

SAVE
THE
DATE

MAY
4



SATURDAY, MAY 4

4-6 p.m.

THE SPRING GENERAL
MEMBERSHIP MEETING

Cuatro de Mayo Happy Hour,
with Mexican beer and a taco tasting bar.

Germantown Academy, 340 Morris Rd., Fort Washington



VOTING STARTS
NEXT MONTH
SEE THE APRIL
SHUTTLE.
Results Announced
at the GMM.



Community-Owned,
Open to Everyone

The Shuttle

MARCH 2019

Since 1973 | The Newsletter of Weavers Way Co-op

Vol. 47 | No. 1

The Option to Age in Place

by Whitney Lingle, Executive
Director, Senior Adult Activities
Center of Montgomery County



Photo by Kathleen Casey

Local residents listen to a presentation by Northwest Village Network at January's Aging in Place meeting in Ambler.

AGING HAPPENS EVERYWHERE. IF we're lucky, we will all take part. It is an inherently intersectional issue, and the solutions to promote positive aging are complex and require community support.

In January, Kathleen Casey, Weavers Way Development Manager, and member Marilyn Frazier organized a meeting to discuss aging in place and how it affects the Ambler community. The café at Weavers Way Ambler was filled with around 40 people excited to discuss what aging in place means to them, offer their concerns on the subject, and address current barriers to that option.

Aging in place refers to remaining in one's residence of choice, whether that is a person's original house, cooperative housing, or myriad other options. The critical components to aging in place are sufficient transportation, access to needs and the ability to add supports

(continued on page 6)



REFER A FRIEND, GET \$10 IN EASYPAY CREDIT!

We're in the Race to 10,000 Members. Can We Get a Li'l Help?

by Kathleen Casey, Weavers Way Development Manager

THE CO-OP SIGNED UP ITS 5,000TH MEMBER IN OCTOBER, 2012. MORE THAN three years later, we reached 6,000 and in April 2017, we hit 7,000. Now we're on the cusp of 10,000 members, and we're asking your help to get us there that much faster.

In March, we're offering members \$10 in EasyPay credit when they refer a new member to the Co-op. It's easy; just make sure your friend gives your name (to share) when they join in person or online; they don't need to provide your member number. Soon thereafter, your Co-op buying power will increase by ten bucks. What's more, you, your friend, and all our members will be able to enjoy the great discounts during our Member Appreciation Week, Monday, April 1-Sunday, April 7.

Right now, we're a few hundred new members away from our goal. We've had incredible growth these past few years, and that has created a strong foundation to accomplish our objectives, from growing a resilient business to getting direct input on our buying practices. Weavers Way staff often witness people engaging with the store, the staff, and the programming in meaningful ways soon after they join. Collectively owning a business has its benefits and the more of us, the better.

If you have questions about any membership-related matters, contact the Membership Department: member@weaversway.coop or 215-843-2350, ext. 119.

South Philly Food Co-op to Break Ground Next Month

by Emily Wyner, for the Shuttle

MANY OF YOU KNOW THAT WE AT South Philly Food Co-op have been organizing for years to open our community-owned grocery store. We're excited to report that we are on track to open at 2031 South Juniper Street — a half block from Broad Street, Snyder Avenue, and East Passyunk Avenue — late this summer.

We have 3,333 square feet of commercial space in a brand new building, with about 70 percent of that expected to be retail area. As soon as we secured our site in late 2016, our facilities team started working with United Natural Foods Inc. and our architect, local B Corp Re:Vision Architecture, to design the layout. The design was slightly modified based on input from leaders from Weav-

(continued on page 6)



Spring Ahead!



Daylight Saving Time Starts - MARCH 10

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

Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



MOST WRITERS WOULD PREFER TO write about other people, or trends, or issues, than themselves, and I'm in that league, for sure. But since this is the first Shuttle with me officially at the helm, I suppose an introduction (or reintroduction) is in order.

I've been a Weavers Way employee for just shy of eight years, and a member for 10 ½. I worked in two stores (Mt. Airy and Chestnut Hill), and three departments (deli, bulk and grocery) before the Shuttle became a bigger part of my schedule and I traded in my work boots for a laptop and an office chair. So I may have sliced you some lunchmeat, showed you where the lentils or pine nuts live, or carried groceries to your car somewhere along the line. I've also done demos in the Hill and Ambler, and oh, yeah, I was the board administrator for a year and change.

Yes, I went to school for this. I got my bachelor's in journalism in 1985, when it was considered practical to seek out a career in newspapers. Many of my Syracuse University classmates moved on from the business years ago, and I'm kind of tickled that I got back into it when I did. I'll be forever grateful to Mary Sweeten for rolling the dice and giving me a chance to write for the paper after not having published anything in decades. I'm also indebted to our shoppers, members and advertisers who have kept the Shuttle going. As retro jobs go, this isn't as cool as running your own record store, but still.

I live in Northwest Philly with my husband and daughter, who will be going off to college in the fall. My son, Phil, will be 25 in a few months and worked as a cashier in the Chestnut Hill store for about a year.

Mary who retired did an excellent job of organizing the Shuttle into the fine-looking paper it is now, and it'll be challenging enough to keep to that standard. I've got no big changes planned, but I also know publications have lives of their own, as do co-ops. Let's all fasten our seat belts, and hope the ride is reasonably smooth.

Whaddaya say — enough self-revelation for now? With any luck, we'll learn more about each other, individually and collectively, in issues to come.

Catch you in the pages next month.

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

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

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

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

Advertising

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

Is Grocery Shopping a Struggle? Our Pros in Home Delivery Can Help!

by Bill Hengst, for the Shuttle



Josephine Leigh



Molly Ruddell



Jenna Swartz



Jaxson Arnold

JOSEPHINE LEIGH, HOME DELIVERY COORDINATOR FOR Weavers Way Chestnut Hill, has been at her job for two years, a fraction of the time many of her clients — some of whom are in their 80s and 90s — have been members of the Co-op. At one time, grocery shopping was a commonplace task they could do on their own. Now it's become a challenge, but Josephine is available Monday through Friday to make it easier.

While her Co-op counterparts — Molly Ruddell and Jenna Swartz in Mt. Airy and Jaxson Arnold in Ambler, perform the traditional service of shopping for people and delivering their items to the door, Josephine offers Enhanced Service, which can include accompanying the member to the store, assisting with shopping, and unloading and helping put away their groceries.

"My customers are mostly older women, temporarily challenged, or who leave the house infrequently," she said. "They are a spirited lot and I've been happy to get to know some of them. They appreciate that I am a senior, too."

Josephine's delivery area includes Chestnut Hill, Mt. Airy, Germantown, Wyndmoor, Andorra, and Erdenheim. Members can contact her between 9 a.m. and 5 p.m., Wednesdays, Thursdays, and Fridays. She requires 24 hours notice from the time a member calls to the time the order is delivered.

The Mt. Airy store delivers on Mondays and Wednesdays

— Jenna on Mondays and Molly on Wednesdays. In Ambler, the service is available only on Wednesdays. If you're not a current home delivery customer, please contact the store nearest you ahead of time to make arrangements.

For her part, Josephine wants those who might benefit from home delivery on any level to know that she's willing to meet them where they are.

"A lot of people live in a muddle — they don't want people in the house," she said. "But you can still get delivery, because we'll just exchange shopping bags at the door."

She has a pool of regulars, some of whom she hears from every week, others less often. For some, the need is temporary, and they're more than happy to get back to shopping on their own once they feel able.

Josephine believes the service helps long-time members feel like they're still part of the Co-op. Because all the home delivery staffers work for Weavers Way, they can provide a degree of inside knowledge that distinguishes them from similar, external delivery operations. "What we offer is a service to our older members, who basically sort of feel forgotten," she said. "The other services can deliver to anyone, but they don't really get to know people."

For more information on the nuts and bolts of home delivery, check out our website at www.weaversway.coop/pages/home-delivery.



Building Resilience in the Face of Constant Change

by Nina Berryman, Weavers Way Farm Manager

FARMERS HAVE ALWAYS BEEN A TYPE OF FIRST RESPONDER to a changing environment. On a daily basis, we adjust our approach in response to the forecast. Adjusting to climate change involves applying these techniques to a larger scale and longer time frame.

Any year you ask a farmer "How is the season going?" you will get a response describing the unpredictable changes to which they're adapting. But 2018 is going down as a season that was remarkably more variable.

Rain, Rain — Enough Already!

In 2018, we received 67 inches of rain in Philadelphia; the annual average in Pennsylvania is 41 inches. This resulted in low germination, slow growth and much rot. The state declared farm owners in 14 counties eligible for disaster relief funding due to the weather, according to the Pennsylvania Association for Sustainable Agriculture (PASA). Anecdotally, we heard of other farms who couldn't finish their CSA season or had to lay off employees.

Our farm team recently returned from the annual PASA conference, and the topic of weather-related challenges in 2018 came up in every discussion, ranging from the keynote address to workshops about disease, soil science and finances. PASA granted a record number of scholarships to farmers requesting discounted conference tickets, presumably due to the economic hardship brought on by the growing season.



Photo by Lauren Todd

As if the weather weren't enough of a challenge, this year we had a trifecta of unprecedented deer, groundhog and mouse damage. The impact of the mouse damage was disproportionate to their size! They took up residence in our greenhouse late last winter and greedily ate the tops of sprouting transplants. One mouse grazing the tops of one flat of pepper transplants had the potential to set us back hundreds of pounds of harvest later in the season.

In the past, we've been visited by one or two deer once or twice a year at the farm at Saul. But at one point, I saw a herd

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What's in Store at Weavers Way



Check It Out!

by Karen Plourde, Weavers Way Communications Staff

Bakery Bites

An uptick in local vegan sweets, thanks to Dodah's Kitchen.

The vegan baked goods scene has steadily expanded in the last few years, but more is good, right? In that spirit, all our locations have added Dodah's Kitchen individual cakes and cupcakes from Mount Rainier, MD. The company was started by three friends in 2017, and its selections are based on the vegan soul food cooking of co-founder Janice Cheever.

All the stores carry an assortment of Dodah's cake squares for \$4.79 each, including pumpkin, lemon, sweet potato and chocolate. Single lemon and chocolate cupcakes are the same price. As a non-bakery aside, all three also stock Dodah's vegan mac 'n'cheese and lasagna entrees, which constitute a healthy single serving by themselves, or a couple of servings when accompanied with veggies or other sides.

Going On in Grocery

iSwich Gourmet adds sorbets to their Ambler lineup.

West Chester-based iSwich Gourmet, purveyor of boxed singles and two-packs of artisan ice cream sandwiches, has expanded their line on Butler Avenue to



include pints of sorbet. Three flavors are available for \$7.69. Four varieties of two-packs and single sandwiches are stocked in Ambler's freezers for \$7.69 and \$3.99, respectively. The two-packs are also in Chestnut Hill.

Bulk & Beyond

Ambler really takes to turmeric, Mt. Airy gets a little sweeter, and Cannabliss is back!

Turmeric's antioxidant and anti-inflammatory benefits, as well as its unique flavor profile, are well known. So maybe it's no surprise that Ambler bulk has beefed up its offerings that contain this flowering plant of the ginger family. Added to the jarred bulk lineup are Frontier organic whole turmeric root



(99¢/oz.), organic turmeric ginger herbal tea blend (\$1.99/oz.), and organic turmeric black chai blend (\$1.79/oz.).

Meanwhile in Mt. Airy, the focus is on new candies from Marich Confectionery of Hollister, CA. Incredible Bulk Manager Caitlyn Ashton has added black licorice buttons (\$6.99/lb.), chocolate strawberries (not the actual fruit, but candy-coated chocolate) for \$14.85 a pound, and dark chocolate pistachios (\$15.29/lb.)



Have you missed Cannabliss? Good news — GT's CBD-infused kombucha, missing in action from Mt. Airy and Ambler since mid-autumn, has returned to both stores. It's available only in bottles in Mt. Airy (\$5.39 for a pint), but bottled and on tap in Ambler.

