

How the Pandemic Turned Our Black Ink to Red

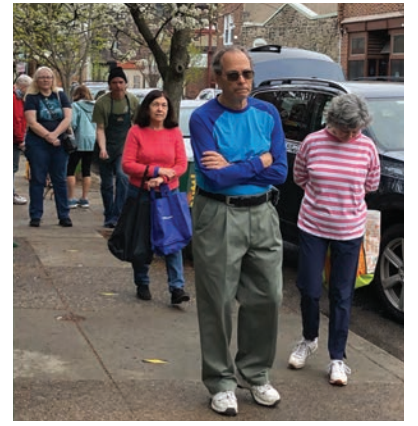
This is the first in a three-part series on how the outbreak of COVID-19 affected operations at Weavers Way.

by Jacqueline Boulden, for the Shuttle

EVERY DAY BRINGS NEWS OF BUSINESSES LAYING OFF employees, forcing staff to take pay cuts, or filing for bankruptcy in the wake of COVID-19. Nonprofits are struggling to raise enough funds to keep doing their work. Meanwhile, Weavers Way has had its own struggles.

“We’ve made the strategic decision in the middle of the pandemic to operate at a loss,” said General Manager Jon Roesser. “We’re well positioned to do that; we’ve got ample cash in the bank.”

(Continued on Page 22)



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The Shuttle

SEPTEMBER 2020

Since 1973 | The Newspaper of Weavers Way Co-op

Vol. 48 | No. 7

Shopping for Typewriters Al Fresco

by Karen Plourde, Editor Weavers Way Shuttle



TWENTY-EIGHT STEPS FROM THE front door of Weavers Way Mt. Airy sits the WPM Typewriter Shop — that’s right, typewriters. And behind the shop is the larger-than-you’d expect Garden of Typewriters — a shaded, art-filled spot that now doubles as a retail space while WPM stays closed due to COVID-19.

Pamela Rogow, owner of the property and shop, has lived and worked on site for more than two decades. Her maternal grandmother, Ruth Kauffman, contracted the Spanish flu in 1918, which the family believes led to her getting Parkinson’s disease at a young age. So when coronavirus arrived, Rogow shut her doors, came up with a plan for how to work nearby with her repair team, and began a shipping service.

As spring progressed, Rogow came

(Continued on Page 20)

The Sun Shines Bright on Church’s New Solar Panel Field in Whitemarsh

by Pam McKernan, for the Shuttle



St. Thomas of Whitemarsh’s new solar field — 754 panels in all.

YEARS OF PLANNING HAVE CULMINATED in the construction of a solar farm at St. Thomas Church in Whitemarsh, Montgomery County. Church members are excited that the installation will reduce St. Thomas’ electricity costs over time, lower its carbon footprint, and maybe even become a source of additional income.

“With the completion of our Solar Farm, St Thomas’ will get almost all of its energy using just one acre of campus,” said Jim Pasquarella, the church’s senior warden. “It’s our boldest step yet toward our commitment to cut our carbon footprint in half.”

The project, only the second commercial-sized solar installation to be built in the township, sprang from a significant

uptick in St. Thomas’ operating costs after a successful capital campaign and expansion three years ago. By 2019, their PECO costs had risen almost 30%. At that point, staff and church leaders got creative and formed a task force, which recommended that two acres of their land be used to install solar panels.

In the short term, the church expects to generate income from the sale of Solar Renewable Energy Certificates, or SRECs. In the long term, once they own the panels, they hope to continue that practice, along with seeing their electricity costs vastly reduced.

The panels will provide the majority of St Thomas’ electricity; the costs that remain are reduced to panel maintenance, PECO distribution costs and the purchase

(Continued on Page 20)

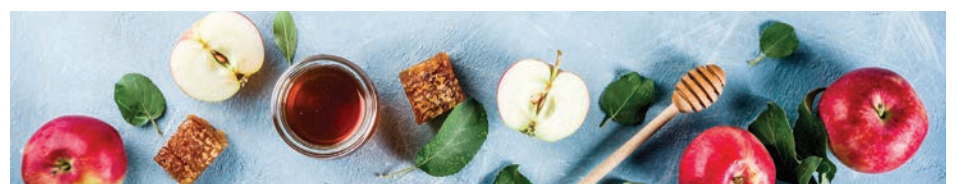
The Paw Paws at Our Farm Are Becoming Philly Famous

by Kathleen Casey, Weavers Way Development Manager



TWO UPCOMING AREA TV SHOWS will feature farm manager Nina Berlyman discussing what makes paw paws at our farm special. Be sure to watch for the airing of these features on PHL17’s “Weekend Philler” and WHYY’s “You Oughtta Know.”

Not yet familiar with our paw paws? We grow them at our Roxborough farm on the property of W.B. Saul Agricultural High School. They are a native fruit with a short-lived season in late August / early September. For a couple of weeks you will find them on the shelves of all three stores and at our farm market. They taste a bit like a cross between a banana and a mango with more protein than many fruits. According to legend, chilled paw-paws were George Washington’s favorite dessert. Try one and see if you agree with the presidential praise.



Rosh Hashanah HAPPY NEW YEAR

Holiday specialties and challah orders: See the menu online at www.weaversway.coop/catering or pick one up in the stores!

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Editor's Note



by Karen Plourde, Editor,
Weavers Way Shuttle

I USED TO LOVE BACK TO SCHOOL time — the lists, the gathering of supplies, the relief at having gotten the kids through another summer with only occasional stretches of boredom. School was the glittering prize in the distance, offering a chunk of time during the day to catch up on projects around the house. The sense of freedom and possibility was always fleeting, but from the viewpoint of early August, it looked real good.

Are there lists this year? I'm guessing the expenses are different, and possibly higher. Beyond that, there's the reality that everybody will be home (still) and trying to carve out spaces for themselves — or not, and stressing over how that will work. As always, those with the means to make alternate arrangements have more options. The rest muddle through, and outside help is spotty and limited.

Much respect, parents, students, caretakers and educators. By your wits — not through leadership at the top — you've been able to make it this far. You'll all make it to the other side of this and have stories to tell — whenever that happens.

Which brings me to Trudi Dixon's Wellness Team article this month, "Draw From Your Well of Resilience by Reworking Maxims That Hold You Back." (p.10). Trudi suggests that the fact that we press on day after day proves that we're resilient; it's not a quality that some people are born with and others lack.

Her argument is bolstered by the results of a survey conducted by researchers at Florida State University, published in June, that examined the degree of loneliness participants have felt since stay-at-home orders went into effect. They found that although physically isolated, respondents felt more supported than before COVID, that they have a greater sense that "we're all in this together," which reduced potential feelings of loneliness.

I know that in my life, the monthly Zoom calls between members of my college friend group that began in May have been a much-needed, welcome surprise. (I see you, Newman Crew.)

Catch you in the pages next month.

The Shuttle is published by
Weavers Way Cooperative
Association.

Statement of Policy

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

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

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

Advertising

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

What's in Store at Weavers Way



Plenty of Fall Plant Selections in Ambler

by Mira Kilpatrick, Weavers Way Ambler Floral Buyer

WE ALL GET SO EXCITED TO plant in April through June, then the crops get going, harvests roll in, and the hot weather keeps us from planting much else in July and August (see also Chris Mattingly article on page 8). But late summer into fall is when the pros get their final crops in the ground! Have a go at planting in early September. In Ambler, we will be getting a limited quantity of certified organic herb and veggie plants from Peace Tree Farm in Kitnesville, Bucks County. A lot of the crops like brassicas (broccoli, cabbage, kale etc) are frost-tolerant, and some even get sweeter after frosts. Additionally, if it's a mild November/December, harvests can continue. The romanesco photo is from December 9, 2016. The kale and mustard greens (below left) is from Christmas Day, 2016. And the last shot is just a nice fall garden shot, chard in foreground, foliage in background.

In addition to plants, we will have the following Peace Tree transplants available: beets, broccoli, green cabbage, Napa cabbage, cauliflower, Romanesco cauliflower, kales, lettuce heads and some herbs. Herbs available will be cilantro, dill, and parsley, as well as perennials sage, thyme, oregano, and mint.

We will also be getting flower bulbs from Netherland Bulb Company in early September, including daffodils, tulips, alliums, crocus, and more.

We will have Organic Mechanics worm castings for sale to give your plantings a boost and potting soil in case you never got around to potting up some of your houseplants. Plant on, friends!



New Local Honey in Ambler



local

Our local honey selection has grown by two in Ambler, thanks to Miller's Apiary of Abington. Their spring and fall honey (the fall variety is darker in color) is available in one pound jars in the "Buy Local" endcap of the back of the store for \$15.99.



Weavers Way Ambler was voted "Best Neighborhood Market" late last month in the "Best of Montco" readers poll sponsored by Montgomery Media. Look for a banner soon outside the store, next to the banner that announces our other victory in 2020, "Best of Ambler."

What's in Store at Weavers Way



The Power of Mint Has Deep Roots in Black Culture

by Constance Garcia-Barrio, for the Shuttle

“YOUR MINT’S RUNNING AMUCK,” my neighbor, an avid gardener, said one sunny afternoon. “Let it go much longer, you’ll need a machete to hack it down.”

Despite the warning, I meant to let the mint keep growing, though I didn’t say so. Mint has wound its way through generations of many of us Black Americans.

In his 1801 book “Materia Medica,” American doctor and publisher Samuel Stearns wrote about a 72-year-old man who was cured of kidney stones by taking the expressed juice of red onions and horse mint. “In about a week, the stone began to dissolve, and the cure was completed in about six months,” Stearns wrote. “The discovery was made by a Negro in Virginia, who obtained his freedom thereby.”

My ancestors didn’t claim such stellar results, yet mint has long played a role in our health. From my great-grandmother Rose Wilson Ware or just “Maw” came herbal remedies from slavery time.

Born into bondage around 1851 near Spotsylvania County, VA, where “Roots” was filmed, Maw lived until 1964, reaching the age of 113 years. For her and many another enslaved Black people, herbal medicine meant survival. She used mint for stomach complaints and to ease morning sickness — maybe on the advice of Aunt Alsie Ellis, the local midwife — during her pregnancies with the first generation of children born free in our family.

When my mother put down roots in Philadelphia in the 1920s, she hid some of her heritage, afraid that being both Black and Southern would shackle her to low-wage jobs. She hired a speech therapist, worked with him for two years, and erased her Southern accent.

But Mom didn’t conceal her use of herbal remedies. When anyone had a chancy stomach, she would cut a mint leaf into tiny pieces and add them to a teaspoon of sugar for the family member or guest. Mom also used mint transplanted from Maw’s farm in Virginia to add a cooling bite to her iced tea.

In time, I learned that mint could not only flavor tea or slow-roasted lamb, but my life. Before Mom moved into assisted living, I took a few shoots of mint — which was flourishing years after she had transplanted it from Maw’s land — and put them in the near corner of my front yard, ready to hand. Now, when I feel the need of Maw’s strength, I pinch off a leaf and eat it, a spiky green prayer.

