



A Healthy Fall Crop of New Members

OUR OCTOBER MEMBERSHIP DRIVE was a great success, yielding 314 new members. Pictured here are two of that number: Matt Christy, who signed up at Henry Got Crops Farm Market, and Susan Barry, a CSA working shareholder and Chestnut Hill staffer. We're

close to hitting our next big milestone of 11,000 member households. Thanks to all the staff who worked hard on this successful drive!

—Kathleen Casey,

Weavers Way development manager

photo by Lauren Todd



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The Shuttle

NOVEMBER 2021

Since 1973 | The Newspaper of Weavers Way Co-op

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Part 1 of 2

The Many Prongs Supporting the Supply Chain Crisis

by Shari Stern, for the Shuttle

RECENTLY I HAD A CONVERSATION with a snack-food startup. The owners are starting to get wind behind their dream business; they recently received approvals by some big-name grocery stores for placement, which also means more distribution channels have opened for them to expand further. They paid their slotting fees, filled the shelves with their existing inventory, and invested in marketing programs to support their line. They recently completed a successful test run in a new, outsourced manufacturing facility (a/k/a co-packer), feeling hopeful that they would fill the new demand.

Everything went according to plan, and a date was set to fill their first of many purchase orders. But then it all stopped. The apologetic co-packer said he could not manufacture their product due to labor and supply shortages. The owners called around and exhausted all their resources. The answer was the same — no line time available.

The shortages included corrugated cardboard (for the box and the case it ships in); the plastic liner for the bag inside the box; wheat, salt and dairy. What little line time and materials exist was paid for by larger, more established companies that are dipping into profits or even running at a loss — a luxury a young startup does not have. Unfortunately, theirs was not a unique situation;

(Continued on Page 16)

GMMs Go Back Live with a Gathering at Awbury Arboretum

by Carrie Ogorek, for the Shuttle



photos by Thomas Warshaw

Weavers Way General Manager Jon Roesser addresses the group gathered for the Co-op's Fall General Membership Meeting Oct. 2 at Awbury Arboretum's Agricultural Village. The event was attended by 147 members.

A HEALTHY REPRESENTATION OF THE Weavers Way membership showed up at Awbury Arboretum's Agricultural Village on Oct. 2, as the Co-op broke free from its two-year-old practice of holding virtual General Membership Meetings and gathered in person to get an update on the Co-op's status.

In all, 147 members attended the meeting, which took place on a sunny, mild Saturday afternoon. Music was provided by members Art Miron, who played guitar and sang prior to the meeting, and "The Wandering Fiddler," a/k/a Hollis Payer, who played violin while strolling the Ag Village grounds. In addition, members of the Co-op's Vendor Diversity Project were on hand to provide samples of cakes, cinnamon buns, beverages, face cream and other products. A voter registration table and another staffed by The Energy Co-op rounded out the lineup.

Proposal sheets with information regarding the creation of a possible fourth Weavers Way store, to be located in Germantown, were also circulated during the event. While the specific location is still under wraps due to ongoing negotiations, it is close to public transportation and includes 13 parking spots. Moreover, since it was formerly the site of a grocery store, it already is equipped with a loading dock, freight elevator and space for backstock. The proposed location is larger than both the Chestnut Hill and Mt. Airy stores but smaller than Weavers Way Ambler. Two virtual member forums about the project took place last month (See "Member Forums Explore Details of a Fourth Store" on p.1)

After a shared meal of vegan chili, cornbread and apple cider, Esther Wyss-Flamm, the current president of the Co-op's Board of Directors, introduced all

(Continued on Page 8)

Member Forums Explore Details of a Fourth Store

by Karen Plourde



DETAILS ON WEAVERS WAY'S POSSIBLE expansion to a fourth store, located in Germantown, were shared at two virtual member forums last month, with participants expressing overall support for the project while also asking questions and expressing some concerns.

The forums, conducted by General Manager Jon Roesser and Development Manager Kathleen Casey with help from Community Organizer Camille Poinvil and Community Programs Coordinator Nima Koliwad, took place on Oct. 7 and Oct. 19. Both included a series of slides with facts and considerations about the project. Early on, it was noted that the owners of the property have requested the exact location not be shared at this point, and that community meetings will take place if the proposal advances.

The third slide, "Our Membership," stated that Weavers Way's membership in Germantown has grown by 8.8% in the last year and by 2.4% in East Falls. In

(Continued on Page 6)

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Editor's Note



by Karen Plourde, Editor,
Weavers Way Shuttle

THE DECEMBER SHUTTLE WILL come out a week later than usual, on Dec. 10. The Communications Team decided to delay the publication date so we could help in the stores with the pre-Thanksgiving Crunch. Hopefully, we won't get in the way.

This will be my 10th Thanksgiving at the Co-op. For about six of them, I worked on the floor of the Mt. Airy or Chestnut Hill stores in the days leading up to Turkey Day. Until last year, I would have found it difficult to distinguish one pre-Thanksgiving rush from another — the waves of shoppers that grew as the holiday got closer, most seeking the same set of items (celery, cranberries, walnuts or pecans, half & half, etc.); the crazy amount of bread; the stacks of milk crates in Chestnut Hill piled high with people's pie orders.

I realized during my time in grocery in the Hill that while anyone hosting the big dinner feels some stress, some shoppers are particularly unhappy about having to do it. Unfortunately, they sometimes unleash their unhappiness on store staff, who are there to make sure they can find what they need and get checked out.

After last year's fractured Thanksgiving, during which we found a way to celebrate but likely missed our pre-pandemic gatherings, we have the chance this year to enjoy something closer to what we're used to — albeit by paying more and possibly dealing with less-full shelves.

Despite all that, let's all take a breath, find a way and cut each other some slack. I'm not asking for me or my fellow administrators, who will work in the stores a day here or a few hours there. I'm asking for our front-line workers, who will be there before Thanksgiving, during the winter holidays, in the cold of January and February and the heat and humidity of July and August. They deserve it.

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.

A Vegan Appy Sure to Satisfy Your Turkey Day Guests

by Troy Everwine, for the Shuttle

WHAT WOULD THANKSGIVING BE WITHOUT APPETIZERS?

Appetizers are the great peacemaker. Not all guests are on time and having a tasty nosh (and cocktails!) available as folks arrive takes the edge off for the on-timers, satisfying both the hungry and the impatient.

This is a dish I've been making for years. I present it here with all my tweaks and notes from creating hundreds of these little gems.

My "secret" ingredient for this dish is Indian black salt or kala namak. This (actually) pink, sulphur-rich salt seriously imparts the flavor of eggs. You can make this recipe without it, but if you have access to an Indian grocer or the internet, I highly recommend it. Don't confuse it with Himalayan black salt, a finishing salt that is completely different and won't give you the distinct egg flavor.

These are delicious, and they're always gone before the last dishes are washed. Carnivores, vegetarians and vegans alike scarf these every time I make them.

Happy Thanksgiving!

DEVILED POTATOES

Ingredients:

- 15-16 new potatoes (about 1.5 lbs.), as close to egg size as possible
 - 10 oz. container classic or original prepared hummus (If you make your own, more power to you)
 - 3 Tbs. vegan mayo (I like Hellmann's)
 - 2 tsps. apple cider vinegar
 - 1 tsp. dry mustard
 - 1 ½ tsps. kala namak
 - 1 Tbs. mustard (I use Dijon, but you can use spicy brown or yellow, whichever you prefer)
 - 1/2 tsp. (or to taste) of your favorite hot sauce (I use Louisiana)
 - 1/4 tsp. each kosher salt and black pepper (or to taste)
- Smoked paprika and fresh chives or chopped green onion for garnish

Directions:

Boil the potatoes until tender, 14-15 minutes. (I'm always aiming for a dozen, but the few extra come in handy for mess-ups and the "tasters" in my kitchen)

Drain and run them under cold water when done; set aside until completely cool.



Cut each potato in half lengthwise and scoop out a bit of the center (a small melon-baller is perfect here, or use a teaspoon). Place the potato halves on your serving platter and set aside until you're ready to fill them.

Place the potato centers into the food processor bowl; add all other ingredients except garnish and process until smooth. (You can mix everything by hand with a fork if you don't have a food processor; it just won't be quite as smooth.)

Fill a pastry bag or plastic storage bag with the blended ingredients and chill for 30 minutes to an hour. Pipe the filling as you would deviled eggs and garnish with smoked paprika and chives.

Troy Everwine, writer and retired drag queen, is the former owner of the now-shuttered SawTown Tavern in Tacony. Troy is an avid plant-based chef with a penchant for entertaining.



by Kieran McCourt, Weavers Way Ambler

The Plucky Persimmons



Persimmons come into season in the fall. These orange fruits are sweet and can be used in several ways. There are two types you can find in the produce section, usually broken down by astringency: Hachiya and Fuyu persimmons.

Hachiya are in the astringent category; they're so full of tannins that biting into an unripe one would be like putting chalk in your mouth. They are oblong and akin to an acorn or a plump Roma or plum tomato. If ripened until they are squishy-soft, their flesh turns sweet and almost custardy.

Fuyu, on the other hand, are non-astringent. They can be eaten while still unripe and firm, or allowed to ripen. They are squat and flat-bottomed, almost like a beefsteak tomato.

Hachiya persimmons, when allowed to ripen, can be used in a variety of baking projects, including breads, muffins, cookies, steamed puddings or cakes. Consider them a fall treat you can play with instead of apples and pumpkins.

Fuyu persimmons can be used even more widely, since they don't need to be ripe to use. The unripe texture is crisp and sweet, and they can be used raw in salads. They pair nicely with bitter winter greens like chicory, radicchio and escarole, or with roasted beets for something different around the Thanksgiving table.

They can also be roasted or broiled for use in savory dishes, like pork roast, or left on their own on a cheese board or as a side dish. Firm fuyu persimmons can also be turned into a chutney or relish, or even dried in a low-temperature oven or dehydrator.

Ripe persimmons of either variety can be pureed and frozen. Once defrosted, the fruit puree, much like the ripe custardy fruit, can be spooned over oatmeal, yogurt or ice cream.

They're (Almost) All Sweet Potatoes, and They're All Good

by April McGreger, for the Shuttle

ALL IS THE MOST EXCITING TIME OF THE YEAR IN my tiny hometown of Vardaman, MS; it's sweet potato harvest time. The first weekend of November, the town hosts its annual Sweet Potato Festival, featuring cooking and pie-eating contests and the crowning of a sweet potato queen.

The economy of the whole town revolves around sweet potatoes. We even have a bakery in town called Sweet Potato Sweets that sells nothing but sweet potato specialties, from fudge to muffins to my favorite yum yums, crunchy sweet potato meringue cookies. My brother farms several hundred acres of sweet potatoes and packages them for sale in grocery stores across the country as County Line Packing, and sweet potatoes continue to dominate family celebrations and our dinner table. I am proud that I have passed along our sweet potato obsession to my 10-year-old son, Mo, who continues to ask for sweet potato pie for his birthday cake every year.

Several years ago, I got to combine my hometown love of sweet potatoes with my experience working as a chef and food writer to write a cookbook. "Sweet Potatoes" digs into the root vegetable's fascinating history and features 50 glorious recipes.

In my research, there is one problem that recurs over and over: mistaken identity. This issue continues to plague eaters and market shoppers, because every time I give a talk about sweet potatoes, the first question people ask is "What is the difference between sweet potatoes and yams?" Once and for all, I hope to shed some light on the subject.

The Great Debate: Yams vs. Sweet Potatoes

Despite the confusion, the sweet potato (*Ipomoea batatas*) is not related to the true African yam (*Dioscorea*). The sweet potato is a root and a member of the morning glory family; this connection can be observed in its beautiful leaves and flowers.

The true African yam is a large, hairy tuber of tropical origins, and they are rarely seen in the United States outside of African or international specialty markets.

What are labeled as yams (such as the ubiquitous Garnet yams) in most American markets are actually sweet potatoes.

There are two main sources of this confusion. When ships transported enslaved Africans to the Americas, they were provisioned with true yams, which are a staple crop in tropical West Africa. In the temperate colonies there were no yams, so this important cultural food was replaced with sweet potatoes, which were domesticated in the Americas possibly as early as 8,000 BCE. West Africans took to calling them by their native word *nyami*, which was later Anglicized to "yam."

In the 1930s, the U.S. Department of Agriculture allowed Louisiana to brand the moist, bright orange Puerto Rican variety of sweet potato as yams in order to distinguish them from the prevalent varieties of the day commonly grown in Virginia, Maryland and New Jersey. These common northern varieties were paler in color, drier in texture and generally less sweet. At present, bright orange varieties are grown all over the country, but today the USDA requires that all varieties of *Ipomoea batatas* include the word "sweet potatoes" on the box, even when they are marketed as yams.

