

The Benefits of Food for All, From Those Who Use It

by Pat Albright, for the Shuttle

I GREW UP LOWER MIDDLE CLASS IN WISCONSIN, NEVER knowing much about food insecurity. My experience with poverty began in the early 1970s, when I dropped out of college to be educated in Philadelphia by an activist, anti-war

social justice community and later, by the Wages for Housework Campaign/Global Women's Strike. I lived in a cooperative house where rooms were cheap. We cooked and ate to-

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Food Justice Committee



Community-Owned,
Open to Everyone

The Shuttle

JUNE 2019

Since 1973 | The Newsletter of Weavers Way Co-op

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Good News — and Good Eats — at the Spring GMM

by Richard L. Stein, for the Shuttle

FOLLOWING THE RESULTS of this year's election, three new Board members — Hilary Baum, De'Janiera B. Little, and Sarah Mitteldorf — will take their seats at this month's meeting of the Weavers Way Board of Directors. The winners were announced at the spring General Membership Meeting on May 4 at Germantown Academy in Fort Washington.

Leadership Committee Chair Lisa Hogan presented the results to a crowd of more than 100. She reported that voter participation was the highest it has ever been this year and joined Board President Josh Bloom in expressing gratitude to the Board members whose terms have now ended — Meg Gruwell, Joan Patton, and Chris Hill.

Lisa reserved special praise for Chris, who served on the board for 12 years. During his tenure, he created the Urban Farm Bike Ride Tour and played a key role in the expansion of the Co-op from Mt. Airy to Chestnut Hill and then to Ambler.

Attendees also heard presentations from General Manager Jon Roesser, Farm Manager Nina Berryman, Food Moxie Director Lisa Mosca, and Laurie Foote and Frankie Pondol, representatives from one of the Co-op's vendors, Equal Exchange.



Photos by Kathleen Casey

Above, attendees make their beverage choices, assistant by Programs Coordinator Jeannine Kienzle and Chestnut Hill Assistant Store Manager Valerie Baker. Below, former Board President Chris Hill celebrates 12 years of dedicated service with a cake he designed to share.

(continued on page 14)

Ten Years Plus in the Making, Kensington's Co-op Opens its Doors

by Laura Young, for the Shuttle



KENSINGTON, ALONG WITH THE surrounding riverward communities of Fishtown, Port Richmond and Northern Liberties, is an area in rapid transition, with new construction and rehab projects everywhere. Modest row-houses stand next to sleek, modern restorations, yet the area is also home to many lower-income residents. The Kensington Community Food Co-op, which had its opening celebration on May 4 and 5, aims to be in the middle of it all.

"Our goal is to create a welcoming, sustainable space for everyone," says Mike Richards, KCFC general manager.

The co-op's physical layout, products and programs reflect its intention to be a good neighbor. Their space includes a 30-seat cafe featuring prepared foods, hot beverages, craft beers, and wine by the glass. Elegantly outfitted with locally sourced wood and furniture, the cafe also functions as a community space for such groups as Fathers of Kensington and the East Kensington Neighborhood Association. The week that I visited, KCFC and Equal Exchange were hosting a presentation about reclaiming the food system. A patio off the cafe extends the available seating in good weather.

The main entrance off Coral Street leads to KCFC's well-arranged 3,000-square-foot retail space. The co-op features organic and conventional produce options as well



Photos by Karen Plourde

Top, the produce layout at KCFC, just inside the main door. Below, the tap lineup in the co-op's cafe.

(continued on page 14)

WEAVERS WAY CO-OP
559 Carpenter Lane, Philadelphia, PA 19119
WWW.WEAVERSWAY.COOP
CHANGE SERVICE REQUESTED

All Weavers Way stores will be open 9 a.m. to 5 p.m. Thursday, July 4.

Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



Still Going Postal? Consider Another Route

WE'VE TALKED A LOT (AND done a lot) of late to address our dependence on single-use plastics around the Co-op. But I'm not aware of any recent efforts to reduce the number of paper copies of the Shuttle we print (which average 11,000 to 12,000 since the expansion into Ambler). We mail more than half of those, and they usually take a few days to arrive.

Meanwhile, your excitement over seeing a fresh issue in the store rack or honor box may lead you to grab a copy and page through it before your mailed copy arrives. Nothing wrong with that, but then what becomes of your mailed copy? Not a lot, I'd expect.

Occasionally, a Good Citizen will reach out and tell us they want to unsubscribe from the paper Shuttle, and we walk them through the process. But there aren't many of those, and we're wondering if more would take that step if we made it easier.

So we will. Sometime this month, you'll get an email from us with a link that will allow you to unsubscribe from your mailed copy. Click on it and you're done. No going to the Member Center and trying to remember yet another %\$@#! login.

The wins are clear: less energy to produce a disposable item, and some savings in our per issue postage bill, which currently runs around \$3,000. Considering the care many of you put into reusing and recycling, I think this move is understandable.

For those who don't get to the stores much, don't fret; you'll stay on our rolls. We're just trying to reduce duplication and save some dough. There's also the option of reading the online Shuttle, which I'm sure many of you do already.

You won't get a fabulous prize for unsubscribing—only the gratitude of me and my fellow staffers.

Thanks in advance. We hope and plan to continue doing what we do for many more issues.

Catch you in the pages next month.

What's in Store at Weavers Way



Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle



Meat & Fish Market

Surf & Turf Thursdays are back in the Hill. And check out their selection of cedar-planked seafood.

Summer has arrived at last, and that means the return of Surf & Turf Thursdays at our Chestnut Hill store. The combo this year is naturally-raised **Aspen Ridge** ribeye steaks (normally \$15.99/lb.) and cold-water lobster tails (normally \$39.99/lb.). By packaging them together, the price goes down to \$16.99/lb. The two items must be purchased together.



The Hill is also the spot for planked fish combos. The M/P/F Squad has packaged two: salmon (\$12.49/lb.) and rainbow trout (\$11.49/lb.). Availability is subject to change. Grilling with a plank, which is packaged with the fish, requires a little more prep time—the plank must be soaked in water for a couple hours—and applying a light coat of oil before you lay the fish on it. Then, just close the lid and wait; no flipping is needed.

Going On in Grocery

A better-for-you ice cream and more Fraktured hot sauces in Ambler.

The latest candidate for Ice Cream That's Yummy and Healthy(ish) comes out of West Chester and has its own stand-alone freezer in Ambler. **Six Pack Creamery** offers two flavors—Cocoa Milk Muscles and Lean Mean Vanilla Bean—with only two grams of saturated fat, nine grams of sugar and 13 grams of protein per serving (which is listed as one-third of a pint on the package). I tried Cocoa Milk Muscles, and it passed my Real Deal Taste Test. Right now, it's only available on Butler Avenue.

Moving down the line from sweet to spicy, Perkiomenville's Goshenhoppen Run Farm has added to its line of



Fraktured hot sauces. The new varieties, also only in Ambler for now, include Pipicha Verde (mild/medium in heat, with tomatillo, garlic scapes and jalapeño); Twisted Ginger (super hot, with carrot, ginger, and habanero), and Hot Shiitake (super hot and savory, with tomato, shiitake mushrooms, and smoked Carolina Reaper peppers). Look for them to be added to the offerings in Mt. Airy and the Farm Market soon.



All Wellness & Good

Expanded options for cleaning up Next Door. And MudGirls ceramics debut in Ambler.

Just in time for sweaty season, Next Door has broadened their line of deodorants from **Herban Cowboy**. They now carry Blossom, Love, and Sport sticks, as well as three varieties of spray. Their products are vegan and cruelty free.



In Hill soap bar news, Next Door has managed to squeeze a new vendor into its shelves: **Siliski Soaps** of Murrysville, east of Pittsburgh. Their recipes are based on olive oil rather than palm, combined with cocoa, shea, and coconut oils, and contain no fillers, preservatives, or synthetic lathering agents.



Meanwhile in Ambler, the ceramic art of **MudGirls Studios** of Atlantic City is dressing up the gen merch pockets of the store. MudGirls is a nonprofit that started as an activity in a women's day shelter and has now branched into a business that includes a workforce of 10. Their pieces include bowls, hand-carved tiles, tea bag dishes, and soap dishes.



SLICE IT DICE IT SERVE IT

Kieran McCourt, Weavers Way Ambler,
answers the question:

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

Two categories: soft (basil, parsley, cilantro, mint, dill, tarragon) & hardy (rosemary, sage, thyme)

Once they're home: wash & lay them out on paper towels or a clean dish towel until they're dry, or put them through a salad spinner.

Storage (soft herbs): trim the stems, put them in a glass jar in an inch of water, & stick in the fridge (change the water every few days).

— to avoid spilled water, put them in a quart-sized container w/a lid

To store parsley, cilantro, mint, etc., place in a zippered plastic bag w/a dry paper towel

— for rosemary, sage, and hardier herbs, use a damp paper towel

Preserving Your Fresh Herb Bounty:

• **Make a salt mixture:** Four parts herbs : 1 part salt — keeps in a clean, sterilized jar in the fridge for a couple months

• **Hang herbs with a piece of twine & dry them:** works best with sage, rosemary, oregano

• **Make an infused oil:** heat a neutral oil (grapeseed, extra light olive), add chopped herbs, then strain the mixture before storing

• **Freeze chopped herbs** in an ice cube tray and pour oil over them. They take a day to freeze, and then are ready for use in soups or sautees. (Store them in zippered bags in the freezer.)

• **Make an herb-infused vinegar** Works well with stronger-tasting herbs (thyme, chives, rosemary, sage)

• **Make an herbal "salsa verde"** with assorted herbs, oil, lemon juice, salt and pepper. It makes a great coating for meats or roasted potatoes. Never put basil in the fridge — it will discolor!



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Local Vendor Spotlight

Good Host Plants: A Personal Passion That Grew Into a Startup

by Karen Melton, for the Shuttle

WHEN JOHN JANICK AND HIS FAMILY MOVED INTO THEIR FIRST HOME WITH A real yard on Sedgwick Street in 2008, he sought information on how to make it bird friendly. The expert advice he received as part of an Audubon audit program included Doug Tallamy's book "Bringing Nature Home: How You Can Sustain Wildlife With Native Plants."