Mint holds yet another dimension, I found. Some years ago, aching to fold into my life rituals lost or frayed during slavery time, I became initiated as



a priestess in the Yoruba religion, a sister tradition to VoDun. My godmother, who led the ceremony, once explained that taking a mint bath can open one’s life to good energy.

So, I said nothing to my worried neighbor, but I let my mint grow till I had enough to cover the bottom of my old clawfoot tub. I turned on the hot water one night, and after an amen or two, I climbed in. The mint’s sharp scent left me feeling cleaner in body and spirit.

I admit that my neighbor has a point, that I would probably have to rent a backhoe to dig out all the mint. And pink daisies would prettify my little yard. But given a choice, I would rather have that mess of unruly mint, because it reaches all the way back to Maw.

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The Scoop on Sweet Potatoes

by Kieran McCourt, Weavers Way Ambler

They’re members of the morning glory family of plants. Botanically, sweet potatoes and true yams are distinct families of plants.

The use of “yam” to describe sweet potatoes arose in North America, possibly to differentiate between their many different cultivars. They include:

- **Beauregard and Jewel:** Among the most available cultivars found in the States. Both have orange skin and orange flesh. Beauregards tend to be a bit sweeter than Jewel varieties. The flesh is wet when cooked. Great for holiday classics, or baked and mashed.
- **Garnet:** Another orange-fleshed tuber, but distinguished by reddish-hued skin. Firm texture but still moist. Great for baking projects, but also good for roasting.
- **Hannah:** Oblong and tan-skinned with white flesh. The inside of the potato darkens to a yellow color as it bakes. Mildly sweet, starchier and drier than its orange-fleshed companions. Work great cubed and roasted with other vegetables. Makes excellent fries.
- **Japanese sweets:** Deep purple skin paired with a white flesh that darkens when cooked. Even drier and starchier than Hannahs. Also has the same sweet flavor, although it’s a bit milder and has more complex, nutty qualities.

At the end of the day, nothing beats a roasted sweet potato with a bit of butter. Remember that there are a lot of natural sugars that will bubble out, so line your sheet or baking dish with foil.

A few ideas: Add sweetness to a stew or chili with diced chunks, braise in a curry, or switch up the russet you’d use for your gnocchi for a sweet potato.

Fair warning: Substituting one type of sweet potato for another in a baking project is not an easy 1:1 swap. Each type varies in density, starch and moisture content.

One more thing: When available, sweet potato greens are a delightful change from the same old leafy varieties. Try them lightly sauteed or braised in a bit of coconut milk.



Photo by Karen Plourde

Photographer Vince Guglielmo sets up a shot of a bag of dog food as part of preparations for launching the Co-op’s home delivery website. He, along with Home Delivery Project Manager Jenna Swartz and Co-op Multitasker Maureen Gregory, photographed and organized over 6,000 shots of Co-op products in Mt. Airy and Ambler in late August and early September. The website’s scheduled to launch in mid-September.





An offshoot of Weavers Way Co-op

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After a Busy, Intense Summer, It's Time to Plan for Fall

by Lisa Mosca, Food Moxie Executive Director

THE DAYS ARE GETTING SHORTER, THE HUMIDITY IS DECREASING and temperatures are dropping. Last month, we gave out thousands of fall seedlings during our bi-weekly food distribution at Martin Luther King High School in East Germantown. As I look back to our summer, I want to share what has been going on at Food Moxie.

Our summer youth program supported five Saul High School students with hands-on and online learning opportunities while maintaining remote learning. Activities included cooking and growing, career exploration, resumé creation and additional workforce development opportunities. We provided 90 youths with container garden sets to continue to interact with organic agriculture experiences in hands-on ways. We also provided 30 students with cooking kits, pantry staples and weekly local seasonal produce that supported scratch cooking. The gardening and cooking experiences were the most popular.

We are grateful for our collaborative partnerships with Saul, The U-School, 8th and Poplar Farm, Haverford College and PowerCorps. And we're thankful for our summer Haverford Fellows, Sarina and Ally, our youth coordinator, Anna, and all who helped keep our youth engaged this summer.

Cooperators and Co-op employees have helped Food Moxie continue our food distributions to over 60 students since March. In July, cooperators started helping with these produce box deliveries to our MLK and Saul students. We are so grateful for all this support; without it, food distribution would be much harder for us.



Root pouch workday

As of mid-August, Food Moxie has been able to distribute over \$100,000 in local seasonal produce through deliveries to students and our bi-weekly distribution at MLK. Special thanks to Penn Charter's Alyson Goodner, families and students, and to the Center for Public Purpose who provided support and well wishes for over six months.

And on to fall! Look for upcoming information on our website about a pivoted Urban Farm Bike Ride. Dorene and Brandon are actively planning fall activity kits for our students to stay engaged with growing, tasting and cooking activities.

If you would like to help, look for Food Moxie shifts on the Members Work Calendar. We will continue to fill root pouches and deliver kits to students for remote learning. And we will continue to need food delivery support.

We are inspired by all the gestures of kindness from community members across all of our program spaces. It takes a village, and we are grateful to you all for your ongoing support.

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# of full-time staff (30+ hours/week)	173
# of part-time staff (<30 hours/week)	99
total staff	272*

*Current as of Oct. 2019

An offshoot of Weavers Way Co-op

FOOD MOXIE



Cooperator workday filling root pouches



Habenero peppers at Saul



Blackberries ripening

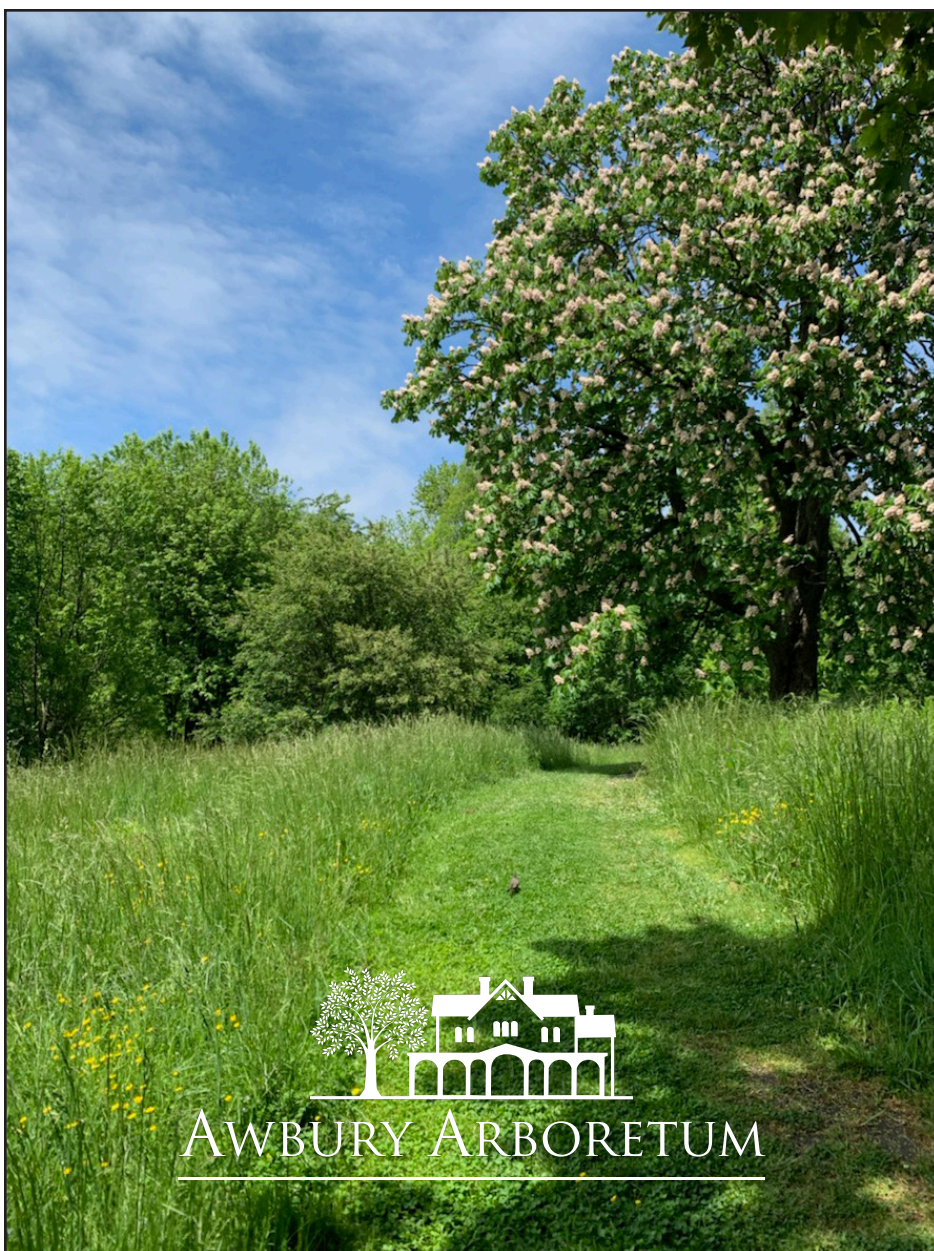
THANKS TO...

- William Penn Foundation
- Dolfinger-McMahon Foundation
- East Mount Airy Neighbors in support of food distributions
- GreenTree Community Health Foundation in support of food distributions
- Albertson's Nourishing Traditions in support of food distributions
- The Conservancy for their in-kind donation to Food Moxie
- Ryan Plesh, our 2019/2020 Wharton Fellow and the Wharton Fellows Program
- Penn Charter's Alyson Goodner, the Center for Public Purpose and all the families and students who have been packing pantry bags
- Haverford Fellows and staff including Alexandra Edwards, Janet Lion and Sarina Smith
- Summer youth program partners Saul High School, U-School, 8th and Poplar Garden
- All the Cooperators who have supported workdays and food deliveries
- All our recent individual donors, sustainers, high five members and volunteers
- All our partners, their staff and teachers
- The Food Moxie board
- The ongoing support from Weavers Way Cooperative staff and members and Giving Tuesdays

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Thanks for Mom's Remembrance

THANK YOU FOR INCLUDING AN obituary about my mother, Vivian Schatz, in the August issue of The Shuttle ("In Memoriam: Vivian Schatz, Pillar of the Co-op, 1925-2020"). Vivian was a founding member and was very active and influential in many aspects of the Co-op.

As I cared for my mother in the last years of her life, I was struck by the deep sense of peace and grace she lived with and shared. My mother worked for peace her whole life, and she achieved it. I treasure this deeply in my heart.

Linda Schatz

CORRECTIONS

- The author's name of the poem "Green" in the August "Weavers Words" was misspelled. His name is Brian McGonigle.
- There was incorrect information in "Germantown Neighbors Create Fund to Address Needs During Pandemic" (p.1). Donna Bonnett has lived in Germantown for 15 years, but has not lived in senior housing that entire time.

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.