All Wellness and Good

Klean Kanteen reusable bottles and straws debut in the Hill. And mineral bath salts bulk up in Ambler.

Heavy hydration season will be here



before you know it, and reusable is the way to go to keep beverages cold and help out the planet. Next Door has gotten ahead of the curve by adding a several sizes and colors of Klean Kanteen plastic-free insulated bottles, tumblers, and thermal Kanteens. They also carry four-packs of steel straws (some of which include straw cleaners), lids with a straw hole for their reusable tumblers, and replacement caps.

If you've overworked your muscles, a nice soak with bath salts might ease your aches and pains. Head for the back of Ambler's wellness section, where Amazing Minerals Dead Sea salts are now available in bulk for \$3.99 a pound. Beyond the bath, the salts can also be made into a scrub by adding a carrier oil (olive, melted-down coconut, grapeseed, etc.). Instructions for use are right on the bin.



VEGAN

by Norman Weiss, Purchasing Manager and Jeannine Kienzle, Weavers Way Programs Coordinator

ALERT!

Two vegans, one an old-timer and another newer to the scene, decided to launch a column to discuss all things vegan, including products, events, controversial topics, and the shelf life of rutabaga fondue (Norman really pushed it with this one, in Jeannine's opinion).

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| <p>N: How many vegans do you know? J: At least 10.</p> <p>N: How many are whack jobs? J: All of them, except me. But definitely you.</p> <p>N: I only appear eccentric because I'm the only normal person I know. J: And how do you define normal?</p> <p>N: Normal people eat normal food. J: How do you define normal food?</p> <p>N: It comes from dirt. J: Sounds about right.</p> <p>N: Many people are afraid of dirt. They think it is dirty. J: Well, that is why I shower twice a day. I feel dirty.</p> <p>N: That's a waste of good dirt. J: Truth is, I don't think I'm really dirty, if you know what I mean.</p> <p>N: Then it's a waste of water. J: Yes, I suppose you're right. But damn, it feels good.</p> | <p>N: I wouldn't know. I'm not in touch with my feelings. J: Do you think plants have feelings?</p> <p>N: I've never seen a plant laughing or crying. J: Me neither, but people like to say that to vegans.</p> <p>N: Do you plan meals? J: Yes. Most recently, I've been writing out what I'm going to eat for every meal on a weekly basis. Do you?</p> <p>N: No. Why do you plan meals? J: So I can quickly grab meals when I'm on the go and save money by not eating out too much.</p> <p>N: How many times did you eat out last week? J: Twice. But in my defense, one time was treating you and the other time my mom treated me.</p> <p>N: Vegans are so defensive! J: Why would you say that?</p> <p>N: I think they're motivated by guilt. J: Guilt has always ruled my world.</p> |
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SLICE IT DICE IT SERVE IT

Kieran McCourt, Weavers Way Ambler, answers the question:

"What Do I Do With This?" THIS MONTH:

Preserved Lemons

(AVAILABLE IN AMBLER & CHESTNUT HILL)

A little background: It's a traditional Moroccan food staple. During fermentation, the outer part of the lemon softens, so that the whole fruit becomes edible.

Most often used in: tagines, slow-cooked North African stews of spiced meat or vegetables, usually paired with green olives.

But you can also:

- chop the rind to use in a meat rub
- sliver or chop the rind and add to a salad, grain bowl or spring veggies
- chop finely, grind to a paste, or process to use in an aioli, gremolata, chimichurri, or ricotta or cream cheese in a spread
- remove the pulp and serve as part of a pickled veggies starter, side or relish
- use some of the brine in a simple vinaigrette
- put the inner flesh through a sieve to add salty liquid to a recipe

Adult option: Substitute lemon peel and brine for their olive counterparts in a dirty martini. or use the brined peel as the garnish for a margarita.

Make your own: You just need salt and lemon. Meyer lemons are best. Limes also work well. If you choose to do your own pickling, go with organic citrus to eliminate the possibility of chemicals interfering with the microbes during fermentation.

If a recipe already calls for lemon and salt, use preserved lemons!



An offshoot of Weavers Way Co-op
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THANKS TO...

FOOD MOXIE would like to thank a group of intrepid Villanova University students for braving single-digit weather on January 21, Martin Luther King Day, to help FOOD MOXIE make signs for our upcoming growing season.



For Their Support!

FOOD MOXIE

We dig what we eat.

Help us Get Ready to Grow Again.

by Lisa Mosca, Food Moxie Executive Director

THE DAYS ARE ALREADY GETTING REMARKABLY LONGER, and the cold chill in the air is infused with some extra sun and warmth. At FOOD MOXIE, we've been checking off our winter task lists in preparation for another growing season across our food production and education sites.

Our data story is complete and programming in 2018 concluded, and our records show that last year, FOOD MOXIE delivered more than 200 learning events for more than 450 participants across four program sites, with more than 2,000 nutrient-dense meals created and consumed through cooking classes with participants.

We've been renewing some of our infrastructure in preparation for the next growing season. We are grateful that on a very chilly Martin Luther King Day, 15 Villanova University students helped us get a delivery of wood into our greenhouse and also helped us outline some educational signs that youths

in our programs will soon be decorating. Additionally, we have been building out the frames of new raised beds for our education spaces and will soon be filling them with fresh soil in preparation for planting.

So how can you join the fun? Weavers Way very kindly allows members to fulfill their work hours during FOOD MOXIE workdays. This year, we have five FOOD MOXIE Third Saturday workdays planned where working members can sign up for Co-op shifts and help us at our growing sites. These include Saturdays from 9-11 a.m. on March 16, May 18, July 20, August 17 and October 19. We also have some repeat tasks we need help with in exchange for working member hours such as mowing, weed whacking, tool sharpening and event support. To find out more about these shifts, members can visit the Weavers Way Member Center online and search for FOOD MOXIE opportunities under Co-op shifts. Thank you in advance for your support, and happy spring!



OUTSIDE + UNPLUGGED + ENGAGED

AWBURY ADVENTURES

Summer Camps for Children
 Ages 6-13 | 8:30am-3:30pm | June 17 - August 2

Hands-on experiences with wilderness skills, diverse ecosystems, and small creatures. Wildcrafting, foraging, fire-building, archery, cooking, fort-building, wide games, water play, arts & crafts - an idyllic summer at Awbury Arboretum.



- Get Cooking in the Cope House Kitchen
- Welcome to Wakanda
- Camp Katniss
- Forest Creatures
- Ilvermorny Camp for Witches & Wizards
- Nature Superheroes
- Nature Foragers
- Advanced Wilderness Survival Skills

Visit www.awbury.org for more information & registration.



Save \$\$\$ when you register by March 1st!

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Chestnut Hill Hospital
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 Advancing Health. Transforming Lives.

STAND UP TO ACHING FEET.

If you've been meaning to see a podiatrist for your aching feet, join John Scanlon, DPM, for our Foot Foes lecture. He'll share the facts, common causes, symptoms, and treatments for foot and ankle conditions, including arthritis. Plus, all attendees will receive a free foot screening! It's time to stand up to your foot pain — register today.

- WHEN:** Monday, March 4
12:30 to 1:30 p.m.
- WHERE:** Center on the Hill
8855 Germantown Avenue
- INFO:** Free Foot Screenings

Program is FREE
 Registration required
 Call 215.753.2000

Presenter:
 John Scanlon, DPM



Upcoming Lectures

- Healthy Gut — Monday, March 11
- Taking Control of Osteoarthritis — Thursday, March 21
- Breaking Down Weight Loss Barriers — Thursday, April 18

Visit ChestnutHill.TowerHealth.org for details.

An offshoot of Weavers Way Co-op



Terrence McNally Drama Sets the Stage at Old Academy

Old Academy Players proudly presents "Lips Together, Teeth Apart" by prolific American playwright Terrence McNally, March 8-9, 15-17, and 22-24 at its theater, 3544 Indian Queen Lane in East Falls.

The drama revolves around siblings Chloe and Sam and their spouses John and Sally, who spend an explosive Fourth of July weekend together. After the death of her brother from AIDS, Sally has inherited a beach house in The Pines, an exclusive gay community on Fire Island. Family relationships, unspoken fears and forbidden longings are revealed, set against the revelry of partying neighbors celebrating personal and patriotic freedom.

"Lips Together, Teeth Apart" won the Drama Desk Award for Outstanding New Play in 1992. This production is directed by Rob Rosiello and produced by Nancy Ridgeway. The cast includes Caitlin Riley as Sally Truman, Danielle Foley as Chloe Haddock, Darin DeVivo as John Haddock, and Eric Rupp as Sam Truman.

Old Academy Players has provided continuous community theater since 1923 and is a member of the Greater Philadelphia Cultural Alliance.

Show times are Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. Parking for all performances is free. Ticket price is \$20 per person. Buy tickets online at www.oldacademyplayers.org. Group discounts are available. Call 215-843-1109 for more information.



SPRINGSIDE CHESTNUT HILL ACADEMY



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Springside Chestnut Hill Academy*



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CONCERTO GROSSO

March 23 | Center City March 24 | Chestnut Hill

Artist Recital Series: DOPPELGEIGER | March 16 & 17

For tickets and information:

tempestadimare.org | 215-755-8776

L·E·T·T·E·R·S

“Powwow” Used Improperly in eNews

I WAS DISTRESSED TO SEE THE HEADLINE on today’s eNews: “Let’s Powwow on Plastics...” I am not an indignant person, and I have no way of knowing if the person who wrote this headline might be. However, it seems unlikely that they are and much more likely that the headline was chosen because it alliterates and without much thought. I know how that happens — I have a number of phrases that pop into my head and out of my mouth despite my knowing that they may hurt people in specific groups. (Examples: “lame,” “gyp.”) I keep working on it; progress, not perfection.

“Pow wow” can be, and in this instance is, culturally insensitive, because what the phrase actually refers to is a sacred cultural practice in Native American groups. Not meetings on things like plastic usage (although this is an important topic too, of course).

I would love to see the next eNews offer an apology for using an insensitive phrase and an invitation for anyone in the Weavers Way community who may have been harmed or bothered by it to contact a person competent to listen and offer amends within the organization.

Dawn Star Sarahs-Borchelt

Lean Times for the Co-op?

After I finished reading the December Shuttle, I got the picture that Weavers Way is struggling for survival. On page 1, I learned of the \$600,000 loss for fiscal 2018; on p.6, that the Shuttle needs to cut back from 12 to 10 issues per year, for financial reasons; on p.7 of the deplorable rise in healthcare costs; and on p.19 of the possibility of increased competition from Aldi.

I know the grocery business is very competitive, and my heart goes out to all the people who work so hard to make our co-op successful. And it’s so much more than just another place to buy food! The contributions to the community are huge; the friendly, healthy, sensible feeling in the stores is unequalled anywhere. There’s more at stake in Weavers Way’s success than just its benefits to us who are lucky enough to live here. It’s the whole question of whether such a communitarian, wholesome, small-is-beautiful business is viable in our short-sighted, greed-driven, everyone-for-himself culture.

So, I’m making myself a promise to support WW as much as I can; like many people, I occasionally shop elsewhere, but now I will only do so for things the Co-op doesn’t carry. Just like voting, it doesn’t seem like much, but I must believe it makes a difference.

Richard Senerchia

Much Love for Weavers Way Ambler

ALL OF MY SHOPPING EXPERIENCES at the Ambler store have been wonderful. Everyone who works there that I have met has been so kind and helpful. All of the shoppers have been great. I’m short and sometimes have trouble reaching things on the higher shelves. When I do, there’s always a taller shopper nearby who offers to reach it for me.

Everyone there is so positive and careful of each other’s feelings. Sometimes if I feel down, I go there for a dose of smiles to pick me up. Thanks.

Judy Schilling

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.