Sweet Potatoes as a Source of Inspiration

The sweet potato has remained emblematic of African-American foodways to the present day and has even served as inspiration for many Black artists. Novelist Richard Wright claims the first sentence he penned while writing his famed autobiography was "The soft melting hunk of butter trickled in gold down the stringy grooves of the split yam."

In Ralph Ellison's novel "Invisible Man", the sweet potato became a symbol of freedom obtained through embracing one's cultural identity. As he eats his sweet potato with relish, going back for seconds, he reaffirms his Blackness and Southern identity by declaring, "I yam what I am!"

Amiri Baraka is considered by many to have first used the term "soul food" in his book "Home: Social

Essays" in 1966.

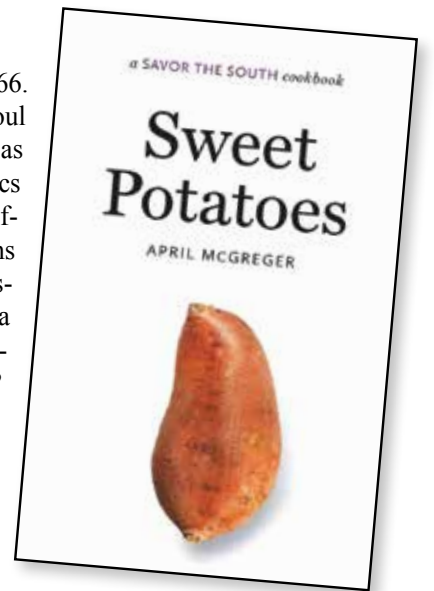
In an essay on soul food published as a rebuttal to critics claiming that African Americans had no characteristic cuisine, Baraka wrote, "No characteristic food? Oh, man, come on...Sweet potato pies, a good friend of mine asked me recently, 'Do they taste anything like pumpkin?' Negative. They taste more like memory."

George Washington Carver said that sweet potatoes were one of "the greatest gifts God has ever given us;" he claimed they had the potential to save the farmer and replenish soils ravished by King Cotton. They certainly provided sustenance and long-term nutrition to Southerners. Sweet potatoes produced a good yield even in sandy soils, making them a good crop for the poor, who couldn't afford fertile bottom land. They could also be used to fatten livestock. The "tater hill," stacked high and covered in straw, could keep a family fed all winter.

Nutrition for All

Though sweet potatoes are no longer necessary for survival, they continue to win accolades for their supreme health benefits. They are rich in fiber, high in vitamins A, C, and B6, and high in magnesium, which reduces stress and anxiety.

Despite its sweet taste, the sweet potato has a neutral effect on blood sugar. It is unparalleled in its versatility and nutritive value, not to mention its deliciousness. Make a point to include it often in your meals, not just this fall, but year-round.



The Backyard Beet

Salad for Breakfast? It's an Easy, Nutritious Start to Your Day

by Chris Mattingly, for the Shuttle

I WAS NEVER A VEGETABLE LOVER, MUCH less a salad lover. This all changed dramatically, but gradually, as I began growing food for myself and for others.

That kind of transformation, brought on by homegrown food, motivates the Backyard Eats team to do their best work every day. As we say, "We exist to share the magic of homegrown food."

When I started Backyard Eats in the fall of 2015, I gave it the name "Living the Dream." I was also anticipating our first-born son, and I was at the tail end of a year of intensive training for Ironman Chattanooga. To fuel my triathlon training, I developed a habit of eating hearty breakfast bagel sandwiches, being sure to include enough bacon, butter and eggs to offset the carb of the bagel, thus maintaining a fat-adapted metabolism.

Nowadays, that unbreakable breakfast habit has a contender: the breakfast salad. What I learned from diligently eating my "training breakfast" every day for so long was: (1) I can make a little time to prepare a nutritious breakfast to start my day off right, and (2) there's almost nothing better than a still-warm fresh bagel from Weavers Way.

The breakfast salad checks many boxes. Other than providing fiber and nutrients, it feels effortless to prepare, and affords me the opportunity to load it with beneficial terpenes.

I'll talk more about terpenes, which are aromatic compounds found in many plants and herbs, in the December issue. They contribute to the flavor and smell of natural foods, and have a wide range of benefits, including antimicrobial, antifungal and anti-inflammatory properties. Terpenes are present in high concentrations in cannabis flowers (buds) and may be responsible for many of the therapeutic effects of the herb.

Breakfast is a way of setting my intention for the day, food-wise. It's the last part of my morning self-care routine, before the world wakes up and lets rip with a volley of contempt, frustration, stuckness and confusion. It sets me up to be the eye of the storm — to bring calm, rationality and love to where it's needed, especially when it's needed within.

Disclaimer: This recipe isn't much. If nothing else, consider it inspiration for the idea that a salad can be quick to prepare, and nourishing in more ways than one.

Chris Mattingly is the founder of Backyard Eats, a full-service food gardening business with an array of offerings in the greater Philadelphia area. Email him at chris@backyard-eats.com or visit www.backyard-eats.com.



TERPENE-LOADED BREAKFAST SALAD

Ingredients (and their dominant terpenes):

- Eggs
- Ground dried turmeric (alpha-Curcumene)
- Butter or oil (for frying)
- Salad greens
- Blackberries (beta-Myrcene)
- Strawberries (Linalool)
- Extra virgin olive oil
- 1 lemon (Limonene)
- Pepper (beta-caryophyllene)
- Salt
- Optional, not pictured: Crumbled feta, croutons

Directions:

Fry egg(s) in fat, adding ground turmeric. Combine salad greens and berries. Zest lemon over salad.

Make a fresh dressing without dirtying any dishes: Drizzle olive oil, squeeze lemon juice, and sprinkle salt and pepper.



An offshoot of Weavers Way Co-op

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The Return of Seed to Supper and Other News of the Season

by Catherine Kendig, Food Moxie Interim Executive Director

THIS FALL IS BUSIER THAN EVER IN THESE pandemic-era times, but even so, Food Moxie has hit the ground running with all our programs in full swing at all our sites. It feels great to be back in person with our participants to have experiences that further our mission. We also continue to recognize the ongoing need in the community by holding upcoming food donation events. More volunteer opportunities are on the horizon; check Weavers Way's member work calendar if you're able to lend a hand.

On Sept. 30, after a two-year hiatus due to COVID-19, we celebrated our annual Seed to Supper fundraising event at Awbury Arboretum, and had the biggest turnout to date. The evening was perfectly crisp as we gathered to share a meal under the canopy of trees and bistro lights.

We all enjoyed an amazing menu prepared by the Co-op's Executive Chef, Bonnie Shuman, and Prepared Foods team member Maureen Gregory that featured late summer harvest ingredients from the Co-op's farms. We honored our invaluable partners and supper volunteers from both 2020 and 2021 with personally engraved watering cans. We are so grateful to have such a supportive community in Northwest Philly and in the Weavers Way community.



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The World Health Organization reports that by 2030, stress-related illness will surpass communicable disease. Yet, even in an era being called the "Age of Anxiety" many struggle to make mental health a priority. The American Psychological Association reports that often, we do not recognize our vulnerabilities to stress and mental health issues until we start to show physical health symptoms. Join us as **Danna Zevy, MD**, teaches how you can protect your mental health.

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Not Enough Info To End TerraCycle

MORE INFO PLEASE! THE ARTICLE “It’s Time to Put the Plug on TerraCycle” in the October issue provided too little information to explain why Weavers Way would end its participation in the TerraCycle program. It alluded to lawsuits and Zoom meetings that question TerraCycle’s practices. What are the specific allegations? Are they credible? None of this is explained in the article.

TerraCycle is one of the reasons I buy certain products at the Co-op. The company seems to be trying to do what no one else is doing to deal with our economy’s addiction to plastic. To abandon the program with so little communication to members is extremely disappointing.

Melissa Orner

End In-Store Nibbling

IRECENTLY OBSERVED A CO-OP MEMBER wearing his face mask under his mouth inside the store. His reason? He was snacking on a soft pretzel.

While I understand the temptation to nibble, I would appreciate your posting “No Eating or Drinking” signs at all entrances, along with reinforcement by staff. These tiny lapses present serious risk, even to the vaccinated, and are an infraction of the Philadelphia Health Department’s mandate which, if not followed, could result in the closing of the store.

Stacia Friedman

Gut Health and Animal Rights

IENJOYED ELISE RIVER’S THIRD ARTICLE (“Is it Time to Do a Gut Check on Your Food Beliefs?”) which appeared in the September Shuttle. I’m happy she shared more nutrition facts, but I thought she was going to discuss the microbiome of healthy bacteria in our GI tract. This probiotic community thrives on fiber (fruits, vegetables, whole grains), and makes up over 70% of our immune system. It also balances over 11 functions of our body, including improving our sleep, hormone balance and weight, and gives us a clear mind. It does so much more than simply give us a good “poop schedule.”

Her article points out the benefits of a plant-based diet, including reducing greenhouse gases, giving our bodies the nutrition to heal themselves, allowing us to act as stewards of the land and reducing the use of animals for our pleasure as food or profit. I found out through the websites CCRjustice.org and rightsanddissent.org from 2017 that in several states it’s illegal to photograph or record agricultural animal facilities without the permission of the owners. If these animals have good lives and are not being harmed, then why did 27 states pass these ag-gag laws, 11 of which still stand? (*Editor’s Note: According to the American Society for the Prevention of Cruelty to Animals, as of June of this year, six states currently have ag-gag laws on the books.*)

Kirsten Puskar

Checking IDs Not Needed

IREAD DAVID TRAXEL’S LETTER (“Don’t Change ID Policy”) in the October Shuttle.

I agree with him completely and feel that installing this new procedure would be an unnecessary added expense to the Co-op’s budget. “If it’s not broke, don’t fix it” comes to mind.

I hadn’t realized anything was broken...

Barbara Rosin

Showing Member Card No Big Deal

DAVID TRAXEL WOULD HAVE BEEN distraught during the old days of the Co-op, when we had to dig our member cards out of a file and present them at checkout. I find the new cards/fobs so much easier.

Using my member card/fob has not diminished the quality of personal interactions at checkout. I’m sure the decision to require showing member cards was made to provide benefits for all members, especially those using EasyPay.

It appears that Mr. Traxel is desperate to feel special at checkout. He’s not better than any other members and might consider feeling proud that he has a member card to show.

Gloria Rohlf

Correction

Kathleen Geist, a longtime member of Gwynedd Friends Meeting, sent the following correction to Suzanne Bush’s Wissahickon Trails column, “How a Village Banded Together to Preserve Penllyn Woods,” which appeared in the October 2021 Shuttle.

Suzanne Bush wrote an interesting article on the movement to preserve Penllyn Woods and the marvelous partnership between the longtime residents of Penllyn, other township residents, and the Wissahickon Valley Watershed Association (now Wissahickon Trails).

However, I feel I should correct the opening statements in her article. Orthodox Cottage indeed has an interesting history and was a stop on the Underground Railroad, but it was not the original Gwynedd Quaker meetinghouse. Gwynedd Friends Meeting was founded in 1699 by Welsh Quakers invited to Pennsylvania by William Penn. The first Gwynedd meetinghouse was a log building constructed in 1700 at the corner of Sumneytown Pike and Route 202, opposite the William Penn Inn. This structure was replaced by a stone building in 1712; the present meetinghouse was built in 1823.

In 1827 there was a major schism throughout American Quakerism between the Hicksite and Orthodox Quakers. The Orthodox members of Gwynedd split off and began holding their meetings for worship at Orthodox Cottage on Penllyn Pike. This Orthodox meeting was “laid down” (discontinued) in 1856, but the graveyard at Penllyn is still under the care of Gwynedd Meeting.

For a time, there were two branches of Gwynedd Friends Meeting (1827-1856), but the original Gwynedd meetinghouse was at the location of the current meetinghouse, not at Penllyn.

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 fewer and may be edited. The Shuttle reserves the right to decline to publish any letter.

Germantown Project Virtual Sessions

(Continued from page 1)

the last two years, member sales in zip code 19144 have grown by 20%, from \$2.9 million to \$3.5 million, while in the East Falls zip code of 19129, they’ve grown by 11%, from \$427,000 to \$475,000.