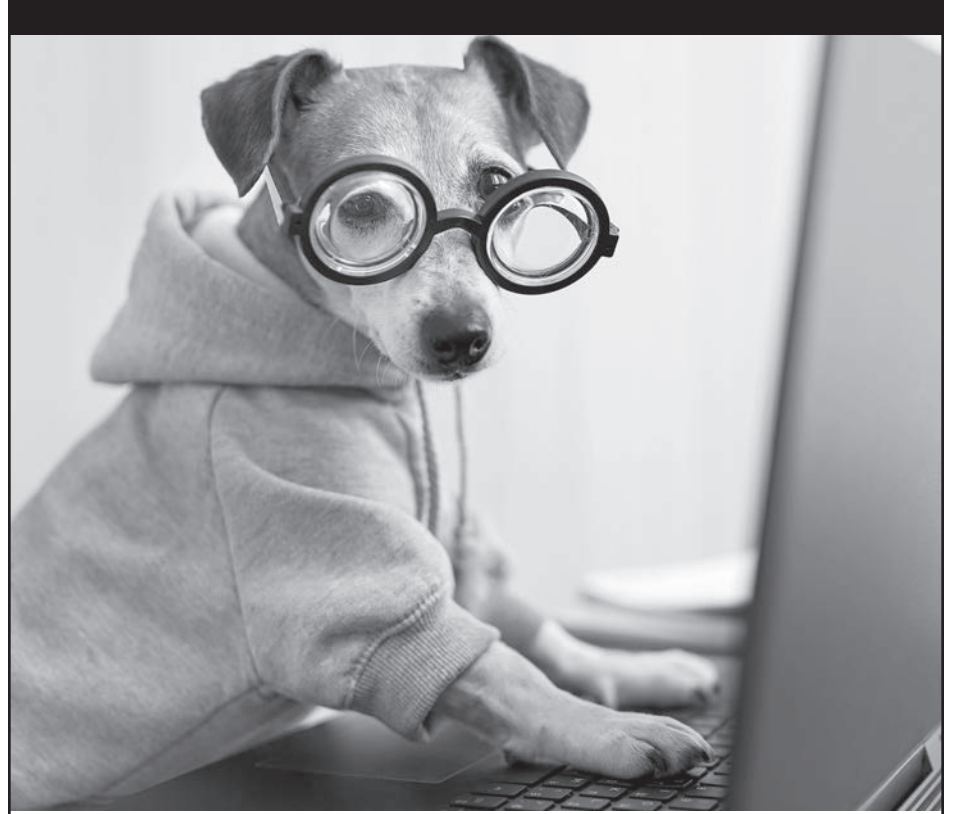
Keep Up the Socially Conscious Content

IN RECENT MONTHS, THE SHUTTLE has become a vessel of conscience about important issues that put us in touch with topics that really matter, and go beyond advice about health or food choices. For instance, in the August issue:

- An article by Jess Vorse talks about a task force that is working on increasing and promoting minority vendors. Jess closes with: "This project is only a first step in the Co-op's efforts to be continually and authentically anti-racist." Great, Jess!
- An article by Sandra Folzer contains many excellent examples of environmental racism. She writes "Closer to home, the Delaware Valley Resource Recovery Center in (the city of) Chester emits more particulate matter than any other facility in the country, according to WHYY's Radio Times."
- Finally, there's this gem by Sarah Endriss: "If you enjoy reading about nature as I do, there are volumes written on the benefits of trees: improved health and well-being; lower temperatures; improved air quality and carbon sequestration; stormwater mitigation; clean water; and soil protection, to name a few."

Keep publishing articles like these.

William Hengst



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We're Doing Our Best to Balance Our Triple Bottom Line

by Jon Roesser, Weavers Way General Manager

A COUPLE OF YEARS BACK, I WAS ASKED TO speak to a class of Temple University MBA students. After introducing myself, I clapped my hands together and proudly stated that I worked for Weavers Way Co-op, a “triple bottom line business.”

The puzzled expressions staring back at me made it clear I might as well have been speaking to them in ancient Greek.

Triple bottom line: People, Planet, Profit. Theoretically, this means all of our business decisions make good financial sense while also bettering our community and the environment.

In practice, our three bottom lines push and pull each other, and often business decisions benefit one at the expense of the others.

For example, the financial bottom line would almost certainly benefit if we sold conventional bananas alongside our organic, Fair Trade bananas. But conventional bananas are sprayed with some of the world's most toxic pesticides, and conventional banana plantations have a long, sordid history when it comes to worker treatment. So in the case of bananas, the “community” bottom line (here broadly defined to include all of humankind) and the environmental bottom line carry the day.

But our environmental bottom line groans under the weight of all the plastic seltzer bottles we sell (more than 40,000 last year). Ceasing to sell plastic seltzer bottles would harm the financial bottom line in a way we cannot justify, not right now. So when it comes to seltzer water, the financial bottom line wins out.

Critics of the Co-op would say our inconsistencies amount to hypocrisy. I'd argue that while individual business decisions are often the result of an imperfect compromise, overall, we have worked hard to strike a careful balance that ensures the Co-op's financial sustainability while also doing right for people and planet.

The tug of war between our three bottom lines ensures the Co-op is inherently a “center-left” organization. So yes, we want to eliminate all single-use plastic from our stores. But doing so will take time as we find reasonable alternatives. And yes, we want to get to a starting wage of \$15 per hour. But we need to do so incrementally over several years. Progress tempered by practicality.

Those on the right easily dismiss us as a bunch of tree-hugging, granola-eating, Birkenstock-wear-

“**Overall, we have worked hard to strike a careful balance that ensures the Co-op's financial sustainability while also doing right for people and planet.**”

ing hippies, labels that undoubtedly perplex those further on the left, including many of our most devoted members, who bemoan what they consider the Co-op's slow pace when it comes to environmental and social change.

Put another way, it means a Hilary Clinton would make a better General Manager of Weavers Way than a Bernie Sanders. And while a guy like Mike Pence would never feel at home at the Co-op, an Andrea Merkel, or maybe even a Mitt Romney, might find some things about the place they like.

The conflict in our bottom lines is particularly relevant at the moment, as the Co-op continues to navigate through the Coronavirus pandemic.

A couple of months ago, I communicated to our

Board of Directors that “our performance this year will be judged not on our profitability, but on how successful we are at maintaining the Co-op as a safe essential business.” In other words, we're losing money. But it's OK.

To meet our community bottom line, we must find a way to continue to keep the Co-op safe for both staff and customers. That's meant things such as customer caps, extra labor for door monitoring, enhanced cleaning, and fulfilling more home delivery and curbside pickup requests, and extra pay — “Battle Pay” — for all front-line employees.

All of these efforts are, as you can imagine, not inexpensive, and therefore detrimental to the Co-op's financial bottom line. Which means that right now, we're in a period of what in government parlance would be referred to as “deficit spending,” dipping into cash reserves to cover the shortfall.

We're well positioned to do so. Our cash reserves are strong, and they exist in part for exactly this sort of contingency. So for the time being, our community bottom line is in the driver's seat. The financial and environmental bottom lines have been relegated to carping from the back.

In the end, the financial bottom line gets its revenge. Unlike the federal government, the Co-op, as a business, cannot choose to operate at a deficit indefinitely. We must maintain adequate cash reserves to ensure our long-term sustainability.

But for a little while, it's more than OK to operate as we're doing. If we operated strictly for profit, with shareholders insisting on their quarterly dividend, we'd be forced to make business decisions that might not necessarily be in the best interest of our customers and employees. No thanks. I'm glad we're a triple bottom line business.

Now if we can only get them to teach this stuff in business school!

See you around the Co-op.

WEAVERS WAY WORKSHOPS



All Weavers Way Workshops and Events are cancelled or postponed until further notice.
Keep checking our website for updates: www.weaversway.coop/events

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The Time to Start a Garden is Now — and Here's Why

by Chris Mattingly, for the Shuttle

EVERYBODY KNOWS THAT SPRING IS the time for gardening. Meanwhile, nurseries, garden centers, gardeners, and the like wonder why business slows down every year in the fall, because that can be the best time for many new garden activities.

Autumn's underappreciated primacy for many things gardening is one reason I hosted "Fall is for Gardening!", a Weavers Way online workshop, last month. Here are a few of the reasons you'll want to brush off the blood, sweat and tears (but mostly sweat) from your summer garden activities and roll up your flannel this fall.

Discover the magic of cool season vegetables. While tomatoes, peppers, melons, and squash get all the summertime limelight, fall belongs to leafy greens, root vegetables, and cole crops that are equally exciting and transformative when grown in the proper season. A magical thing happens in the fall called "winter sweetening," in which these veggies actually taste sweeter after the first frosts. According to the PennState Extension website, this effect is due to their ability to convert starch into sugars, which act as an anti-freezing agent for their cells.

Also, cilantro and dill are actually cool season herbs. If you've had trouble with them before, try sowing some seed now, and every other week until November for a steady supply.

Bring your edible perennial plans to fruition. Pun intended; fall is a better time to plant fruits. For planting cherished perennial fruits like blueberry, blackberry, raspberry, apple, peach, pear, and paw paw that will provide a bountiful harvest for years to come, fall is best. As fruit researcher and author Lee Reich, PhD says in his book "Grow Fruit Naturally."

"Soil temperatures cool slowly in autumn, allowing some root growth even on leafless plants. And if you plant in autumn, when spring finally does arrive, the plant is...ready to grow."

Specifically, fall planting for fruits and berries can be done anytime before the first frost, or about the end of Octo-

ber for our region. I should note that one "fruit" that doesn't like to be planted in fall is the fig. The roots of a new fig may survive a winter if fall planted, but the above-ground part will be even less likely to survive than usual, even with the best built protection. Figs are better planted in spring.

It's a win-win if you decide you need help. Just speaking from experience here, the spring for a landscape contractor is mad. At a time when everyone wants garden services, you might have trouble getting someone's attention, a timely quote, or execution of the work. In the fall, you'll encounter a different scenario. My business, for one, is offering free consults and a discount on new installations. When you use garden help or shop your local garden center in the fall, you're helping people who have dedicated themselves to a notoriously challenging and seasonal line of work. Your patronage in the fall might just mean the difference between a seasonal layoff and a livelihood.

Bonus: this year is different. This fall will be more different than any other fall most of us have ever known. Ever the optimist, I'll point to the bright side. You're reading this article, which means you have the knowledge you need to unlock one of the most magical experiences that being a human has to offer. Gardening is a technological portal to the miracles and wonder of Mother Nature, and a productive and physical hobby that brings a sense of empowerment, the joy of learning a new skill, unexpected changes in diet and taste toward the fresh and nutritious, and the establishment of a physical space for quiet reflection to boot.

Don't hesitate to grow something today. The sooner you get started, the more fun you'll have.

Chris Mattingly is the founder of Backyard Eats, a full-service food gardening business with an array of offerings in the greater Philadelphia area. To receive a recording of his Weavers Way workshop, email him at chris@backyard-eats.com. To learn more about Backyard Eats, visit www.backyard-eats.com.