Pennypack Sustainability Film Fest Features Two Documentaries

PENNYPACK FARM AND EDUCATION CENTER’S 10TH ANNUAL SUSTAINABILITY Film Festival is underway at the Ambler Theater, 108 East Butler Ave. The series showcases films that delve into different aspects of sustainability and depict how small changes can make a big difference in the world.

The festival, held with the support of the Ambler Theater and other local businesses, kicked off Feb. 26 with “Living in the Future’s Past,” a documentary that explores how human nature and our collective subconscious motivations potentially influence our future. Featuring Jeff Bridges alongside prominent scientists and authors, the movie offers a reflection on the environmental challenges facing the world today.

This month’s featured film, “Food for Change,” is scheduled for Tuesday, March 26. Especially pertinent to the Co-op community, this documentary tells the history of the cooperative movement over the course of the 20th century in America, focusing on food co-ops as a force for dynamic social and economic change. The post-movie panel discussion will feature Weavers Way staff and members.

The series closes out with “Eating Animals” on Tuesday, April 30. This documentary is an urgent, eye-opening look at the environmental, economic and public health consequences of factory farming, based on the bestselling book by Jonathan Safran Foer and narrated by co-producer Natalie Portman.

Tickets are \$12 each and can be purchased online at www.amblertheater.org/pennypack or at the theater box office. Students and theater members can buy tickets for \$10 each.

Doors open at 6 p.m. Each showing is preceded by a community expo highlighting local organizations in the lobby of the theater, and the films roll at 7:30 p.m. Panel discussions will take place after each movie.



South Philly Food Co-op

(Continued from Page 1)

ers Way and Mariposa Co-ops. Re:Vision also completed our architectural renderings, and our contractor, Buckminster Green, completed basic framing work inside the site so that our landlord could install an HVAC system.

Buckminster Green is now ready to complete the bulk of our leasehold improvements. Construction will be fully underway in early spring, when we expect the general manager to come on board. We are hiring for this position now.

In this incredible moment, we are reminded of the power of the sixth international Principle of Cooperatives: cooperation among cooperatives. We have had the tremendous fortune of working with cooperators both locally and nationally to realize our dream of a values-driven, community-owned grocery store. (Cheers to Weavers Way leaders for all your technical assistance!) Now, we’d like to celebrate with you.

Please join us for our groundbreaking celebration on the evening of April 18. Tickets are \$25 for member-owners or \$35 for non-members in advance, and can be purchased at www.southphillyfoodcoop.org/groundbreaking. Your ticket includes free food and drink at South Philly’s Bok building. There will also be live music and a silent auction.

For questions about South Philly Food Co-op, contact capital campaign organizer and board member Emily Wyner at emily@southphillyfoodcoop.org.

Aging in Place

(Continued from Page 1)

when health and mobility change. Other issues brought up in the meeting include community resources, supports for those without children, dignity, equity, diversity and social isolation.

In addition to community meetings, a needs assessment will be undertaken to determine what resources are currently available to those in the community (including health organizations, transportation assistance and food access), what gaps exist in services and resources, and what solutions are feasible. Surveys and focus groups will be an important component of determining the current state of aging in Ambler, and the data they provide will serve as a roadmap.

No single entity can solve the complex issues related to aging in place. Aging is an intergenerational issue, and stability in one generation helps cultivate success among all generations. By supporting people as they age, we allow them to continually engage as productive community members. Resources like Northwest Village Network (NVN), where people support their neighbors as they age, and senior centers like Montco Senior Adult Activity Center (SAAC), which promote positive aging at every level through activities, community building and services like Meals on Wheels; all help make aging in place possible.

Aging in place requires shared supports and shared information within a community. Those who attended January’s meeting ranged from older individuals interested in their options to representatives from NVN and professionals from area senior centers and community organizations. The hope is that future meetings will have an even more diverse range of interested parties.

We hope you will join us as we continue the conversation. Check the Montco SAAC Facebook page or www.Montco-saac.com for subsequent meeting dates and other information.

International Co-op Principles

- 1 **Voluntary and Open Membership**
- 2 **Democratic Member-Owner Control**
- 3 **Member-Owner Economic Participation**
- 4 **Autonomy and Independence**
- 5 **Education, Training and Information**
- 6 **Cooperation Among Cooperatives**

GM'S
CORNER

Whaddaya Know? We're Having a Great Winter

by Jon Roesser,
Weavers Way General Manager

FOLKS, IT'S PROVEN TO BE AN INTERESTING WINTER here at the Co-op.

January and February are typically among our slowest months of the year. With both waistlines and credit card bills inflated by the holidays, consumers eat less, spend less and go into hibernation 'til spring.

That didn't happen this year. Our weekly sales in January and February averaged about \$604,000, significantly higher than the \$586,000 weekly average during the busy months of September and October.

What gives? Quite frankly, our Co-op is booming. Chestnut Hill store sales are increasing at a healthy 2.5 percent over prior year. Sales in our Mt. Airy store continue to defy all logic and reason, increasing by a remarkable 5.5 percent.

In Ambler, store sales are increasing at a stratospheric 16 percent, and it is now not uncommon to have trouble finding a space in what was only a year ago a largely empty parking lot. The Ambler store is now cash positive, and we have every reason to believe the growth trend will continue for at least the near term.

We can attribute our success to a variety of factors. Increasing awareness of the Weavers Way brand in Montgomery County, thanks to a multi-faceted, ongoing marketing campaign, has surely played an important part. So have our new market-based pricing strategy and our continued efforts to ensure our product offerings meet the unique needs of our members in each of our locations. And of course, the hard and excellent work of

my colleagues on staff ensures a consistently strong customer experience (at least most of the time!).

Above all else, as a cooperative endeavor, Weavers Way's success is the result of the commitment of you, our member-owners. Your support — through your engagement and patronage — is what sustains us as both a business and as a community project.

There are certainly more of us than ever before. We net about 75 new members a month, so we're now only weeks away from reaching 10,000 member house-



Your support is what sustains us as both a business and as a community project.



holds. Keeping so many members engaged in the life of the Co-op isn't easy, and through an expanded number of committees, increased workshops, new community partnerships and an evolving working member program, our membership staff is always working to develop new ways to ensure members feel a true sense of ownership.

Thanks to our overall improved business condition, over the last few months we've been able to make some important capital investments. In Mt. Airy, Chestnut Hill

and the Saul farm market, we've upgraded our point-of-sale system, so we're now using the same system in all locations that we installed in Ambler when we opened the store there in 2017. And in Ambler, we've installed a back-up generator that will allow us to continue operations in the event of a power failure, just like we have in Mt. Airy and Chestnut Hill.

With our success, we can now pivot to take on some priorities that have been simmering on the back burner.

Increasing our starting wage — currently \$10.50 an hour — and rewarding exceptional performance with an accelerated raise structure will be part of our new fiscal year business plan. We must ensure the Co-op remains competitive when it comes to attracting and retaining top talent.

Another priority will be to implement a series of initiatives to reduce our reliance on single-use plastic packaging. From plastic water bottles to foam meat trays, there are tons of opportunities for improving our environmental footprint. Like "natural," "organic," and "local" — all of these were popular at the Co-op long before they went mainstream — we have the chance to become an industry leader when it comes to reducing our reliance on plastic containers.

All in all, I'm pleased to report that these are busy and exciting times here at Weavers Way. For those interested in diving deeper into the numbers, or learning more about our upcoming strategic priorities, I will be giving a mid-fiscal year business update at the General Membership Meeting on May 4 (for details, see page 1).

See you around the Co-op.

jroesser@weaversway.coop

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Winter's Not Always a Sleepy Time for Our Furry Friends

by Brenda Malinics, for the Shuttle

WHILE COLD AND SNOWY CONDITIONS force humans indoors seeking warmth and safety, many animals outside are mating, nesting and giving birth amid ice, snow storms and freezing temperatures.

While some animals — bears, for instance — go into hibernation and sleep away the winter months, most animals go into a semi-hibernating state and can become active on warm days. White-tailed deer mate by November but remain active all year. Bats and bears have already mated by the time they go into hibernation. Bear cubs are born in January, and bat pups in May or June. Deer can birth up to three fawns from April through early July.

Owls call and claim nesting territory in December and sit on their nests while we are celebrating Christmas, Hanukkah and New Year's. I've seen great horned owls covered with inches of snow while tending their nests and keeping their eggs warm. Eagles rebuild their nests during winter and are sitting on eggs by the end of February. Owlets (great horned, screech and saw whets) are usually the first to arrive at wildlife rehab centers, followed by grey squirrels.

Coyotes mate January through March, so some could be birthing their young by March if they mated in January. Coyotes, by the way, reside in every county in Pennsylvania, including Philadelphia. They are shy animals and do not attack humans or children. They can kill cats and small dogs, but with the abundance of trash in Philadelphia, they spend much of their time raiding our garbage, much like raccoons. Coyotes are amaz-



Coyotes can be hunted all year long in Pennsylvania.

ingly resilient, having been persecuted their entire lives; there is still open hunting season on coyotes every day of the year in Pennsylvania. Foxes mate in January and are usually born in March. Both coyote pups and fox kits will stay in their dens until spring.

Among local birds, pigeons and house sparrows mate in January and are our earliest breeders. Woodpeckers follow in mid-March, along with chickadees, tufted titmice and northern cardinals. Woodpeckers often use the aluminum downspouts found on our houses to establish their territory.

Climate and light influence birthing and breeding cycles. Domestic cats, like many wild animals, used to stop having kittens in the fall when days became

shorter and darker. Now, with so much artificial lighting around shopping malls, highways and even residential neighborhoods, cats can go into estrus all year long, and kittens are being born outside in deadly conditions.

In the spring, you might see a nocturnal animal out during the day. If it is acting appropriately (i.e., running away from humans), it often is a female foraging for food for her screaming, hungry offspring. Females need increased calories themselves when they are nursing, and if they aren't successful hunting/foraging during the night, they are pressed to hunt in daylight hours. Often too, nocturnal animals are disturbed by dogs, humans and construction crews and are forced to flee their home base. So as long as a nocturnal animal

is running away from humans and not circling, falling or foaming, there is no need to panic.

When we have days with 70-degree temperatures in winter, even hibernating animals awaken in a confused state. Bats often wake up thirsty and dehydrated and may be seen flying outdoors or even inside homes, looking for a quick drink. Please do not put a bat outside in the winter, when there are no bugs to be found. Bats also cannot fly for any length of time in cold conditions. A bat that awakens and becomes active during the winter needs to be overwintered at a licensed wildlife rehab facility that can accept rabies vector species — Philadelphia Metro Wildlife Center in King of Prussia, for example.

Animals can use a hand from us to get through the winter. Consider putting a shelter in your yard filled with straw, not fabric, which retains moisture and will freeze. Straw is an excellent insulator and allows animals to burrow into it. Heated bowls or heating elements in birdbaths can be lifesavers for dehydrated animals when all water sources are frozen.

Wild animals would prefer to not live in such close proximity to humans, but they don't have a choice. They need us humans to be tolerant and compassionate of their circumstances. The skunk or groundhog under your shed is simply trying to survive.

Brenda Malinics is a wildlife rehabber and cat rescuer. Reach her at brendasrescues@gmail.com.

COMMUNITY AT TEMPLE AMBLER

March 2019



- Temple University Ambler at the Philadelphia Flower Show - March 2 to 10**
- Bringing Great Plants to the West - March 5**
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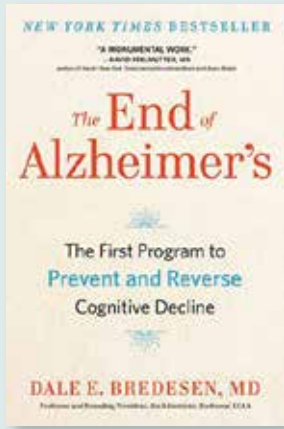
The Case For an Individualized Approach to Alzheimer's

The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline

By Dale E. Bredeesen, M.D.