The fourth slide summarized the results of a market study of the area undertaken (when?) by a national co-op consultant. Among the key findings were that establishing a store in Germantown would lead to a 19% cannibalization of sales from the Mt. Airy store. On the positive side, the study found that opening a Germantown location would protect the Co-op from competition and stalled growth in Mt. Airy. Furthermore, doing so would provide sales relief to Mt. Airy, the only location still operating with customer caps while expanding access for residents of East Falls and Germantown.

Projected earnings for the Germantown store, according to the market study, would be \$6.94 million in the first year, and would increase steadily to \$8.74 million in its fourth year of operation.

Meeting Demand and Achieving Success

After analyzing the study’s findings and other data, Casey believes the Co-op would still succeed financially, despite the sales decrease in Mt. Airy. “We’re going to lose a lot of sales in Mt. Airy, but we need that sales relief, and the Germantown store would do well enough,” she said.

The fifth slide summarized the findings of a market study of the trade area undertaken by Germantown Unit-

ed CDC in 2018. Among other things, it found that there are unmet demands for natural foods, specialty foods and fresh produce. In addition, another study of the trade area done last December found \$6 million in unmet demand for specialty food stores and \$59 million in unmet demand for grocery stores.

Regarding the projected cannibalization of sales from Mt. Airy if the Germantown store becomes a reality, Roesser pointed out that the Mt. Airy store experienced a loss of sales when the Co-op opened the Chestnut Hill location in 2010, but that the decline was reversed a few years later. “Today the Mt. Airy store is truly bursting at the seams, because Mt. Airy’s doing about \$13 million a year in sales,” he said.

Although the specific property cannot yet be disclosed, Roesser did share some of its features. The building is a little less than 9,000 square feet at ground level, with 3,000 square feet in the basement. It has a freight elevator, a parking lot with 10-15 parking spaces, and a loading dock. There is street parking in front of the building and on the nearest side street as well. The location is convenient to public transportation and pedestrians and is also located in a zone that is eligible for New Markets Tax Credits.

“In considering where to potentially open up a store, there are certain things that are must haves [and] there are certain things that are nice to have,” Roesser said. “One of the must haves is [that] it really needs to be of a certain size, and this building is about the size that we

are looking for.... we’d have to take some of that away for back-of-the-house stuff — office space, bathrooms, walk-in refrigerators, all that fun stuff. But we still think that after all of that is done, we’ll still have probably a little more than 5,000 square feet of actual retail space.”

In comparison, the Chestnut Hill store has about 4,500 square feet of retail space, which includes Weavers Way Next Door. Roesser also shared a slide with a “highly preliminary” design of the store done by an architect engaged by the developer of the property. “We would need input from you all before we finalized any plans,” he said.

Similarities and Differences from Other Locations

Objectives for the new store include increasing access to healthy and local foods; serving a membership base that has difficulty accessing the Mt. Airy store, whether due to having a disability or other reasons; creating a “third place” for the community; providing high-quality jobs (about 45, according to current estimates); providing access to retail space for the Co-op’s growing list of vendors who are Black, indigenous, or people of color, and operating a sustainable business that strengthens the local community.

“We don’t operate our stores as chains; we don’t have a chain model to execute,” Roesser said. “Our stores are very different from each other, and they really should be reflective of the communities they serve when it comes to the products that we sell and the departments that we emphasize.”

(Continued on Page 17)



Help Out Our Fellow Members in Need Through Our Round Up Program

by Jon Roesser, Weavers Way General Manager

IF YOU'RE LIKE ME, READING ABOUT OUR CURRENT inflation woes is a more effective sleep aid than any pill. And since such stories are ubiquitous these days, I'll spare you yet another.

Yes indeed, the Co-op is grappling with inflation pressures: utilities, wages, transport costs and above all, vendor wholesale costs are all rising, forcing up retail prices in almost every store category.

It is not lost on me that when your product philosophy emphasizes locally grown and produced food, products that are all-natural and organic, and working with producers who treat workers fairly and animals humanely, you're not going to be the cheapest grocery store in town. Inflation exacerbates this fact.

So when a local coffee roaster that produces an outstanding product, compensates its workers well and uses only Fair Trade-certified beans writes a kind letter explaining the reasons why they have no choice but to raise their prices and recommends a new retail price for their product of \$15 a pound, we're inclined to go along.

But the consumer has the final say. And if their \$15 coffee gathers dust on our shelves, good story or not, that local coffee roaster is out the door. For many consumers, it's not even a matter of choice. When food budgets are fixed, \$15-a-pound coffee isn't an option.

As we grapple with this dilemma, I believe we must exercise what is our ultimate advantage over for-profit competitors: our cooperative business model.

So we have embarked on an experiment in cooperative economics. Like all experiments, we begin with a hypothesis: Can those in a position to pay more cover the cost for those who need to pay less?

For over five years, the Co-op's Food for All program provided members who qualify 10% off their purchases. Most members in Food for All are either receiving SNAP (food stamps) or Medicaid, but there are other ways of qualifying (TANF, WIC, SSDI, military disability, etc.).

That 10% was simply eaten by the Co-op — about \$100,000 a year, a manageable expense in a \$35 million annual budget. We considered it another cost of doing business.



When food budgets are fixed, \$15-a-pound coffee isn't an option.



Last month, we increased the Food for All discount to 15%. We did this in part to make up for the decoupling of all our discounts in August, including Food for All, from items that are on sale or items in our everyday low price, purple-tagged "Co-op Basics" program.

Simultaneously, we asked members who could afford to do so to join a new program, Round Up, so that every transaction gets rounded to the next highest dollar. The extra money goes directly to subsidize the increased Food for All discount.

The result is an exercise in members supporting members. Most members (and all non-members who shop at our stores) pay the shelf price. Members who can afford to do so join Round Up and pay a bit more; members who need it join Food for All and pay less. It's the retail equivalent to progressive taxation: three tiers of pricing, depending on each member's circumstances (and all entirely voluntary!).

WEAVERS WAY CO-OP



(Overlaying all of this are the 5% working member discount and the 10% once-a-week senior discount, both of which have costs and benefits. But those are topics for another day).

Right now, about 320 member households participate in Food for All. About 340 participate in Round Up. We have not yet achieved the balance we're seeking — Round Up donations do not yet cover the additional 5% we've added to Food for All. But we're making progress.

As envisioned, the Food for All and Round Up programs are intended to be both symbiotic and fluid. A member in Food for All this year may be in Round Up next year, and vice versa.

In 2022, we may broaden the experiment; we may see what it looks like to make Food for All an honors system program. If you need it, join it — no questions asked. And since individual Round Up donations are relatively small — ranging from one cent to 99 cents, averaging 50 cents — we may find new ways for members who are interested to support Food for All (by, say, donating their working member discount, or periodic fundraisers).

All of this will help us navigate the Co-op through the next couple of years. Those articles about inflation might make you drowsy, but they are also unnerving. How much better it will be for all of us if we face an uncertain economic future arm-in-arm, cooperatively.

See you around the Co-op.

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GMMs Go Back Live with a Gathering at Awbury Arboretum

(Continued from page 1)



photos by Karen Plourde

GMM attendees gather around the food tables for vegan chili with toppings and cornbread (inset) made by the Co-op's Prepared Foods department.

the current board members, both those in attendance and those not able to make the meeting. Following Wyss-Flamm's presentation, representatives from several of the Co-op's committees, including Food Justice Committee Chair Whitney Lingle; Racial Diversity, Equity and Inclusion Advisory Committee Co-Chair Rosa Lewis; Plastic Reduction Task Force Chair Alisha Shargorodsky, and Environment Committee member Jeff Clark spoke about the various projects their committees are working on.

Leni Dow, also an Environment Committee member and the coordinator of its TerraCycle program, announced that the Co-op will be ending its participation in the program at the end of October. Dow explained that after multiple unsuccessful attempts to find out what TerraCycle was doing with the toothpaste tubes, used razors, baby food pouches and other packaging sent to the company to recycle, she decided and the committee agreed it could not continue to participate in the program in good conscience.

The business portion of the meeting concluded with General Manager John Roesser's presentation on the overall status of Weavers Way, including the Co-op's current financial picture. He noted that thus far, there have been no active cases among staff since Aug. 5. To

date, 17 employees have contracted COVID — five from the Ambler store, six from Chestnut Hill, four from Mt. Airy, one from administration and one from the farms. He also touched on the Co-op's mitigation practices and the vaccination status of the staff.

Roesser also mentioned the current challenges that influence business conditions. They include:

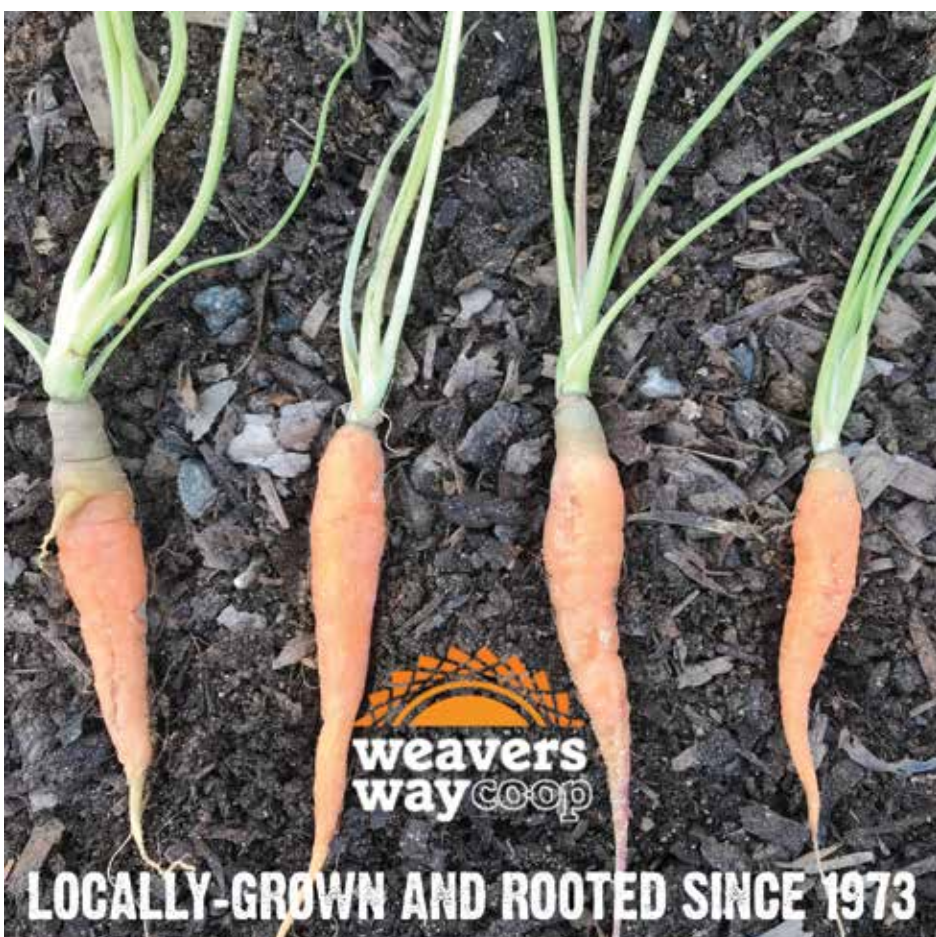
1. A shift back to a "food away" culture (restaurants, bars, vacations)
2. Inflation and margin pressure
3. Out of stock and supply chain issues (Thus far, the Co-op has been less affected by these, since it deals with many vendors directly)
4. A tight labor market, with a vacancy rate of five to 10%
5. Competition from online retailers in certain categories.

Statistics from fiscal year 2020-2021 show a revenue increase of 1.3% and a gross profit loss of 1.4%, largely due to the COVID shutdown of the highly profitable hot bar and self-serve soup bar in Chestnut Hill. In addition, the Co-op experienced an increase in its gross profit percentage last fiscal year, largely due to a \$1.5 million Paycheck Protection Program loan. The loan was forgiven by the federal government in July.



photos by Thomas Warshaw

Top and bottom right, some of the vendors from the Co-op's Vendor Diversity Project tabled and offered samples of their products; at left, violinist Hollis Payer strolled the grounds and played before the meeting; middle left, Board President Esther Wyss-Flamm addresses the crowd; far left, Racial Diversity, Equity and Inclusion Advisory Committee Co-Chair Rosa Lewis talks about the committee's work; bottom left, Zuri Masud and Sheetal Bahirat, owners of Reveal, local teas made from avocado seeds, part of the Co-op's Vendor Diversity Project.