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Terracycle Program Carries On; Cooperator Shifts Are Back

by Leni Dow and Denny Whalen, Weavers Way Environment Committee

WEAVERS WAY ENVIRONMENT COMMITTEE'S Terracycle project has been accepting recyclable items during the COVID-19 pandemic and will continue to do so. The collection bins are located in the following locations:

- Mt. Airy: 555 Carpenter Lane (look for sign in window) midway on the left of the meeting room.
- Chestnut Hill: At front of the store next to the ATM machine (sign on window).
- Ambler: Outside in front of the store near the EV charging station.



Cooperator shifts were halted from March through July, but they resumed on August 27 with our sorting and boxing shift. These shifts take place from 10 a.m.- noon on the fourth Thursday of the month at the Share Food Program warehouse at 2901 W. Hunting Park Ave.

Members can sign up for shifts in the Member Center of the Co-op's website. Masks are required. Plastic gloves and hand sanitizer will be provided, and arrangements are being made to enable appropriate distancing.

Terracycle periodically adds or closes a recycling program, which can be frustrating to all. Notices of these changes will be placed in the Co-op's eNews editions and will be taped to the top of the bins. Copies of the list of accepted items are available on the bulletin boards in each store.

If you go onto the Terracycle website, you may find programs that we are not offering. Our Terracycle project joins programs for products that may be sold by the Co-op, are consistent with the Co-op's environmental philosophy, and that offer points that we are able to redeem for funds that support the Environment Committee's programs.

We appreciate the continued interest and participation of everyone who has been making use of the project. Last year, we shipped 435.4 pounds of recyclables to Terracycle that otherwise would have ended up in a landfill.

The most up-to-date list of items we can accept is below:

- BRITA filters, pitchers, packaging (filters must be dry)
- Dental products (All brands): old toothbrushes (**no electric**), empty toothpaste tubes, floss containers, mouthwash bottles and Colgate Wisps
- All Burt's Bees and Tom's of Maine products
- ACURE Skincare and personal care products and packaging (**New Program**)
- Plastic razors and packaging (all brands)
- Lundberg Family Farms packaging and food wrappers (**New Program**)
- Wellness and Open Farm brand pet food bags and pouches (**These brands only**)
- North Coast brand applesauce pouches
- Go Go Squeeze brand pouches
- Once Upon a Farm Organic baby food pouches (**New Program**)
- Calbee Harvest Snaps and Popper Duos bags (**New Program**)
- Late July brand chip/snack Bags (**this brand only**)
- Entenmann's Little Bites snack bags

A New Garden Puts Down Roots at East Mt. Airy's Pleasant Playground



DESPITE INITIAL SETBACKS DUE to COVID-19, construction is near completion on a 48-plus bed community garden at Pleasant Playground, located at 6757 Chew Avenue in East Mt. Airy, and neighbors were able to start work on their beds last month.

The garden is part of a 4.7-acre Parks and Recreation facility that serves as a vibrant hub for the community. Features include a swimming pool, ball fields, tennis, basketball and volleyball courts, and an active community center.

Neighbors are hoping the garden will help them grow community while growing food. The space will increase access to healthy food, provide educational opportunities to learn organic food production, promote physical activity and health, and create a shared green space to commune, connect with the environment and share gardening experiences.

Members of the community have donated their talents, time and funds, and partnering organizations including the Pleasant Playground Advisory Council, Philadelphia Parks and Recreation, FarmPhilly, and Mt. Airy Community Services Corporation have provided crucial support.

A garden fund established to fund the project has thus far raised 30% of the group's \$20,000 goal. The group also received a \$1,000 Fairmount Con-



Top, 48-plus new raised beds, ready for digging. Below, two volunteers set up a fence along the perimeter.

servancy Events and Programming grant. They continue to seek donations for permanent fencing and to install a long-term water system. Items on their Wish List include a new or gently used wheelbarrow, rakes, spades, shovels, hand trowels, hand rakes, tine cultivators, pruners, watering cans, organic garden soil, and pollinator plants.

When complete, the garden will include over 48 planting beds, including Americans with Disabilities Act-accessible beds, as well as picnic tables, storage space for tools, shade trees, water hookups and space for mulch and compost.

Donations in any amount can be made at: htofundme.com/f/pleasant-playground-community-gardentps://www.g. To learn more about the project, email pleasantplaygroundgarden@gmail.com.

Homeowners!

If you were putting off selling your house in the Spring because of the health crisis, now may be an excellent time to come on the market. **Buyers are out and active!**

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Weavers Way Wellness Team

Tap into Your Inner Well of Resilience by Reworking Maxims that Hold You Back

by Trudi Dixon, Weavers Way Wellness Team

IF YOU ARE READING THIS, YOU ARE RESILIENT. You have survived everything life has placed in your path. It may not have been easy, but you are hard-wired to overcome obstacles.

However, from the moment we come into our human experience, we start learning things that restrict our direct access to that inner reservoir of resilience. We are told stories by our caregivers, our community and society at large. They attempt to create containers of safety, both real and imaginary, but do not always succeed.

Some of those stories are helpful: look both ways before crossing the street! Hot things will burn your skin; don't run with scissors. Some of what we're told isn't true: boys don't cry; girls should be demure; our outward appearance defines our worthiness.

Most of what we hear wasn't originally intended to harm us. Over time, though, we became separated from the context, and those "truisms" are often repeated through generations without question, because that's the way we've always done it.

Rewriting the stories that no longer serve us, and perhaps never did, can help us uncover the resilience we were born to claim. This is both challenging and rewarding work that's nearly impossible to do on our own. No matter how much we want to change, we are still looking at ourselves through colored lenses and reflected in a distorted mirror. With the assistance of a skilled friend, therapist, partner, guide, or other relationship with healthy boundaries, we can begin to hear how those stories sound spoken by another voice.

In my last article (the Shuttle, March 2020), I wrote about the somatic consequences of having received the message that "dumb should hurt." I'd never really questioned that quip, or how I might be teaching it to — or using it against — other people.

When my own somatic therapist said to me "What a horrible thing to say to a child!" I realized he was absolutely right. That outside perspective allowed me



to recognize how it impacted my life, to strive not to repeat it, and to change that story into a helpful one. Now I can easily accept that I couldn't possibly know everything or do everything perfectly on the first try. "Dumb" is only what we are when we haven't learned differently — and we can always learn new things. That process, though uncomfortable, does not require pain.

A resilient way of moving was always inside me; it was only temporarily hidden by words that were not mine to carry or repeat. In discovering our truest, most authentic selves, without the restrictions of the stories we have inherited, our resilience has the opportunity to reach its greatest potential. We can learn to live with joy, serve the greatest good, and more easily recognize when the world tries to hide our light again.

Trudi Dixon, a Certified Somatic Therapist, is currently offering virtual services on a love-offering basis through her practice, Living Inspired Wellness.

WMAN Kicks Off Virtual Series on Race with Session on Importance of Voting Rights

WEST MT. AIRY NEIGHBORS QUALITY OF LIFE Committee is launching a series of Zoom conversations over the coming months as part of WMAN's continuing commitment to building community. The general theme of the series is "Race Still Matters."

The first session, "Race and the Franchise: Voting as a Key to Overcoming Racial Barriers," will take place on Thursday, Sept. 24 at 7:30 p.m. Panelists will be Congressman Dwight Evans and David Thornburgh, President and Chief Executive Officer of the Committee of Seventy.

Topics for future sessions, seven in all, include "Race and the Quality of Life in the Public Realm," "Race in the Education of Our Children," "Race in Employment: Overcoming Structural Racism in the Workplace," and "Race in Housing: Is 'Affordable Housing' an Answer?" All the conversations will take place on Thursday evenings.

Each 90-minute session consists of a moderated panel discussion, followed by interactive conversations with community members taking part. All sessions will be moderated by Samuel Grannum, Chief Operating Officer of New Covenant Church of Philadelphia. Grannum is a member of the WMAN Board.

The conversations will be recorded and made available on the WMAN website at www.wman.net.



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Tap into Your Own Resource of Empathy So that Kids Can Develop Theirs

by Tamar Jacobson, for the Shuttle

DEVELOPING COMPASSION AND EMPATHY IS CRITICAL for developing quality relationships with young children. When we are able to put ourselves in another's shoes, we understand them better and are more able to validate their emotions.

When I think that most adults treat children the way they were treated, I can't help but wonder how adults develop compassion themselves. What if they never had the opportunity to practice being empathetic when they were young, or if they hadn't experienced others being empathetic toward them? In my latest book, "Everyone Needs Attention: Helping Young Children Thrive," I write about self-research.

In my first book about understanding our biases, I termed this kind of self-reflection as a way of confronting our discomfort. As we have started taking an in-depth look at systemic racism as a nation, I believe that we cannot rid ourselves of it unless we accompany our efforts with self-reflection, specifically about how we acquired our biases as young children. This can be uncomfortable — even deeply painful.

Recently, I have been asking myself if I can be more compassionate with myself in order to have compassion for others. This makes me think about the critical voices from my childhood that I developed in my brain when I was growing up. I realize that these early voices from significant adults in my life have stayed with me — even at age 71.

Becoming aware of how I talk to me about me in my head is half the battle toward becoming more compassionate with myself. This is different from narcissism or self-praise; it's about learning to accept my flaws as part of being human.

The Difficulty With Making Mental Left Turns

Our minds were set a long time ago by adults, who taught us a way of perceiving the world mostly through their eyes. Our survival in our family systems depended on doing the right things, so that people we cared about would like us. Adults around us taught us what was safe or dangerous through their praise, admonishments and even silence. I learned to understand reality mostly through my mother's view of me, but also through my own repeated patterns of behavior that reinforced my emotional life script.

Rewriting my script is not always easy. It is not like surgery, in which we replace our old beliefs with new values like we do with knee or hip replacements. Change takes time. Some of us welcome it with all its challenges and struggles. Others feel anxious and resistant — even fearful or resentful. All these different feelings are natural if we decide to change our mindset.

It has always been a struggle to unlearn prejudices I acquired in early childhood. For example, I met an American Peace Corps teacher and invited him to stay with us for a while as he passed through Rhodesia. He was on his way to work in Botswana, a neighboring country.

One day, he and I gave a ride to a young Black African woman who was working at a friend's home. He jumped out and opened the front door of the car for the woman to enter. As he did that, I remember feeling amazed and ashamed both at the same time; I realized that I had learned all Black African people were expected to sit at the back of the car. His behavior showed me that it was natural and polite to offer a guest the front seat of



the car no matter who they are or the color of their skin.

Self-compassion helps me become intentionally aware of why I do what I do. If I find myself cautioning children who try to do something challenging, it likely has something to do with how I wasn't trusted to do things when I was a child. This way, I become more aware of how or why I blurt out things to children, and I am able to choose different responses that are more helpful or appropriate for their development.

Feelings are complex, arising when least expected. If I am able to validate or acknowledge them, perhaps I would become more inclined to accept a child's feelings as well.

Adults seem to unconsciously repeat what was done to or for them when they were children. When we learn to validate our own feelings, we will be more inclined to accept those of others. And when we learn that our flaws are what makes us human, we will be able to transfer this compassion and empathy toward others.