Penguin Random House, 2017

\$27 hardback/\$16.06 paperback



The Case For an Individualized Approach to Alzheimer's

by Josh Mitteldorf, for the Shuttle

DALE BREDESEN HAS BEEN ON THE TRAIL OF ALZHEIMER'S DISEASE FOR HIS ENTIRE career. In the 1990s, he studied cell cultures of brain cells in the lab, and for years, was looking for a magic pill — that's what everyone wants. But his wife is a functional medicine practitioner, and addresses the underlying causes of disease using a systems-oriented approach. She told him any solution to Alzheimer's would have to take that tack, and be adjusted to each patient's individual conditions. Ten years later, that's what he found himself doing.

In *The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline*, Bredeesen lays out his case for a whole-body approach to the disease. His protocol consists of a battery of lab tests, combined with interviews, consideration of lifestyle, home environment, social factors, dentistry, leaky gut, mineral imbalances, hormone imbalances, sleep and more.

Some studies estimate that 25 percent of all deaths of age-related disease are really Alzheimer's, and that the disease is growing, as cancer and cardiovascular disease are ever-so-slowly waning. According to the Alzheimer's Association, it is the sixth-leading cause of death in the United States.

Bredeesen contends that his approach has had some spectacular successes with people who are far along the path to oblivion, restoring their ability to function, and returning them to their homes and their jobs. He believes there is no longer any need for anyone to suffer symptoms of Alzheimer's, and that, if started early, his program will prevent the disease from developing.

I believe Bredeesen has given us a generalized anti-aging protocol, perhaps the most credible system that we have at present. Furthermore, he offers a new paradigm for medical research. We have been dependent far too long on drug companies focusing on a single, patentable drug at a time. We need to be creating and testing entire protocols for integrated diagnosis and individualized treatment programs.

This search for a cure-all has been the primary factor slowing the acceptance of Bredeesen's work. Who knows what other breakthroughs will come to light once we steer away from that path?

More information can be found at DrBredeesen.com.

How to Manage Your Freezer Backstock

by Betsy Teutsch, for the Shuttle

MOST OF US TAKE OUR FREEZERS FOR GRANTED. THEY'VE BEEN AROUND FOR nearly a century, and we've lost our sense of wonder, but freezers are a transformative technology. Whether it's a small freezer-refrigerator combo or a standalone model, this appliance vastly multiplies how much food a family can safely keep on hand and extends its shelf life exponentially.



Freezers are great for stocking up when foods are on sale or in season. Tossing leftovers into the freezer prevents the spoil-and-toss pattern with which we are all familiar. Planful cooks use the freezer to prepare food when time is abundant, defrosting it when time is tight. Doubling a recipe is not twice as much work, and stashing half in the freezer provides a future meal. In a way, this is freezing your labor and thawing it later, a kind of magic.

Using a freezer provides all these benefits, but it has a significant downside. We all tend to stash UFOs — Unidentified Frozen Objects — that will later require significant research to identify. Foods that are stored too long dry out and develop an off taste. Generally, food stored more than six months will have declined in appeal. Thus, managing one's freezer stock requires two kinds of discipline: labeling food, ideally with a date, and systematically consuming what is stored before it loses quality.

My family observes Passover fairly strictly. This means getting rid of leavened bread, baked goods and pasta in advance of the holiday. In time, I realized this challenge afforded an opportunity to make sure nothing in our freezer was there more than a year, reducing our food waste.

How long does it take to empty a refrigerator freezer? After several years of trying and failing to do it in the month before Passover, I now know it takes me about two months.

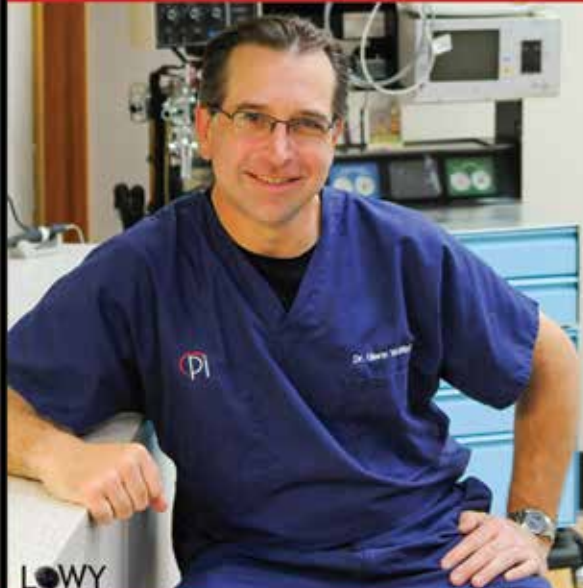
You don't need to observe Passover to test this out at your house. The first step is to stop purchasing frozen food; instead, eat out of the freezer. Many of us have freezers so stuffed it's hard to know what the hell is in there. Reducing the contents makes it easier to see what you actually have. Experts on reducing food waste observe that we eat what we see. Hence, discovering long-hidden foods will encourage you to consume them before they are too old to be appealing and wind up in the waste stream.

If you get serious about emptying your freezer annually, you then need to plan meals around what you already have, instead of shopping for new foods. This may require some creativity.

We have created a hashtag for folks who want to empty their freezers as a spiritual process: #ZeroWastePassover. All are invited to post "before" and "after" pictures on Instagram, where we can support each other in this challenge.


Betsy Teutsch is the author of the upcoming "100 Under \$100: Tools for Reducing Postharvest Losses."

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DIY Soaking and Sprouting to Maximize Your Nutrient Intake

by Dorothy Bauer, Weavers Way Neighborhood Nutrition Team

WE'VE LOST TOUCH WITH OUR ANCESTRAL HERITAGE of food preparation. Most traditional cultures naturally soaked and sprouted seeds, nuts, grains, and legumes. But this step is rarely taken in large-scale food production because it's time consuming and affects the bottom dollar. However, it's inexpensive and easy to soak and sprout at home. Water will neutralize many of the enzyme inhibitors and increase the bioavailability of many vitamins, especially Vitamin B.

All nuts, seeds, legumes and grains have enzyme inhibitors, which serve as a plant's natural preservative and self-defense system. These get released when soaked and when sprouting begins. Lectins and enzyme inhibitors block the absorption of vitamins, minerals and protein. Soaking activates the dormant enzymes, waking them up and readying them to burst into life. Soaking also releases vitamins and makes grains, beans, nuts and seeds more digestible.



In the spirit of nourishing traditions, soaking raw nuts, seeds, legumes and grains — in filtered water overnight, or for at least four hours — releases enzyme inhibitors, insuring a more nutrient-dense food. Soaking and sprouting also dramatically reduce, if not completely eradicate, the anti-nutrient content that can impede optimal absorption of vitamins and minerals.

Soaking removes phytic acid and reduces tannins, so the nuts, seeds, grains and legumes can be absorbed correctly for proper digestion. In short, this process improves their nutrition and bioavailability.

After soaking, you should rinse these items thoroughly in a colander. The wet components can be used as part of a recipe (a pâté, for example), to make sprouts, or preserved by dehydrating.

I like to have pantry-ready staples, so I soak and dehydrate as soon as I bring nuts and seeds home. Spread what has

been soaked in a thin layer on a baking sheet or dehydrator tray lined with a water barrier to dry. Keep in mind that enzymes lose viability at 118 degrees, so you should dry in a dehydrator — I like Excalibur — if possible. You can also use your oven at the lowest temperature it will allow and with the door propped open. Many newer models of stoves even have a dehydrating setting. The drying step is important to remove the moisture and avoid mold.

Sprouting optimizes the nutritional content of your food. Vitamin E, which boosts immune systems and protects cells from free radical damage, can be as high as 7.5 mg in a cup of broccoli sprouts, compared to 1.5 mg in the same amount of raw or cooked broccoli. Sprouts are also an excellent source of fiber, manganese, riboflavin and copper, along with smaller amounts of protein, thiamin, niacin, Vitamin B6, pantothenic acid, iron, magnesium, phosphorous and potassium. That's a lot of nutritional bang for your buck.

There are a variety of accoutrements to facilitate sprouting: a simple mason jar fitted with a screen, a stacking tray with a screen, or a colander fitted over a bowl all work well. The most important step is frequent rinsing to manage the growth of bacteria; at least twice a day is advisable. Allow the sprouts to grow 1/8- 1/4-inch tails or whatever you like. Then enjoy them at their enzymatic peak, and let their life force become you.

Dorothy Bauer holds certificates from Living Light Culinary Institute, Optimal Health Institute and Premiere Research, and mentored with renowned raw-food chef and author Elaine Love. Healthy food and lifestyle are her passion with a particular focus on a gluten- and dairy-free, low glycemic diet.



What the Team Has in Store

MARCH: Combining beans and grains in a single meal has a long, rich history in ancient culinary practices. The Neighborhood Nutrition Team will teach you the benefits of soaking beans and sprouting, how to shop bulk, and even sneaking beans into your brownies, with a special workshop for kids!

NEIGHBORHOOD NUTRITION TEAM OPEN HOURS AT WEAVERS WAY AMBLER:

- March 8, 3-5 p.m.
- March 12, 1-3 p.m.
- March 18, 10 a.m.-noon
- March 29, 3-5 p.m.

WORKSHOPS

See listing on Page 22, or visit www.weaversway/coop/events.

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Love Your Belly for Better Health

by Margaret Kinnevy, for the Shuttle

WHAT DO HUMANS AND DOGS have in common? They both like to have their bellies rubbed.

Ten years ago, when I first heard of abdominal massage, it seemed like a no-brainer. I knew that improved blood flow and releasing tension can be powerful medicine. I consulted a few wise massage therapists, who told me “Emotions are stored there. I can’t open all that up.” Or “The major organs are there, so I don’t go there. It’s not safe.”

Those were valid considerations, but what a loss. With improved neurovascular flow to the vitals, many functions could be supported with low-tech, low-cost therapy. So I began to teach people how to rub their own bellies safely, and most of them love it.

Amazing Alimentary Canal

The communities of microorganisms in our digestive tract are known as the gut microbiome, which works closely with a well-connected neighbor, the vagus nerve. It wanders like a vagabond, sending out sensory fibers from the brain stem to the visceral organs. The vagus nerve gets into everyone’s business, relaying information to and from the brain.

The microbiome and the vagus nerve are getting lots of recognition these days as more attention is paid to how things work well within, and how to keep it that way. If something does not feel right, taking care of small

perturbations with some self-care will prevent diseases down the line.

Abdomen Anyone?

The abdomen refers to the area that is below the diaphragm and above the bones of the pelvis, and includes all the organs and tissues located within that area. Most call this middle area the stomach.

Before we eat a meal, or grow a baby in there, the abdomen is already full. The visceral

organs are held together loosely by connective tissues that allow them to expand and slide against each other as we bend and twist. They are nourished and cleansed by blood and fluids circulating in and out of all sorts of vessels. The abdomen houses many components of essential systems, including those that govern digestion, elimination, immunity, sexuality, and fertility.

Love Your Belly

As you get to know the workings of your center, and give it the attention it deserves, you may find yourself eating better, moving more, and laughing a lot. You may even start rubbing your belly.

Margaret Kinnevy RN, LAc, helps her patients improve abdominal health by massaging the abdomen and low back.

The Health and Wellness March 30 workshop on Belly and Back Health will be held at the Healing Arts Studio in Chestnut Hill at 3 p.m.



Ambler EAC Offers Workshops to Reduce Runoff

by Erin Landis, for the Shuttle

The Ambler Environmental Advisory Council is working to reduce stormwater runoff in Ambler, but we need the help of all our residents.

Ambler’s EAC volunteers work with our municipal government to build a culture of stewardship and implement projects that will benefit the community and the environment. The EAC coordinates annual tree plantings, an April EarthFest, and much more. Over the next two years, Ambler EAC is committed to installing hundreds of stormwater management tools throughout the borough.