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LAST DAY OF THE SEASON TUES, NOV. 30

HIGHLIGHTS FROM THE VENDOR DIVERSITY FAIR



Reveal Avocado Iced Tea is the first line of beverages made from upcycled products. It's a special brew made from the avocado seed! (Sheetal Bahirat)



photos by Nima Koliwad



Vicki's Candles. Soy based candles made with natural essential oils. (Vicki Moody)



Enjoy fresh cold press juice made from local, organic fruits, vegetables and herbs. **Dute's juice** brings to you fabulous flavor combinations like Apple ginger and many more. (Owner Pamia Coleman)



Amira's Vegan Muffins. Amira makes tasty, all natural, nutritious, vegan muffins with wholesome ingredients that are good for you. (Amira Abdul-Wakeel)

Pictured above, the vendors who participated in the Vendor Diversity Fair held in our Ambler store on October, 23.



The Puddinguy Banana pudding is made from scratch with all natural and organic ingredients. (Will Smith)



Sheena's Magick body butter. All natural and vegan body butter made with organic ingredients with a shea butter base. (Sheena Clay, pictured right)



Rachel and Sumchai's Goodnight Baby Sunflower. Weavers Way members from Ambler have written a cute children's book. (Rachel Sarah)



Hank's Cinnamon Buns. Enjoy these buttery cinnamon buns made with all natural ingredients. (Hank McCovy)

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eNews

Stories from Our Shoppers of Reducing Waste and Living Greener

by Victoria Valadao Napier, Weavers Way Plastic Reduction Task Force

SEVERAL SHOPPERS SHARED THEIR CONCERNS ABOUT waste, plastics and what they are doing about both on our Zero Waste Skill Share Contributor Form, which can be found on the PRTF Facebook page. Participants shared ideas and tips and gave real-life examples. They also offered suggestions for the Co-op. You can join the PRTF Facebook group on the Weavers Way Facebook page under “Groups.”

This month’s contributors were Plastic Reduction Task Force Chair Alisa Shargorodsky, Gail Whiffen, Jamie Wilson and Mara Wolff.

Please share your “Zero Waste Journey” with us:

Alisa: I was raised with a deep love and respect for nature. We were always out hiking. I always respected nature, but it wasn’t until I had children of my own that I felt obligated to create change on the Earth’s behalf.

The problem seemed insurmountable, especially when talking about the tsunami of single-use plastic waste that we contribute to daily. It became evident that there were too few options for the everyday consumer.

I decided to think about how we can make reusables more accessible and convenient. My company, ECHO Systems, designs and delivers infrastructure for reuse. I am happy to partner with the Co-op to help drive this forward.

Personally, I use small cotton and hemp bags when purchasing bulk. I always bring my jars to refill oil, vinegar and soy sauce. When I get produce, I use cloth bags or no bag at all.

Little by little we make these changes, and if more of us do it, the impact is so much greater. In this way, each of us makes a big impact.

Gail: The three main ways our household reduces waste: 1) Composting through Bennett Compost; 2) Recycling through Rabbit Recycling; and 3) Shopping at Weavers Way.

Since finding out about Rabbit Recycling last year, we’ve been able to cut our weekly garbage bag down by about half. As a family of four with two working parents and two young children (an almost-four-year-old and a three-month-old), we find it hardest to avoid soft plastic food packaging. Rabbit Recycling accepts all soft plastics (clean and dry), so that makes a big difference in what we eventually toss out to the curb. We pay a fee for their services, which also makes me more mindful of what we buy and bring into the house.

Jamie: I’ve always been environmentally aware and have tried to keep my plastic use low. But earlier in the pandemic, when the Philadelphia Streets Department could no longer recycle a lot of the plastic they received, I became much more determined. I went from “prefer-

ring” non-plastic packaging to choosing to pay more for alternative packaging or not buying a product when there is no other option. Other choices I’ve made for environmental reasons include not eating meat and commuting to work by bike (or SEPTA in the winter months) rather than driving.

Mara: We have no paper products in the house; only rags. We do not put produce in plastic bags. We compost everything.

We repair items instead of buying new ones; we use hand-me-down furniture. We don’t use plastic bags ever and bring our own bags everywhere. We don’t use straws when eating out. Our next goals are installing bidets on our toilets and bringing our own to-go containers for eating out and for purchasing meats.

What inspired you to begin a zero-waste journey?

Alisa: Reckoning with the perfection of this earth and the delicate balance that’s needed to care for it. The planet could be a smoldering, dark wasteland; instead, it is brimming with life.

Gail: Mostly guilt over my contribution to the climate crisis; also, my inclination to want to dispose of anything and everything in the most responsible way possible.

Jamie: The city’s issues with recycling during the pandemic coincided with me learning more about the history of plastic recycling — how producers realized that recycling programs led to more plastic use. Recycled plastic will never be an economically viable alternative to new plastic for manufacturers. I started seeing opportunities to reduce my consumption everywhere.

Mara: Anxiety about what we have done to the planet and to save money.

What specific tips would you like to pass on to others, especially regarding plastic reduction?

Alisa: Don’t get discouraged and become apathetic. With so much plastic in everything that we buy, it is easy to feel that our small steps are futile; they aren’t. Everything we do has an impact.

Gail:

- Switch to shampoo and conditioner bars (I like the brand HiBar, which the Co-op carries).
- Sign up for the Quip electric toothbrush subscription — they have minimal plastic brush heads and zero plastic packaging
- Start using toothpaste tablets or powder
- Switch to Blueland hand soap and cleaning tablets in reusable glass jars, laundry detergent strips instead of big plastic jugs, and cloth diapers (The Nesting House has you covered!)



- Before you toss a broken item or one with missing parts, try searching for replacement parts first!

Jamie: I think most people with an environmental awareness already bring reusable bags when they shop. From there, it’s not such a leap to start bringing reusable containers for bulk goods. People with nutritional awareness are also not buying many products with packaging anyway, since veggies, fruits, grains and bulk items use less packaging than processed foods. That’s another choice that’s good for your health and the environment.

Mara: Don’t be embarrassed. You do you.

If you could see the Co-op adopting a more zero-waste culture, what would it look like?

Alisa: I can definitely see the Co-op doing better. We would have expanded reusables in Prepared Foods, and fewer grab ‘n’ go items. We would take a firmer stance on grab ‘n’ go in bulk by only using reusables and cellophane and no more small plastic containers in any department.

The leadership would take an active role in holding the NCG accountable in their relationship with UNFI, which services almost every co-op in the United States, all with packaged groceries that support fossil fuel economies. Lastly, the Co-op would completely remove all single-use bottled water from our shelves and replace it with a refill machine in all three locations.

Jamie: I think the move to start offering more bulk items in reusables is great (raisins, nuts, mango, etc.). I don’t know about the business concerns, but it’s unfortunate that so much space in the stores (Chestnut Hill, especially) is dedicated to prepared foods while relatively little is set aside for bulk items. Re-balancing that would likely lead to less plastic use.

Mara: I’d like to be able to purchase bulk baby spinach and meats with my own containers.

Please join the conversation by filling out our Zero Waste Skill Share Contributor Form. The PRTF would like to hear from you. Thank you Alisa, Gail, Jamie, and Mara for participating.

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The Smells of Fall, and Why They're So Powerful for Us

by Sarah Endriss, for the Shuttle

BEFORE I EVEN OPENED MY EYES, I KNEW THAT fall had arrived. It wasn't just that I had to pull up the comforter in the middle of the night or that my nose was cold while the rest of me was snug; it was the smell of the early morning air.

Gone was the oppressive humidity of summer; the air coming in through my window was brisk and clear, with distinct aromas of wood smoke, coffee and the musky-sweetness of decaying leaves. I took a deep breath and was instantly transported back to my childhood in New England — burning leaves with my grandma, early morning camping in Vermont and jumping in large piles of yellow sugar maple leaves with my brothers. It's funny how the smell of the air can be nostalgic!

Why is the smell of autumn so distinct for us? Is fall Mother Nature's way of opening the window to air out her house?

With a little research, I found an array of information. According to an article by Rhianna Schmunk of the Canadian Broadcasting Corporation, there are scientific reasons for why we have smells linked to different times of the year. The combination of chemistry, biology and psychology can trigger emotions associated with our personal collection of seasonal memories. Activities that are seasonally specific like jumping in leaves, making apple cider and sitting by campfires tend to be fall related.

According to neuroscientist and author Rachel Herz, "emotional reaction to any smell comes from the personal meaning we've assigned to the scent." Typically, these activities and the scent associated with them were stamped on our brains when we were young

and give meaning to the scent. That also means we all smell fall differently! It now makes sense why my husband, who grew up in London, appreciates my nostalgia but doesn't identify with it as strongly. For him, fall is wet asphalt and diesel fuel.

We have adventures and make memories in summer and spring as well. So why is it that we seem to talk about smelling fall vs. smelling summer? One answer: A significant change in temperature.

During the summer, when the air is hot and humidity is high, smells or aromatic molecules are held in the atmosphere and allowed to move freely around us. As temperatures drop, the opposite happens. The air becomes cooler and drier and air molecules contract, making it harder for aromatic molecules or scents to move around.

Instead of being bombarded by many smells as we are in summer, autumn air is clearer and less crowded. This allows us to distinguish smells more clearly, including the earthy scent of leaves and bark as well as fungi and bacteria in soil.

In autumn, as plants begin to prepare for winter, leaves designed to produce energy (glucose) are shed, allowing plants to rest. Organic compounds and the sugars within each leaf break down and are released as gases, emitting a musky-sweet or piney smell. Once on the ground, leaves are slowly decomposed by fungi and bacteria — a process that also emits gasses and scent molecules — as plant nutrients are returned to the soil. You could say that smell reminds of us of the need to rest and slow down.

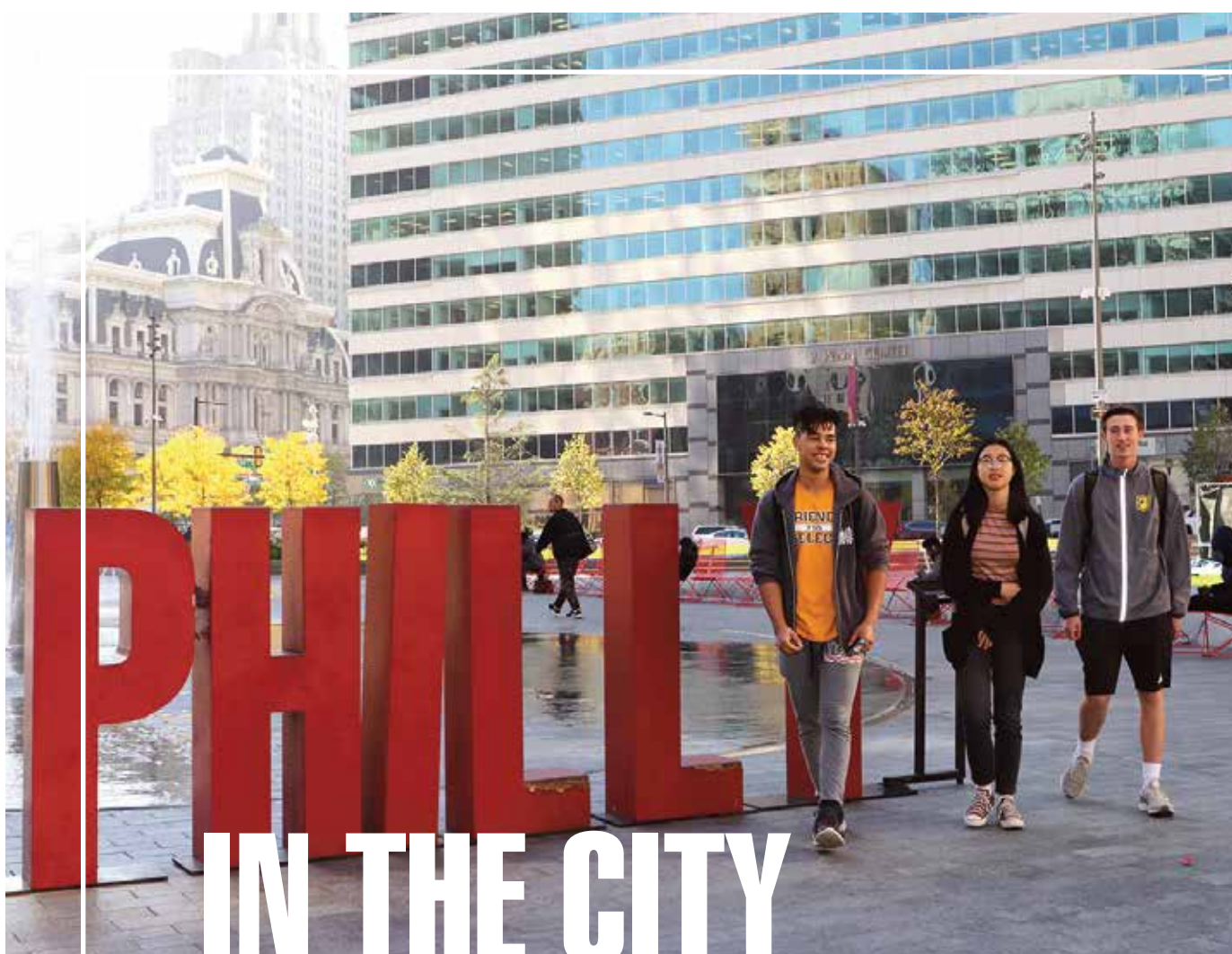
As the energy of summer wanes and the big ex-



photo by Kathleen Casey

hale of fall ensues, the smell of autumn is a welcome reminder of life well lived. So bundle up and reconnect with Mother Nature and the memories she has subtly infused within us. It's also a great time to make new memories by getting out there to jump in and smell the leaves!