Tamar Jacobson is an early childhood development and education consultant for early childhood programs, organization and families. Contact her at Tamarj60@gmail.com

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Higher Cost, Better for the Earth: The Case for Signing On to RNG

by Betsy Teutsch, for the Shuttle

WHEN THE ENERGY CO-OP PROMOTED ITS NEW OFFERING, renewable natural gas, in the Shuttle, it sounded like an oxymoron. Isn't natural gas fossil fuel that's pumped, or more recently, fracked from deep in the earth? It's the product of organic matter decaying over eons; how could it be renewable?

RNG can also be produced by using the same recipe but shortening the cooking time from millions of years to a few weeks. Small farms use biodigesters to manage agricultural and animal waste. After several weeks of letting this biostock decompose in a covered chamber, its byproduct is methane. It is piped to the kitchen, literally letting the farmer cook with gas. Industrial-sized digesters are deployed on livestock/dairy farms, to manage the waste and produce biogas.

The same process occurs in landfills, gargantuan subterranean waste management collection sites. While they exist to bury our garbage, landfills also emit methane generated by all the decaying organic matter we trash rather than compost. RNG is this harvested methane. Until recently there was no demand for it, because it was expensive to collect. Landfill methane is typically burned, wasting its energy, or leaks into the atmosphere.

Methane emissions, which were deregulated earlier this summer by the Trump administration, are about 80 times more toxic than carbon dioxide. Hence, harvesting methane rather than burning it or letting it leak is a high impact anti-pollution method.

The Energy Co-op has over 500 households now purchasing RNG. It is not an easy sell, as it costs more than fracked natural gas. Think of it as boutique natural gas. The infrastructure for harvesting, refining, and distributing it is in its infancy.

Why do these households elect to pay more for this product? People with a surplus often pay more for enhanced quality, such as fine wine or artisanal cheese. But RNG provides exactly the same experience as conventional fracked gas, heating your hot water and maybe your stove burners. Improved performance is not the draw.



Affluent folks will also pay for aesthetics like gardening or art. But RNG is invisible, so that's not it, either.

Why spring for RNG, then? In the same way that folks care about ethical sourcing and commit to buying organic and fair trade, RNG appeals to their desire to improve the world.

Environmental activists who oppose fracking clearly think it's worth the 50-65 ¢ a day — the same cost as one latte a week — to support a renewable alternative and help build the RNG infrastructure.

People tuned into market forces value the opportunity to be early adopters. Helping create demand and awareness for harvested landfill methane will ultimately lower its price as more suppliers and better technology comes to the market. Voting with your pocketbook helps establish proof of concept and has impact comparable to donating money to environmental causes.

There are eco-green status symbols, for sure. The Energy Co-op should distribute signs to its customers, helping them tell their neighbors about this new option and becoming ambassadors for RNG.

The Energy Co-op, now independent but founded by Weavers Way members over 40 years ago, invites interested customers to a monthly FAQ to learn more about switching to RNG. Find out more by contacting them at www.theenergy.coop.

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Schuylkill Center Visitors Center to Resume Daily Schedule Starting Sept. 8

AFTER BEING CLOSED FOR ALMOST SIX MONTHS, THE SCHUYLKILL CENTER for Environmental Education in Upper Roxborough will reopen its entire visitor center on Tuesday, Sept. 8 and resume its regular hours of 9 a.m.-5 p.m. Monday through Saturday.

According to Amy Krauss, the center's director of communications, there are new protocols in place to help create a worry-free experience in the center, including enhanced cleaning procedures and monitored inside capacity. Visitors will be required to wear a mask. For more information on the new protocols, visit the center's website: www.schuylkillcenter.org.

The center's gallery show, "Ecotactical: Earth Day at 50," opens on Sept. 21, with a virtual opening scheduled for Monday, Sept. 24. Originally planned for April, the exhibit examines the role of Earth Day 50 years after the first celebration in 1970. Featured exhibitors include Ants on a Log, Nicole Donnelly, Julia Way Rix, Kristen Neville Taylor, Tools for Action, Sophy Tuttle, Water Ways, and Pili X.



Over the summer, the center offered digital programs on various nature subjects, and will continue to do that next month. Upcoming programs include "Bee Basics: Honeybees and Beekeeping" on Sept. 10, and "Bats: Cause of — and Possible Cure for — COVID-19" on Sept. 17.

Artists in Our Aisles



Susan Smith

I am a longtime resident of Chestnut Hill. After I retired from a career as a lawyer/business executive, I pursued several successful creative ventures, including knitting and jewelry design. However, decreased vision from macular degeneration made those activities difficult. I was fortunate to find that I could see through a lens.

Most of my work is centered on travel and horticulture. Memory is fleeting, so I choose to photograph subjects in their natural environments to freeze moments in time. Focusing on light and using close observation to capture details that often goes unnoticed defines my work. I most frequently print on metal to intensify the color and clarity of the images.

I grow most of my own flowers and vegetables and keep bees that serve as good images even in this pandemic, when travel is limited.

Editor's Note: Susan's greeting cards are now available at all Weavers Way locations.



We want to feature your art in the Shuttle!

Please submit the following to Richard Metz (thembones2@hotmail.com):

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Wissahickon Advocacy Groups Fight Stormwater One Project at a Time

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon, and Gail Farmer, Executive Director, Wissahickon Trails

WHEN IT RAINS, IT POURS — AND THEN IT FLOODS. It's an all-too familiar pattern of more frequent, significant rain events, like this summer's Tropical Storm Isaias, brought on by climate change.

A well-functioning watershed captures, stores, and slowly releases rainfall (and snowmelt) into a body of water such as a creek, stream, or river. Continuous development within the 64-square-mile area of the Wissahickon Watershed in Montgomery and Philadelphia counties exponentially increases surface runoff and overland flow. The increased flow we see during and after storm events erodes the streambanks throughout the watershed, adding sediment and pollution and ultimately degrading the habitat and water quality of the Wissahickon Creek and its tributaries.



To address the impact of this growing challenge, Friends of the Wissahickon and Wissahickon Trails (formerly the Wissahickon

Valley Watershed Association) continue to work with our regional partners and invest millions of dollars in capital improvements throughout the Wissahickon. Here are a few:

- FOW's much-awaited Forbidden Drive Streambank Stabilization Project, completed last fall, secured the major streambank collapse sites along the Philadelphia section of the Wissahickon Creek near Valley Green Inn, the Mt. Airy Avenue pedestrian bridge, and the Kitchens Lane Bridge. Conservation-driven construction practices used soil lifts (similar to terraced "steps") that crews populated with native seeds and plants.

Over time, the mature plantings will naturalize and become established growth that will support the multifaceted engineering work, while becoming part of the landscape and reducing the force of water coming off the stream and hillside.

- The future Lavender Trail (Gully North) Project is another large-scale example of FOW's commitment to protect the creek's quality. It will target one of two major erosion sites on this trail — around the Chestnut Hill Avenue/Crefeld Street interchange, which is one of the largest sources of sediment discharge into the creek. We hope that the design and permits for this



Photo by Jamie Stewart

Tropical Storm Isaias flooded the Four Mills Barn office of Wissahickon Trails in Ambler in early August.

stabilization and planting project will be completed later this year.

- After more than five years of planning, Wissahickon Trails is spearheading the Wissahickon Headwaters Stream and Riparian Restoration Project. This will restore and stabilize the Wissahickon Creek in the PECO right-of-way power line corridor.

We will partner with PECO on the project, along with Upper Gwynedd Township and Merck.

Once the work is completed, we will be able to turn this property along a highly eroded stretch of the creek into an actual floodplain. This will slow down the force of the water and allow it to percolate into the ground, catching it where it hits, instead of flowing downstream. Construction was supposed to have begun in March, but has been delayed by the coronavirus pandemic. Crews

are currently working to stabilize the area and avoid further damage from flood waters; they hope to complete the work in the fall. Flood tolerant plantings will be installed, which, over time, will look and work as a functioning ecosystem.

Conserving land protects the Wissahickon, a source of drinking water for a third of Philadelphians. Through this work, we also maintain the area's infrastructure, along with habitats for local wildlife surrounding and within the creek.

As flood watches continue to make headlines in our region, FOW and Wissahickon Trails will continue to work with watershed groups and municipalities, such as the 12-member Wissahickon Clean Water Partnership. Their planning, research, and advocacy efforts will advance the future resiliency of this vital watershed

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Think You're All in the Clear to Vote?

Get Prepped Now So You'll Be Counted

by Lori Jardines, for the Shuttle

GEORGIA CONGRESSMAN AND Civil Rights icon John Lewis, who died on July 17, risked his life and went to jail to expand voting rights and to defend the right to vote. We cannot let him down in the most important election of our lives.

Election Day, Nov. 3, will be here before you know it, so it is important to start getting ready. If you haven't voted in two federal election cycles, you may have been removed from the voter roles. Check your voter registration status at pavoterservices.pa.gov. If you are not registered to vote and have a Pennsylvania driver's license or a PennDOT ID, you can register online through the same website.

If you don't have either of these forms of identification, fill out a paper application. These can be downloaded and printed from your computer, or obtained from your state senator or state representative's office, or from your committee people. If you are already registered to vote but have changed your name, moved or want to change your political affiliation, you must update your voter registration status. This can be completed either online (pavoterservices.pa.gov) or on paper.

We don't know where we will be in November with respect to the coronavirus pandemic. It may not be safe to vote in person, but you can vote safely by mail.

The first time Pennsylvania could vote by mail was on June 2 for the primary election. There were some problems, to be sure, but it is still the safest way to vote.

You can apply for a mail-in ballot two ways: online or on paper. Go to pavoterservices.pa.gov for the details. The sooner you apply for your mail-in bal-

lot, the better. The mail-in ballot application request must be received by the Board of Elections by 5 p.m. on October 27, but the sooner you submit your application, the better. The completed ballot must be received by your county Board of Elections by 8 p.m. on November 3.

When completing your ballot, be sure to read it thoroughly. Fill it out in black ink and remember to sign it with a signature that matches your signature of record. Put your ballot into the official election ballot (the small envelope) and place this into the mailing envelope (the larger envelope). Don't forget to sign the voter declaration, print your name and fill in your address on the mailing envelope. Put the ballot in a mailbox and mail it well before the deadline.

If you do wait until the last minute, there were mobile ballot dropoff sites available on the day before the primary and dropoff locations throughout the city on Election Day. These options were not well publicized and were an-

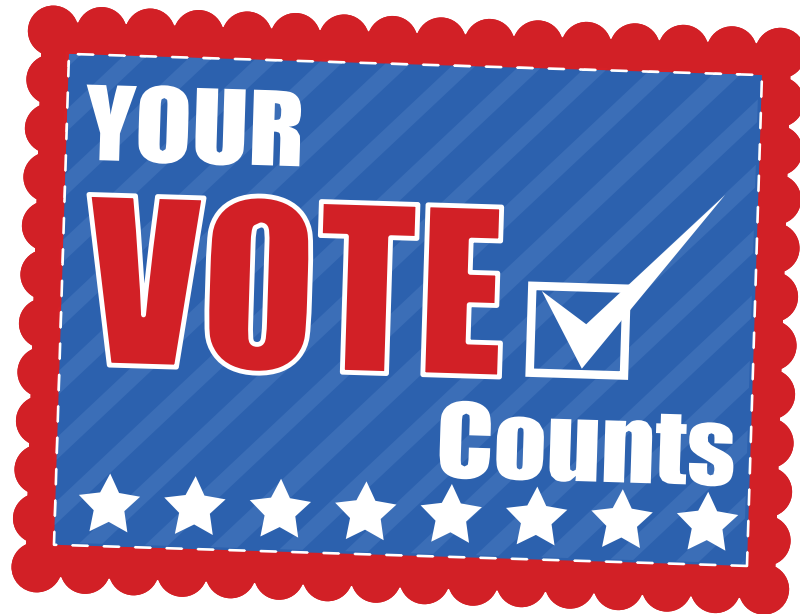
nounced just prior to the election.

