately 1 teaspoon (visually measured) of sunscreen to the face and neck area, a total of 2 teaspoons to the front and back torso, 1 teaspoon to each upper extremity, and 2 teaspoons to each lower extremity.

The American Academy of Pediatrics recommends avoiding the use of any sunscreen on infants younger than six months. However, when adequate clothing and shade are not available, a minimal amount of sunscreen with at least 15 SPF can be applied to small areas, such as the infant's face and the back of the hands.

Insect Repellents

Repellents are variably useful in deterring mosquitoes, biting flies, fleas, midges, chiggers and ticks, with DEET concentrations around 10 percent effective for periods of approximately two hours. Used as directed, DEET appears to be safe for children older than 2 months.

Picaridin, a plant-derived piperidine compound, is effective against mosquitoes, ticks and sand flies

PMD is the active ingredient in oil of lemon eucalyptus and is effective against mosquitoes, biting flies, and gnats. The compound has not been adequately tested in children under 3 years.

Permethrin is effective against mosquitoes, flies, ticks, and chiggers, but should only be applied to clothing or bedding, not to the skin. These materials maintain their repellency through approximately 70 laundry cycles, according to the manufacturer.

Wristbands impregnated with insect repellents are not effective, regardless of the repellent used.

To maximize effectiveness and minimize side effects, especially important with DEET-based repellents, follow these EPA guidelines:

- Use just enough repellent to lightly cover but not saturate the skin.
- Repellents should be applied to exposed skin, clothing or both, but not under clothing.
- A thin layer can be applied to the face by dispensing repellent into the palms, rubbing hands together and then applying to the face. Repellent should be washed from the palms after application to prevent contact with the eyes, mouth and genitals.
- Do not use repellents over cuts, wounds, inflamed, irritated or eczematous skin.
- Do not inhale aerosols, spray them in enclosed spaces or near food, or get them into the eyes.
- Do not apply insect repellent to the hands of small children, as it will inevitably be rubbed into the eyes.
- Frequent reapplication of repellent is unnecessary.
- The areas treated with repellent should be washed with soap and water once the repellent is no longer needed.
- If both sunscreen and repellent are being applied, apply sunscreen first and then repellent.

Connie Winkler, MD, FAAP, is a hospital-based pediatrician who works at Abington-Jefferson Health. Email her at winklerca1@gmail.com.



Workshop: Yoga Restoratives and Reiki

**Thursday, June 21
6:30-8:30 p.m.**

**Healing Arts Studio
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Chestnut Hill**

FREE. Space is limited. For more info and to RSVP, visit www.weaversway.coop/yoga-and-reiki.

Mark the solstice by taking time to rest and take stock with a dive into supportive wellness practices with a gentle sequence of yoga restorative postures supported by the healing presence of reiki. This workshop is led by Health & Wellness Committee members **Esther Wyss-Flamm**, who has been teaching yoga, breath awareness practices, and mindfulness tools to individuals and groups in the Philadelphia area for 10 years, and **Pamela Hipp**, who has been practicing Reiki and massage therapy for 15 years.

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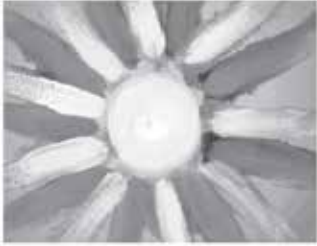
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Suggestions

by Norman Weiss, Weavers Way
Purchasing Manager

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

Some fun facts from Weavers Way data (based on sales reports from April 1 to May 12, 2018, and yes, this format is ripped off from Harper's Index):



- Total number of individual products sold: 17,325
- Total quantity of products sold (by each and by pounds for per-pound items): 937,523
- Total quantity of products sold that were pounds of bananas: 29,681
- Total quantity of products sold that were bagels: 24,106
- Total number of vendors purchased from: 512
- Total number of items sold that the quantity was one: 2,530
- Total number of the 17,325 individual products that were Pet products: 1,523
- Total number of the 1,523 Pet products that were for dogs: 667
- Total number of the 1,523 Pet products that were for cats: 383
- Total number of the 1,523 Pet products that were for chickens: 20
- Total number of products priced under \$3 each or per pound: 3,933

Sales data is reflective of many things — what shoppers are buying, of course, but also how they are paying, what they are eating, the role of non-foods in our stores, how many people have pets and when people shop. Many businesses run on data, and virtually all modern retail systems capture and store data, which is typically aggregated and sent to trade groups and marketers and data analytics companies (Weavers Way does not share any data that can identify shoppers).