Sarah Endriss is principal of Asarum LandDesign Group and a restoration design consultant for WildLawn, an ecological native grass alternative to traditional lawns. She can be reached at Sarah@asarumlanddesign.com



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Native and Invasive Plants Are Not All That They Seem

by Kayla O'Mahony, Weavers Way Farms Field Assistant

RECENTLY MY EARS HAVE PERKED UP AT THE UP-tick in discussions about “invasive” and “native” species. According to Google search trends, the term “invasive species” has been looked up over twice as much in the Philadelphia region since 2005. While it is wonderful to see a collective value shift to identify and support what we understand to be beneficial species and to mitigate the spread of harmful ones, I have come to learn there is a general misunderstanding about the concept of “invasive.”

While public interest toward better land stewardship has risen, the term “invasive” has been weaponized. The word is now used in a way that sometimes demonizes foreign plant species and problematically generalizes all non-native or “exotic” plant species.

It's likely that “invasive” is misused because the term itself is often poorly defined and does not have a specific agenda, similar to “organic.” Unlike “organic,” however, it is often used as a placeholder for pejorative and sometimes downright xenophobic ecological ideologies. Ecosystems or ecoregions have always known change and responded to it. In fact, change is the one constant we are promised in the natural world, and our plant species reflect that.

Thanks to migration and trade, we have a blended variety of plant species on Weavers Way Farms. For example, we grow the beloved native pawpaw, but also species like carrot, broccoli and sorghum, which were introduced to these lands in recent centuries. We also host *Convolvulus arvensis* (field bindweed) and *Humulus japonicus* (Japanese hops), which were brought to the United States by mistake and are now recognized by the U.S. Department of Agriculture in most states as “invasive.” Any cooperators who have spent time in our



photos by Kayla O'Mahony

Tomato plants in one of the hoop houses at Henry Got Crops farm are overtaken by field bindweed, top, and reappear after weeding, bottom.

fields can tell you these plants are quite ambitious and can sometimes outcompete our crops.

You may be surprised to know that most of our food crops are non-native and positively contribute to the ecosystems where they are introduced. At the same time, many species have been categorized as invasive that are simultaneously categorized as native! A great example of this type of plant is *Asclepias syriaca* (common milkweed), a plant which positively contributes to its habitats by attracting monarch butterflies and strengthening the soil structure. When we reduce plant species to good or bad roles, we miss out on the opportunity to see the complex relationships and systems that exist within a given ecosystem.

Some ecologists believe that categorizing plants as invasive, native, alien, exotic or introduced is judging plant species by how much of a nuisance they are to agriculture, therefore people, therefore the economy. Now, thanks to the work of biologists MacIsaac and Colautti, there is a more neutral nomenclature for categorizing the behaviors of plant species. This nomenclature focuses more on biogeography, or the habitation patterns of particular species and the reasons for those patterns, rather than speaking for entire species in every context with rigid, sweeping judgment.

So as I curse the pervasiveness of field bindweed in the field at Henry Got Crops, I will remind myself that while it affects the Farm Team's use of bed space, our yield, and our cooperators usage, its nuisance to us is a particular dynamic in a particular space in time.

A more fluid approach to ecology, as with all things, would do a lot of good, I'd say.

Giving Thanks: A Guide to Living with Gratitude

by Sophie Simpson and Jenny Burkholder, for the Shuttle

AS WE ENTER NOVEMBER, THE MONTH OF THANKSGIVING, it feels fitting to lean into the yogic practice of *santoshā*, or contentment. In the West, many define yoga as the physical *asana* practice, but it encompasses much more.

Yoga is a philosophy that teaches us how to live a multidimensional life of kindness, alertness, a deep connection with the self and respect for others. Part of that philosophy includes *niyamas* or “observances,” and one of these practices is *santoshā*. In “The Yoga Sutras of Patanjali,” the ancient Tamil sage writes “By contentment, supreme joy is gained.”

This sutra may feel impossible or unattainable. But if we allow ourselves to drop into the authenticity of true contentment, we find we are afforded a security and healing power worthy of exploration and study.

In his wonderful poem “Thank You,” Ross Gay encourages readers to set aside their quarrels and “Walk/through the garden's dormant splendor. /Say only thank you. Thank you.” These beautiful lines are an invitation to all of us: Feel the earth beneath your feet, fall in love with what is before you, and simply say, “Thank you.”

Below are many suggestions for finding contentment and “supreme joy.” Try on one or two for size, perhaps committing to one for a few days and then moving on to another. Find what works. When you try one or more of these, pay attention to your inner response. When the joy floods your veins, you'll know you've found the practice for you!

Keep a Gratitude Journal

This practice is straightforward, but has profound implications. Use a journal, your computer, or scraps of

recycled envelopes to write on. From there, the practice is to write down five things for which you are grateful.

This can be done daily or once or twice a week. You might number your list each day and surprise yourself with what appears there, or you may dive deeply into the personal. You decide.

Dedicate a Daily Activity

One of the challenges of our busy lives is that we sometimes mindlessly complete daily tasks. This gratitude practice encourages us to be more present in our daily routines.

For this practice, choose one daily routine: feeding the dog, waiting for the train or bus or washing dishes. Then, during this routine, think about how grateful you are at that moment. When you begin to use your time in this way, you may transform mindlessness into a mindful, moving meditation.

Express Gratitude Aloud

This practice invites us to say “thank you” aloud to someone or something, so this person or thing can hear our outward expression of gratitude. Choose one person — it could be your child's bus driver, the person who serves your coffee, or your partner/spouse. Take time to look this person in the eye and say, “Thank you” for all they do for you. Another option is to verbally express gratitude to one object. For example, “Thank you, house, for sheltering my family and being a place for my friends and family to gather in comfort.”

Express Gratitude Through Your Senses

This practice invites us to get more in touch with our senses. Choose a sound, taste, smell, sight or touch

to focus on. Then throughout your day, take time to express gratitude through your chosen sense. For example, “Thank you, strong early-morning coffee, for tasting so bitter and sweet and warming all at once.”

Pay Attention to What Goes Well and What Is Right in Front of You

Lastly, another way to practice gratitude is to shift thought patterns. Often we hear the loud voice of what has gone wrong, what we are not or do not have, or what we have in excess. Often, the quiet voice of all abundance and pleasure, the voice of what has gone right, is silenced, so we are not able to be grateful for what is right in front of us. This practice invites you to celebrate what goes well or to see what is right in front of you.

By practicing gratitude, you may discover that you become more aware and secure in your life. This security, a type of confident vulnerability, encourages us to feel more empowered and willing to put ourselves out into the world. It is from this confident vulnerability that we can address and make changes on an individual level, within our communities and around the world.

Sophie Simpson is the founder and lead teacher at Blue Banyan Yoga Studio & School in Mt. Airy. Jenny Burkholder is a freelance writer and teacher at Blue Banyan.



Why shop the Co-op?
LET'S COUNT THE WAYS.

1 CATERING.

Bet There's a Lot You Don't Know About the Wissahickon

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

WISSAHICKON VALLEY PARK HAS A RICH PAST that is present everywhere. Some facts are more readily known, such as that the Lenape people — the original stewards of the Wissahickon — fished and hunted in the area they named the Wisauksicken. Or that Historic Rittenhouse Town, the site of a thriving industrial community that included the nation's first paper mill, influenced the development and commerce of the Philadelphia region and Pennsylvania as a colony.

The Wissahickon is home to numerous sites that are distinctive for various reasons, including national significance. Even if you think you know the area, I guarantee there's so much more to discover about its history, even about familiar points of interest.

Here are some interesting tidbits you might not have known about various facets of the park:

Walnut Lane Memorial Bridge: One of the first reinforced concrete bridges ever built, its center arch made it the highest and longest in the world when it opened in 1908.

Thomas Mill Covered Bridge (a/k/a the Red Covered Bridge): Originally built in 1737, it is the only remaining covered bridge in Philadelphia and the only covered bridge in a major U.S. city. It was listed on the National Register of Historic Places in 1980. The bridge was restored in 1938 by the Works Progress Administration,

and again in 1999 with funds from the Fairmount Park Commission (now Philadelphia Parks and Recreation).

Speaking of the **WPA:** During the Great Depression, this organization funded a three-phase project to improve the Wissahickon Valley. The project led to construction of outbuildings along the Wissahickon Creek, including shelters, guard boxes, comfort stations and concession stands.

Valley Green Inn: This iconic symbol of Wissahickon Valley Park is the last of the seven inns, or roadhouses, that operated at various times between 1840 and 1916 along Forbidden Drive. Built in 1850, it was originally called Edward Rinker's Temperance Tavern. Like its name suggests, it did not serve alcohol, unlike some of the other nearby establishments, which ultimately ensured its survival. When Fairmount Park acquired the land in 1873 and prohibited alcohol in the park, the renamed Valley Green Inn was allowed to stay in business. Valley Green Inn finally was able to get a liquor license in the 1980s.