Stormwater refers to rainwater that runs off impermeable surfaces (like pavement, sidewalks, and roofs) during rainstorms. In a natural area, almost all rainfall soaks into the ground or is absorbed by vegetation. But in urban areas, most of the rain runs off roofs and travels through downspouts, as well as over land, to street sewers that convey it directly to nearby streams.

The huge increase in the volume of stormwater during rainstorms greatly increases the risk of flooding, causes erosion, and decreases the quality of water in streams. Trash and pollutants from our streets and driveways run off into the Wissahickon Creek, which is the source of drinking water for many Philadelphia residents.

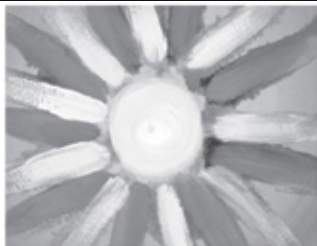
Ambler residents can help with this issue by coming to a workshop, then selecting to install one or more of the following subsidized green stormwater infrastructure tools:

- **Rain Barrels:** A 55-gallon barrel gets connected to a downspout to capture rainwater draining from part of your roof. The captured rainwater can be used to water nearby plants and gardens during dry periods. (\$25)
- **Rain Gardens:** Rainwater flowing off impermeable surfaces gets directed to a constructed depression in your yard that is planted with wet-loving, long-rooted plants that soak up rainwater. The rain garden is designed and installed by a professional. (\$1,300 subsidy)
- **Downspout Planters:** One of your downspouts is directed to an attractive planter box, where plants filter the water, and keep some of it from running off your yard. (\$100)

Ambler residents who install one or more of these tools will beautify their property, decrease flooding, reduce pollutants in our creeks, and help their neighborhood with stormwater issues.

If many of us implement these tools, the combined effect will contribute significantly to a larger solution to our stormwater issues. Please visit the Growing Ambler Greener website (www.growingamblergreener.com) to find out more.

Erin Landis is a member of Ambler EAC.



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WORKSHOPS

Awbury Will Fete Natural Fibers in '19



Weavers Way members Judy Donovan and Bridget Flynn at Awbury Arboretum's January Rock Day Celebration

AWBURY ARBORETUM IS SPOTLIGHTING NATURAL FIBERS THIS YEAR BY DECLARING 2019 the "Year of Natural Fibers," in association with the Philadelphia Guild of Handweavers.

Natural fibers are materials obtained from an animal, vegetable or mineral source — think wool, silk, flax and cotton, for example. The Handweavers Guild, one of Awbury's community partners, helped kick off the year's events in January by demonstrating hand and drum carding, spinning on antique and modern wheels, and weaving.

Awbury will be offering a monthly series of workshops and classes throughout 2019, many of which are suited to both adults and children. Classes will be taught by members of PGHW who are also Co-op members. Topics include natural dyeing, repurposing clothing crafts, eco-printing and historical lectures on the fiber mills of northwest Philadelphia, quilts from the Underground Railroad, and more. For details, visit www.awbury.org.

If you would like to see what the Philadelphia Guild of Handweavers is all about, please visit our annual juried "Celebration of Fibers" exhibition at our guild house, located at 3705 Main St. in Manayunk. Admission is free. The exhibition opening is Friday, March 22, from 6-8 p.m., and the event runs through Sunday, March 31. Please go to www.pghw.org for more details and specific hours.

MALT NEIGHBORING COMMUNITIES

ARTS SALON SERIES

Wisher's poems are musical, playful, and brutal, and she infuses spoken language with blues-informed cadence to engage themes of intimacy, power, and identity."

— The Poetry Foundation

YOLANDA WISHER

V SHAYNE FREDERICK

An afternoon of poetry and jazz in support of MALT!

Germantown resident and recent Philadelphia Poet Laureate Yolanda Wisner is one of several local performers invited to show off their talents while raising money for the Mount Airy Learning Tree (MALT) Scholarship Fund. MALT's upcoming Neighborhood Arts Salon will be held on Sunday, March 10, from 4-6 p.m., and is one in a series of events planned by MALT to encourage neighbors to engage with each other while raising funds for the organization.

"Our mission is to enrich our Northwest Philly community by providing opportunities for diverse neighbors to connect and come together through common interests," said Stephanie Bruneau, MALT's executive director. "Usually, we do this through our courses, enabling neighbors to teach neighbors in informal learning environments. In this instance, though, we are bringing neighbors together through poetry and music."

Wisher will be accompanied by area pianist/vocalist, V. Shayne Frederick.

This event supports the MALT scholarship fund, and is generously sponsored by InsideOut Home Solutions and Kismet Cowork - Chestnut Hill. A generous reception will follow the performance.

\$20 tickets are available at: <http://bit.ly/MALTsalon>

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Sunrise Movement to Meet in Mt. Airy, Shed Light on Green New Deal

by Lynne Iser, for the Shuttle

THE INTERGOVERNMENTAL PANEL ON CLIMATE Change reports that we have just over a decade to get carbon emissions under control before catastrophic climate change impacts become unavoidable.

For decades we have been hearing about this impending climate crisis, and many have marched, lobbied and signed petitions.

In the past few months, young activists have formed the Sunrise Movement and have lobbied Congress, demanding that Democrats in the House support the Select Committee for a Green New Deal. This group will be at Mt. Airy Nexus on March 12 from 4-9 p.m. to talk about their organizing efforts and encourage others to get involved.

Green New Deal bills were introduced into the House and the Senate on Feb. 7. The measures are an effort to shift to a more equitable, clean energy economy that leaves no one behind. There are several key goals:

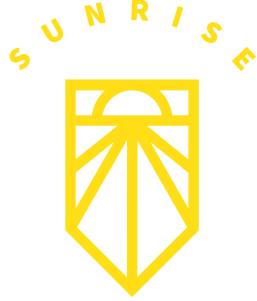
1. Tackling the climate crisis by meeting 100 percent of the power demands in the U.S. by using clean, renewable, and zero-emission energy sources by 2030.
2. Creating good paying “green” jobs.
3. Counteracting racial and economic inequity.

This is part of a coordinated plan that includes voter registration/electoral work, supporting local environmental fights, and campaigning for the passage of the legislation.

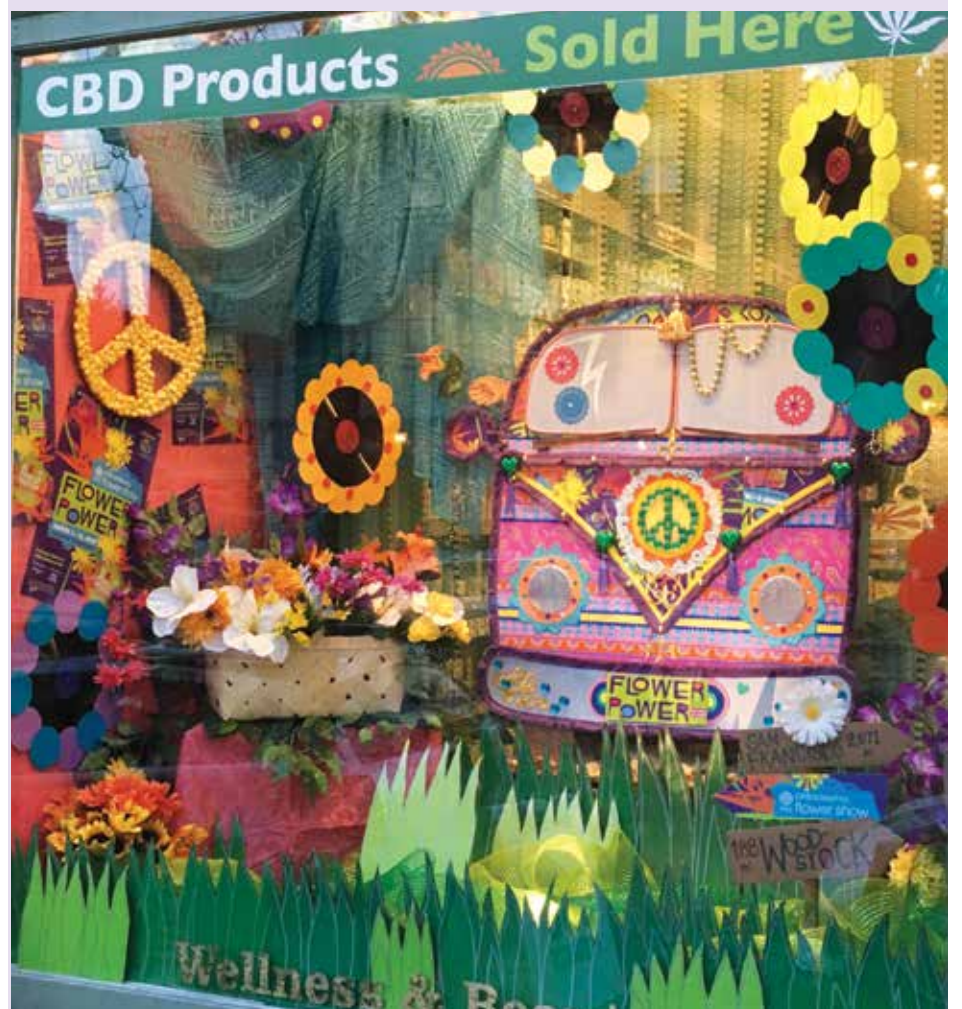
The plan isn’t perfect, but it is a start towards tackling all three of these goals, recognizing that climate change and inequality are intertwined problems that require intertwined solutions. These policies also offer a big opportunity to galvanize momentum toward systemic change.

Mt. Airy Nexus is located at 520 Carpenter Lane. For more information and to RSVP: www.weaversway.coop/event/sunrise-movement-here.

Lynne Iser is a local activist and organizer who is an “elder ally” of Philadelphia’s Sunrise Movement.



Our Window is Outta Sight!



The Philadelphia Flower Show is coming up March 2-10, and our Next Door artists Lauren Todd and Chris Mallam have put together a righteous entry for this year’s window display contest, highlighting the show’s theme, “Flower Power.”



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Penn Program Delves Into the Details of Climate Change

by Sandra Folzer, Weavers Way Environment Committee

TWO COMMITTEES IN THE HOUSE OF REPRESENTATIVES spent the past month talking about various aspects of climate change, with an emphasis on the economic impact of 500-year floods, mudslides and extreme heat. But last fall, a presentation at the University of Pennsylvania sponsored by the Center for Public Health Initiatives took a more global approach, detailing the many aspects of life affected by this environmental crisis, and what we need to do about it.

Judge Alice Hill, former Director for Resilience for the National Security Council, talked about the general lack of knowledge about climate change in the population. Most people learn from the media, and 61 percent don't see a relationship between climate change and human behavior, she said.

William Braham, professor of architecture at Penn, said the U.S. needs to construct buildings that can survive climate change. The University's goal is to be carbon neutral by 2042.

Laurel Redding, assistant professor of epidemiology at Penn's School of Veterinary Medicine, described how climate change affects animals. Near San Francisco, sea lions are dying because algae has released neurotoxins and they can't navigate. They used to roll in urine-soaked surfaces, which gave them needed antibodies. Now with less surface, they have less protection.

Howard Kunreuther, James G. Dinan professor at Penn and co-director of the Risk Management and Design Processes Center at the Wharton School, talked about the shortsighted American mindset, which is resistant to planning for the future. An example is the homeowner who doesn't put a fireproof roof on the house to guard against wildfires because it is too ex-

pensive. The bias is, "It's not going to happen to me," even though statistics say otherwise.

According to a 2014 report mandated by Congress and reported in the New York Times, if the U.S. doesn't rein in climate change, we will lose 10 percent of our economy by the end of the century. Projected costs include \$141 billion from heat-related deaths, \$118 billion from sea level rise and \$32 billion from infrastructure damage.