A biology major, John was already interested in bugs and birds, but learning about the critical role of native plants in supporting them started him on a new life venture that would eventually lead to his native plant nursery, Good Host Plants.

Tallamy, an entomologist at University of Delaware, writes and lectures about his research showing the connection between native plants and healthy populations of local insects that have evolved to eat them. Those insects are the protein source vital to birds, particularly during nesting season. Ironically, non-native plants have become popular precisely because local insects do not recognize them as food, but a garden with a variety of native plants will sustain only minor chewing damage.

As John began filling out his yard with native plants and trees — and helping interested neighbors do the same — the difficulty of finding the plants and having to drive to nurseries an hour away in Springfield or Quakertown turned his personal passion into a startup business.

In 2015, John erected his first hoop house on a hardscrabble plot of land near Front Street and Erie Avenue, and began developing a network of growers. In his second year, he opened for some weekend retail hours and began selling online (he's a web developer by day).

John started selling plants at Henry Got Crops Farm Market in 2017, and you can find his plants this year at both the farm market and at the Mercantile. Many of the plants he delivers will be in bloom or about to bloom, and he will keep introducing new plants throughout the season.

Over the years, he's taken thousands of photographs of native plants and insects, and uses them in talks he gives throughout the area.

Good Host's spring plant list includes more than 100 species of perennials, shrubs and ferns native to the mid-Atlantic. All are available at his Butler Street Nursery, which is open Tuesdays, Thursdays, and on weekends. A list of plants available and other info is on their website, www.goodhostplants.com.



Photos by Olga Corrias Hancock

Everyone got into the mix on Weigh It Wednesday, April 24, when all who brought their own containers (or purchased a reusable container in the store) got 10% off their bulk purchases. Above left, Emilia Hancock helps spread the word, while at right, Mt. Airy Cashier Thomas Murphey rings up an array of items.



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, exchange banter on all things vegan, from products to events to controversial topics to the shelf life of rutabaga fondue.

This month Norman and Jeannine visited V Marks the Shop, an all-vegan convenience store in South Philadelphia, and discovered the many different flavors of vegan jerky.

J: An all-vegan market in South Philly. How cool is that?

N: I think that is the first time I went to a store not having to check if the products were vegan or not.

J: That's a relief!

N: I saw a number of products I didn't know existed, like vegan cotton candy.

J: I was impressed with the deli meats and cheese selections from the Herbivorous Butcher. I've been wanting to try their products for a while.

N: Interesting location, too. Wouldn't expect to find a vegan corner store by itself with no other surrounding supportive retail or fitness places or stuff like that. I hope it does well.

J: Yes, it does seem like a residential area. However, it is within walking distance to Miss Rachel's Pantry, one of my favorite vegan restaurants, and the new market Rowhouse Grocery. They also had some vegan items, like a couple delicious ice cream flavors from a neighborhood resident.

N: V Marks the Shop bills themselves as a vegan convenience store. First of its kind that I've ever heard of.

J: I can't think of any others either, but I do know vegan grocery stores exist in Europe and I believe Portland, Oregon. Did you buy anything?

N: Yeah. I bought vegan jerky (pepperoni flavored), a couple of chocolate bars made with coconut milk, and a Tattooed Mom corn and bean burrito, which was excellent.

J: I also bought some jerky (maple bacon flavored), a Tattooed Mom fried chicken wrap, (also delicious), and the Herbivorous Butcher cheese, which I ate within two days due to having little self control. I appreciate that they sell products from other local businesses, like Crust, Tattooed Mom, Soy Cafe, and Miss Rachel's Pantry.

N: Why so little self-control?

J: Because it was like a party in my mouth.

N: So you're a party girl? I heard you're a Deadhead.

J: I'm a veghead Deadhead. I prefer veghead over vegan.

N: Really? Why is that?

J: I think it fits better with the party theme.

N: I always thought the word vegan was weird, like you're from the planet Vega.

J: Sometimes I do feel like I'm from another planet among a bunch of sinners. My ex used to call non-vegans "sinners".

N: Was he religious?

J: I'd rather not give him too much mention.

N: Understood. Speaking of convenience stores, have you ever gone to a Wawa and used the sandwich kiosk to order a vegan hoagie?

J: Yes, actually, last summer. I don't really recall what was on it but I'm sure it had pickles. It would be neat if V Marks the Shop decided to make to-go sandwiches with some of their products, like the Herbivorous Butcher deli meats.

N: I wonder if vegan will be like gluten free was five or six years ago. All of sudden it became really popular.

J: I think we're already there or will see another boom in the next five years. After all, Philly now has a vegan restaurant week — unlike other big cities. Do you ever wish the Co-op was all vegan?

N: I wouldn't say I ever wished the Co-op was more vegan, but I do wish that people would eat more vegan food.

J: Well, if we get down to the basics, we could just survive on fruits and veggies in their whole form and strip away all the boxed items in the store.

N: Where does that leave the paleo and ketogenic people?

J: Ya mean the sinners?

V Marks the Shop is located at 1515 McKean Street in South Philadelphia. Stop in and support this local business!

Recommended by Norman & Jeannine:

Dodah's Kitchen grab 'n' go items

Michael's Seitan (Ambler only) made in Levittown

Eat Me Ice Cream

We'd like your feedback on plant-based products. Email veganalert@weaversway.coop to share your experience.

IN RESPONSE TO THE TWO RECENT LETTERS TO THE EDITOR CRITICIZING OUR Vegan Alert! Column, we much appreciate the feedback. Sorry the banter was off-putting; we are feeling our way with this column, which was conceived as taking a light, freewheeling and humorous approach toward veganism, vegan food and food in general, while still being somewhat educational. The column reflects our personal approaches toward and reflections on veganism, food, our food system, etc. and is not necessarily reflective of any official Weavers Way stance on any of the topics or products discussed.

We recognize products like Beyond Meat have a role in offering a vegan choice for people who may not otherwise choose a vegan food, and could play a role in shifting people's attitudes toward vegan food. We also wanted to recognize that there is a flip side to these kinds of products. For example, shoppers wishing to avoid GMO ingredients may not realize vegan Impossible Burgers are made with a GMO yeast.

Since ethics were also mentioned around veganism, let's recognize there are a number of ethical questions arising out of examining our food system, having to do with technology, price, availability, labor, packaging and all the other impacts our food choices have on ourselves, our community and our planet. Since it's a complex system, and since few people examine all the impacts of their purchasing decisions, we want to at least allude to a few of them now and then, which maybe would pique some reader's curiosity to find out more.

— Norman Weiss & Jeannine Kienzle



An offshoot of Weavers Way Co-op

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We Need YOU to Take a Seat on Our Board of Directors

by Lisa Mosca, Food Moxie Executive Director

ARE YOU LOOKING FOR A WAY TO GIVE back to your community and be part of a growing organization dedicated to food justice in Philadelphia? Food Moxie is recruiting members for our Board of Directors. We are actively looking for Weavers Way members who share a passion for Food Moxie's mission to educate and inspire people to grow, prepare, taste, cook and eat healthy food through our high impact programming in Northwest Philadelphia.

Please consider sharing your time, talents and treasure through a volunteer role on the board. We are particularly interested in those with experience on a board, expertise in finance, accounting, development and/or fundraising, as well as interest in board leadership.

Serving on the Food Moxie board requires the ability to commit to board-related activities, including attending six board meetings per year. Members are also required to join and participate in the activities of a board committee between meetings, and are encouraged to support annual workdays, fundraisers and outreach to partners and stakeholders whenever possible.

For more information, check out our website (www.foodmoxie.org) or email Governance Chair Catherine Kendig at cakster.catherine@gmail.com.

Strawberry Festival



Weavers Way employees, Candy and Jon, kick back at the Strawberry Festival.



Strawberries for the strawberry fest!



Program Director Andrea Downie slices up the sweets.

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FOOD MOXIE



FOOD MOXIE family from L to R: Laura Siena, Brandon Ritter, Elder Robert Harrison (Stenton Family Manor), Glenn Bergman.



THANK YOU United HealthCare volunteers.



Children in FOOD MOXIE's Garden Club program learn about bees.



Planting strawberries in Garden Club.



Comcast Cares Day volunteers roll up their sleeves.

THANKS TO...

- Comcast Cares Day volunteers including Michael Clancy, Bob Smith, Susan Jin Davis and Brian Roberts
- Discovery Inc. volunteers including Beth Parks, Clint Robertson and Luke Caldwell
- United Healthcare volunteers
- Penn Charter sixth grader volunteers
- Drexel Medical Student Garden Club volunteers for 2018/19: Aubrey DiBello, Sravya Koduri, Eleni Papanikolaou and Safiye Unlu
- Strawberry Festival sponsors Weavers Way Co-op, Dietz and Watson, and Elfant Wissahickon Realtors
- Eldredge Ragsdale and Awbury Community Garden
- Strawberry Festival delicious treat providers: Weavers Way Catering (and especially Bonnie), Frosted Fox Cake Shop, Night Kitchen Bakery, Zahira's Pastry and Philly Cake Dreams (Kyra Faust)
- Everyone who has donated to help FOOD MOXIE grow in 2019!



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L·E·T·T·E·R·S

'Vegan Alert' Could Be Better

I'M HAPPY TO SEE THERE'S A COLUMN called "Vegan Alert," but I don't understand the purpose: to discourage members from buying vegan (plant-based) products? To advocate a rhetoric of apology for being vegan? To entertain?

We deserve better. Most of us shop at Weavers Way because we care about how consumer choices affect not only personal health, but also the health of local communities and the global environment. Why not honor this fact in your column?

Instead of writing off vegan foods like Beyond Burger, why not explain why someone would choose to buy a plant-based burger? Instead of focusing on the sticker price of vegan analogs, why not discuss the real cost of food choices on personal health, the environment, the

well-being and lives of animals, and so on?

Criticism of processed food is understandable. But not everyone eats an all whole foods diet, so vegan food technology is an important development in helping people make healthier, more ethical choices. Like it or not, these technologies will play a major role in the future of sustainable foods.

The Co-op's commitment to the community and the environment is apparent in serious articles discussing water quality, plastic bags, and organic gardening. Let's also honor this commitment with serious discussion about veganism and the ethics of food.

Dan Featherston

Electronics Recycling Will Move For the Fall

LAST MONTH, IN A LETTER TO THE editor, Aimee Della Porta said she thought the electronics recycling event in March was inefficient. We volunteers from the Environment Committee work hard to try to improve our event each year.