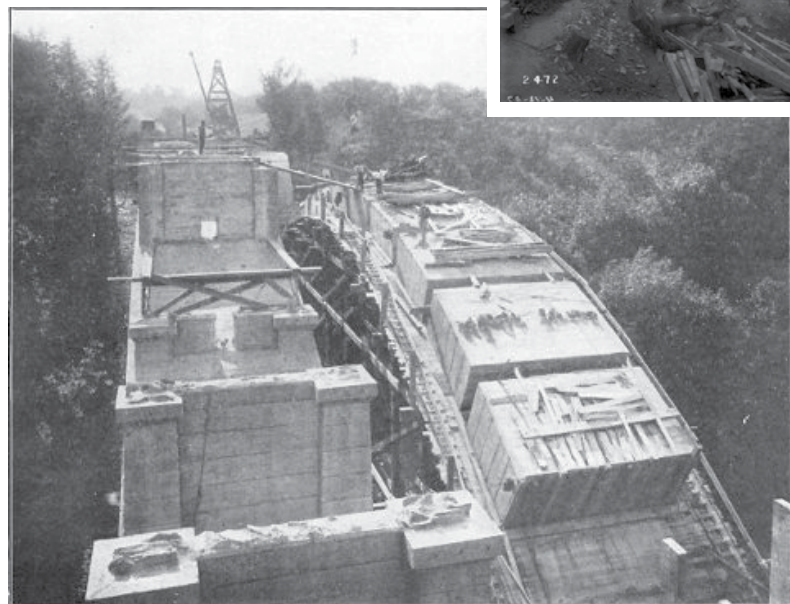
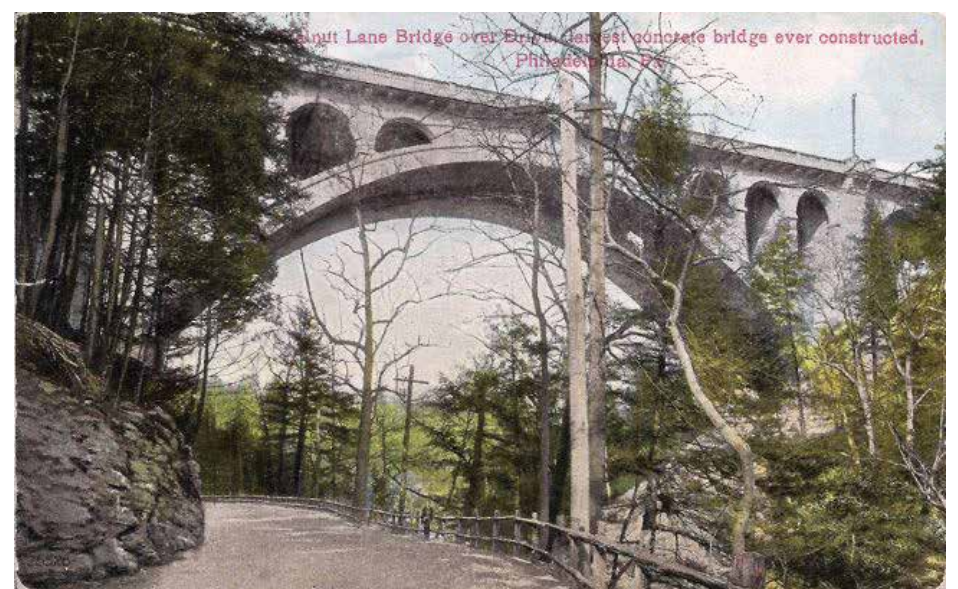
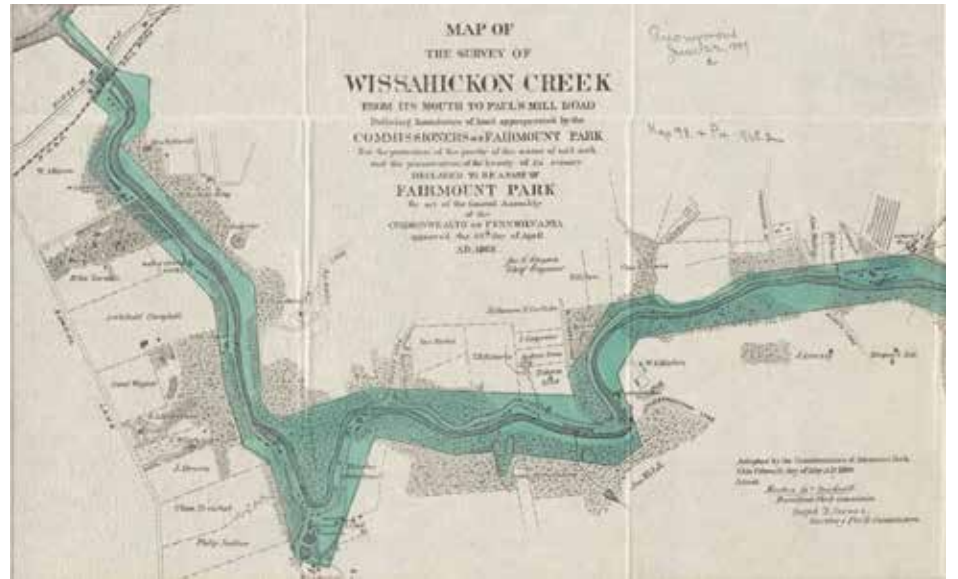
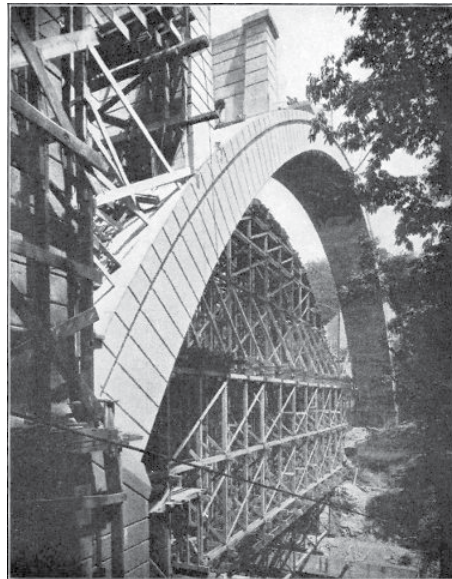
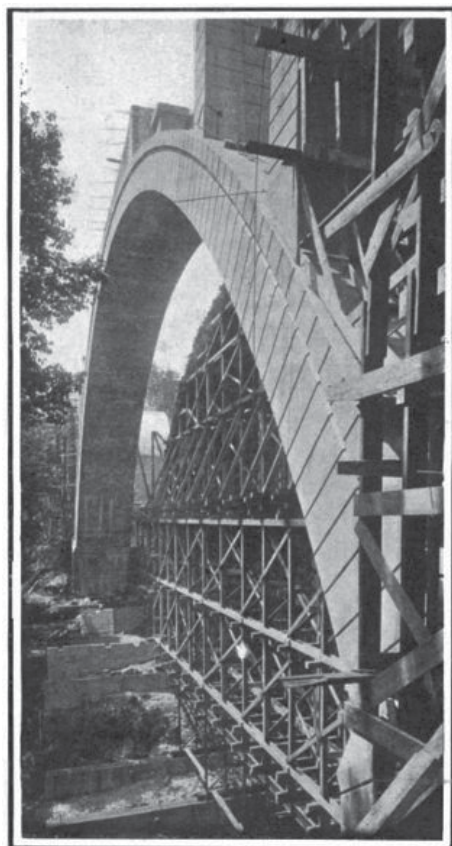
Hermit's Cave: This fascinating spot is one of the park's hidden treasures. The cave is where John Kelpius, a German-born mystic, was said to have meditated. He led a small religious group that had moved into the Wissahickon wilderness in 1694 to wait there for the end of the world.

Wissahickon Rocks: The intricate rock formations that contribute to the park's beauty were created by the forces of plate tectonics that occurred millions of years ago. What's more, the Wissahickon is a backwards creek — it starts in gently rolling land, and its headwater is runoff from a parking lot at the Montgomery Mall. These and other contributing factors contribute to the unique geological history of the Wissahickon Valley.

That's just a snapshot of the Wissahickon's exciting and important past. If you'd like to learn more, sign up for a guided hike in the park (<https://fow.org/events/>) or take a virtual hike through history on our Virtual Valley's Trails to the Past page at <https://fow.org/virtual-valley/trails-to-the-past/>.

And join me and Brad Maule, FOW's Instagram editor and Philadelphia history devotee, for a journey into the park's past on Wednesday, Nov. 10, as we explore "Maps of the Wissahickon." We'll explore specimens from the earliest days of Philadelphia and the young Fairmount Park Commission to FOW's official maps, from printed trail maps to the map app. Brad, who also works closely with Chestnut Hill Conservancy while serving as communications manager for Mt. Airy CDC, is the founder and editor of Philly Skyline and a contributing editor for Hidden City Philadelphia.

The free virtual Valley Talk begins at 6 p.m. Register at fow.org/event/21-valley-talk-wissahickon-maps/.



The Walnut Lane Bridge under construction. One of the first reinforced concrete bridges ever built, it is one of many points of historic interest in Wissahickon Valley Park. Top right, an old map of the Wissahickon (year unknown). Walnut Lane Bridge photos courtesy of Philadelphia Parks & Recreation; map photo courtesy of Chestnut Hill Conservancy.



2 MEMBER BENEFITS.

3 BULK FOODS.

4 CO-OP BASICS.

5 SUSTAINABLE MEAT & SEAFOOD.

6 PRODUCE.

“Badass Cross Stitch” Brings her “Craftism” Message to Philly

by Betsy Teutsch, for the Shuttle

IT’S MARCH 2020. CROSS-STITCH ARTIST SHANNON Downey is fresh off a national publicity blitz for Rita’s Quilt, her project that organized scores of volunteer cross-stitchers from all over the country. Together they completed a 99-year-old woman’s unfinished quilt, which was picked up by Downey at an estate sale. The squares were all finished and sewn together. The beautiful, collaborative result was headed to a museum exhibition. She’s had several of her cross-stitch creations go viral.

Downey, better known as Badass Cross Stitch, describes herself as “a community organizer disguised as a fiber artist and craftivist.” While the term “craftivism” was coined by artist Betsy Greer, Downey has nobly amplified the message.

“I blend my politics, activism and art into projects that are designed to inspire others to take action, think, discuss, engage with democracy and their community, and find some digital/analog balance,” she said in a Zoom interview.

With Rita’s Quilt completed, it was finally time for her to realize her dream: a year’s adventure leading cross-stitch workshops (“stitch-ups”) all over the United States.

This was her 2020 To-Do list:

- Quit job - ✓
- Vacate apartment - ✓
- Store cherished needlework in a 5x5 locker - ✓
- Get rid of literally everything else - ✓
- Acquire a 200-square-foot, 26-foot long RV - ✓
- Fit essentials for herself and her dog in the RV - ✓
- Line up gigs - ✓



photo by Gloria Araya.

Shannon Downey, a/k/a Badass Cross Stitch.

With the list completed, she headed off on her year’s adventure when — you guessed it — the COVID-19 lockdown happened. All those 150 events? Cancelled, cancelled, cancelled.

Downey, a quick study, pivoted to Zoom workshops, reaching out to her sizable Instagram

(@badasscrossstitch) and Twitter (@ShannonDowney) following. While she vowed she’d never teach virtually, she found it worked remarkably well. What didn’t work were her intended stays at RV campgrounds, since they all closed down when the pandemic hit.

Another pivot, and soon she was finding volunteer hosts. She created a Google doc and people all across America volunteered their driveways. Strangers have become friends. She has taught more than 5,000 stitchers during COVID — most virtual, and some in masked outdoor settings. Downey has also been a featured Craftivist-in-Residence at various venues.

I was smitten with the Rita’s Quilt story and intrigued by Shannon’s bold voice and big talent — not just for art, but for using it as a force for building community. She is a vivid communicator: Following her on Instagram and Twitter, I felt like I was with her in her tiny RV, trying to figure out how to empty its waste tank with campgrounds closed down.

Lucky for us, Downey landed in Philadelphia this month to kick off her Liberty Museum exhibition “Craftivism: Activism Through Craft” which opened Nov. 5. Craftivism Weekend continues all that weekend; information is available at www.libertymuseum.org/exhibitions/craftivism/.

Mt. Airy fiber shop Wild Hand (next to Weavers Way Across the Way) will feature a two-hour Craftivism 101 cross-stitch workshop with Downey on Thursday, Nov. 11, at 6:30 p.m. Beginners are welcome; register at wild-hand.com/collections/workshops.

Hey, Badass Cross-Stitch, welcome to Philly!

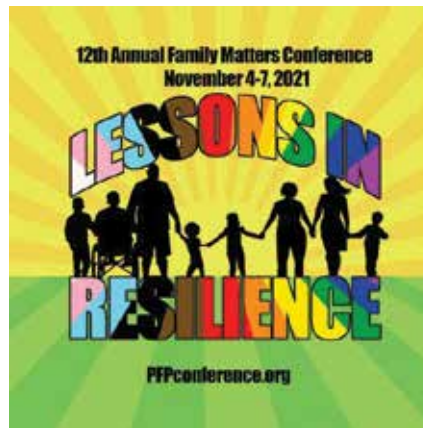
Betsy Teutsch, also an artist and activist, is a longtime Weavers Way member.

Philly Family Pride Annual Conference Goes Virtual for a Second Year

PHILADELPHIA FAMILY PRIDE IS GOING VIRTUAL FOR A SECOND year with their annual Family Matters Conference, set to take place Thursday, Nov. 4 through Sunday, Nov. 7 for LGBTQ+ parents, prospective parents, grandparents and children of all ages.

The theme chosen by the planning committee for this year’s conference, PFP’s 12th, is “Lessons in Resilience.” In addition to workshops for current parents, the group is also offering a full list of sessions for prospective parents, including one on resting on the path to parenthood and another on financial planning.

According to Tariem Burroughs, Board Chair of PFP, the decision to go virtual with the conference for a second year was made to protect the youngest family members who cannot yet get a COVID-19 vaccine. By spreading the event out over multiple days, the



group hopes busy families will have more flexibility to attend the event, and that by programming fewer workshops simultaneously, participants can attend more sessions.

Philadelphia Family Pride’s mission is to build community for LGBTQ+ parents, prospective parents, grandparents and our kids of all ages including adults, youth, kids, toddlers and infants. They support their families in the greater Philadelphia region through advocacy, education and family-centered events.

The cost to attend the event is a pay-what-you-can sliding scale of \$0-\$100 per household. All amounts are valued. More details about adult and kids programming as well as registration information can be found at the conference website: www.pfpconference.org.

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Unwashed Containers Can Spell Danger, Injury for Outdoor Animals

by Brenda Malinics, for the Shuttle

THE VOICE ON THE PHONE WAS FRANTIC. “THERE IS a cat in a yard whose head is stuck in a plastic jar and has been for five days! No one can catch it!” After getting the location and some sketchy details, I was off with several volunteers from Brenda’s Cat Rescue to find it.