What's interesting about this is that everyone treats the data as confidential, almost like trade secrets. I've always been struck by this — what people are buying to eat is something to be kept secret so some companies can profit from this knowledge. Such is the nature of a competitive market-based food system.

What seems to be missing in this system is concern for public health. Some-

(Continued on Next Page)



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(Continued from Preceding Page)

where in our history, food went from being an open-source hunter-gatherer sharing activity that benefited the community to closely guarded, patent- and trademark-protected competitive enterprises that benefit private individuals, sometimes to the point of extreme wealth. At the cost of . . . what? Less for others with fewer skills and/or resources? Environmental degradation? Animal abuse? Global warming? Political unrest? Huge mono-cropped farms that ultimately threaten the very food supply they are part of?

Of course, anyone can simply stand in line at a supermarket checkout and see what people are buying, or watch what people order in restaurants. Anyone can also walk around a neighborhood on trash day and learn a lot about what food people bought.

Apparently what is valuable is the accumulation of large amounts of data about what people are buying. I suggest that from now on, since what food you buy is a data point with value, companies should be paying you for that data. Next time you go through checkout at a big store, ask the cashier for your data-share rebate.

If the cashier looks at you like you're nuts, point out that your shopping decisions just gave their company something of value, and in fairness you should get something back. They might offer you a frequent shopper card or loyalty card or extra coupon or something, which you can then use to save a little money on items they've decided to stock and price based on everyone else's past shopping behavior, and track your purchases even more, so the cycle of secrecy and competition can continue unabated, with winners and losers.

Such is our current food system. And don't get me started on the farm bill that was just voted down in Congress.

suggestions and responses:

s: "What happened to Weavers Way pickles?"



Since what food you buy is a data point with value, companies should be paying you for that data. So next time you go through checkout at a big store, ask the cashier for your data-share rebate.



r: (Norman) Our supplier basically told us we were too small an account for them to make the pickles anymore. We did some checking around for other suppliers but haven't found another company that could accommodate us. We'll bring them back if we find another supplier.

s: "How can I get food from my iPhone?"

r: (Norman) This is an undocumented feature. There is a little-known app called Birdbeak that came with ios 11.3.12 that, when location services and notifications are turned on, will use the iPhone's Bluetooth radiation to identify edible berries when the phone is within about 25 feet of a berry plant. You still have to pick the berries yourself, although there are portable mini-drones available to perform this function. (Some farmworkers find this objectionable. In early 19th-century England, these anti-technology workers would have been labeled Luddites.) Note that the drones are exclusively available through Apple; beware of Chinese and Korean knockoffs, which will void the Apple warranty on the Apple-managed portion of your daily life.

s: "The handles keep tearing off the large grocery bags."

s: "Paper bags are terrible. Is that a strategy to encourage people to bring their bags?"

r: (Norman) We'll pass that feedback on to our supplier. Ideally most shoppers would be bringing their own bags, but we

know that doesn't always happen. We do have reason to suspect Molly in MA pre-tears the bags for certain customers as a form of performance art, plus she enjoys coming to the customer's assistance and acting all helpful while cursing the powers-that-be that produced the bags.

s: "Was shocked to find out kaffir lime leaf is \$220 per pound! Can we have better signage or small pre-packed bags, like we do with saffron?"

r: (Norman) Sorry for confusion. Prices on bulk spice jars are per ounce but our estimating scale is set up for pounds. Usually this is not a problem, as most spices are so light and shoppers buy small fractions of pound, but there are a few items that are very expensive — for example, organic mace is \$64 a pound, and over in fusti world, organic vanilla extract at \$66/lb. (To ward off sticker shock, MA Bulk Manager Luis Cruz has put out a 3/4 full 4-oz. display bottle with a sticker that says: "This is \$13 worth of vanilla.") We could switch to labelling the jars by pound but that would create other issues. A basic rule of thumb: \$100 a pound is \$6.25 an ounce, and an ounce is a lot of powdered lime leaves.