Sometimes there are circumstances beyond our control; still, we try.

For our next event on Sept. 21, we have relocated to New Covenant Church

at 7500 Germantown Avenue in Mt. Airy, which is a more spacious site. While we appreciate the space Norwood-Fontbonne Academy has given us in the past, we are changing our site to try to accommodate cars better and decrease the waiting time.

We welcome any suggestions to make this event more pleasant for everyone.

Sandra Folzer, on behalf of the Environment Committee

A Helpful Site for Train Travelers

THIS IS A FOLLOW UP TO SANDRA Folzer's article in the May issue about the superiority of trains. I highly recommend the website seat61.com, which discusses travel by train, bus, and ferry all over the world.

(Editor's Note: Mark Smith, "the man in seat 61," administers the site. He's a former manager for British Rail who seeks to promote alternatives to traveling by plane by sharing schedules, fares and other information.)

Helen Seitz

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.

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.



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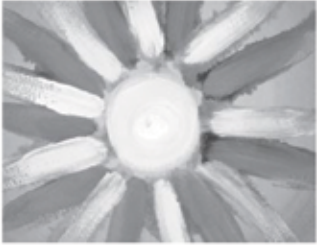
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by Jon Roesser,
Weavers Way General Manager

IT WAS TO THE ISLAND OF ICARIA WHERE, AT THE age of 66, Stamatis Moraitis went to die.

Diagnosed by his American doctor with lung cancer and given 6 months to live, Stamatis moved back to his native Icaria, a Greek island in the Aegean Sea, in part because funeral costs were one tenth of what they were in the US, where he had spent most of his life.

After a few months back on Icaria, feeling a bit better, he planted a garden. As time passed, he cleaned up his family's old vineyard. He immersed himself into the routine of the island's everyday life, eating its version of the Mediterranean diet, working physically hard during the day, socializing with friends at the local tavern in the evening, sleeping thoroughly at night.

Years passed. In fact 36 years would pass when, at the age of 102 and still actively tending his vines, he was asked the secret to his longevity. He shrugged and said "I guess I forgot to die."

Stamatis may be particularly fortunate: in returning home to Icaria, he returned to a "Blue Zone," one of a handful of small regions around the world where, according to National Geographic Fellow Dan Buettner, people live long, healthy, fulfilling lives, disproportionate to the rest of us.

Buettner, who has written several books and numerous articles on the subject, studied these regions carefully to see what made them different. His work is fascinating. Much of his research focuses on diet, and while each of his Blue Zones has unique diet characteristics – Sardinians drink a lot of goat's milk, Okinawans eat a lot of sweet potatoes - there are common traits as well: largely plant based, a high consumption of legumes, little to no red meat.

Beyond diet, Buettner discovered other commonalities. Low rates of smoking, constant physical activity (often associated with work and chores), and lifestyles that incorporate a great deal of social engagement.

Blue Zones are also characterized by a certain amount of removal from much of what has become ubiquitous in our larger, modern world. So people in Blue Zones don't have access to much processed or packaged foods; they aren't constantly in front of isolating smart phone and computer screens; and they consume scant amounts of simple sugars.



By and large, our seniors have a zest for life that transcends the typical.



As a result of all this, not only do folks in Blue Zones live longer, their lives are measurably better, with far fewer cases of heart disease, cancers, dementia, and diabetes than the rest of the world.

This is all of particular interest to me as, over the last 10 years working here at Weavers Way, I've noticed something quite fascinating about our older members. I've conducted no research, and I have no evidence beyond my anecdotal observations, but in and around the Co-op I see – probably on a daily basis – examples of seniors living lives uncharacteristically more robust than most folks their age.

Now I can't say that we have a Blue Zone here at Weavers Way – Buettner's trademarked the term and I'm not looking for trouble! - but there's something about this place that's worth thinking about.

Spend any appreciable amount of time at the Co-op and you will soon observe lots of people in their 60s,

70s, 80s, 90s, who are living active, fulfilling lives, often free or nearly free of obesity, diabetes, even conditions like high blood pressure and arthritis.

They ride their bikes to go grocery shopping, they run marathons, they are community volunteers, they maintain blogs and social media pages, and they are politically active. They are, in many ways, the heart of our community.

They are not devoid of health problems, and things like cancer and chronic disease can strike with a randomness that is both scary and sobering. But by-and-large our seniors have a zest for life that transcends the typical.

What could be the common characteristics of Co-op seniors? Diet is undeniably a big part of this, and for those who are committed to a healthy diet, I do believe there's no place like Weavers Way.

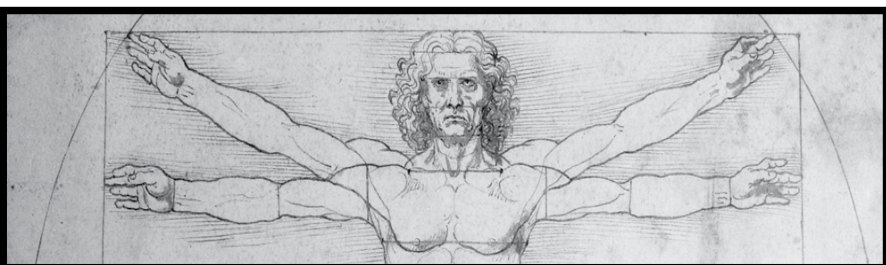
Perhaps just as important as diet are all the opportunities around here for social engagement. Need proof? Hang out in any of our stores on Senior Tuesdays. Come to the Friday Community Dinner in Ambler. Attend a meeting of any of our numerous active committees.

There's also the amazing Northwest Village Network (not directly associated with Weavers Way, though many of its members are also members of the Co-op) which supports its members by helping them stay active and be socially engaged in the community.

It might just be possible that the secrets to a long, healthy, and fulfilling life are right here in plain sight. Relocation to a remote Greek island not required.

Stamatis Moraitis' story is an inspiring one, but it is even more inspiring to have real-life examples of healthy, active seniors surround you every day.

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Schuylkill Center Exhibit Showcases the Beauty of Plastic Waste

by Kristina Garcia Wade, for the Shuttle

COLORFUL, SCULPTURAL AND ILLUMINATED from within, Aurora Robson's work is arrestingly beautiful. It's only upon closer inspection — or label reading — that we realize it's constructed from plastic waste.

Aurora's vision and skill transcend a material we inherently think of as disposable or cheap, an assumption she challenges. Her work is currently on display at the Schuylkill Center for Environmental Education in Aglow, a gallery exhibition that opened May 22. A special reception will be held Thursday, June 6, at 7 p.m., with curator and artist talks as well as a guided tour. The exhibit will be on view through Aug. 24.

Aglow begins in the gallery, with dim lighting to showcase the light emanating from the sculpture. After wandering among abstract organic shapes in warm tones, visitors can venture out on the trails to view Robson's outdoor installations.

"The Schuylkill Center is unique and wonderful, particularly with regard to its

dedication to fostering harmonious and innovative dialogues between nature and culture," Robson said.

It's an exciting moment to showcase this work. Plastic is a huge part of the environmental conversation, from recycling challenges that have led Philadelphia to burn much of its plastic waste to increasing support for reducing our dependency on single-use plastics such as straws and bags.

"People are so confused about plastic," Robson said. "They think of it as disposable when it is precisely the opposite. Plastic is designed with 'archival integrity,' which is perhaps its greatest design flaw.

"When left in the natural environment, the majority of commercially produced plastics are estimated to last anywhere from hundreds to thousands of years. Historically, the vast majority of plastics we put in our recycling bins are instead finding their way into our landfills and waterways, where they proceed to photo-degrade over hundreds of years

and break down into micro-plastics and smaller and smaller toxic particulates."

The negative impact of plastic on our ecosystem disturbs the artist, who interrupts this cycle through art.

"My inquiry into plastic debris as an art medium has led me to believe that this material, with its inherent 'plasticity,' has great potential specifically for art applications in which it can do no harm," she said. "My aim is to help develop a culture of creative stewardship through my inquiry into the potential of this material for fine art and design applications."

Christina Catanese, Director of Environmental Art at the Schuylkill Center, said presenting Robson's work is a timely way to shed light on the issue of plastic while providing a different look at the material.

"There are a lot of things about plastic that she actually likes," Catanese said. "It has valuable qualities for sculpture, like translucence and pliability, but surprisingly few artists have been working with it. Aurora imbues this material —

Aurora Robson:
Aglow opening reception
Thursday, June 6, 7-9 p.m.
FREE
Schuylkill Center for
Environmental Education
 8480 Hagy's Mill Road, Philadelphia

which is more often discarded en masse, uncared for, even reviled — with so much care, beauty, and attention that it shifts our perspective."

The Schuylkill's Environmental Art program creates opportunities for both artists and audiences to explore and interpret the natural world as well as current ecological issues, offering new pathways to connect people and nature.

"I think people are most receptive to beneficial influences when we are in natural settings," Robson said. "A dialogue about a potentially depressing topic like plastic pollution can be depressing and make us feel powerless, but with sunlight and trees, it is easier to see how we can all be active agents of positive change in our world."

The exhibition is supported by the Joseph Robert Foundation.

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Liberty to Go to See is funded by The Haley Foundation.

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'Copenhagen' Closes Out Season at Stagecrafters

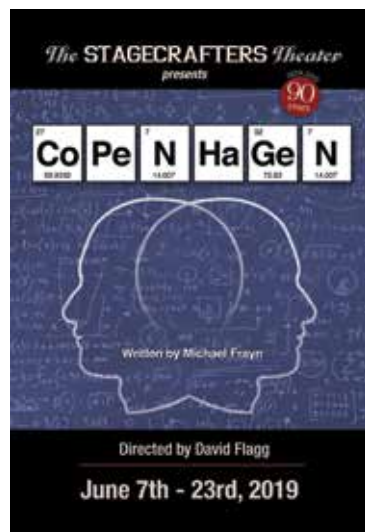
THE STAGECRAFTERS THEATER IN CHESTNUT HILL CAPS OFF ITS 2018-2019 season with a production of Michael Frayn's historical detective story "Copenhagen," opening June 7.