Traps and nets in hand, we were met by concerned neighbors. They’d tried and failed many times to capture the kitty who could not eat, drink or protect itself from predators. They told us where we might find it.

The cat’s primary feeder, Charlie, told us there were three generations of cats on the street: grandmother, a mother of a newborn litter, and two teens, who were about four to five months old. One of the teens had gotten its head stuck inside a small plastic peanut butter jar.

This was not the time to explain to Charlie that feeding cats without stopping their reproduction contributes to the overpopulation of stray cats. We needed to find this one.

There was evidence that another rescue had come and left two traps and two nets, but had only caught raccoons. As a cat with a jar over its head cannot smell, there would be no incentive for it to go inside a trap containing food. It was also too fast to be caught with nets.

One neighbor had managed to get his hands on the cat, but only succeeded in getting badly scratched, since he did not have a plan or a carrier nearby. This was also not the time to lecture about the need to have a concrete plan before trying to physically grab a cat or any animal.

While assessing the surrounding area and discovering how many places existed in which the cat could hide — decks; sheds, wood piles; thick, overgrown hedges; groundhog and fox holes — someone announced the cat was sitting under Charlie’s car in his driveway. The cat, now called Peanut, still came to Charlie’s front porch at the routine feeding times, but could only watch as the

other cats ate; meanwhile, Peanut endured thirst, hunger and pain.

Seeing this cat moving her head and watching us through the hot plastic jar, knowing that her time was running out, was gut wrenching. The effort to free it lasted four more days and involved countless good Samaritans. Wissahickon Creek Vet Hospital loaned a loop pole and was on call to receive the cat as soon as it was captured. Philly Metro Wildlife Rehab Center custom-made a weighted throw net.

Peanut was still fast and evaded capture. People crawled under decks, removed boards from porches and chopped down thickets in attempts to find and corner the cat but, she was just nowhere to be found. Two days passed during our day and night search, but we could not find her; we assumed she had died.

But on day nine, Peanut reappeared. Knowing that she had to be in a weaker state and that she could not live much longer, BCR decided to gather as many people as possible and to use as many capture tools as we could procure, including large dog and drop traps. Karen, a volunteer, and I arrived an hour ahead of the time the others were to arrive, because we wanted to go through a mock drill of our plan.

Again to our surprise, Peanut was in Charlie’s driveway, intently watching the lawn boy who was taking her picture. The distraction enabled Karen to creep up while the lawnmower was running and grab Peanut with her hands. With a carrier nearby, Peanut was secured and was rushed off to Wissahickon Creek Vet Hospital, where staff were waiting.

Within minutes of being taken inside, the nurse came out with the jar to give us a report. The jar’s edge was sharp, dirty and smeared with blood and fur. Peanut had a neck and lip wound; her ears were rubbed raw from pressure contact, and her ear tips were frayed.



Peanut needed sedation to be properly examined and to have her neck wound cleaned. It was agreed that she needed rest, fluids and some slurry food for the night and be sedated the next day.

Peanut was tested and determined to be negative for feline leukemia and FIV. She was spayed and vaccinated and received IV fluids and a long-lasting antibiotic injection and pain medication. She had deep neck abrasion wounds from the constant rubbing and spent two days in the hospital.

Animals trapped and dying in food containers is a global problem and affects mammals, reptiles and birds alike. More thought must be given to animals when disposing food containers as well as plastic ring can holders on beverages. One person’s greasy trash is another critter’s snack. Popular offenders include yogurt and peanut butter containers and unrinsed cans. Bulk tubs have even trapped coyotes and bears. Containers should be rinsed, lidded, crushed and/or cut apart before being placed in recycling or garbage bins.

Peanut is still scared and is recovering with me. It is unclear whether she will be returned to her outdoor location or whether she will become adoptable. But one thing is certain: her painful ordeal was unnecessary. If more people become aware of not only how their trash affects the environment, and its impact on the lives of animals, we will have a safer and cleaner world for all two- and four-legged critters to enjoy.

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Photo: Julianne Harris

Part I of 2 - The Many Prongs Supporting the Supply Chain Crisis

(Continued from page 1)

a young frozen goods company I know had the same experience that week.

It would be nice if we could find a simple solution to the problem. I am sure you have heard them all: Increase oil production! Reduce unemployment benefits! Break the transport monopolies! Eat more plants! But there isn't one. There are so many things that are tugging at our supply chain and costs that finding solutions is more complex.

The Problem of Labor

You have probably read the articles about the economic and public policy forces at play impacting the labor market, so I won't repeat that conversation. But from the ground, it cuts deep.

A company that I engage with has their own manufacturing facility. When COVID hit, they struggled to produce food, which consumers really needed at the start of the pandemic. They desperately tried to meet demand while keeping their workers safe. They had to run with fewer employees to keep them spaced apart. They provided safety equipment, overtime and sick time. They lost employees due to childcare pressures.

Despite all their efforts, COVID would periodically hit employees one way or another, and they would have to operate with even fewer workers. Once the pallets were filled and the docks were lined up, ready for pickup, there may or may not have been a truck driver available. Warehousing backed up, also pressured by COVID. Stores may or may not have received their expected deliveries. They did their best to create efficiencies by giving more production time to the highest demand products while forgoing production of more obscure items. That's out of character with their DNA, which loves odd-ball products as much as popular ones.

Companies such as the one described absorbed these costs during the earlier stages of the pandemic, hoping the situation was temporary. Over time, they were able to install more lines and had to find more people to operate them. They increased wages and support for their employees. Now, costs of raw materials have increased, further pressuring them (more on that later).

Struggles at the World's Ports

The port situation makes my stomach turn. A lot of the food you buy, organic or not, is grown in another country — tropical fruits, coffee, chocolate, coconut. Most of the feed, including corn and wheat used for livestock (organic and conventional) is also imported. Body care also contains a lot of imported ingredients.

Imports are usually brought on containers by ship, unloaded at the port, warehoused, then shipped by truck to another warehouse for distribution. The port getting all the attention is the Port of Long Beach, adjacent to the Port of Los Angeles. They receive goodies from China, Japan, Thailand, South Korea and other countries.

The surge in demand, combined with labor shortages, means there are not enough people to load or unload the ships. Moreover, there is not enough warehouse space to handle all the goods coming into the country. There are also not enough functioning trucks (because it's hard to get replacement parts for broken trucks) or drivers to haul it along. So the ships are literally sitting outside the ports, waiting to be unloaded. A friend who lives near Long Beach regularly sends me photos of the scene; San Pedro Bay appears to be littered with giant shipping vessels.

Another company I work with shared that the pre-pandemic cost of shipping a container from Malaysia, where they source from, was \$5,000; in August 2020, it jumped to \$25,000. When we chatted in late September, it had jumped again to \$30,000. A company that imports beverages doesn't have the bobbing problem, but they cannot get an appointment to even get onto a ship. So their inventory is sitting in a warehouse in Thailand, costing them rent while their U.S. inventory runs thin.

Popular ports in Houston and Newark, NJ, are pressured as well, impacting imports from other areas, including the Caribbean and Europe. The cargo of one of my clients, which originates from South America, was bobbing outside Newport Beach, CA, then was diverted to Houston, where the ports were a bit less congested. We both got nauseated discussing the environmental impact of all those miles, but treading temperature-controlled food for months is not sustainable, either. All of this is contributing to shortages and cost pressures.

When this problem started earlier this year, it was anticipated it would be solved by late summer. But it is worse now, and industry experts anticipate the port issue will continue into 2022.

And Then There's Packaging

Everything is in short supply — aluminum cans, glass, plastics, corrugated cardboard, inks. There are a lot of reasons. Think of all the materials sent to hospitals and other medical facilities to support the pandemic response; there's a lot of packaging included.

But there are many other factors as well. For example, the White Claw Effect (not an official term but one used casually in conversations) refers to the surge in consumption of those tall, narrow aluminum cans that hold hard seltzer, among other beverages. In 2020, White Claw's revenue came in at over \$4 billion for the year; that's a lot of aluminum single-serve beverages. Brands like White Claw took the supply, so smaller brands couldn't package their own products. Demand pressures contributed to rising prices in the cost of these containers, affecting everything from your local brewery to a can of iced tea.

Have We Mentioned Climate Change?

The impact of climate change on our supply chain is the icing on the cake. In our own neighborhoods, hailstorms and tornadoes ruined many gardens. Can you imagine the impact on a wider scale? In the west, drought and heat reduced yields, while raging wildfires destroyed farms and caused the cost of insurance to skyrocket. The changing conditions are ripe for new pests that are feeding on already sensitive yields.

As a result of the Texas freeze and power crisis last February, the state lost \$600 million in agriculture, mostly due to ruined citrus and cattle that didn't survive. In other areas, drought conditions have caused wheat prices to climb, which affects everything from your morning cereal to your favorite pizza crust. My backyard garden was ruined by the hailstorm this summer; I yielded a total of six cherry tomatoes.

Now consider how these events contribute to the conditions in our global economy. Climate change is happening everywhere and has a huge impact on our food supply, which is also contributing to costs.

I review a report weekly, and regularly see wholesale and distributor price changes increasing from five to 25%. Most of the 20 or so food companies that I com-

How the Supply Chain Crisis Has Affected Us

AT THE CO-OP, WE'VE EXPERIENCED A FEW price increases coming from our vendors in some products as a result of pandemic-related disruptions in the supply chain. In addition, recent orders from our distributors have only been partially filled. Our heavy reliance on local vendors puts us in a better position than many grocery stores; however, we can't get everything we need locally.

Our buyers may swap some products in order to guarantee the stock or preferred pricing of certain items, particularly in grocery. We are working as hard as we can to ensure a steady and robust supply, but we ask that you bear with us as we flex and adapt to our challenged supply chain.

— Kathleen Casey

municate with regularly have implemented some sort of price increase. The ones that have held out have been able to do so for various reasons. For instance, they may have been lucky and purchased heavy inventories of packaging or key ingredients early on, but they are having regular conversations about pricing pressures and are constantly reevaluating their situation.

In addition to food manufacturers, the distribution networks have been pressured by increased costs in labor, parts, fuel and warehousing. They also have experienced fee surcharges, which impact what retailers pay for their goods.

Ok; So Now What?

With Thanksgiving, Hanukkah and Christmas coming on quickly, you may be concerned about how these shortages will affect your holiday gatherings. I am not worried about not having enough food on the table for the holidays, or the right ingredients or dishes to appropriately symbolize the harvest and winter seasons. But I am rethinking some of my holiday food rituals.

Instead of thinking of holiday meals as symbols of abundance, they can be reframed as symbols of plenty enough. My family will reconsider our menu and cut back a few dishes in order to reduce food waste, which tends to happen when celebrating a feast about abundance. Also, with rising food costs and brands pulling back their promotions, I am planning for my holiday to cost a bit more than in the past. Let's prepare to eliminate abundance to the point of wastefulness, and embrace celebrating with plenty enough.

NEXT MONTH: Other steps you can take to get through the current supply chain crisis.

Shari Stern Sonta lives in Flourtown and has worked in the natural/organic products industry for a whole score.

She is also a certified life-cycle celebrant for End of Life ceremonies and loves to turn anything — including boring dissertations on pricing economics — into flavorful stories. You can learn more about her musings at www.thisishowmystoryends.com

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Investing in Green Space Can Lower Crime, Improve Mental Health

by Sandra Folzer, Weavers Way Environment Committee

AS POPULATION INCREASES AND CITIES expand, many people in urban areas become disconnected from nature. Technology has contributed to this disconnect by providing entertainment via computers rather than being outdoors. Yet over 100 studies have shown the positive impact nature has on human health and well-being. People's connection to nature fosters more caring for others; without it, people are more likely to feel depressed or alienated.

While Philadelphia has the lush Fairmount Park system, many poorer neighborhoods in the city are devoid of green space. As a result, some neighborhoods in the city can be up to 20 degrees hotter in the summer due to a lack of canopy tree coverage, according to a May 27 article published on phillymag.com,

An opinion piece last month in the New York Times by Dr. Eugenia C. South, an assistant professor of emergency medicine at the University of Pennsylvania, discussed efforts to reduce violence in Philadelphia by creating more green space. With the help of the Pennsylvania Horticultural Society, the author, along with colleagues, created mini parks on vacant lots. Of the hundreds of lots, some had only trash cleanup or no intervention for comparison. They found the largest drop in crime, 29%, in the poorest neighborhoods where green space was implemented along with cleaned lots. This study suggests that neighborhoods without green space, where houses are deteriorating and trash accumulates, are more likely to spawn crime. As one resident said, "And seeing vacant lots and abandoned buildings, to me that's a sign of neglect. So I feel neglected."