s: "Consider getting low-sodium V-8 Juice. It's healthy, easy to bring when lobbying in Harrisburg to stop fracking or protest bringing the PECO energy hub to Philadelphia."

r: (Matt MA) Have you tried the Knudsen low sodium Very-Veggie"? (Norman) Wait, now Suggestion Book is being used to promote someone's political agenda by relating a branded beverage to a political demonstration? The Suggestion Book is apolitical and will not take a stand on any political issue except the First Amendment, since the Shuttle itself has become somewhat of a throwback revolutionary publication, exemplifying the ongoing use of actual ink on actual paper to form actual sentences as a form of interpersonal communication invented around 1439, so pretty sustainable until the likes of Twitter came along. (Damn iPhones.)

s: "If Provamel non-dairy milks are available in the USA, can we stock them? Or preorder? Yummy!"

r: (Matt MA) Doesn't look like it's available from our primary supplier, but I'll keep an eye out.

s: "Are prices the same in all Weavers Way stores?"

r: (Norman) Yes. When we opened Chestnut Hill, we set up a pricing policy in which the exact same item had to have the exact same price in both stores. Since we've opened Ambler, there has been a little discussion about changing the policy but no decision has been made, so currently, for both Co-op and technical (cash-register software) reasons, the same items are sold at the same price in all stores. There are two instances where this may seem to not be the case: One is if a staffer thinks we're overstocked for some reason (short date, leftover holiday item, item being discontinued and we need the space), he or she might put something on "Manager's Special" or the like to move it out of one location. The other thing that happens is that items that appear alike really aren't: Organic cinnamon in one store being compared to conventional in other, or a larger produce package in one store or a 4-ounce chip bag being compared to a same brand and flavor but a 7-ounce bag.

normanb@weaverway.coop

Gerard Plourde, Attorney at Law
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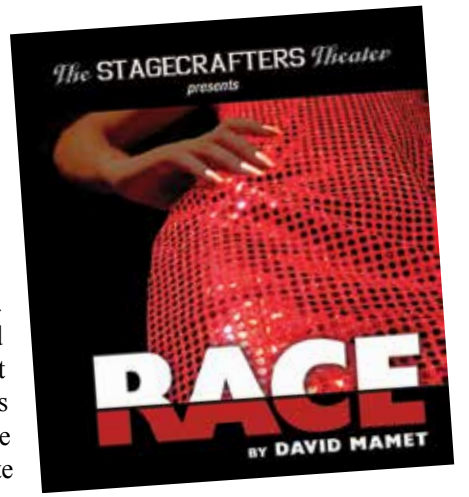


'Elephant Man' at Old Academy

THE ELEPHANT MAN," AMERICAN PLAYWRIGHT AND POET Bernard Pomerance's study of the regenerative power of love and friendship in the face of terrible disfigurement, opens June 8 at the East Falls theater and runs weekends through June 24. The play is based on the true story of Joseph Merrick, who is rescued from a carnival and ultimately finds shelter among the Victorian doctors and visitors who at first merely wanted to study him. Old Academy Players will be donating the proceeds of their 50/50 to the Proteus Syndrome Foundation. Visit www.oldacademyplayers.org for more info and tickets.

Mamet's 'Race' At Stagecrafters

THE STAGECRAFTERS THEATER CONCLUDES its 2017-2018 season with David Mamet's funny, fast, and furious legal thriller, *Race*, a provocative tale of sex, guilt, and wild-eyed allegations, as if literally ripped from today's headlines. A racially charged sexual assault has occurred which leads to legal moves being taken against one Charles Strickland, a wealthy resident in his town, who engages two hot-shot attorneys – one black and one white – to defend his case. Not quite on their radar, a young woman new to the firm lobs a few shots of her own just to muddy the waters.



This show is recommended for mature audiences only.