The play is an imagining of the 1941 meeting between celebrated Danish physicist Neils Bohr and his former protégé, Werner Heisenberg, at Bohr's home. At the time, Heisenberg, whose previous work with Bohr revolutionized theoretical physics, may have been working on the atomic bomb for the Nazis. Frayn presents a picture of this encounter between these two giants of science, who as collaborators 20 years earlier had revolutionized theoretical physics, treating us to a fascinating discourse on human relationships, memories, personal convictions, and the fate of the world in the atomic age.

Premiering in 1998, "Copenhagen" ran for more than 1,000 performances in London for nearly three years, concurrent with a nearly year-long Broadway run starting in April 2000. It won the Tony Award for Best Play, an addition to Best Play awards from the Drama Desk and New York Drama Critics' Circle.

Frayn is also a novelist and comedic writer whose work spans the past half-century. Among his other best-known plays are "Afterlife" (2008), "Democracy" (2003), and the perennial audience favorite "Noises Off" (1982), which was produced at The Stagecrafters in 2007.

Performance dates are June 7-23, Thursdays, Fridays and Saturdays at 8 p.m., and Sundays at 2 p.m. Tickets are available for \$21.00 online (no service charge) or \$25.00 at the door. Thursday and Friday performances are 2 for \$32 online and 2 for \$35 at the door. Admission for students with a valid ID is \$15.00, and for seniors, \$22. Discounts are also available for groups of 15 or more. The box office opens 45 minutes before each performance. For more information, call 215-247-8881 or visit www.thestagecrafters.org; for reservations, call 215-247-9913. The theater is located in the heart of Chestnut Hill at 8130 Germantown Ave.



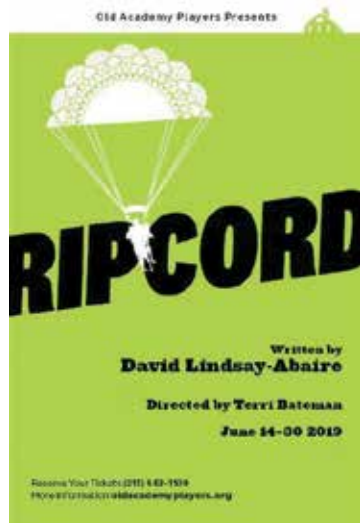
Heads up! 'Ripcord' Opens at Old Academy Players

OLD ACADEMY PLAYERS PRESENTS DAVID LINDSAY-ABAIRE'S COMEDY "RIPCORD," opening June 14. Directed by Terri Bateman and produced by Michelle Moscicki and Michael Roberts, the play tells the story of two seniors, Abby and Marilyn, as they try to outdo one another to gain the coveted window spot in their assisted living facility. Hilarity ensues as the duo duking it out while family members and staff choose sides and contribute to the chaos surrounding this cunning battle of wits.

Lindsay-Abaire is a prolific American playwright, lyricist and screenwriter. He received the Pulitzer Prize for Drama in 2007 for his play "Rabbit Hole," which also earned several Tony Award nominations. His other award-winning plays include "A Devil Inside," "High Fidelity," and "Shrek the Musical." In 2016, Lindsay-Abaire was named co-director of Juilliard's Lila Acheson Wallace American Playwrights Program.

Show dates are June 14, 15, 21, 22, 23, 28, 29, 30, at 8 p.m. on Fridays and Saturdays, and 2 p.m. on Sundays. Ticket price is \$20 per person, with group discounts available. Tickets for students are \$10 with a valid ID. For more information and tickets, call 215-843-1109 or visit www.OldAcademyPlayers.org.

Old Academy Players is a non-profit community theater located at 3544 Indian Queen Lane in East Falls.



Core and Balance for Dynamic Aging

by Diane McKallip, for the Shuttle

THIS IS THE FIRST IN A SERIES OF ARTICLES on healthy aging, presented by the Weavers Way Health and Wellness Committee. The series will continue through the fall. Stay tuned for related articles and workshops.

Have you been feeling a little less stable walking on some of our streets and sidewalks lately? Perhaps you are having a harder time getting on the ground with your grandkids. Or maybe all of that is easy, but your movement is not as fluid as it once was.

Studies show that core-strengthening exercises can improve body strength by up to 30 percent. The core supports the spine and helps with balance and stability. And good stability in the core is related to safe and effective movement in the upper and lower body.

What exactly is the "core?" Although opinions vary on this, the core area is generally considered the muscles of the trunk. There are four major abdominal muscles in the front, three of which wrap around and connect to our hips and back. The pelvic floor also plays an important role. On our back body, there are several groups of trunk muscles that run along the sides of the spine, as well as the muscles of the shoulder girdle.

In addition, the muscles of the hips and legs attach onto the trunk and link the upper and lower body. This miraculous web holds us together, transmitting movement through the body. The core

connection allows us to move in many directions with ease and stability. In fact, a lack of power and strength from the core to the lower limbs can lead to falls.

Core strengthening is recommended, as it improves posture, can relieve back soreness, and improve performance in sports such as tennis or golf. Since core strength is so important, what are some things we can do to improve it?

Training in a multi-dimensional manner is important. Exercises can be done standing, at a wall, and on the floor. Traditional exercises such as squats, lunges, planks, push-ups, and sit-ups can be helpful; for some, these exercises may be too strenuous, so modified versions can be done. Planks and push-ups at a wall can be very beneficial. Rising from a seated position, to standing upright, and slowly sitting back down again is another good exercise for strengthening the core, legs and hips. Or you might try a one-legged balance while brushing your teeth at the bathroom sink.

It is never too late to improve our core strength and balance to keep ourselves safe, active, and vital.

Diane McKallip is a personal trainer and certified Pilates instructor with a specialty in working with older adults.

She owned and operated a studio in Oakland, CA for 40 years and now maintains a private practice in Philadelphia.



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He Stopped In to Promote the Power of Co-ops



Author Jon Steinman spent the better part of a week last month visiting our three locations and promoting his book "Grocery Story: The Promise of Food Co-ops in the Age of Grocery Giants," published earlier this year. He read excerpts of the book (which mentions Weavers Way several times) and took questions in Ambler on May 21, and hung out in Chestnut Hill and Mount Airy to sign copies.

Photos by Karen Plourde



Green Investments



Photos by Mark Klempner

Fantastic flora was in abundance at Ned Wolfe Park's 12th annual plant sale in Mt. Airy on May 18.

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The Run-Up to 30 Years of Funding Open Space in the Watershed

WISSAHICKON VALLEY WATERSHED Association will once again be the beneficiary of the proceeds from the 30th Annual Tex Mex 5k Race for Open Space on Wednesday, June 26, in North Wales. The race, which kicks off at 7 p.m., is sponsored by Tex Mex Connection, a Three Star Certified Green restaurant, also located in North Wales



Each year 1,700 runners and 120 volunteers participate in the race which typically sells out. Many stay for the after party put on by the restaurant in their parking lot that includes a buffet, margaritas, craft beer and live music.

WVWA uses the proceeds from the race to continue its mission to inspire and engage diverse communities of people to protect, steward and enjoy the land and waterways of the Wissahickon Valley. Since becoming the beneficiary, WVWA has received over \$1 million in support of their efforts to protect the Wissahickon Valley.

Registration for the 5k is \$42 before June 18 and includes a t-shirt; the price goes up to \$45 after that date, with no shirt included. Participants can also form a Green Ribbon Fundraising Team of up to 10 runners that includes a team table under the Big Top Tent at the after party, a place to store belongings, and other perks. For more information on how to form a team, contact Lisa Hansell at lisa@wvwa.org or 215-646-8866.

To register for the race or to volunteer visit www.wvwa.org/texmex5k.

50TH ANNIVERSARY STONEWALL CONCERT

by Linda Slodki, for the Shuttle

THE 50TH ANNIVERSARY OF THE STONEWALL RIOTS WILL BE REMEMBERED IN Philadelphia on June 22 at International House in University City with the performance of “Quiet No More,” a collaborative, commissioned choral music suite presented by ANNA Crusis Women’s Choir and the Philadelphia Gay Men’s Chorus.


“Quiet No More” tells the story of the gay rights movement through song, poetry, pictures and videos. Set to be performed in multiple locations across the country throughout June, it is the largest collaboration in the history of LGBTQ+ choruses.

The suite was co-written by composers Mike Shaieb (“Through a Glass Darkly”), Our Lady J (“Pose,” “Transparent”), Julian Hornik (“Dear Evan Hansen”), and Michael McElroy (“Rent”), along with jazz singer/songwriter Ann Hampton Callaway and Jane Ramseyer Miller, artistic director of One Voice Chorus. It commemorates the Stonewall rebellion, which took place in New York City on June 28, 1969 and is widely seen as one of the most pivotal moments in LGBTQ history. “Quiet No More” honors the courage of those who participated, and encourages all to join in a renewed spirit of resistance for the future.

The performance at International House begins at 6 p.m. For more information, check out allevents.in.



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Work to Begin This Month to Shore Up Wissahickon Streambanks

by Maura McCarthy, Executive Director, Friends of the Wissahickon

THE LONG-AWAITED STABILIZATION of three major streambank collapse sites along Forbidden Drive is set to begin the week of June 17, with construction expected to be completed by the end of September. The locations, which have continued to erode since the collapses, are:

1. Approximately 1,000 feet downstream from Valley Green Inn
2. The Mt. Airy Avenue pedestrian bridge
3. Immediately downstream from the Kitchen's Lane Bridge

Project design involves three tiers of integrated components: stabilizing the bank toe, (which is especially susceptible to water erosion because of its location between the regular and low water levels) with large rock; reforming and stabilizing the bank above the toe using vegetated soil lifts (similar to terraces), and reforesting the upper bank slopes adjacent to Forbidden Drive with a combination of native trees, shrubs, and herbaceous seeding.

To tackle this complex work, FOW hired two ecologically-driven restoration and land-use solutions companies. RiverLogics Solutions, based in Wellsville, is leading the project work to install rock-toe stabilization and is coordinating with Applied Ecological Services from Brodhead, WI for the vegetated soil lifts on the streambanks. This summer, AES will heavily seed the soil lifts and upper banks and will return in November or December to install dormant live stakes within the soil lifts. Dormant live stakes are

woody cuttings with the branches removed, and are often used to stabilize streambanks. They will also plant potted trees and shrubs on the upper banks. This multifaceted project will also include removing trees, trenching and installing boulder walls, grading slopes, and rehabilitating the trail.