The ballots will be sent out about 50 days prior to the election. Fill out your ballot and return it; don't wait until the last minute. You can track your ballot at pavoterservices.pa.gov if you have previously provided your email address.

Philadelphia City Commissioner Lisa Deeley stated that the major reason for a ballot not being accepted was that the declaration on the outer envelope was not signed. Other reasons for ballots not being counted were ballots being received after the deadline, confusion over the postmark or that the signature on the ballot did not match the signature of record.

As Congressman Lewis said earlier this year, "Get in good trouble, necessary trouble and help redeem the soul of America." Get in good trouble and vote.

Lori Jardines is one of the Democratic Committee people for Ward 22, Division 3.




ELECTILE ★ DYSFUNCTION
Hindsight is 2020

Act II Presents Virtual Sendup of Election Season Madness

Ambler's Act II Playhouse has gone virtual to present "Electile Dysfunction: Hindsight is 2020," an election-season — themed original sketch comedy revue designed to skewer right, left and center with real voter interviews, press conference puns, pandemic parody, and a Donald Trump vs. Richard Nixon sing-off.

The show features Tony Braithwaite, Will Dennis, Tracie Higgins and Dan Matarazzo and is directed by Braithwaite. Tickets are \$33 for adults, \$30 for senior citizens and members of the military. For more information or to purchase, check out the theater's website www.act2.org.



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Liberate Your Lawn & Garden

Four Small Changes You Can Make To Keep Fireflies Happy with Your Yard

by Sarah Endriss, for the Shuttle

"Did you get him?" my son yelled.
 "No! Do you see her? Where did she go?" my daughter asked.
 "He's over there!"
 "Over where?" my daughter exclaimed, turning around and around. "Oh, there she is!"
 "Did you get him?"
 "Yes! Come look!" my daughter said as she peered into her cupped hands.



IS THERE ANYTHING AS NOSTALGIC AS A WARM SUMMER evening catching fireflies with your kids?

When we first moved to Philly I was surprised and delighted to discover their small flashing lights dancing around our garden, because fireflies for me were synonymous with meadows. Growing up, my grandmother had a large meadow that backed up against our yard, and on any number of evenings my parents could find my brothers and me, empty peanut butter jars in hand, chasing them around the backyard.

So why are they in my backyard in Philly, and why have they been dwindling in numbers the last couple years?

My initial explanation was that it's not dark enough; just about all my neighbors keep their backyard lights on during the night. But this is only partially correct. So if that's not the reason, is it the dwindling amount of native vegetation?

Well, yes and no. Lightning bugs love native plants, but my back garden is filled with native ground covers, perennials, trees and shrubs. So what gives?

What I've discovered is that the reduction of fireflies in my yard may be intimately tied to the rise of the invasive Asian zebra mosquito. Not that the mosquito has anything personally to do with it, but unbeknownst to me, I have been eliminating their habitat every summer because it is also the habitat these god-awful mosquitos love - moist leaves!

According to the website firefly.org, whenever we rake leaves and put them out to the curb, we are raking up firefly larvae and throwing them away! When we work to control snails, slugs and worms, we eliminate firefly larvae's main food source. And when we spray broad spectrum insecticides, especially lawn chemicals, we effectively kill them.

So as we transition from summer to autumn and the leaves begin to fall, here are a few things we can do to

support the firefly habitat:

1. Leave the leaves in your garden. Leaves protect soil moisture, support soil nutrient development and provide habitat for numerous insects. If your garden has more leaves than it can handle, purchase a leaf chipper and grind them up for mulch to apply to your garden beds.
2. Plant native grasses and forbs. Plants help retain critical soil moisture and the birds, bees and butterflies will also thank you.
3. Avoid chemicals in your backyard and don't overmow; not only will fireflies appreciate it, so will your children and pets.
4. Turn off outside lights at night and advocate for local "Dark Skies" policies. Not only will fireflies then find each other, but our children's children may also have the privilege and joy of chasing them on a summer evening.

Why shop the Co-op?

LET'S COUNT THE WAYS.

1

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A Legacy of Trickery and Discrimination Threatens Black Landowners

by Sandra Folzer, Weavers Way Environment Committee

THE CIVIL WAR ISN'T OVER. THAT doesn't surprise any Blacks, although whites may be clueless.

After the Civil War, when nearly four million people were freed from slavery, Union General William Sherman declared they could have 400,000 acres of land formerly held by Confederates. They never got it, but through hard work, Blacks began to buy land. By 1920, they made up 14% of landowners in the South, while making up only 10% of the population.

But that didn't last long. Poor white farmers in the South, members of a movement called the Whitecaps, threatened and beat Blacks in order to get them to abandon their land. In 1912, violent white mobs drove out almost all the Blacks in Forsyth County, GA. To this day, governments and the courts continue to find ways to dispossess Blacks of their property.

According to Pro Publica, between 1910 and 1997, Blacks lost about 90% of their farmland, which is a major contributor to America's racial wealth gap. The median wealth among Black families is about one-tenth that of white families.

Lizzie Presser of ProPublica described in depth last July what happened to Melvin and Licurtis Reels in Beaufort, on the central coast of North Carolina. Their great-grandfather, whose father had been a slave, had bought land in Carteret County in 1911. Their grandfather didn't

trust the courts, so he didn't make a will; instead the land became "heirs' property", whereby descendants inherit an interest. This was common practice during Reconstruction, when Blacks didn't have access to the legal system. Heirs' property is the leading cause of Blacks involuntarily losing land because speculators find legal loopholes to acquire it.

After 1970, when Beaufort became a tourist attraction, the brothers' Uncle Shedrick Reels, a tire salesman in New Jersey who hadn't lived in North Carolina for 27 years, claimed ownership to the most valuable part of the land. Reels, known by the family as "Shade," claimed adverse possession, arguing that tenants had stood in for him during the time he lived out of state.

Using the obscure Torrens Act, in which a petitioner doesn't have to abide by the formal rules of a court, Shade gained title. The law was intended to clear up muddled titles, but by the 1930s, there was evidence that indicated it had been corrupted by big business and was used by the rich to take land from the poor. The window to appeal a decision made under the act is one year; by the time the Reels brothers became aware of their predicament, they had missed the window by two years. Shade Reels soon sold the land to developers.

The intentional inflation of taxes has also been used by local officials to push out Blacks in certain areas. In 1992, the NAACP argued that this tactic was used

against Black families in Dafuskie, a South Carolina island that has become one of the hottest real estate markets on the East Coast. According to the Pro Publica article, taxes there increased as much as 700% in 10 years.

Partition action is another way land is lost legally. With many heirs, speculators can buy out the interest of just one heir, no matter how small, thereby forcing sale of an entire property. Sales are quick, not well advertised, and tend to yield below-market prices.

For Black farmers, the loss of land, livelihood and economic stability has often come at the hands of the U.S. Department of Agriculture, an agency set up to work with and uplift farmers. While the USDA has made the case that the number of Black farmers has increased in recent years, a 2019 report by Nathan Rosenberg and Bruce Stucki of The Counter indicated the agency had manipulated its statistics, and that its practices have continued to be discriminatory and damaging.

The Counter's investigation found that under Tom Vilsack, Secretary of Agriculture during the Obama administration, USDA employees "foreclosed on black farmers with outstanding discrimination complaints...threw out new complaints, and misrepresented their frequency, while continuing to discriminate against farmers." In addition, the USDA sent a lower share of loan dollars to Black farmers than under President George W. Bush.



The picture for Black farmers has gotten no better under President Trump. According to The Counter, his Market Facilitation Program, designed to aid farmers who suffered under the administration's ongoing trade war with China, distributed almost all of its subsidies to white male farmers.

Still, the news isn't all bad. Locally, we have groups of Black and brown farmers, including Soil Generation in Parkside, West Philly; Farmer Jawn CSA and Greenhouses in Elkins Park, and Black Girls with Green Thumbs, who are dedicated to promoting urban agriculture in Philadelphia, not to mention the many Black and brown members of community gardens throughout the area. Let us hope that through education and awareness, change may happen.

2 MEMBER BENEFITS.

3 BULK FOODS.

4 CO-OP BASICS.

5 SUSTAINABLE MEAT & SEAFOOD.

6 PRODUCE.

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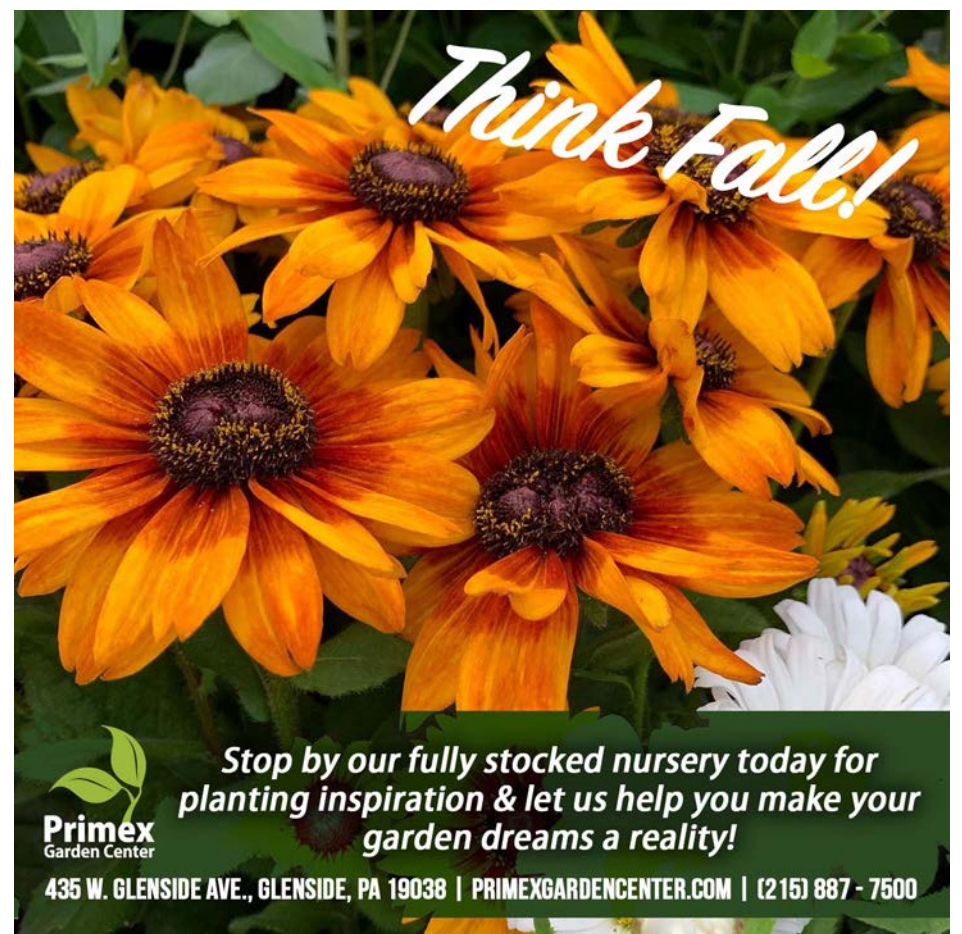
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- 1 Voluntary and Open Membership
- 2 Democratic Member-Owner Control
- 3 Member-Owner Economic Participation
- 4 Autonomy and Independence
- 5 Education, Training and Information
- 6 Cooperation Among Cooperatives
- 7 Concern for Community

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.