Mamet (b. 1947), consummate American playwright, film director, screenwriter and author, is probably best known for his Pulitzer-winning "Glengarry Glen Ross." *Race* opened in previews on Broadway in 2009 and ran for over 300 performances. In a 2009 essay in the *New York Times*, Mamet characterized the play as being about "... the theme of race and the lies we tell each other on the subject."

Performance dates are June 15-30, Thursdays, Fridays and Saturdays at 8 pm, Sundays at 2. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave. For more info and tickets, visit www.thestagecrafters.org.

Farm Market

(Continued from Page 3)

Co-op member discounts, including Senior Tuesday and Food For All, apply at the Farm Market and you can pay using cash, EasyPay and credit, debit, and EBT cards. We accept Farmer's Market Nutrition Vouchers, and this year we are also an approved site for distributing and redeeming Philly Food Bucks. We are proud to provide our community with seasonal, nutritious, and farm-fresh food.

To prepare for what we expect will be a busy 2018 season, we've welcomed two new market assistants. Chestnut Hill shoppers may recognize a familiar face when greeted by Marlise Frame, who also works in the Produce Department there. Marlise has previous experience on farms in Oregon and Iceland and has been with the Co-op for a year. Our other new market assistant is Shayona Tyler, a rising junior at Saul High School. You'd never guess this is Shayona's first job – she just started with us and is already a pro on the register!

I'm thrilled about our new faces and new local products at the market; allow me to introduce you to a few of my per-



Lauren Todd photos

sonal favorites: It's not just about the veg: From left, Keepwell vinegars, hot stuff from Goshenhoppen Run, preserves, candles, beans and more.

Keepwell Vinegar: This company was started by two former pastry chefs, Isaiah Billington and Sarah Conezio, who wanted to fill a need for reasonably priced, high-quality vinegars not reserved for specialty kitchens or markets. At their production facility in York County, raw ingredients such as maple, sorghum, honey, fruit, grain — sourced from nearby farms like Co-op favorite Three Springs — are fermented in small batches. Try a splash of ramp or ginger vinegar in a homemade marinade or salad dressing for zip and depth of flavor.

Christina Maser: If you shop the Co-op, you may already be familiar with Christina Maser's scented soy candles, but this

woman-owned company also offers an extensive line of pantry products. In addition to candles and bath salts, we stock her dry soup mixes, fruity vinaigrettes and herby fruit jams and preserves. Based in Lancaster County, the company sources sustainably grown seasonal ingredients from local farms they know and trust. Another reason to love this company is that most of their containers can be reused.

Goshenhoppen Run: If "hot" is one of your favorite ingredients, make room for Goshenhoppen Run's sauces in your cupboard. Cheyne Geverd and Fiona Palumbo are "seed to sauce" makers dedicated to striking the perfect balance between flavor and heat in their bottles of Smokehaus Garlic and Haunted Harvest hot sauc-

es. Ingredients are grown on 35 acres near Perkiomenville, Montgomery County. The farm's non-GMO hot pepper mashes are fermented and aged for a minimum of six months before being cooked and bottled. The farmers, self-proclaimed "chili heads," are fellow members of the Pennsylvania Association for Sustainable Agriculture and are committed to using regenerative practices that maintain soil health for future generations of local growers.

Many more amazing local goods await you at the market so we hope to see you soon! Be sure to follow Weavers Way on Facebook and Instagram so you can see what's new each day – our market offerings change with the seasons.

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Now Heard on FM In the Neighborhood

by Stacia Friedman, for the Shuttle

G-TOWN RADIO IS EXPERIENCING A MAJOR growth spurt long in the making. No longer just an Internet broadcaster, G-town can now be heard at 92.9 FM as WGGT-LP.

“After three years wandering in the desert, we finally flipped the switch,” said station manager Jim Bear.

The FCC awarded G-town its license to broadcast as a Low Power FM station in early 2015. So what took so long? “We had to ask for two extensions to raise the money [for broadcasting equipment] and plan the move to FM,” said Bear. LP stands for low power, under 100 watts. But even at LP, the station’s reach extends far beyond Germantown. “We have listeners in Chestnut Hill, East Falls, Roxborough, Mt. Airy, Wyndmoor, Glenside, Oak Lane, Nicetown and Jenkintown. Even North Philly and Center City.”