Watch Your Step!

Construction mobilization will begin the week of June 10, a week ahead of when the actual work begins. The staging work zone for materials and machines will be set up at the bottom of the Jannette Street access trail in Roxborough, near the intersection of Forbidden Drive.

Construction will begin at the most northern site, downstream from Valley Green Inn. While work is going on at each site, Forbidden Drive will be narrowed to about 12 feet to allow for temporary fencing of the work zone to contain materials and machines and to maintain adequate passage for emergency vehicles. The fencing will remain in place until the construction at this site is completed. It will be removed and relocated when the crew moves

downstream to the next project site. Throughout the construction, heavy equipment will periodically move along Forbidden Drive, carrying materials and equipment to the project site. All vehicles will follow the 7 m.p.h. speed limit on Forbidden Drive, will be marked with safety flagging, and will use audible warning signs.

Stay especially alert if you're using the park during this time. Don't as-

sume that equipment operators see you. At all times, give heavy equipment the right of way, slow your pace and keep children, dogs and horses under control and at a safe distance. When approaching work locations, remove earbuds or headphones. Under no circumstances should any park user enter work zones. During

the construction period, please stay out of the work zones and heed safety signage at all times – even when crews are not working.

For more information about Friends of the Wissahickon, visit the website at www.fow.org



FORBIDDEN DRIVE STREAMBANK STABILIZATION PROJECT

FOW Infrastructure Capital Project

Design and Permitting: 2017-2018
Construction: June-September 2019

Budget: \$1 Million
Funded By: PA DCNR, PA DCED, Private

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Speakers Discuss Fighting Lead and Mosquitoes in Philly

by Larry Schofer, for the Shuttle

GET THE LEAD OUT! REMEMBER: Lead can be defeated!

And, along with that, you can fight mosquitoes in your neighborhood!

These were the two messages delivered by speakers from the Clean Water Fund and the Gorgas-Mower Neighborhood Association at a public meeting sponsored by Northwest Village Network held last month at Lovett Library.

Greg Ely is program manager for the Philadelphia Lead Hazard Awareness Program of the Clean Water Fund. He pointed out that lead is in every Philadelphia neighborhood, in the layers of paint in most houses built before 1960. It exists in home plumbing; it's around windows; it's in dust; it's in the soil; it even still exists in toys made in certain foreign countries. The particular danger to children lies in eating paint chips, which have a slight sweet taste.

Greg talked about seven simple things one can do today to reduce or eliminate lead in the home:

- Take off your shoes at the door.
- Ban smoking from your home.

- Wash your hands often.
- Run your water tap to flush out water that has been sitting in your pipes unused for a number of hours.
- Cover paint peeling at child height.
- Eat healthy snacks.
- Allow only toys made in the USA, Canada or Europe after 1990.

There are various tests available for finding sources of lead. In particular, check your house for paint that is peeling, flaking, or worn, and check your plumbing. Even though water distribution pipes in the city are good, the service line from the water main to your house might contain lead.

Remember that there is no safe level of lead in the body, and high exposure in particular can lead to severe physical ailments.

In the second half of the program, Maurice Sampson, who has been involved with environmental issues for decades, talked about his neighborhood's experience with reducing mosquito infestations.

Water treated with BTI, a mosquito

control product that is available in hardware stores in solid form and at a reasonable cost, makes mosquito larvae unable to reproduce. Using BTI "mosquito dunks" in standing water has proved quite effective if neighbors cooperate. Mosquitoes have a relatively short geographical range, so a group of neighbors can eradicate mosquitoes in their neighborhood by working together to eliminate standing water except for water containing mosquito dunks. (Mosquito dunks are sold at Weavers Way.)

Using material from environmental writer Mike McGrath, Maurice related how the Gorgas-Mower Neighborhood Association was able to create a mosquito-free environment for several months last summer.

Northwest Village Network is a neighborhood organization devoted to aging in place. It regularly sponsors public educational programs as well providing other benefits for its members.

More information is available at northwestvillagenetwork.org or at nvnphilly@gmail.com.

MOSQUITO SEASON!

is here!

Around here, mosquito season lasts into October. Don't let them spoil your endless summer! Grab some Bti dunks from Weavers Way for nontoxic control. Sold at all locations!



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Kensington's Co-op Opens its Doors

(Continued from Page 1)

as poultry, meat and seafood from ethically-sourced providers. Bread, bagels and muffins are delivered fresh each day, and a large bulk section offers a wide variety of grains, nuts and spices. Vegan/vegetarian, gluten-free and GMO-free products are in abundance.



Photo by Karen Plourde

The patio off the cafe at KCFC offers a relaxing spot for snacking and conversation.

KCFC came into being through the monumental efforts of neighborhood activists who toiled for over 10 years to pull the project together. In April 2018, having raised almost \$2 million from city and federal grants, loans from family foundations, and equity contributions, the determined group was finally able to start construction in a former neighborhood tavern near the bustling intersection of Lehigh and Frankford avenues.

Weavers Way stores assisted in getting KCFC up and running by providing technical support on day-to-day operations and product selection. Currently, the co-op has 950 member-owners. (Total membership in Weavers Way is 7,500).

Because KCFC, like many co-ops, can't order products in quantities as large as the chain grocers, prices are sometimes higher. Like Weavers Way, the Co-op offers a Food for All program, in which qualified member-owners receive a 10% discount. In addition, there is a flexible membership program, where members can pay their \$200 equity contributions in \$10 per quarter installments.

KCFC connects with these low-income families via neighborhood churches, community groups and a partnership

with the New Kensington Community Development Center, a local nonprofit that posts KCFC job openings. As a result, many of the staff come from the surrounding community.

That, in fact, is another aspect of KCFC's mission. "From the beginning, we have been committed to hiring locally and being a neighborhood job creator," Richards said.

While there is no work requirement for members, KCFC does offer a working member program that offers the flexibility of posting available shifts when they are needed. Working members receive a 5% discount off store purchases for two weeks following the shift and can work as many shifts as they want.

There are member-only deals and discounts throughout the store, and every Tuesday is Senior Discount Day, when member-owners 65 and older enjoy a 5% discount. Another benefit is the Shop Local program, in which local businesses offer special discounts to members.

KCFC is located at 2670 Coral Street, and is open 8 a.m. to 10 p.m. every day. For more information, their website is www.kcfc.coop.

Good News — and Good Eats — at the Spring GMM

(Continued from Page 1)

But several in the audience made it clear that they didn't just come for the presentations. Joan Leiby, a member since 1981, said she comes to meetings because, "I love the Co-op, and the food is always good."

This year's menu featured Mexican-themed treats. One member, who wished to remain anonymous, said he had been coming to meetings for 10 years. "Usually there's good food," he said, conceding, "and I'll usually hear something interesting."

The interesting story Jon told in his presentation outlined a picture of a business that is healthy and growing. "Revenue is up 12 percent so far this year, and gross profit has increased at a higher rate than revenue," he said.

Last year's net operating loss was high, but this year is projected to wipe out any losses, he asserted. The smallest store, in Mt. Airy, still gets the most business, but revenue has grown at every outlet, including a growth rate of more than 11 percent in Ambler.

Jon also said he foresees increases in starting wages for staff members and "meaningful plastic reduction in deli, prepared foods, and meat departments."

Nina was upbeat and enthusiastic in her presentation about the farm, despite coming off a year with 26 more inches of rain than usual. "You can't underestimate the support we feel from members," she said. "It's really powerful."



Photo Kathleen Casey

Members pause from their repast to be interviewed by Shuttle Reporter Richard L. Stein.

Lisa Mosca is the new director of Food Moxie, an affiliate of the Co-op that partners with schools and community organizations to inspire people to grow, prepare and eat healthy food. Lisa said the program has served more than 2,000 meals to participants, 90 percent of whom are below poverty level.

The Equal Exchange duo pitched the quality and social responsibility of their coffee, tea and chocolate; their free chocolate samples disappeared quickly.

Before the official start of the program, Leni Dow, head of the Weavers Way Environment Committee, canvassed the room promoting participation in the TerraCycle Recycling Program. Its website explains that TerraCycle is "eliminating the idea of waste" by recycling the "non-recyclable." This year's news, Leni

(Continued on Next Page)

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eNews

(Continued from Preceding Page)



Photo Kathleen Casey

Finance Manager Susan Beetle flashes the peace sign.

announced, is an expansion of collections to include all brands of plastic razors and packaging.

Sachiyo Searles, a member who said she makes sure to attend the GMM every year, summed up the feeling at the event.

“I’m totally committed to the Co-op,” she said. “We should participate in the decision-making process and have an opportunity to have some influence [on its direction].”

Celebrate Summer with a Healthy Twist

by Liz Traison Witkin, Weavers Way Neighborhood Nutrition Team

SCHOOL IS OUT, THE SUN IS SHINING, and gardens are in full swing: Summer has officially arrived! It’s hard to mess with the wonderful traditions of backyard barbecues and ice cream, but there are plenty of ways to make classic summer recipes healthy and delicious. Try these tips for flavorful meals packed with good nutrition to keep you feeling well all season long.

Summer weekend gatherings often call for firing up the grill. Making skewers or kebabs is a great way to offer a variety of different options for meat-eaters and vegetarians. Use large cubes of zucchini, summer squash, eggplant, pepper, and onion along with a protein such as chicken or tofu. Make your skewers as colorful as possible to obtain a variety of nutrients and phytochemicals from your food. Including lots of veggies with a bit of protein is a great way to cut down on cost and environmental impact as well. Kebabs are easily customizable and quick to make, and they can be prepared a day in advance as long as they are stored according to food safety practices.

With summer produce at its peak, it’s hard to go wrong with simply chopping up a few different types of vegetables over a bed of spicy arugula or buttery lettuce. Red fruits and vegetables have a nutrient called lycopene, a type of carotenoid that provides antioxidants that enhance immune function and help protect the skin from the sun. (Not enough to forget about wearing sunscreen though!)

Try an interesting twist on a summer classic, the Caprese salad. Add sweet, juicy nectarines to succulent summer tomatoes, fresh mozzarella, and some hand-torn basil. Drizzle with olive oil and a sprinkle of salt for a colorful combination of sweet and savory produce.