The goal of the Paris Accord was to avoid global temperatures rising more than 2 degrees Celsius (3.6 degrees Fahrenheit) above preindustrial levels. With a rise of 2 degrees, Arctic ice is 10 times more likely to disappear over the summer, along with most of the coral reefs. Once that happens, one-third of the world's population will become exposed to extreme heat waves, 411 million will be exposed to severe urban drought, and flooding from sea level rise will affect 80 million.

According to NASA, the planet's average surface temperature rose about 1.62 degrees Fahrenheit since the late 19th century. In July of last year, the following places recorded these high temperatures: Montreal, 98°; Chino, CA, 120°; Guadalajara, Mexico, 103°; Algeria, 124°; and Pakistan, 129°.

If we can hold to only a 1.5 degree Celsius rise, then the Arctic ice may survive the summer and coral reefs will be damaged but not wiped out. Those affected by extreme heat waves will drop from 37 percent to 14 percent, and the population affected by urban drought will drop by 60 million.

But as of now, no industrial nation is posed to meet either the 1.5 or 2 degree Celsius goal.

environment@weaversway.coop



eco tip



Two Steps You Can Take to Impact Climate Change

by Marsha Low, Weavers Way Environment Committee

I think we can agree that climate change is the biggest threat to life on Earth that we've ever faced. While large-scale and systemic actions by governments and global corporations need to be taken to combat climate change and ward off its worst effects, there are things that individuals can do that could have a big impact. Here are two: eliminate or cut back on air travel, as well as consuming meat and dairy.

Cattle contribute large amounts of methane, a potent greenhouse gas, to the atmosphere. One cow releases between 70 and 120 kilograms of methane per year. Since methane has a negative impact on the environment that is 23 times higher than the effect of carbon dioxide, the methane release of one cow equals on average about 2,300 kilograms of carbon dioxide. A Japanese study showed that producing a kilogram of beef leads to the emission of greenhouse gases with a global warming potential equal to 36.4 kilograms of carbon dioxide.

Air travel is also responsible for a huge amount of carbon emissions. The International Air Transport Association forecasted emissions for airlines to grow to 897 million tons in 2018. This means that if an individual takes one round-trip flight between New York and California, they will generate about 20 percent of the greenhouse gases your car emits over an entire year. According to the World Bank, the average American generates about 16.4 metric tons of carbon dioxide per year. A round-trip flight from New York to San Francisco emits about .9 metric tons of carbon dioxide per person — about one-eighteenth of a typical American's carbon emissions for an entire year.

Yes, you're one individual. But if millions decided to cut back on meat consumption and airline travel, imagine what an impact that would have.

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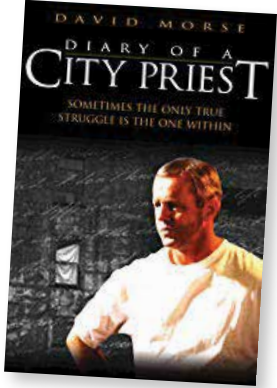
Donations support Weavers Way Environment Committee's Environmental Grants program. Recycling services provided by PAR-RecycleWorks. For more information go to: www.PAR-RecycleWorks.org

OMC to Host "Diary of a City Priest"

FATHER JOHN McNAMEE, LONG-time pastor of St. Malachy's Parish in North Philadelphia and subject of the 2001 film "Diary of a City Priest," will be present for a screening and discussion of the movie Sunday, March 10 at 2 p.m., at Our Mother of Consolation Parish in Chestnut Hill.

The film, written and directed by Eugene Martin and starring Chestnut Hill resident and Co-op member David Morse, is a dramatic portrayal of a year in the life of McNamee. The priest reflects on the challenges of ministering in a neighborhood plagued by the many problems associated with poverty and where few residents are Catholic. His journey is guided by a handful of saints and other inspirational figures, who reveal themselves to him at key moments.

The screening is free and takes place in the parish hall. Snacks will be available. Advance registration is appreciated, but not required. To RSVP, email Sister Christine Konopelski, SSJ, at christinessj@omcparish.com by Wednesday, March 6.



'Tis the Time for Irish Soda Bread — Traditional and Gluten Free

by Dianne E. Dillman, for the Shuttle

AS ST. PATRICK'S DAY APPROACHES, THE IRISH IN me craves soda bread. Authentic Irish soda bread is nothing like our Irish-American version, which is enriched with butter, sweetened with sugar, and studded with raisins and caraway seeds. The true version is a plain bread born of necessity and poverty. It's made from either whole wheat or white flour mixed with the milk that soured while sitting unrefrigerated on the kitchen counter, leavened by baking soda and flavored with salt. It could be mixed swiftly and easily, baked and put on the table within an hour. There was no need for costly and perishable yeast, nor for a warm kitchen for rising a yeasted loaf.

Despite its common roots, this basic Irish soda bread is quite delicious, especially if topped with heavenly Irish butter. It's featured in fine restaurants all across Ireland.

Today's bakers are further updating the traditional loaves and creating healthier versions of savory loaves. My take includes oats, nuts, seeds, coconut oil, and maple syrup to create a dense and chewy loaf. It's perfect for accompanying soup or stew on a chilly evening, or as a base for cheese and smoked meats. Though best the day it's made, it readily reheats in the oven, and slices are delicious when toasted. Also, it happens to be gluten free.



Seeded Irish Soda Bread

- 2 cups hot water
- 2 Tablespoons coconut oil
- 2 Tablespoons maple syrup
- 1 2/3 cups old fashioned rolled oats
- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 4 tbs. flax seeds
- 1/4 cup chia seeds
- 1 tbs. hemp seeds
- 3/4 cup unblanched raw almonds, hazelnuts or walnuts, or a combination
- 1 tsp. fine sea salt
- 2 tsps. baking soda

Mix the hot water, coconut oil, and maple syrup in a large bowl and stir until the oil melts. Add all of the remaining ingredients and stir well. Let it rest on the counter, stirring occasionally, for 2 hours or until the dough is very thick and readily separates from the bowl.

Make sure your rack is in the center position and preheat the oven to 350°

Butter or oil lightly an 8" x 4 1/2" loaf pan. Line the bottom and sides of either the long or short side of the pan with parchment or wax paper and leave enough paper to serve as handles for easy removal. Butter or oil the paper.

Fill the pan with your firm dough and press down to release air bubbles and to even out the surface.

Bake for one hour. Remove the bread from the pan and the paper from the loaf. Place directly on oven rack and bake 15 more minutes.

Let cool completely on a rack. Store leftovers, well wrapped, in the fridge.

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AS A RESULT OF ALL WE DO:

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

Friends of the Wissahickon and Weavers Way: Sharing Common Ground

by Maura McCarthy, Executive Director, Friends of the Wissahickon

WEAVERS WAY AND FRIENDS OF THE WISSAHICKON (FOW) HAVE ALWAYS worked together in some way. It just makes sense on several levels. After all, both organizations seek to enhance the community in which our members, friends and neighbors live and work. And we share a commitment to the environment and stewardship of precious resources, whether it's local and organic farming or the infrastructure and habitat of Wissahickon Valley Park.

In mid-2015, Weavers Way and FOW decided to solidify the relationship and started developing ways to work together in a more direct, strategic way. Long-time Co-op member and FOW Trail Ambassador Shelley Brick played an integral role in connecting



our outreach staffs as we started planning joint projects. Our first initiative: this column in the monthly Shuttle. Then came inviting Co-op working members to participate in FOW volunteer service days to satisfy some or all of their annual required work hours. We share each other's materials. And Weavers Way has generously donated food for some of FOW's events and taken out ads in our annual calendar.

We greatly value our partnership with Weavers Way, so we're excited to announce FOW's newest mutually beneficial endeavor, which launches this spring: a series of guided hikes for new Co-op members. Folks who have just joined Weavers Way will be introduced to FOW's history and scope and will learn how its mission ties to that of the Co-op, all while experiencing the trails first-hand and earning two hours of working member credit for participating.

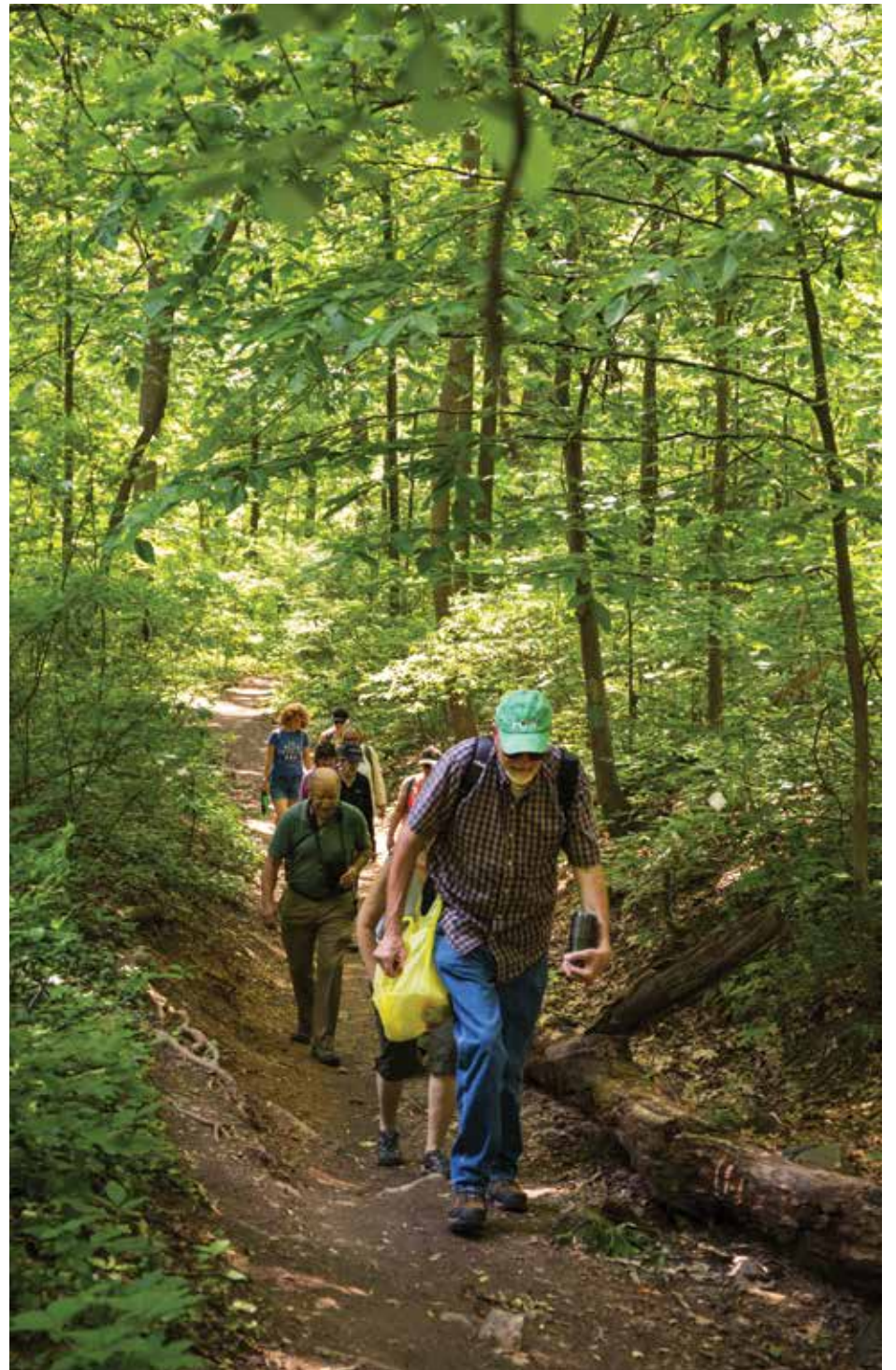
These new Member Hikes were conceived as a way to encourage Weavers Way member-owners to explore the Wissahickon Valley as a defining feature of the neighborhoods both they and FOW serve. Participants will also learn how they can continue to earn Co-op work hours by volunteering with FOW.

Members of FOW who are not member-owners of Weavers Way are also welcome to participate in the New Member Hikes. Both organizations will have information and membership materials available.