G-town Radio shares its place on the FM dial with Germantown United Community Development Corp. and the Germantown Life Enrichment Center, collectively forming Germantown Community Radio Partners. Germantown United programming focuses on the Germantown business corridor, which includes the historic Maplewood Mall where G-town Radio’s studio is located. (The block of Victorian storefronts is scheduled for a \$2.2 million facelift; signs of rejuvenation are already evident in the lively Germantown Espresso Bar, next door to G-town Radio, and the trendy Uncle Bobbie’s Coffee & Books just around the corner.)

Programming from GLEC, the Greene Street institution formerly known as the Germantown YMCA, includes a weekly show featuring the Germantown Artists Roundtable. Germantown United and GLEC broadcast only 10 hours per week each; G-town is on the air from noon Wednesday through Sunday night. (Also at 92.9 FM is South Philadelphia Community Radio, WOOM-LP, which is developing multilingual programming for its diverse community—including shows in Spanish, Vietnamese, Khmer, Italian, Bahasa and Lao—but giv-



Jim Bear at the mic. The internet radio pioneer, fundraiser and Germantown community activist can now add FM broadcast station manager to his resume.

Stacia Friedman photo



en the distance, there is no interference with Germantown-area broadcasts.)

As befits a community station, G-town’s programming reflects local passions and interests. At 4 p.m. on the first and third Fridays of the month, listeners can tune into “Planet Philadelphia,” an environmental show hosted by Kay Wood. Foodies will enjoy “The Power of Food,” hosted by Roslyn Thomas at 9 a.m. on alternate Saturdays. Looking for an intellectual challenge? “The Not So Hidden Agenda,” hosted by psychologist Stephanie Hect, presents in-depth interviews at 5 p.m. Sundays. Other shows include “Sunday Dinner Mix Tape,” “Democracy Now,” “International Vibrations” and “Life Grooves,” a talk-and-music show hosted by Suzanne B. Miller.

“We have live shows 40 hours per week,” Bear said. “We are always streaming. . . . We are on the Internet 24/7. When no one is on air, we rerun shows and play music.” Not all the programs are recorded at G-town’s studio. “‘Jim’s Lower Lounge,’ a music interview show hosted by Jim Hamilton, is taped at his fabulous recording studio, Rittenhouse Soundworks in Germantown, and then we air it,” said Bear.

Being on FM will allow G-town to expand its audience to include listeners who do not have Internet ac-

cess. It also offers more opportunities for community members who want to host programs or get behind-the-scenes broadcast experience. “We’ve seen a spike in the number of people approaching us to be involved,” said Bear. “We’re seeking programs from unheard or under-represented voices — programs that build community, that engage, empower and inform our listeners, as well as programs with a local focus.”

G-town Radio is nonprofit and all-volunteer — including Bear. Professionally an IT consultant, he got hooked on community Internet radio back in 2000 when the medium was in its infancy. Funding comes from grants, fund drives and private supporters. “Hopefully, people will see the benefit in community radio and support it,” said Bear.

This is a great time to get involved as a listener, supporter or host. “If your show fits our needs, we’ll help you with training to get your show on the air. We’re a beehive of activity,” said Bear.

“Tune in to 92.9 FM and if you don’t like what you hear, tune back in an hour later.” Or get a gig yourself.

For more information, visit www.gtownradio.com or www.facebook.com/gtownradio.

Stacia Friedman is a Weavers Way Working Member.

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Weavers Way Is Officially Funded, Matched and Set to Help Startups

by Lynne Brown, New Economy Incubator Committee

WE DID IT! THROUGH THE LEADERSHIP OF WEAVERS Way Board president and New Economy Committee member Chris Hill, our Co-op has been accepted into the Twin Pines Cooperative Foundation Co-op Community Fund program. More than 40 food cooperatives around the country participate in CCF. Some funds are small, in the \$20,000-\$30,000 range, while others exceed \$400,000.

What we get from Twin Pines

Twin Pines will match Weavers Way's initial donation to the fund, with the help of co-ops like Frontier Teas and Equal Exchange. In the future, we'll have additional opportunities to establish matching-fund opportunities through Twin Pines. In addition, Twin Pines invests and manages our money for us. Big bonus: Twin Pines only invests in cooperative startups and expansions in the United States, so even before we spend a dime of our endowment locally, we're supporting the development of co-ops around the country — and earning money for doing it.