Crunchy, creamy coleslaws are another summer favorite, but those

mayonnaise-based dressings can sneak in a lot of extra calories. Instead of mayo, use Greek or regular yogurt for a tangy, lower-fat, higher-protein alternative. Try a smashed avocado in an egg or tuna salad for the same great texture with healthy fats. The vitamin E in avocados is essential for nerve and muscle function, so it can help keep you up to snuff for your favorite summer activities.

While there’s nothing quite like the feeling of hearing an ice cream truck coming down the street on a hot day, there are healthier dessert recipes, with all the flavor but less added sugar to cool you down. Blend fresh or frozen fruit with yogurt in reusable popsicle molds for a creamy, hot-weather treat. Try combinations that make the most of what summer has to offer, such as blackberry and basil, watermelon and mint, or even a sweet corn flavor.

Pies are another summer classic. For a healthier twist on pie crust, pulse oats, nuts, and dates in a blender until they come together, and then press this mixture into a pie tin. Oats are rich in fiber, nuts provide healthy fats, and dates act as a natural sweetener for a rich, healthier pie crust.

Make the most of your summer with these tips and tricks for healthier seasonal recipes. And be sure to check out our workshop on Aug. 7 for a demo on dairy-free ice creams!



What the Team Has in Store

‘Tis the season for summer picnics and BBQs! The Neighborhood Nutrition Team will cover workshops on safe grilling tips & DIY marinades, cooking with seasonal foods, exploring the You Pick herbs at Henry Got Crops, and more. We’re excited to announce that we’ve expanded the Neighborhood Nutrition Team programming to our farms as well as all three store locations!

Neighborhood Nutrition Team Open Hours at Weavers Way locations:

- Tuesday, June 4, 4-6pm - Mt. Airy
- Tuesday, June 18, 4-6pm - Ambler
- Tuesday, June 25, 4-6pm - Backyard of Chestnut Hill
- Friday, June 28, 4-6pm - Henry Got Crops

WORKSHOPS

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

**The Neighborhood Nutrition Team Workshop
DIY Dairy-Free Ice Cream
Wednesday, Aug. 7
Noon-1:30 p.m.
Sage Integrative Health
538 Carpenter Lane
Mt. Airy
Led by Dorothy Bauer**



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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

Mugs for Dad

Wednesday, June 5, 5-6 p.m.
Weavers Way Ambler

Denine Wish, working member and owner of the Mermaid Art Studios in Ambler, will demonstrate how to decorate a glazed mug using scraffito. These fun and unique items make a wonderful gift for Father's Day! \$25.

Neighborhood Nutrition Team: DIY Marinades and Safe Grilling Tips

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

Neighborhood Nutrition Team member **Nicole Schillinger** will discuss the concerns with high-temperature cooking of meats and provide recipes for delicious meat marinades that won't promote charring. She'll also teach safe ways to grill and decrease carcinogens. Free.

Stormwater Assessment

Wednesday, June 12, 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. Help ensure Ambler is doing its part to protect our waterways and mitigate local flooding issues. Free. This workshop will also be held Saturday, June 29, from 10-11 a.m. in Ambler.

A History of the Natural Products Industry

Thursday, June 13, 6-7:30 p.m.

Mt. Airy Nexus, 520 Carpenter Lane

The natural foods market has evolved into a multi-channel industry with more than \$200 billion in sales in 2017, and it keeps climbing. Join working member **Shari Sonta** as she discusses the evolution of the natural foods industry: who's driving it, the motivating factors, and the economic, environmental, and social impacts that continue to transform it. Free.

Three-Part Working Member Workshop: "COMBATANTS FOR PEACE"

Thursdays, June 13, 20 and 27, 7-8:30 p.m.

Mt. Airy Nexus, 520 Carpenter Lane

Members **Sheila Weinberg** and **Maynard Seider** present a three-part workshop on efforts to envision a peaceful, cooperative Palestinian-Israeli partnership. Accomplished authors and scholars, Sheila and Maynard invite other Co-op members, neighbors and friends to explore the work of activism group **Combatants for Peace**. The sessions will include documentaries, a TedX talk, and moderated discussions. Free.

Neighborhood Nutrition Team: Cooking with Seasonal Foods

Friday, June 14, 4-6 p.m.

Henry Got Crops Farm

Have you ever wondered how to cook kale or mustard greens? What about kohlrabi or tatsoi? Neighborhood

Nutrition Team member **Beth Chiodo** will demonstrate how to prepare seasonal vegetables. Free.

Herbal Infusions with Suntrap Botanical

Saturday, June 15, 5-6:30 p.m.

Weavers Way Mercantile, 542 Carpenter Lane

Join Suntrap Botanical's **Geraldine Lavin** for an intro to herbal medicine-making. She'll guide you through five solvents used to extract the medicinal and social qualities of plants and fungi while using our senses, intuition, and reliable ratios. \$20.

Health and Wellness: Core and Balance for Dynamic Aging

Tuesday, June 18, 6-7:30 p.m.

8200 Flourtown Ave., #14, Wyndmoor

Master trainer and educator **Diane McKallip** leads this fun and informative workshop on building and maintaining strength in the muscles that support us in our day-to-day activities. Diane will show a simple program of exercises and drills that you can do at home. Adults of all ages are welcome! Free.

Intro to Food Forest Gardening

Wednesday, June 19, 5:30-7 p.m.

Awbury Agricultural Village Education Center, 6336 Ardleigh St., Germantown

Explore concepts and plants used in food forest gardening, an ecological approach to food production. **Michael Muehlbauer** from Philadelphia Orchard Project will showcase the emerging community stewardship of the Awbury Food Forest. Free.

Neighborhood Nutrition Team: You-Pick Herb Garden Talk and Tour

Friday, June 21, 6-7:30 p.m.

Henry Got Crops Farm

The Henry Got Crops You-Pick herbs section is a wonderful way to bring fresh herbs into your life! **Dr. Wendy Romig** will discuss the medicinal and nutritional benefits of our vast array of herbs. Plus, you'll discover great preparations for enjoying these herbal delights for the entire season. Free.

Intro to Jikiden Reiki

Tuesday, June 25, 6-7:30 p.m.

Mt. Airy Nexus, 520 Carpenter Lane

Learn about the Japanese origins of Reiki, its original purpose, and how it can make a difference in your life. Each attendee will receive a sample Jikiden Reiki treatment from working member **Rae S. Whatley**. If you've been curious about Reiki – what it is, what it does, how it can improve your health – join us! Free.

Neighborhood Nutrition Team: Healthy Sides and Salads

Wednesday, June 26, 12:30-2 p.m.

Weavers Way Ambler

Neighborhood Nutrition Team member **Dorothy Bauer** will show you how to let what's fresh and local determine the contents of your salad bowl. You can count on kale and

other greens, herbs, a spiralizer to make oodles of veggie noodles, and a quick and easy pâté to top it off. Free.

Neighborhood Nutrition Team: Bug Off! DIY Deet-Free Bug Spray

Tuesday, July 9, 5:30-7 p.m.

Henry Got Crops Farm

Learn the benefits and how to's of putting together your own natural insect repellent. **Dorothy Bauer** will guide this workshop on how to create a Deet-free bug spray using witch hazel, purified water and a specific combination of therapeutic essential oils that have the properties to deter the bugs while also being moisturizing, calming and/or invigorating – YOU choose! Free.

DIY Hair Accessories: An Intro to Metalworking

Saturday, July 13, 6-7 p.m.

Weavers Way Mercantile, 542 Carpenter Lane

The owners of **Forge and Finish** will lead this intro-level metalworking workshop, in which you'll learn how to make hair accessories and go home with a set of two hairpins made from scratch. \$25.

Summer Flower Arranging at the Farm

Tuesday, July 16, 6-7:30 p.m.

Henry Got Crops Farm

Using fresh flowers grown in our farm fields, our farmers will guide you in the art of making a summer bouquet. All participants will be able to take home a bouquet of their own creation. \$10.

Neighborhood Nutrition Team: Nutrition for Healthy Skin

Thursday, July 18, 7-8 p.m.

Sage Integrative Health, 538 Carpenter Lane, Mt. Airy

Skin health and nutrition are more connected than people realize; many skin conditions are actually the result of nutritional imbalances and gut disorders. **Dr. Wendy Romig** will discuss foods, herbs, and important tips to keep your skin glowing, radiant and healthy all year long. Free.

Get enlightened.
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WEAVERS WAY
WORKSHOPS

The Truth About Single-Use Plastic

by Betsy Teutsch, for the Shuttle

“SINGLE-USE PLASTIC” = THE BIGGEST lie ever. Plastic marketers say “single use” to control the conversation. What they really mean is, “Plastic is so cheap, customers can afford to use it once and toss it.” The truth is that with some effort, most plastic can be reused dozens of times.

Plastic has two sinister traits. First, it is made from petroleum, a fossil fuel, thereby contributing directly to global warming. Secondly, it breaks into microplastics and heavily pollutes land and sea, endangering our ecosystems. Land, sea, and air are all laden with plastic waste.

This cuts close to home: The controversial Chester County Mariner East Pipeline ships liquified natural gas for export to Europe for plastic manufacturing. Opposition to this polluting project swept a new State Representative, Danielle Friel Otten, into office in Harrisburg.

We need to reduce plastic consumption wherever and however possible, develop eco-responsible alternatives and build infrastructure for plastic reuse — all at the same time!

It’s important to understand how we got to this point. Plastic is superior to the products it has replaced. No discussion of plastic reduction should overlook that plastic is one of the 20th century’s greatest innovations, as it does offer:

- waterproofing

- lower weight, replacing heavier glass and reducing the energy consumed in product transportation
- unbreakable packaging, a huge benefit over glass
- sturdiness — you can puncture it, but it rarely tears, like cellophane
- cheap sanitary protection from pathogens, increasing consumer safety and extending shelf life (everyone mocks shrink wrapping, but it radically decreases product loss)
- low cost — in fact, it’s super cheap
- transparency or color options, and it can be easily printed on.