Three New Member Hike dates have been scheduled for 2019:

- Saturday, May 4, 1-3 p.m.
- Sunday, July 14, 9-11 a.m.
- Sunday, Oct. 20, 1-3 p.m.

Space at each hike is limited to 30 total participants — 15 from Weavers Way, 15 from FOW. Register at either fow.org/events or weaversway.coop/events.



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The Passionate Gardener

Artichokes Need Extra Tending, But Are Worth the Trouble

by Ron Kushner, for the Shuttle

ARTICHOKES (*CYNARA SCOLYMUS*) are perennials, grown for their edible stalks and flower buds. They are believed to be native to the central Mediterranean area in Italy. Today, artichokes are mostly produced commercially in the mild, humid climates of California and Florida, but they can grow in many other zones. They need 100 frost-free days, a sunny, well-drained site and some winter protection in colder climates.

There are two main artichoke varieties: 'Green Globe' for warmer climates, and 'Imperial Star,' grown as an annual. The plants are large and resemble thistles, and produce for almost a decade. In warm areas, some afternoon shade should be provided, as high temperatures can stunt the buds and make them tough.

You can replant dormant root divisions, but seed-grown plants will mature earlier. Before sowing, it is recommended to refrigerate seeds in damp peat moss for two weeks to promote germination. (Actually, I skip this step with my own seeds and most germinate just fine). Plant seeds a half-inch deep in four-inch pots, six to eight weeks before the last frost. Place in a warm, south-facing window and keep the soil moist. A pH range of 6.5 to 7.5 is ideal. Once the seeds germinate, give them a taste of cool temperatures for a



Green Globe

few weeks to make them feel as though they've gone through a winter. I put my plants in my garage.

The ultimate bed should contain lots of compost and aged manure. Place each plant about three feet apart in all directions. Also, protect against any late frost. As the weather warms, mulch to keep the soil moist. Salt hay or chopped and shredded hay and straw is best. Water frequently when temperatures exceed 75°. Feed weekly with fish fertilizer, as they are heavy feeders.

In Zones 7 and 8 the plants can overwinter in the ground. After the first killing frost, strip off any dead foliage and completely cover the plants with mulch, a cardboard box or a bushel basket with some soil to hold it in place. In spring,



Imperial Star

once the ground begins to thaw, uncover the plants completely to let the soil warm up.

In most areas, it is easier to treat globe artichokes as annuals. Dig up roots, brush off soil and cut the stems a few inches above the crown. Store roots in mesh bags in a cool, frost free location. Replant in the spring.

Keep an eye out for aphids, caterpillars and slugs, and treat as required. Harvest the buds when they are the size of a baseball before they open, with an inch or two of stem attached. Refrigerate if you can't steam them immediately. They will last a couple of weeks. Try to leave some buds to mature in the garden and flower in the fall. They form a striking purple, thistle-like flower.

Here is a recipe that was my mother's favorite:

Steam a bud for about 45 minutes in a pot with a lid until you can pull out a leaf easily and the "meat" slides off easily with your teeth. Drain the water and let it cool.

Very carefully, ease the leaves outward, opening the bud to expose the "choke" inside (the stringy covering over the heart). With a spoon, again, carefully scrape off all the stringy parts, exposing the heart. Gently close the leaves back in place.

Place each bud in a plastic, zip-lock bag and douse with any Italian dressing of your choice. (I use Newman's Own Italian). Place in the refrigerator for three days so the leaves and heart become totally marinated.

Serve cold as you would a salad. No need for drawn butter, any sauce or dip. Enjoy.

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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.

I happened to read this on a Kettle Chips bag: "guaranteed fresh and delicious." Guaranteed delicious? A few dictionary definitions define delicious as "very pleasant, esp. to taste or smell." As I recall, taste and smell are two of the five senses people possess.

My read of the five senses is that they are all pretty subjective. Being licked by a dog feels good to some, but not to others. Cilantro tastes good to some people but not to others. Perfume smells good to some people but not to others. How can Kettle guarantee something that depends on senses, which vary by individual? They can't, hence it's fake news, empty marketing language.

Probably it doesn't matter, because very few people read the bag. I wonder if Kettle ever had to make good on this guarantee and if they did, what was the remedy? Did they have to make a chip to appeal to the complainant's taste buds? Of course, given human propensity toward certain tastes — salt, fat, sweet (the naturally occurring starch in potatoes is a little bit sweet) — maybe it's not such a bad gamble after all.



suggestions and responses:

s: "In my memory we have always had single yellow organic onions — not just sweet or red. Please bring them back."

r: (Jean, MA) Organic yellow onions are back!

s: "Did you stop carrying the Mi-Del 'regular' ginger snaps? Haven't tried the gluten free. Can I return them if I'm disappointed with the flavor?"


r: (Matt, MA) We didn't stop carrying them intentionally. They're a long-running out of stock at our supplier. They've returned. Also, you can return anything you find unsatisfactory. Ask a staffer for details.

s: "Would it be possible to stock the Metropolitan Bakery Oatmeal Raisin cookies? They're delicious! My sister loves them too!"

r: (Jenna MA) Yes! They've started coming in on Fridays. Depending on how they sell, they may be a regular item.

s: "Why are Bearitos Tortilla Chips (large bag) discontinued? They're the best corn chips — even my family from the Southwest agrees!"

(Continued on Next Page)





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(Continued from Preceding Page)

r: (Matt MA) I've reached out to both our supplier and Bearitos to find an answer to this question. So far, the only answer I've received is confirmation that they were in fact discontinued from our supplier. Neither will tell me who is responsible for the discontinuation or why. We're trying to find an alternative source. We're all as disappointed as you are.

(Norman) Often these kinds of long term, unexplained out of stocks are a result of a conspiracy. Infowars has published a story that because of their triangular shape, Bearitos trigger the memory of colonial times, when tri-corner hats were popular with the likes of George Washington and his peers. As they were seen as revolutionaries willing to bear arms against the established order, so agents of our current shadow government, fearing a similar revolution, sabotaged the Bearitos Tortilla chip factory as a test to see the public's reaction, before moving on to the real target, Doritos.

s: "I am extremely curious as to why you're selling rice pudding at such an exorbitant price. Rice is inexpensive & the Acme Market has the very same brand for far less. Please explain. \$5.95/lb. is not reasonable when I can purchase the exact same product for half the price!"

r: (Norman) It looks like we are paying too much for this from our supplier. We'll shop around to see if we can get it at a lower cost and lower our price. Thanks for pointing it out.

s: "Please consider alternating your current choice of So Delicious Dairy Free Bars-Dipped Coconut Almond for the unbelievably good same brand Dipped Mocha Almond Bars. Guaranteed they will sell out every time!"

r: (Matt MA) I'll try to see if we have the space necessary to expand our So Deli-

“
How can Kettle guarantee something that depends on senses, which vary by individual? They can't.
”

cious offerings.

s: "Schar makes great gluten-free vegan rolls, baguettes, hot dog and hamburger buns, etc. They are free of most common allergens, and I always have to order them online. Would love it if you would consider carrying it."

r: (Matt MA) We have considered them in the past. I'll revisit our gluten-free bread selection with our bakery buyer. In the meantime, contact me if you are interested in information about ordering Schar products by the case (matt@weaversway.coop).

s: "Why do members take all the chunky items in the soups, just leaving the broth?"

r: (Norman) Buying hot soup out of the self-serve pot triggers our primitive foraging instinct to get as many calories and nutrients as possible for a given amount of physical effort. It's natural selection at the soup bar. These members are not as smart as they think however, since the broth often has helpful herbs and provides hydration. You would think in a coop that members would view self serving themselves soup as an opportunity to

demonstrate the egalitarian values co-ops are based on, carefully spooning equal portions of beans, veggies, broth, pasta, meat, etc. and leaving the soup in a state such that subsequent members spooning soup have the same opportunity. However, such is the power of our primitive foraging instinct that it is difficult to overcome without attending one of our new member orientations to learn about the values of cooperation and how to put them into effect in everyday life.


s: "Do we have a gluten-free, dairy-free cookie?"

r: (Norman) Check our packaged cookie shelves; there are usually some gluten-free and dairy-free options. Also, we stock a High Point gluten-free,vegan cookie in Mt. Airy and Chestnut Hill.

s: "Sample of Weavers Way Spinach Artichoke dip is so delicious!"

r: (Norman) Thanks for the compliment! We are not guaranteeing its deliciousness, although we can present a fair amount of testimony attesting to that. We're exploring a new program that combines the democratic value of voting with the sensation of deliciousness. When we sample products, members will get to vote on whether the product is delicious or not, and for products that get more votes of being delicious than not, we will award them our "CDBPV" seal, which stands for "Certified Delicious By Popular Vote." Of course, we'll have to have auditors to certify all voters actually tasted the product and didn't vote twice. Democratic processes need vigilance to stay pure because we know there are unscrupulous people out there that try to game the system.

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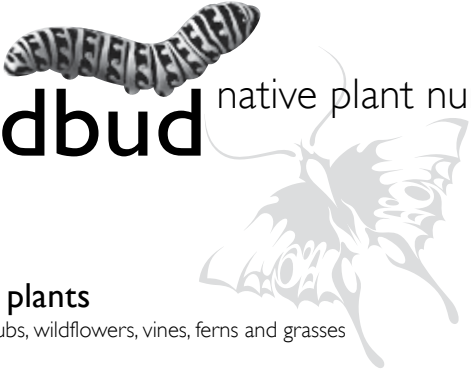
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Building Resilience in the Face of Constant Change

(Continued from Page 2)

of six and it appears they visited the farm most every night in the fall. We experienced a similar problem with groundhogs. In the past, we've made notes on what percentage of a particular planting they affected; this year, it felt like we were noting what percentage of the farm they affected. Needless to say, 2018 was one of the more challenging years we've ever had at the farms in terms of production.

Working to Zig and Zag

In the face of a constantly changing environment, we are adjusting our techniques to remain as resilient and efficient as possible. From a production perspective, the main innovation on the farms is an expansion of low-till techniques to improve soil health.

Everything on the farm comes back to soil. The healthier your soil, the healthier your plants, and the more resilient they are to pests, disease and extreme weather. Consequently, the better are your yields. To achieve this, we have been tilling and spading less, and mulching and tarping more.

Tarping is a low-impact method of breaking down organic matter and suppressing weed growth without churning the soil with machinery. In essence, we are trying to disturb the soil as little as possible to increase the diversity of the soil micro-ecosystem. As a result, in 2018 we observed a promising improvement in weed suppression and water retention.

Another promising trend is the increase in yield from our orchard. This season included our largest paw paw, hazelnut and Asian pear harvests, yet. Perennial trees have deep roots that are more adept at withstanding extreme weather changes, so I'm particularly grateful for the foresight involved in planting the orchard six years ago.

From a labor perspective, we tweak our staffing structure every year to meet our changing needs. In 2018 we added part-time help on harvest days and at the farm market. This contributed to more efficient harvest days, allowing more time for field maintenance.

It also equipped the farm market with more staff to better serve the growing customer base without taking farm staff away from valuable field time. We also exchanged the field assistant position at Saul for a second field co-manager, which distributed the responsibilities of the field manager more evenly and was a good fit for our returning staff.

The Farm Market Rolls On

An exciting trend that has remained constant in the last few years is the growing customer base of the farm market. Shoppers are taking advantage of the assortment of farm-grown products, along with additional local items. They are learning about and engaging in the Co-op, the farm, and Saul High School. We were able to hire a Saul student for the third year in a row to work at the market, an invaluable addition to the team. While farm yields and sales were down overall due to the challenging growing season, a better-than-expected farm market season was a boost to farm finances.

Having the Ambler store open for a full year required us to adjust the management of our outlets. We ensured our Ambler customers were able to enjoy a taste of the farms throughout the growing season. Additionally, in an effort to further reduce our small amount of unsold harvest, we increased the amount of "seconds" sold to the Prepared Foods departments. This was a win-win, as they were able to purchase high quality product at a lower price, and we were able to make another sale and reduce our food waste.