How Weavers Way's fund is different from other co-op community funds

When we applied for our fund and matching support, we took a risk and decided to focus our fund on supporting the development of a broader co-op economy in Northwest Philadelphia. All other funds act as more typical community endowments, supporting community nonprofits that do work aligned with co-op values. But Weavers Way has been doing that for decades already through our various community-support programs. We wanted to do the tough work of identifying and supporting other co-op startups in our area. And one thing we

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TUESDAY, JULY 10

find, again and again, is that our members are really excited by the idea of having more co-op choices: a co-op bike shop, bakery or brewery; access to seafood supplied by a co-op fishing collective; or a day care run by a worker co-op. In this way, we multiply and strengthen each other. One of the key principles of cooperatives internationally is that they support each other.

One of the provisions of the fund is that we can't give money directly to a startup or business, so we'll be working with other area organizations, such as the Philadelphia Area Co-operative Alliance, to support co-op startups by paying for training and technical support, which is often the key to success for new co-op ventures.

Won't more co-ops mean more competition?

There are many different types of co-ops for many different types of goods and services. There are artist co-ops, child-care co-ops, film-society co-ops, energy co-ops, tool-sharing co-ops, you name it. Anytime people join together for the economic benefit of the group, that can be made into a cooperative business.

How do more co-ops help the communities we serve?

Take Weavers Way as an example. I'm sure you recognize a big benefit of being a member of a democratically run business — you get a voice. But you also benefit economically through buying power. You also know

that the money you spend is helping the local economy and the neighborhood. Just imagine the corner of Carpenter and Greene without Weavers Way as an anchor!

Developing more cooperative entities in Northwest Philadelphia will help with economic development that is democratic and rooted in the neighborhood and will keep our dollars circulating locally.

Our membership has always strongly supported the development of a more robust cooperative economy in our region. By building the Weavers Way CCF endowment, we will be able to expand our ability to grow the cooperative economy. We can educate people on the benefits of running a cooperative business, train them in the nuts and bolts of starting one and give them the technical support to get their co-op off the ground.

What you can do right now

The establishment of the Weavers Way Co-op Community Fund is in its very early stages, and we have lots of work to do before we're ready to give grants to prospective co-ops. But there's something you can do to help almost immediately.

On July 10, the Co-op's monthly "Giving Twosday" fundraiser will benefit the Weavers Way Co-op Community Fund. When the cashier asks, "Would you like to donate \$2 to the CCF?" please say "Yes!" By saying yes you are saying: I want a new economy in Northwest Philadelphia, one based on the cooperative principles of democracy, concern for community and local control of our economy.

If you want to be more involved in helping us grow and promote the fund (and eventually help select and vet recipients), consider joining the endowment fund subcommittee of the Weavers Way New Economy Incubator Committee. For more information, please contact Lynne Brown at lynnebrown@verizon.net.

WEAVERS WAY WORKSHOPS



COMING UP IN JUNE

Weavers Way workshops provide opportunities to learn and share knowledge on a wide range of topics. Popular themes include civic life, health, the environment and, of course, food! Workshops are usually free and always open to the public.

RSVP on EVENTBRITE

WE ASK THAT YOU REGISTER EVEN IF THE WORKSHOP IS FREE.

Go online at Eventbrite or RSVP via the Events Calendar, www.weaversway.coop/events/workshops. Or do it the old fashioned way: Contact **Programs Coordinator Stephanie Bruneau** at sbruneau@weaversway.coop or 215-843-2350, ext. 152.

GIVE ONE YOURSELF

Anyone can propose a topic, and members who lead workshops get three hours of work credit.

WORKSHOPS ARE HELD:

- In Mt. Airy in the **Community Room**, 555 Carpenter Lane
- In Chestnut Hill in **The Backyard**, 8482 Germantown Ave., and the **Healing Arts Studio**, 15 W. Highland Ave., 2nd floor.
- On our farms: **Henry Got Crops**, Saul High School, 7095 Henry Ave.; **Awbury Arboretum**, 901 E. Washington Lane.
- In Ambler, in **The Café** at the store, 217 E. Butler Ave., or the **Ambler Senior Center**, 45 Forest Ave.
- Other locations as noted.