Given all these characteristics, plastic is not going away any time soon. Hence, those concerned about plastic pollution — the entire EU, a host of African countries states, cities, eco-minded businesses, and households — are coming up with strategies to reduce wasteful plastic consumption. The Weavers Way Plastic Reduction Task Force has hosted huge crowds that have brainstormed many great ideas. Here are a few of mine:

1. What if each of our stores offered its most popular fresh items both pre-packaged and in open containers, allowing people to bring their own containers? We already sell tofu loose, and it seems to work fine. This is not allowed for prepared foods, due to cross-contamination concerns, but is accept-

able for foods that will be cooked.

For example, just today, I purchased some grated cheese. My Co-op choices were bad vs. bad: a hanging resealable plastic bag or a plastic deli container. If we offer an open bin of grated cheese, I could put it in my own tared container with a sanitary utensil.

2. To reuse plastic commercially, it needs to be sanitized. This is not especially high-tech. Could Weavers Way accept heavy plastic take-out and deli containers, sanitize them, and offer them for reuse? We are doing that with glass jars already. (We would need to designate what is sanitizable; many deli containers cannot withstand heat.)
3. Always carry a small resealable bag with plastic utensils so you can decline a new set when you buy food.
4. I stash plenty of different-sized resealable bags in my purse, pockets and bags so they are always handy. You can also do this with grocery store plastic bags, which fold up to next-to-nothing. Use them for restaurant leftovers and store purchases.
5. I rarely take the toiletries from hotels, since I use my own, but I always grab those shower caps they provide. They



work way better than cling wrap, and you can reuse ‘em dozens of times. I just throw mine in the washing machine (though not the dryer, of course).

6. Join the Weavers Way Environment Committee’s Bottle Bricking Brigade. We are making bricks from bottles stuffed with plastic waste for Houston School’s pollinator garden structure. This keeps all that plastic out of the waste stream and upcycles it into construction material.

Plastic respect and plastic reduction are not at odds. We can appreciate all plastic does to actually reduce our foods’ carbon footprints while committing ourselves to decreasing plastic pollution. Go ahead, wash your resealable bags and reuse them. Your family might make fun of you, but the planet will say thanks.

Betsy Teutsch is the author of the upcoming “100 Under \$100: Tools for Reducing Postharvest Food Losses.” Email her at bpteutsch@comcast.net for Bottle Brick instructions.

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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.

In recent news in the food world (and in our own Shuttle), plant-based foods are a hot topic. Beyond Meat went public, Impossible Burgers will be rolling out at 7,200 Burger Kings this year, and Quorn is supplying a vegan version of its product for the United Kingdom's largest bakery chain, which produces Gregg's vegan sausage rolls.

What do these three companies have in common? They all claim to improve people's health and our global environment by providing a plant-based alternative to meat. But their products all are made in large factories using highly processed ingredients. How are they different? The primary food ingredient in Beyond Meat is pea protein isolate; in Impossible Burger it's soy protein concentrate. In Quorn it's mycoprotein, basically a fungus grown in large vats. You don't really come across any of these ingredients in nature. Not to be left behind, other food giants — Tyson, Cargill, Nestle, ADM, etc. — are also developing vegan products. The food industry loves being "on trend."

I've been critical of these products, as I see them in part as perpetuating an unhealthy food system where large global corporations dominate production and distribution with technology-based products, and owner profit is still one of the primary motivations for production. While it is nice to see these companies talk about human and planet health, and while I do believe large food corporations seem to care more about these issues today than they did in the past, I still wonder if this is the way out of the mess we've gotten ourselves into with our food system.

I've read and heard opinions that this development in food production is progress, and if it helps wean people off so much factory meat consumption, society ends up better off. Maybe there is also a side benefit in that people are at least thinking about the impact of their food choices more. But it seems there is still a long way to go. Is anyone asking how that soy protein concentrate is produced? What inputs are required, what waste is generated (including toxic waste). Does the soil producing all these soybeans end up depleted, enriched, or the same? And where did the land come from to begin with? Were rainforests cleared, water-



ways polluted, workers exploited, single-use packaging created? Are these products part of a truly sustainable food system solution, or will they end up buying us a little more time while we figure out what that system really looks like?

suggestions and responses:

- s:** "Could we carry the Three Twins sea salt caramel ice cream again? How about a vanilla malt replacement for the Chilly Philly Malt Chip, which is no longer available?"
- r:** (Matt MA) With summer approaching, we are due to revisit our ice cream selection. We will seriously consider the Three Twins Caramel. Unfortunately, none of our suppliers currently produce a malt chip ice cream.
- s:** "McCutcheon's Apple Butter. 20 kinds of BBQ Sauce, NO APPLE BUTTER."
- r:** (Matt MA) McCutcheon's Apple Butter is stocked with the other McCutcheon's preserves, to the right of the Field Day fruit spreads.
- s:** "Cans of 15-oz. crushed tomatoes or ground tomatoes. You have those in 28-oz. cans but not 15 oz. Plenty of room on that shelf, which has many rows of 15-oz. diced tomatoes."
- r:** (Matt MA) Sorry for this oversight in our tomato set. We'll add the ground, but our supplier does not list 15-oz. crushed, so we'll look for another source.
- s:** "I noticed the other day while at the Carpenter Lane store that Weavers Way carries little or no shade-grown coffee. I only drink shade-grown coffee because it is the only coffee that does not require the destruction of habitat to grow. All other coffees are essentially 'dead bird' coffees. Many sources of shade grown-coffees are also cooperatives of small farmers, which I think would fit with the Weavers Way philosophy. One possible source is CafeMam, which has the advantage of being on this continent."
- r:** (Norman) Thanks for your concern. We do have a few certified shade-grown packaged and bulk coffees in our stores: Golden Valley, Take Flight, Bird of Paradise and Punch In The Face. Ask a staffer to show you if you

(Continued on Next Page)

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(Continued from Preceding Page)

need help finding them. In addition, our info (from Equal Exchange and other sources) is that most Fair Trade coffee is shade grown. Hope this helps!

s: “I spent part of my morning today working as a ‘bulk ambassador’ at the Ambler store. It struck me how there’s this great bulk food section, but it’s dwarfed by the industry-traditional ‘food desert’ of crappy stuff in the middle of the store with all that packaging, like any other grocery store. The business being what it is, there are perhaps two areas of unavoidable hypocrisy for an ordinary store: all that more typical product in the middle, and all that convenience-store-like impulse buying stuff like toys, etc. I think a lot of people would flock to a package-free food store: deli, bakery, produce, and bulk. That’s it! No hypocrisy close at hand for anyone to see and be diverted by. I really think that is an idea whose time has come.

r: (Norman) Thanks for being an ambassador and sharing your thoughts. The grocery industry seems trapped in its need for packaging, both to hold and market products, and also to include that all-important barcode. When I read about all the “advances” in the industry — Amazon Go, home delivery services, click and collect, self-checkout, scan using your phone into your cart, etc. — it’s hard to imagine any of them functioning without packaging. The reality is that for shoppers who want to reduce packaging, shopping has to become less convenient, not more convenient. Bringing your own containers takes pre-planning and makes shopping take longer, but that seems to be the most sustainable option at this time. In addition, for a true zero- or low-waste system to exist, it’s not just

“
**Is anyone asking how
that soy protein
concentrate is produced?**”

the consumer packaging that has to change — the wholesale part has to change, too. Remember, all the packages you see on grocery store shelves themselves come in a larger package. Things such as bulk granola come in a cardboard box (which can be recycled) and are lined with a plastic bag (which can’t be recycled). Even things we buy in bulk plastic pails — such as olives, honey, and oils — are only used once, and there is no mechanism to return the pails to manufacturers for re-use even though they are fairly easy to clean and refill. The two shining examples of refillable containers at the wholesale level are the apples we get direct from the orchards and produce from our own farms. These items are transported in reusable crates or boxes, which are returned. Wooden orchard boxes get used hundreds of times, as do our plastic tomato trays. This points to one of the advantages of dealing with smallish local farmers: We can put systems like this in place to the benefit of all.

s: “I see a lot of cats in the neighborhood. Can a cat become a member? They are members of our community yet have no representation in our Co-op or government.”

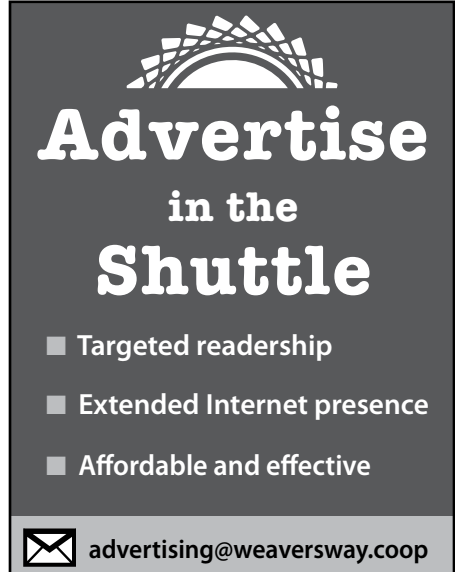
r: (Norman) Most cats are not registered

to vote. (The few that are typically register as Independents.) A cat cannot be a Weavers Way member, as there is language in our bylaws restricting membership to “persons.” Most dictionary definitions of “person” include being a human being. While that may seem restrictive and somewhat arbitrary to non-humans, as a practical matter, it makes sense. For example, our bylaws require notice of meetings to be posted and “reasonably communicated to members.” Cats do not read or speak English, which, although it is not the official language of the Co-op, is the language customarily used and has decades of precedent. If cats were members, how would we communicate meeting notices? Code this info into a synthesized meow using artificial intelligence? For now, cats will have to remain non-members.

Weavers Way does have an honorary cat staff member, Lizzy, who you can often see watching over her domain in front of the Community Room at 555 Carpenter Lane. Sometimes she appears to be sleeping on the job, but that’s just to lull her enemies into complacency; she’s actually mentally calculating the angles and thrust of her pounce.

s: “Can I park in the loading zones at the stores?”

r: (Norman) Park, no; load, yes. In Philadelphia, all unrestricted loading zones can be used by the general public for loading and/or unloading for up to 30 minutes. You do not have to be a patron of the business that has the loading zone permit, nor do you have to be loading or unloading into that business. Some loading zones have restrictions, such as for passenger pick-up only, but those zones have signage showing



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those restrictions. So feel free to use any loading zone anywhere in Philadelphia for your loading and unloading needs.

s: “I think I saw a KGB agent in the Ambler Bulk department. I dutifully notified the manager on duty, who seemed to look at me like I was a whack job, leaving me feeling a little disrespected.”

r: (Norman) As we know, Russians can be anywhere. They love to snoop on Americans both in person and remotely, as they don’t get as many cable channels as we do and spend lots of time indoors due to the cold. They are also very jealous of our fresh bread, so they will come to bakery departments and sniff around. Our informants tell us most of these Russians are mostly harmless, except for the ones with the last name of Stalin. So, if you come across a Stalin in our Mt. Airy store, please inform Lizzy — she will ensure they do no harm.