While school was in session, we continued to provide a small but steady supply of product to the Saul cafeteria. We also continued to uphold our tradition of donating free CSA shares to a different student and teacher at Saul every week of the season, even in the summer when a few students and staff are still on campus.

(Continued on Next Page)



Photos by Lauren Todd

Top: Henry Got Crops Farm Market.

Farm team left to right: Hannah Holby, Alessandro Ascherio, Lauren Todd, Thalia Monteiro Parr and Nina Berryman.

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(Continued from Preceding Page)

FJC Considers Next Steps to Improve Food for All Program

by Eric Borgstrom, Weavers Way Food Justice Committee

Thanks For the Support

Looking back on this particularly trying season, two assets were key to keeping our farms resilient. I already mentioned the importance of building healthy soils, but that is really only possible with the creative, problem-solving knowledge base of the farm team. Balancing the demands of our various outlets, dealing with unpredictable weather, and making space and time for our communities to enjoy and interact with our farms, all while experimenting with new farming techniques, is no easy task. But with the support of our partners and membership, our team can operate at its best potential. We can do so only because of the economic, infrastructural, community-based and even emotional support of Co-op members and staff, CSA shareholders, teachers, students, customers, and organizations like Food Moxie, Awbury Arboretum, Pennsylvania Horticultural Society, Philly Orchard Project and Penn State Extension, to name a few.

Last year was a scary one for me. Seeing our harvest numbers go down as the rainfall went up was like playing a board game and having the rules change in the middle of my turn. Someone at the PASA conference commented that as farmers, we now need to learn how to do a month's worth of work in a week's worth of time, working around the obstacles of variable weather. But heading into 2019, I know I have the microbes under my feet and the people in our partnerships supporting us.

Look for a more quantitative summary of the 2018 farming season in next month's Shuttle.

nberryman@weaversway.coop

FOR SEVERAL MONTHS, THE WEAVERS Way Food Justice Committee has explored ideas to improve the Co-op's Food For All need-based discount program. The FJC established a task force to discern a process for feedback and to plot a way forward, starting with input from FFA participants, Co-op staff, and members.

Beginning in December 2018, the FFA task force interviewed participants to help identify the strengths and weaknesses of the program. To a person, FFA participants are grateful for and rely upon the discount, and agreed that an increased discount would increase their capacity to shop at the Co-op. The interviews also generated practical ideas to aid all shoppers operating on a budget. To date, nearly 10 percent of the 200 total FFA participants have been interviewed, and the interviews are ongoing.

On Jan. 9, the FJC hosted a town hall meeting at Summit Presbyterian Church to inform Co-op members about the elements of the FFA program and measurables for its usage since its 2015 inception. The committee also heard practical ideas that might enhance the effectiveness of the program, and sought to introduce and gauge interest in proposed improvements.

Two principal ideas emerged from the interviews and the town hall to generate the necessary funds to increase the FFA discount. In the Top Off program, a

member's \$5.29 bill, for example, would be rounded up to \$6, with 71 cents going to a charity or other program. This would have no negative financial impact on Weavers Way and is used by other co-ops, including Mariposa Food Co-op in West Philadelphia. It may be possible for a Co-op member to sign up for a this program for every transaction, or even for non-members to participate.

A second idea is an "opt out" program, in which Co-op members would voluntarily donate their working member or senior discount to help fund charities or other programs. In 2018, the five percent working member discount accounted for \$575,000 in total discounts, whereas the 10 percent senior discount totalled \$200,000 and the FFA program added up to \$50,000.

Weavers Way already has a similar program called High Five, whereby participant shoppers donate five percent of their bill to Food Moxie. In 2019, Weavers Way management is considering expanding this program to permit donations to more local programs, including FFA. We are still engaged in a financial analysis to ascertain what amount would need to be raised to support an increased discount. But if 310, or 10 percent, of the 3,100 Working Member households donated their discount, perhaps sufficient funds would be raised to increase the FFA discount to 15 or 20 percent.

The FJC's immediate focus is on how to increase the FFA discount, but it




Photos by Margaret Shapiro

Miriam Kahn takes ideas from the crowd at the Food Justice Town Hall Jan. 9.


also has gathered many ideas to improve the implementation and outreach to increase participation in the program. Once those objectives are achieved, the FJC will engage in targeted outreach to introduce the Co-op and the FFA program to those in our community who may benefit.

If you would be willing to participate in a Top Off or Opt Out program, email foodjustice@weaversway.coop, and include your name and Co-op number. This is not a commitment, but rather a way to gauge interest among our membership. If you're interested in joining the FJC, we meet on the first Wednesday of each month. All are welcome.



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WEAVERS WAY WORKSHOPS



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](https://www.eventbrite.com) or RSVP via the Events Calendar, www.weaversway.coop/events/workshops. Or do it the old-fashioned way: Email outreach@weaversway.coop or call 215-843-2350, ext. 118.

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.

HERE'S WHAT'S COMING UP

Neighborhood Nutrition Team: Soaking and Sprouting 101

Tuesday, March 5, 6-7:30 p.m., Mt. Airy Nexus, 520 Carpenter Lane, Mt. Airy



Learn the simple steps and health benefits of soaking and sprouting nuts and seeds. Your body will return

its thanks with continued good health! This workshop is presented by Neighborhood Nutrition Team member **Dorothy Bauer**. Free.

John of God Talk

Wednesday, March 6, 7-8 p.m., Mt. Airy Community Room, 555 Carpenter Lane

Iris Wolfson, founder of Alternative Healthcare for Women, leads a discussion about the healing at the Casa of Dom Ignacio in Brazil. Recent events regarding John of God, the medium who envisioned and started the healing center, have shifted how the healings are now occurring at the Casa. Iris will give an update on how the center is running and the powerful healings she has both experienced and observed during her most recent visit.

Stormwater Assessment

Thursday, March 7, 6-7 p.m., Weavers Way Ambler

The **Ambler Environmental Advisory Council** would like to give every homeowner a rain barrel and assess each property's stormwater needs to see if it qualifies for a reduced-cost rain garden, downspout planter or permeable conversion. Join us for one of these educational workshops, where you can sign up for an assessment and help ensure Ambler is doing its part to protect our waterways and mitigate local flooding issues. Free.



Neighborhood Nutrition Team: Cooking with Beans and Grains from Bulk

Thursday, March 21, 6-7:30 p.m., Weavers Way Ambler

Learn to make the most of our fantastic bulk department. Led by Neighborhood Nutrition Team member **Liz Traison Witkin**, this workshop begins with a tour of the bulk section in our Ambler store, followed by a discussion of the best ways to stock your pantry and a variety of recipes including soups, nut butters and even desserts. Free.



Neighborhood Nutrition Team: Dips for Kids

Saturday, March 9, 10-11:30 a.m., Weavers Way Ambler

Bring the little ones to this interactive cooking workshop! Neighborhood Nutrition Team member **Beth Chiodo** will demonstrate how to make kid-friendly dips and treats packed with nutrition and all the while delicious. Children will have the opportunity to taste-test and create hummus, black bean dip and even black bean brownies. Free.

Neighborhood Nutrition Team: Brain and Gut Connection

Thursday, April 4, 6:30-7:30 p.m., Sage Integrative Health, 538 Carpenter Lane, Mt. Airy

More and more research is pointing toward a strong connection between our gut health and brain health. At this workshop, led by Nutrition Team Member **Wendy Romig**, you'll learn about our gut "brain" and how our microbiome is an important control center for our bodies. We'll also discuss foods and herbs that can improve and strengthen this connection.

MORE INFO & TO RSVP: www.weaversway.coop/events or email outreach@weaversway.coop

Nesting House's New Roost



The Mt. Airy Village location of The Nesting House children's consignment shop relocated to the Mercantile space early last month. Owner Chris Kinka says they're using half of the building's total space, which is double the square footage of the old shop. They've added to their baby registry, book and toy sections, feeding and eating, and expanded their used clothing to include sizes 10 through 12.

Photos by Karen Plourde

STAFF CELEBRITY SPOTLIGHT

Dave Hight

Job: Chestnut Hill produce staff

Since When: April 2018

Age: 27

Where he's from and lives now: East Mt. Airy/Frankford, with his fiancé, Ryan Becton, a cleaner at Weavers Way Ambler.

How he got to Weavers Way: He worked at a series of forgettable sales jobs and was unemployed for a couple of years before he landed a job as a dishwasher at Harp & Crown in Center City. The pay was decent, but the atmosphere was toxic. Ryan encouraged him to apply to the Co-op, and he was hired within the month.



Education: He graduated from Germantown High in 2012. He also attended LaSalle University for media arts and the Art Institute of Philadelphia for culinary arts, but didn't finish.

Thoughts on the job: "I love it. I love working with the people. The environment is pretty chill. I can be myself here."

Future plans: He'd like to go back to school for cosmetology and makeup.

Favorite Co-op products: He's "slightly addicted" to Boom Chicka Pop salted caramel popcorn. He also enjoys San Pellegrino sparkling water and blood oranges.

Thoughts on the Co-op: "I love what we do here...it's just like a home environment, almost...I've come to work upset, and then when I start talking to people, the smile just comes on...it's a never-ending cycle of pure happiness, pure positivity."

— Karen Plourde

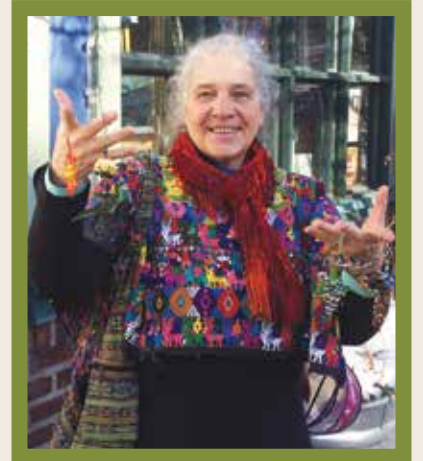
COOPERATOR OF THE MONTH

Grace Gardner

Joined Weavers Way: Late '80s/early '90s. She previously was a member of Ecology Co-op in West Philly and Germantown Ecology Co-op.

Lives in: Germantown

Current job: She has been exporting Fair Trade, handmade goods and fabrics out of Guatemala for 40 years, working with women's co-ops and small cottage industries. Her primary pop-up location is at 18th and Walnut streets Wednesdays through Sundays, but she also sells at street fairs and music festivals. She donates a portion of her profits to Amigos de Santa Cruz, a group that aims to improve the lives of people residing in the seven rural communities of Santa Cruz, Guatemala.



Why she joined: The other co-ops closed. "My principles and my theories of living are co-op based, where you can recycle and buy in bulk and try to make less of a carbon footprint."

Family Facts: She has a son, Jake (27).

Co-op job history: She worked with Susan Stout, then-manager of the Second Floor, to establish a collection of clothing, jewelry and other merchandise at the Co-op, and continued to maintain the inventory for many years. She also pops up her shop across from the Mt. Airy store on Thursdays during the summer when the farmstand is here, and through the fall.

Favorite Co-op products: Anything in bulk. She estimates she does 90 percent of her shopping here.

A little Co-op love: "We're so fortunate in this area to have Weavers Way. It enables us to have a greater community...and offers us the option to not pollute the world as much through the bulk [products]."

— 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 Board's regular monthly meeting is held on the first Tuesday of the month. The next meeting is scheduled for **Tuesday, March 5, 7 p.m.**, upstairs at the Chestnut Hill Community Center, 8419 Germantown Ave.

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

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Upcoming Orientations

Nexus Co-Working Mt. Airy, 520 Carpenter Lane
Wednesday, March 20, 6:30-8 p.m.

Ambler Senior Center, 45 Forest Ave.
Thursday, March 28, 6:30-8 p.m.

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

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