Intro to Weaving for Kids

Sunday, June 3, 1-3 p.m., Weavers Way Ambler
The Co-op and the Philadelphia Guild of Handweavers host a workshop introducing young people to weaving on a "knitter's loom," also known as a rigid heddle loom. \$5-10 donation (no one will be turned away for lack of funds).

Organic Garden Pest Control & Disease Prevention

Tuesday, June 5, 6-7 p.m., Henry Got Crops Farm at Saul High School
Walk the rows with a Weavers Way farmer and learn about common garden pests and diseases and best practices to prevent and control them. FREE. (Come early and shop the Weavers Way Farm Market until 7 p.m.)

Eating with the Seasons

Friday, June 8, noon-1:30 p.m., Weavers Way Ambler
Join Neighborhood Nutrition Team member registered dietitian Liz Traison-Witkin to talk about what's in season in June, and how we can adapt our diets with the change in season. Tastings and recipes included! FREE.



Wild Foodie Walk

Tuesday, June 12, 6-7 p.m., Awbury Arboretum
Take a walk on the wild side with Lynn Landes from Wild Foodies of Philly. We'll be tasting and learning about edible plants, as well as how to steer clear of the plants we don't want to pluck! \$5 supports Food Moxie.

Spring Tonics

Friday, June 15, noon-1:30 p.m., Weavers Way Ambler
Weavers Way Nutrition Team members Dorothy Bauer and Beth Chiodo share their knowledge of traditional restoratives, including a discussion of native herbs and how best to use them in energizing spring tonics. FREE.

Yoga Restoratives and Reiki

Thursday, June 21, 6:30-8:30 p.m., Healing Arts Studio
Celebrate the solstice with a dive into supportive wellness practices led by Health & Wellness Committee members Esther Wyss-Flamm and Pamela Hipp. FREE. Space is limited.

Summer Cookie Decorating with Ellen Gray

Sunday, June 24, 2-3:30 p.m., Weavers Way Ambler
Workshop facilitator Ellen Gray will also share her professional cookie baking tips and icing techniques. Learn how to pipe, fill and embellish cookies, and how to prepare and tint royal icing using only natural ingredients. Participants will receive cookies to decorate and take home. \$30



Summer Flower Arranging

Tuesday, June 26, 6-7:30 p.m., Henry Got Crops Farm at Saul High School
Using fresh flowers grown in our fields, Weavers Way farmers will guide you in the art of making a summer bouquet. \$5.

Conflict Resolution

Wednesday, June 27, 6:30-8 p.m., Mt. Airy Community Room
Most of us did not learn conflict solving skills, so home life is often filled with yelling — or silence. Weavers Way Working Member Claudia Apfelbaum, LCSW, has some alternatives. FREE.

STAFF CELEBRITY SPOTLIGHT

Mark Richardson

Job: Chestnut Hill Prepared Foods & Sandwich Station

Since when: September 2016

Age: 29

Where he's from & where he lives now: Lakewood, NJ, & Fishtown.

A little background: Mark went into foster care at the end of eighth grade after being raised primarily by his grandmother. He eventually settled in Camden, and graduated from Woodrow Wilson High in 2009. He attended Camden County Community College for a while, but dropped out, moved to Trenton and then back to Camden, working at a series of jobs. He moved to Philadelphia in 2009.

How he got to the Co-op: While living in Fishtown and working at a CVS, he came home one night to find his house on fire. He lost a lot of his things, and the experience made him realize he needed to make some changes. He found out about Weavers Way online and applied, even though he'd never even heard of Chestnut Hill. "I came in with no kitchen experience whatsoever. The only reason I actually ended up getting the job was because I am a foodie. You can pretty much ask anybody at work — nine times out of 10, whatever I'm eating for lunch, I've made it myself."



Lessons From the Job: "I tend to be someone who is independent, and I like working by myself, but working at the Co-op has certainly taught me more about working together... Customers ask me all kinds of questions... I want to be able to help them find something, tell them where it's at, and that takes talking to people in other departments... it's really about cooperation."