News from the COVID-19 product world: there's a new reported shortage in pump spray bottles, meaning many of the cleaners typically sold with spray pumps will be transitioning to squeeze or screw top bottles. Apparently, there are only a few manufacturers of these devices (all in China, of course), and they can't keep up with demand.

Paper products continue to be hit and miss. Now napkins are in short supply, with other paper products short on a week-to-week basis.. What no longer seems to be short is personal protective equipment. I receive a few solicitations a day from new PPE suppliers. Most are from the United States, but some are from China and other countries.

I recently got a cold call from a sales rep who acted like it was important for me to know she was calling from Canada. She had inside information that there were going to be upcoming PPE shortages (typically sanitizer, masks, and gloves). I congratulated her on breaking new ground on cold, high pressure sales calls and suggested she look for a job that didn't involve lying to strangers for money.



Not many suggestions in the Suggestion Book lately; it seems to be kind of dying out, perhaps a remnant of a bygone age? I prefer some of our old and fairly sustainable technology stays alive. While I embrace tech as do most people, it does occur to me that it all depends on cheap and abundant electricity, which may not always be cheap and abundant.

suggestions and responses:

- s:** "Could I add items from Blue Marble to my home delivery orders?"
- r:** (Norman) Not yet, but we are looking at ways to expand home delivery and maybe we can figure out a way to include products from neighboring businesses. It's our goal to become the Amazon of the Northwest.
- s:** "Sometimes when I buy milk, I forget it in the backseat of my car and find that it's spoiled just a couple days later. Is this a known issue with Merrymeard? Can the Co-op do something about it?"
- r:** (Norman) We asked Merrymeard and they blamed cows. Apparently cows

(Continued on Next Page)

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Norman Says:

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



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(Continued from Preceding Page)

evolved for their milk to be consumed fairly quickly after being sucked out by their calves, so the cows have no ability to add preservatives or create temperatures that would render the milk stable over long periods. Sorry to disappoint.

s: “Would it be possible for the produce department to carry less spicy ginger?”

r: (Matt, MA) Yes. Just like you frequently see spiciness symbols on ethnic restaurant menus with spicy food, ask your server for less spice in our fresh ginger.

s: “As an ecologically friendly and chemical-free solution to common household pests, could the Co-op bring in anteaters or echidnas?”

r: (Matt, MA) These are stocked in our pet store. You do need a United States Department of Agriculture permit to purchase them due to COVID and the ability of viruses to jump species by shapeshifting.

s: “Can we stock Wonton wraps?”

r: (Matt MA) We carried them for quite a while a few years ago. Demand was never consistent enough to maintain fresh stock and resulted in many packages of wrappers being disposed of upon expiration. We do stock them in Chestnut Hill, where they sell better.

s: “Fresh salsa?”

r: (Norman) Our Prepared Foods department makes a couple in all three stores.

s: “Liking the La Colombe Oatmilk Iced Coffee.”

r: (Matt MA) Thanks for the feedback.

s: “I am tired of walking through the store and bumping into people. I think a reasonable solution to this problem would be to introduce bumper carts to Weav-

“
**What no longer
 seems to be
 short is PPE,
 I receive a few
 solicitations a
 day from new
 PPE suppliers...**
 ”

ers Way. Think about it: each shopper walks into the store and sits in their own bumper cart. There are tracks along the floor that direct the carts. This would greatly improve our current shopping experience here in Mt. Airy.”

r: (Norman) Sorry, but there isn’t room for bumper carts. But with COVID-19, people shouldn’t be getting close enough to bump, anyway. There is a kind of half-moon hula hoop contraption we’re looking at that might help solve the problem of bumping into people and maintaining social distance while shopping. Force fields are another option, but their batteries are kind of heavy.

NEI Committee Aims to Reimagine and Support Changes to Local Economy

by Coleman Poses, Chair,
 Weavers Way New Economy Incubator Committee



THE NEW ECONOMY Incubator? What’s that? Over the past eight years, our committee has submitted articles in the Shuttle, explaining and re-explaining who we are and what we do.

If you surf the web, you will find the New Economy defined as anything from online shopping to anarchist collectives. So this might be a good time to introduce what I and the current members of the committee believe the new economy to be, and what we hope to achieve from our various perspectives.

Our mission statement on the Co-op’s website reads as follows:

“The New Economy Incubator Committee identifies and develops best practices for the implementation of a local economy within our Northwest community. These best practices assure the equitable delivery of goods and services within our community, with the greatest autonomy and the least environmental impact.”

One of our members sees the new economy as “coalition/collaborative businesses for integrated and re-imagined capitalism in a more just, equitable and compassionate world.” Whatever our perspective, we all seem to view it as a shift to a distribution of

goods and services where there are no losers, and to achieve that goal, we are trying to develop as many enterprises as possible in this community that shares the values and employs the practices of

Weavers Way itself.

Since our inception, we seem to be doing some things right. The Northwest Philly Solar Co-op, the Free Loan Association of Germantown, and the Farmers Market of Germantown were all enterprises conceived within the body of our committee. Obviously, there is still plenty of work to do. Assessing the feasibility of worker-owned-and-operated co-ops, as well as developing a commercial kitchen, are currently on our agenda.

The New Economy is, therefore, a challenge to the more common concepts of what an enterprise is and does. As Sun Ra, the late, great composer who lived in Germantown for many years, wrote: “Somebody else’s idea, of things to come...may not be the only pattern, to build a world on.”

Our economic status quo can be so much better than it is — and cooperatively, we can get there. For more information, you can contact me at cposes1@gmail.com.



PLEASE WEAR A MASK WHEN INSIDE OUR STORES.



WEAVERS WAY ENDS

Weavers Way Cooperative Association exists to provide commercial and community services for the greater good of its members and community, to champion the cooperative model and to strengthen the local economy.

AS A RESULT OF ALL WE DO:

END 1 There will be a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community.

END 2 Our community will have access to high quality, reasonably priced food, with an emphasis on local, minimally processed and ethically produced goods.

END 3 There will be active collaborative relationships with a wide variety of organizations in the community to achieve common goals.

END 4 Members and shoppers will be informed about cooperative principles and values; relevant environmental, food and consumer issues; and the Co-op’s long-term vision.

END 5 Members and shoppers will actively participate in the life of the Co-op and community.

END 6 The local environment will be protected and restored.

END 7 Weavers Way will have a welcoming culture that values diversity, inclusiveness, and respect.

Solar Panels

(continued from page 1)

of electricity the church requires over and above what the panels produce. The panels come with a 25-year power producing warranty, and the task force estimates significant energy cost savings over the life of the project.

The area where the panels will be installed is known as the “Back 10”, and options for its use have been a source of discussion among church leaders for years. A long-time lay leader in the church who was active in prior discussions regarding use of the area, wrote in a letter to the church’s Vestry in support of approving the project:

“I believe the business and financial structure of the [solar panels] proposal is solid... Another important positive to me is the environmental impact: As a Christian community, we have a responsibility to preserve this incredible earth God has given us.”

The potential for the panels to conserve energy is impressive. In all, 754 panels were installed, which produce as much electricity as used by 42 homes. The church’s research indicates that a system of its size can eliminate the same amount of carbon emissions that would result from charging over 35 million smart phones, or would reduce the equivalent greenhouse gas emissions from switching over 10,000 incandescent lamps to LEDs.

The land where the panels are located is flat with an excellent southern exposure, which makes it an ideal location. Some brush had to be cleared prior to installation, but as little as possible was removed so that what remains will hide the panels from street and parking lot views. The project required no permit variances, and the cluster of community gardens nearby was not affected.



As part of their research, the task force needed to consider the viability of panels for a non-profit. While tax deductions and credits for solar installations are well known, the group was unsure how a nonprofit that pays no taxes would be able to leverage them. As it turns out, the PSA enables all tax incentives to be fully leveraged and monetized.

The task force also views the panels as a gift to the community, and is excited the project supports the Genesis Covenant, adopted by the Episcopal Church in 2009. In it, the church recognized the crisis of climate change and the need for all faith institutions to take practical actions to address it. The covenant recommends that individuals and faith communities reduce energy use, save money and care for creation.

“Solar fits perfectly with all of our priorities,” Pasquarella said. “Our preschool, for example, developed an incredible STEAM program (Science, Technology, Engineering, Arts Mathematics) for ages 2 - 5. And now with our solar field on campus, I can’t wait to see what the world’s best early childhood educators do with creating fun and interactive programming that leverages our solar farm.”

Shopping for Typewriters Al Fresco

(continued from page 1)

up with the idea of displaying some of the models she has for sale in the garden.

“In several ways, this is a more efficient and enjoyable business model,” she said. “The birds chirp endlessly. The pond burbles.”

Rogow schedules appointments (weather permitting) for interested customers one individual or household at a time.

“We first chat with interested folks about how they might use a typewriter,” she said. “For themselves or a child? A gift? Home-schooling? Decor?”

Most mornings, she sets out a selection of 10 to 20 electric and manual machines for customers to consider. All the models are warrantied.

The garden opened for the first time in 2019 for community use. Rogow cred-

its neighbor Lindsay Weightman with establishing a vision for the site a few years ago after 20-plus years of benign neglect. Last year, her efforts were recognized by the Pennsylvania Horticultural Society, which awarded a blue ribbon for the space’s design.

The garden features a Seussian bird house village, a Talavera tile bird bath, vintage aluminum carousel animals, botanical art wall installations and more. There’s also a small staging area for intimate performances.

With cooler weather on the way, Rogow will likely need to shift gears again. Meanwhile, the garden is available for passersby to take a peek, for typewriter enthusiasts to schedule a visit, for Co-op staff to find respite, and for small private milestone celebrations for ten or less.

www.typewritershop.com



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—Kirstie Jones

RISING TIDE

Like sand moving through the hourglass,
 Many hands daily work essential tasks.
 Though I'm lucky to hear the roar of the shore;
 It's a fortnight spent with a sense of discontent.
 We enjoy extra leisure, yet feel this real unrest.
 So while we're stuck in our neat nests, let's be productive pests!
 Be proud you spoke up, gave donations, marched were bold'n brave!
 If you love the U.S., vote for change and catch this blue wave.