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The Benefits of Food for All, From Those Who Use It

(Continued from Page 1)



Weavers Way member Pat Albright and son Malcolm.

the Wages for Housework “office” in the basement of a colleague’s home.

I moved to Germantown and joined Weavers Way in 1995. I was a single mother on disability benefits, struggling to raise my three-year-old son, Malcolm, first by breastfeeding and then on organic whole foods to give him the healthiest possible start in life. Weavers Way was the closest source for natural foods, and it was also across the street from C. W. Henry Elementary School, which my son attended.

Now, as a senior on Social Security with my food stamps reduced to \$15 per month, I face increased food insecurity like many Philadelphians. So I was glad to learn of the Food for All program, which helps me broaden the otherwise restricted range of food I eat. It helps make healthy food affordable and accessible for many others.

I’m sustained by working with the Global Women’s Strike and Every Mother is a Working Mother Network. Both organizations address the roots of poverty and food insecurity by organizing for changes in federal welfare policy to support the work of mothers and caregivers. We fight unjust child removals by foster care agencies, and advocate for living wages for mothers and other caregivers. We work with the Poor People’s Campaign, asserting that all human beings have the right to dignity.

We are all contributing workers, and no one should go hungry.

gether, and I was introduced to eating unprocessed whole foods while living communally.

I survived doing odd jobs, including working two years in a disco-light factory before being laid off. My unemployment compensation ran out, and I ended up on General Assistance, a lifeline for me until I was found eligible for disability benefits.

For many years, I managed to eat a relatively healthy diet, really by hook or by crook. I worked odd jobs at food places where I could bring food home. I joined Mariposa Food Co-op and shared a CSA. Food stamps were a big help. We also ate collectively a few days a week at

Moving Beyond a Lifetime of Food Insecurity

by A Weavers Way Member, for the Shuttle

FAMILIES SUCH AS THE ONE I GREW UP IN ARE OFTEN IN A PRECARIOUS PLACE with food, balancing competing needs for time, money, health and convenience. We pool resources and skills to make the most of what we have, and still the limits are felt — often at mealtime.

Too many times in my life, beginning in my childhood, I’ve found myself limiting food costs as a way to help make ends meet. I’ve frequently relied on day-old staples, pared back shopping lists and limited costly, quick-meal shortcuts to stretch food stamps, labored to grow fruits and vegetables alongside multi-generational neighbors, and pooled produce vouchers to put up fall harvests for the colder months.

These strategies are useful, but they don’t get to the heart of the matter. If I’m making these calculations, I know there are more Philadelphians who make the same — or deeper — cuts. Ironically, during the years my family and I were employed in some aspect of the food industry, our low pay reflected the deepest need for food assistance. Our experience is by no means unique: The research of Saru Jayaraman finds that servers are twice as likely as other Americans to be on food stamps due to a wage system that leaves tipped workers unable to consistently afford their own food.

So where does this all leave us?

Think back to a home-cooked dish you enjoyed. Remember the people you may have shared it with, the hands that prepared it, the space in which it was savored. This dish relates to who you are and is an expression of your place in this world. We can use food to nourish ourselves and each other, to express love and to gather together. Now, think of an instance when you weren’t able to make this kind of meal. Can you remember a time when the cost of ingredients alone was prohibitive?

A life of true sustenance is a life that is self-determined. As such, I believe we all have a right to food that is nourishing, culturally relevant, physically and financially accessible, and that sustains an ecological and worker-centered approach to food production and preparation. There is much work to be done on various levels.

Let’s start on our common ground. Shopping at a co-op can give someone like me an opportunity to approach food with dignity, to support a food system that I am more responsive to, and one that I am more involved in shaping. Whether in a month that has me scraping by or saving toward a special meal, I want the ability to take my spending power and move toward more abundant tables across this region. Won’t you join me?

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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.

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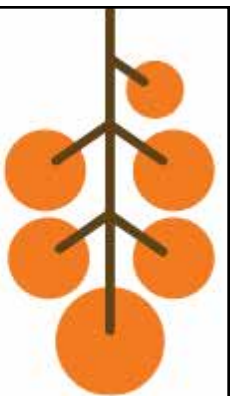
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Some Good News: Leaving Fossil Fuels Behind

by Sandra Folzer, Weavers Way Environment Committee

IN 1895, BEFORE THE U.S. RELIED ON GASOLINE, there were 900 electric streetcars covering 11,000 miles. Then, oil companies purchased the transit systems and converted them to gas-driven buses. We've been dependent upon fossil fuels ever since.

More than 100 years later, we may be saved from that dependency by economics. Bill McKibben wrote in *The New York Review of Books* that the fossil fuel industry is withering. Once investors see that there is more advantage to promoting wind and sun, the change will happen more quickly. "At what point does a new technology cause an existing industry to start losing significant value?" This will happen as soon as investors recognize that this new technology is accounting for all the growth in a particular sector.

In 2017, sun and wind power produced only 6 percent of the world's electricity, but 45 percent of its growth. As prices for solar panels fall, there will be far more growth. Since we have almost reached the peak use of fossil fuels, they will be devalued. Who is going to invest in a shrinking industry?

This transition can already be seen in the coal industry, where Peabody, the world's largest private coal company, went from being on *Fortune's* list of most admired companies in 2008 to bankruptcy in 2016. Despite Donald Trump trying to save the coal industry, more coal power plants shut down during his first two years than during Obama's first term.

As for natural gas, between 2010 and 2014 the shale industry had a negative cash flow of more than \$200 billion. Banks are reluctant to invest, as they see gas projects as non-productive "stranded assets." Even GE, which manufactures turbines for coal and gas plants, finds its stock falling.

Car companies are expanding their electric car fleets, as they believe the demand for electric vehicles will continue to increase drastically through 2020, and auto analysts are warning that the resale value of gas cars will fall dramatically over the next few years.

Oil is the slowest-growing sector of the stock market. One reason fossil fuel companies are not

transitioning to wind and sun is they see little ongoing profit there. Banks are key to the demise of fossil fuels. The Bank of England, for example, has warned about stranded fossil fuel assets. Major banks are now warning of risks of investing in fossil fuels. The fear is that banks will insist that existing fossil fuel plants continue, so they can pay back their investments.

Unfortunately, in the U.S. and Canada, the fossil fuel industry has great political power, and it is they who are denying climate change. McKibben led the largest divestment campaign in history, persuading universities and churches to divest from fossil fuels.

The change to sustainable energy will help people worldwide. At present, 80 percent of the world's population lives in countries that import fossil fuels, benefiting only a few rich corporations. Solar and wind energy provide local jobs and enable more people to be

independent.

Fossil fuel supporters argue that with solar power, you can't have electricity on a cloudy day, which is incorrect. Storage capacity in batteries has increased, and the cost of lithium-ion batteries has dropped 30 percent in the past year. This greatly increases the potential for saving and using energy whenever you need it. Utilities are now building wind and solar with storage for less than they would pay to build or run new fossil fuel plants.

Polls show that "clean energy" is popular, though "climate action" is not. There are now more than 3 million clean energy jobs in America, versus 50,000 coal mining jobs. Wind and solar energy have quintupled in the past decade, without emitting greenhouse gases.

The Green New Deal aims for 100 percent renewable energy by 2030, which seemed unrealistic until the increased capacity for battery storage became a reality. Already in 2017, 10 percent of total U.S. energy came from renewable energy.

As long as more banks continue to see investment in sustainable energy as more profitable than in fossil fuels, solar and wind will be the preferred choice. Hopefully, politicians won't find a way to derail these opportunities for sustainable energy.



eco tip



Hazardous to Your Health: Gas-Powered Leaf Blowers

by Marsha Low, Weavers Way Environment Committee

Ah, spring! I'm sitting outside, feeling the soft breeze on my skin, smelling the lilacs and irises, listening to birds twittering in the shrubs and trees... and suddenly, a leaf blower cranks up next door, and all I can smell is gas. All I can hear is that loud and annoying whine, as a landscaping crew completes a spring cleanup or tidies up after mowing the grass.

Gas-powered leaf blowers are one of my pet peeves. They are hazardous, not only due to their emissions but also because of the damagingly loud noise they produce, which can contribute to permanent hearing loss in both operators and those nearby. Leaf blower noise at 50 feet ranges from 70 to 75 decibels. (For comparison, a washing machine is at 75 decibels.) The operator is exposed to levels as high as 95 to 115 decibels (115 decibels being in the same range as a chainsaw).

As far as emissions go, consider this: A 2011 study found that a two-stroke commercial leaf blower produces as many hydrocarbon emissions in 30 minutes as an F-150 pickup truck driving 3,887 miles!

Thankfully, a movement is growing to ban or restrict the use of gas blowers. In March, Washington, DC announced a phase-out of these destructive and obsolete tools — obsolete because there are battery-powered alternatives that are quieter and dramatically less polluting. Other cities that have introduced bans or restrictions include Los Angeles, Houston, Tampa and Toronto.

Sadly, as far as I could determine, not a single town or municipality in Pennsylvania has instituted a ban or restriction. In fact, Philadelphia Mayor Jim Kenney recently announced the Mechanical Street Sweeping Pilot Program, targeting specific high-litter neighborhoods. Along with sweeper trucks, backpack blowers will be used. The cost is estimated to be \$2.3 million per year.

As Meenal Raval, Co-op member and environmental activist, said about this initiative, "Instead of sweeper trucks and leaf blowers, why not hire 50 people to sweep the neighborhoods? It'd be quieter, we wouldn't be using fossil fuels, we wouldn't be blowing debris back into the air we breathe, and... oh yeah, we'd employ 50 people. Let's invest in people, not diesel- and gas-powered equipment."





I agree with Meenal. It's time to educate and work on restricting or banning gas-powered blowers in our state.



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