Favorite Co-op products: Fruitwood Orchards raspberry honey, chicken banh mi and roast-beef hoagies from the sandwich station (he loves the Co-op's house roasted beef), Crust vegan bakery treats (especially the brookie).

Future plans: In the short term, he's helping care for his ailing grandmother in Lakewood. He hopes to get back to school at some point, but wants to pay down his debts first. He also wants to complete EMS training, which he had started but had to abandon after the fire.

Thoughts on Weavers Way: "I think the one thing we have that a lot of other places don't have is a focus on the local economy, that sense of 'for the community, by the community'... We get to have a say as far as how we want things to be."

—Karen Plourde

COOPERATOR OF THE MONTH

Neil Beresin

Joined Weavers Way: 1993, with his wife, Anna.

Lives In: West Mt. Airy

Current Job: After many years of working in older adult services in Kennett Square, he's moved into hospital chaplaincy, with an emphasis on hospice work. He's almost completed a first-level training course at Einstein Medical Center. (Anna is a liberal arts professor at the University of the Arts; she teaches courses in child development and folklore.)

Family Facts: Three sons: Noah, 27; Matti, 24, and Gabe, 21.

Why He's a Working Member: "It gives you a front-row view of the food you eat, and it builds community."

Co-op Job History: Mt. Airy store cleanup (three hours credit for two hours of work!), pasta pickup in South Philly, bulk packing. Gabe, who's done the most hours of the boys, loves to work on the farm. Neil enjoys working the floor.

Favorite Co-op Products: Locally grown produce, bread (especially day-old), bulk items (Daisy flour, raisins, balsamic vinegar, tamari almonds). He especially enjoys Metropolitan original granola and Wholesome Dairy yogurt, which he has for breakfast every day.

He regularly brings the granola to friends and family when he visits western Massachusetts, where one of their sons is in school.

Yo, Norman! Neil loves your Suggestions column in The Shuttle, and looks forward to the launch of your standup comedy career. He sees himself as an early investor if you need Kickstarter funding.

A Little Co-op Love: "The Co-op for us always will be one of the most special organizations that we live inside of. And I say that because it's so rare to co-own something. We need to survive and thrive, but we're not trying to make lots of money for stockholders. And that means so much."

—Karen Plourde



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 June Board meeting will be held at 7 p.m. Tuesday, June 5, location to be announced. The July meeting is scheduled for Tuesday, July 3. (The Board doesn't meet in August.)

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.

2016-2017 Weavers Way Board
President: Chris Hill
Vice President: Joshua Bloom
Treasurer: Emmalee MacDonald
Secretary: Lisa Hogan
At-Large: Eric Borgstrom, Megan Seitz Clinton, Larry Daniels, Joyce Miller, Joan Patton, Laura Morris Siena, David Woo

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Advertise in the Shuttle

advertising@weaversway.coop

DID YOU KNOW?
 You can read the Shuttle online.



www.weaversway.coop/shuttle-online

Weavers Way Mt. Airy

559 Carpenter Lane
8 a.m.-8 p.m. daily
215-843-2350

Weavers Way Across the Way

610 Carpenter Lane
8 a.m.-8 p.m. daily
215-843-2350, ext. 276

Weavers Way Chestnut Hill

8424 Germantown Ave.
Monday-Saturday, 7 a.m.-9 p.m.
Sunday, 8 a.m.-9 p.m.
215-866-9150

Weavers Way Ambler

217 E. Butler Ave.
8 a.m.-8 p.m. daily
215-302-5550

Weavers Way Next Door

8426 Germantown Ave.
9 a.m.-8 p.m. daily
215-866-9150, ext. 221/222

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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!

Upcoming Orientations

Thursday, May 17, 6:30-8 p.m.
Ambler Senior Center, 45 Forest Ave.

Wednesday, June 6, 6:30-8 p.m.
Germantown Jewish Centre Maslow Auditorium
400 W. Ellet St., Mt. Airy

Check www.weaversway.coop/events for additional dates. To RSVP or for more info, email outreach@weaversway.coop

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coop™ basics



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