—Mary L. Nolans

WHAT IF

So, I ask myself,
 What if the birds stop singing?
 Will life still go on?

—Frank Hollick



Feeling Inspired? Here Are Our Guidelines:

1. Poems must be written by you and can contain no more than eight lines.
 2. The Shuttle editor has the final say as to whether a poem is suitable for publication.
 3. The number of poems in an issue is determined by the amount of space available.
 4. Members and nonmembers are welcome to submit.
 5. Email your submissions to editor@weaversway.coop and put "Poetry submission for Shuttle" in the subject line.
 6. Preference for publishing will be given to those whose work has yet to appear in the paper.
- Thanks. We're looking forward to your creation!

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How the Pandemic Turned Our Black Ink to Red

(continued from page 1)

The Co-op's 2020 fiscal year ended June 30, and it would have been another profitable year if not for the pandemic.

"We were in the black going into April. In the fourth quarter (April through June), we incurred expenses that resulted in a loss for the year, although I don't know how much just yet," Roesser said.

He's waiting on the auditor's report on fiscal 2020, but shared some sales numbers which give a good picture of the Co-op's operations for five of the first six months of the calendar year. He did not include March because while sales the first two weeks were pretty normal, the rest of the month was skewed by heavy shopping, as people braced for lengthy periods of home confinement.

"Before the pandemic, sales in the Mt. Airy store during the first two months of this year were up 4.4 percent over the same period in 2019," he said. "During April, May, and June, sales in Mt. Airy were down 4.7 percent compared to that same fourth quarter in 2019."

Sales in the Chestnut Hill store dropped even more. Pre-pandemic sales there in January and February were up 3.9 percent over the same period last year, but were down 9.4 percent in the fourth quarter compared with 2019.

"Chestnut Hill was hit in a way that Mt. Airy hasn't been for two reasons," Roesser said. "First, the hot bar, soup station and salad bar were shut down. Second, a certain percentage of our sales in Chestnut Hill were derived from Germantown Avenue foot traffic, which evaporated."

Chestnut Hill Assistant Store Manager Valerie Baker called the hot bar operation "easily the backbone of our store." Prepared food accounted for up to 25 percent of the store's total sales before the pandemic.

According to Baker, prepared foods departments in grocery stores were created to turn products that were either imperfect or over ordered into profit. "It was a great way to be more sustainable and produce less waste," she said. "When COVID-19 hit, this option was eliminated completely and slowly replaced with ready-to-eat, preportioned, and prepacked meals to go."

The Chestnut Hill store is experimenting with a return of the hot food bar, but shoppers will not be allowed to serve themselves. Instead, staff will handle the food and will be separated from customers by plexiglass.

The hot bar, soup station and salad bar have also disappeared from the Ambler store. But while Mt. Airy and Chestnut Hill have seen sales drop, Ambler's customer count and sales have taken off. The store's numbers were up during the first two months of this year compared to last year by 5.7 percent. From April through June, sales were up 62.5 percent over the same period in 2019.

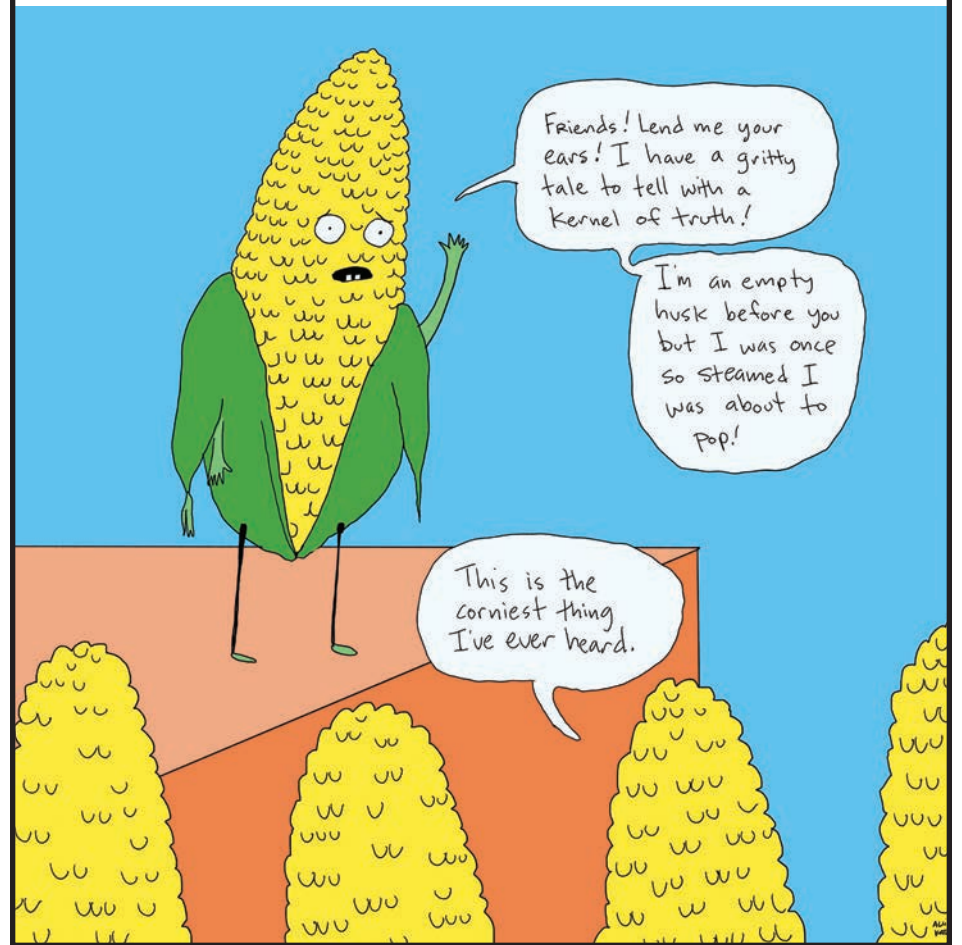
"That's a combination of sales migration from the Mt. Airy and Chestnut Hill stores — people feeling more comfortable shopping in Ambler," Roesser said. "Also, early on in the pandemic, Ambler received a lot of accolades on social media for being a safe place to shop, and so we captivated some new business."

Recent Co-op member Connie Walsh is part of that new business. She was shopping in Ambler on a Saturday morning. "I've been to the Mt. Airy store a few times," she said, "but I find it crowded. I am definitely more comfortable here in Ambler. They have wider aisles."

NEXT MONTH: The steeper cost of doing business, and the change in Co-op shopper culture.

Locally Grown

Illustration by Alli Katz



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STAFF CELEBRITY SPOTLIGHT

Dale Stambaugh

Job: Prep Cook, Mt. Airy

Since when: January, 2019

Age: 31

Where he's from/where he lives now: Harrisburg/West Philly, with his boyfriend, Alfonso.

How he got to the Co-op: He got a job in the deli at a Giant in Harrisburg right after he graduated from Harrisburg CTA High and stayed there for 10 years. After relocating to Philly about five years ago, he was hired at DiBruno's Ardmore location to do charcuterie and prepared foods. From there, he went to work in 2018 in the bakery at Creekside Co-op in Elkins Park, where he stayed until it closed that December. Staff there told him about an opening in Mt. Airy Prep Foods.

How it works in the Mt. Airy kitchen: "For the most part, we try to keep [it] so that anything that needs done, whoever's available can hop on it and get it done, keep it pushin'. We're kind of like a little family — everybody comes together, and does everything that needs to be done when it needs to be done. I actually kind of like it that way."

Outside pursuits: He's an accomplished baker who sometimes shares his creations with staff. He's also a self-taught artist who draws, paints, sketches, knits, crochets and does macrame'.

Long-term goal: He'd like to own a bakery someday.

Favorite Co-op products: He's addicted to Maine Root root beer. He also enjoys all the Mt. Airy Prep Foods offerings that don't contain seafood.

The Co-op difference: "This whole company is like a family — anything you need, someone can get it for you if they have it...even if your manager can't do what you need done, there's always someone else who's willing to help — no matter who it is, where they're at, what department. And that's what I like."

—Karen Plourde



COOPERATOR OF THE MONTH

Deborah Wyse

Lives in: Mt. Airy, with her husband, Keith Gregory

Joined Weavers Way: 2010, soon after the Chestnut Hill store opened

Why they joined: "We'd been living in Philadelphia for a while, and we heard about the Co-op, and the Chestnut Hill location was more convenient...we also liked the social mission."

Why they're working members: "It's nice to get the discount, but also, it's interesting to get the behind-the-scenes look at the business, and have a sense that you're making a contribution to the business...it's a different experience than when you're shopping."

Current job: She was hired in June to join the grants team at Vanguard Charitable in Malvern.

Above & beyond: From March through the end of May, she helped out daily with home delivery operations in Chestnut Hill. At the time, her contract job with the Opportunity Finance Network had ended.

What that was like: "What really impressed me was how the team there was really working to adapt and respond...they were adapting to the change and [would try] something, and if it didn't work, they'd try something new."

Pre-pandemic Co-op job history: She likes doing the early morning bakery shift in the Hill ("It's easy to integrate that if you're working full time."); she's also helped out at the Mort Brooks Farm at Awbury Arboretum.

Favorite Co-op products: Weavers Way Farm produce; Claudio's fresh mozzarella and burrata; Brown Cow cream-top yogurt (coffee flavor).

Thoughts on the Co-op: "I'm impressed by them as a business — that they're always trying to respond to what's going on in the world in a very thoughtful way and have a positive impact on the community."

—Karen Plourde



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

Weavers Way Board

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

The Board's regular monthly meeting is held on the first Tuesday of the month. Meetings are taking place online during the COVID-19 crisis. Check the Co-op's Calendar of Events for the date of the next meeting.

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

2020-2021 Weavers Way Board

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Vice President: Esther Wyss-Flamm

Treasurer: Michael Hogan

Secretary: Sarah Mitteldorf

At-Large: Hilary Baum, Larry Daniels, Danielle Duckett, Olga Corrias Hancock, Whitney Lingle, DeJaniera Little, Frank Torrisi

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Weavers Way Mt. Airy

559 Carpenter Lane

9 a.m.-8 p.m. (temporary)

215-843-2350

Weavers Way Chestnut Hill

8424 Germantown Ave.

8 a.m.-8 p.m. (temporary)

215-866-9150

Weavers Way Ambler

217 E. Butler Ave.

8 a.m.-8 p.m. (temporary)

215-302-5550

Weavers Way Across the Way

610 Carpenter Lane

9 a.m.-8 p.m. (temporary)

215-843-2350, ext. 6

Weavers Way Next Door

8426 Germantown Ave.

8 a.m.-8 p.m. (temporary)

215-866-9150, ext. 221/222

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DID YOU KNOW?

You can read the Shuttle online.

www.weaversway.coop/shuttle-online



New Member Orientations

are postponed

during the COVID-19 crisis.

Become a Member

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

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