In 2005, a Masters thesis by J. Lim at the University of Texas reviewed articles to ascertain the relation between green space and violence. Green space included tree cover, parks and ground cover; violent crime included murder, assault and theft. Of 30,000 articles, 45 were selected as worth studying. Later in 2019, M. Shepley et al. continued the review. They learned that green space increased social interaction and reduced stress. Their hope was that by using research, they could empower government and communities in urban areas to support the creation of green spaces in the hope of reducing crime.

When green space is present, people are more apt to inter-



act and feel connected. Green space also inspires exercise, which has mental and physical health benefits. This is especially important for children, because green spaces provide a positive outlet for interaction. Another benefit is that trees reduce heat, which has been cited as a factor in increased levels of aggression.

Numerous studies find similar results. C. Branas et al studied 5,112 abandoned buildings and vacant lots in Philadelphia from 1999 to 2013. Providing green space significantly reduced gun violence but didn't affect violence that occurred without guns. In another study, Branas et al. randomly assigned 541 vacant lots to green remediation or nothing for comparison. Over 38 months, those living near green remediated lots reported significantly less violence as residents socialized more. Police also reported significantly less gun violence, burglary and other crimes. This is critical, since vacant lots make up about 15% of land in U.S. cities.

Studies around the country support the need for green space to reduce crime. In Cincinnati, according to a study whose results were published in Landscape and Urban Planning in 2017, an increase in crime occurred after an infestation of the emerald ash borer destroyed many trees. In Chicago, a study of public housing residents from the mid-1990s to the early 2000s reported that those whose neighborhoods included trees felt less stressed or aggressive than those living in housing on barren land. Likewise, a study conducted from 2005-2007 on the effect of trees on crime in Portland, OR found the planting of trees reduced violence, especially in lower income neighborhoods.

Restoring land with trees and plants seems to be a proven intervention for reducing crime. Since this is the case, why are we not pouring more resources into urban green spaces? The savings for taxpayers can be as much as \$333 for every dollar spent on greening vacant lots, according to a 2016 study conducted by the University of Pennsylvania. Furthermore, investment in green spaces makes life more pleasant for residents of the neighborhood.

The addition of trees and plants is a win-win strategy to decrease violence while addressing climate change. Everyone benefits from having more access to nature.

eco tip

Change Your Turkey Day Habits To Cut Down Your Carbon Footprint

by Marsha Low, Weavers Way Environment Committee

I don't mean to be a party pooper. But after doing some research on the huge carbon footprint of Thanksgiving, I thought I'd share some food for thought.

Factoring in how far the food you purchase for the meal had to travel to reach your plate, how you cook the meal (for instance, whether your electricity is generated by renewable sources), and the distance you have to travel to visit family or friends all play a part in your holiday's overall carbon footprint.

While you may not be able to do much immediately to change how you cook your Thanksgiving feast, you can lower your impact by making sure the turkey or vegan alternative and trimmings are produced locally, where possible. If you're planning to visit far-flung family or friends, please be aware that the day before Thanksgiving is the biggest travel day of the year, which means that billions of pounds of CO2 get emitted every Turkey Day Eve.

If you plan to travel for the holiday, consider taking a train rather than driving or flying. And since air travel emits huge amounts of carbon and we all need to look at changing some of our habits and routines due to the climate emergency, consider traveling every other year instead of every year to visit relatives in faraway places.

Germantown Project Virtual Sessions

(Continued from page 6)

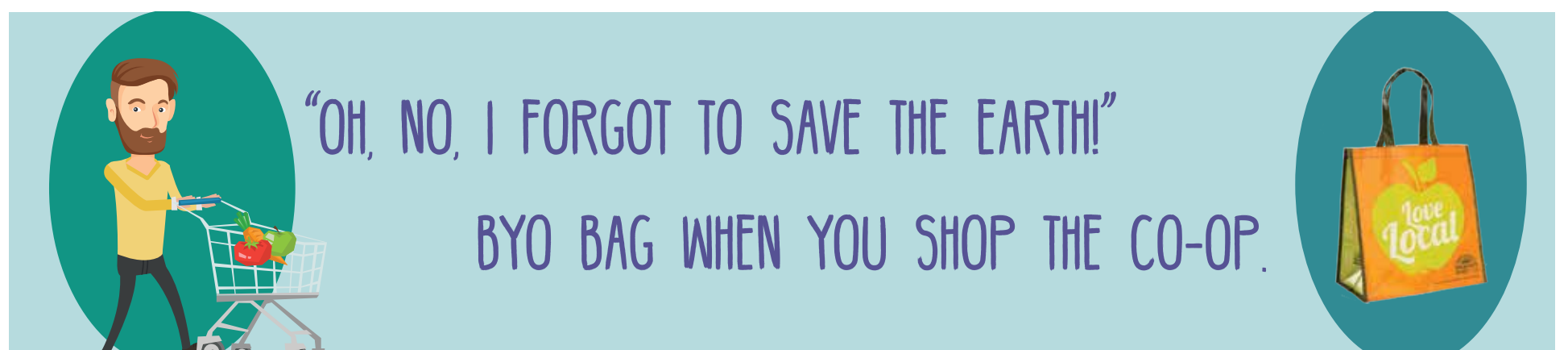
If the project were to go through, Roesser said the Co-op would like to accept WIC benefits at the Germantown location. In addition, the design of the building may allow for the construction of a rooftop farm, which would be a joint effort between the Co-op and Food Moxie.

Funding for the project, if it is given the go-ahead, would come from internal and external sources. The internal sources would include member equity campaigns, in which members would bump up their equity in the Co-op in exchange for Easy Pay bonuses, and member loans, which helped finance the Chestnut Hill and Ambler ex-

pansions. External financing could come from Philadelphia Industrial Development Corporation, the Food Trust, and state, city and federal grants as well as funding from foundations via Food Moxie.

During the comment period, participants offered their thoughts on the economic potential of the store's proposed location, the need for the Co-op's starting wage to get to \$15 an hour before adding a fourth store, and how this project compares to the West Oak Lane store the Co-op ran from 2008-2012. Overall, there seemed to be a lot of support for the idea of opening a store in the area.

During the comment period for the Oct. 19 meeting, participants shared their concerns about the cannibalization of the Mt. Airy store if another location is opened nearby. One expressed the feeling that the Co-op is too expensive for most Germantown families and that opening a store there would contribute to gentrification of the area. The participants at that meeting and the one on Oct. 7 were primarily white, while the racial makeup of Germantown is African American.



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Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

GREETINGS AND THANKS FOR WRITING. Email suggestions to suggestions4norman@weaversway.coop. As usual, suggestions and responses may have been edited for brevity, clarity and/or comedy. In addition, no idea, concept, issue, remark, phrase, description of event, word or word string should be taken seriously. This also applies to the previous sentence.

Many people have heard about the paradox of choice and how it applies to our food system and consumer behavior in general. Because our food system provides so many choices, a good chunk of it is divided into categories and sub-categories. There is an approach to managing the 31,000 items in an average supermarket called "category management" that I'll write more about in future columns.

In the retail biz, items are known as "SKUs" (or Stock Keeping Units). Typically, each SKU must be tracked and accounted for individually; each has a bar code, a shelf tag, a shelf slot, a receipt name, a vendor, a price, etc. Recently I was looking at one of our vendor's catalogs and was struck to see 22 SKUs of Bounty paper towels and 24 SKUs of Charmin toilet paper (also called "bath tissue," although I don't understand how one uses paper while taking a bath).

In our conventional grocery supplier's paper category, there are 91 SKUs of



bath tissue from 12 brands, and there are 54 SKUs of paper towels from 11 brands. Before there is a supply chain for an item, that item must be conceived by people thinking there is a market for a product. For those 31,000 SKUs, each one had to have a target market and marketing program to either exploit existing demand or create demand by consumers. Every SKU of toilet paper is trying to appeal to enough consumers to generate enough sales to make creating and "supply chaining" the item profitable for all the participants in the supply chain. In the case of bath tissue, product developers figured some people might prefer different textures, different pack sizes, a variety made from recycled materials, etc.

When you see items on shelves in stores (or on the website of an online provider), keep in mind that somewhere in the supply chain, there are pallets of those items on pallet racking, like you see in Ikea. Every item you see on a grocery store shelf likely has a corresponding pal-

(Continued on next page)

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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

(Continued from previous page)

let slot with dozens or even hundreds of cases of that SKU. This is why distributors build distribution centers ranging from 50,000 square feet to over a million square feet.

Those over 60 years old might remember when our local supermarket had one brand of yogurt — Dannon, and there were maybe 10 flavors. Today our suppliers show over 50 yogurt brands and over 600 yogurt SKUs, almost all of them in plastic containers. When we see these kinds of numbers, we should ask ourselves “Is this what a healthy food system looks like?”

suggestions and responses:

s: “Can we stock Bragg’s Seasoning Sprinkles?”

r: (Norman) Maybe; we’ll see if we can work it in.

s: “Baking chocolate in bar form?”

r: (Norman) We’ve had it off and on; we’ll consider it again.

s: “Will Weavers Way be stocking the products for the new Nativoa™ diet that just came out?”

r: (Norman) Yes; we love fad diets and have been on board with them since the macrobiotic diet, followed by the oat bran craze, the fat-free craze, the low-carb craze, the Paleo diet, the Keto diet, the kale-and-cauliflower-in-everything diet, the plant-based meat and cheese diet, etc.

The Nativoa™ diet includes foods native to the Americas and includes amaranth, avocado, cacao, cassava, chia, corn, papaya, peanut, peppers, pineapple, potato, quinoa, squash, sunflower, sweet potato, tomatillo and tomato. Like many trademarked diets, this one should result in the usual fad diet goals, including weight loss and ongoing weight management, more energy, better sleep and environmental improvement, along with better-behaved children, pets, relatives and coworkers.

In addition, adopters of the Nativoa™ diet report they never get bit by mosquitoes.



...we should

ask ourselves

‘Is this what a

healthy food system

looks like?’



It is important to notice that of the above 17 foods, four begin with the letter “c,” five begin with the letter “p” and all are plants. Part of the diet includes finding one’s own balance of “c” foods and “p” foods, since imbalance causes suffering, including starting to enjoy musical genres previously scorned, like disco.

The Co-op is looking into a personal testing service (available to members only) that analyzes one’s DNA string letters to match the Nativoa™ beginning letters. The service would then produce optimal Nativoa food proportions to form a customized diet for everyone, thereby contributing to more happiness in our membership.

s: “I was wondering if you could look into no- or low-acid coffee; it’s great for people who have trouble drinking regular coffee. Here are some brands: Alex’s Acid

Free Coffee, Tyler’s, Simpatico, Bella Rosa. Also, sprouted nuts/seeds and nut/seed butters are healthier for people who have trouble digesting nuts and seeds. Some brands include Gopal’s, Lark Ellen Farm, Nate’s Raw Harvest and Blue Mountain Organics. Thanks so much for your consideration. I buy these products online but would love to buy them at the Co-op one day if it works out.”

r: (Norman) A quick check of our current suppliers did not show any low-acid coffees, but we’ll keep looking. We normally stock sprouted almonds in our Ambler and Mt. Airy bulk departments; Mt. Airy also carries a sprouted seed mix. We also carry a variety of sprouted grain breads, sprouted lentils (Ambler), a sprouted tofu (Chestnut Hill) and a sprouted grain pretzel (Chestnut Hill and Ambler). We also stock sprouted corn tortillas in Mt. Airy. We’ll keep an eye out for more sprouted products.

s: It would be nice to have “regular” corn tortillas like they sell in the Italian Market; I don’t like the sprouted ones. Thanks.

r: (Norman) We should have Maria and Ricardo’s non-sprouted corn tortillas in all three stores.

s: “On page 19 of the October Shuttle, directly underneath the “Suggestions” column, I noticed a headline that said “Weavers Way Ends.” That’s a shame; I was just starting to like the place.”

r: (Norman) You appear to be confused about two things. First, in this case “Ends” is a noun, not a verb. “Ends” has a number of definitions and uses; our Board is using the definition “a goal or result that one seeks to achieve.” In the future, a general tip we can offer when reading is to use context to help discern the writer’s meaning.

Secondly, you wrote “headline that said...”; printed headlines do not speak. Thank you for this opportunity to educate our membership; education is Principle 5 of the seven established co-op principles.



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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.



Buy One, Give One for Our Neighbors in Need

THE WEAVERS WAY COMMUNITY FRIDGE AT THE AMBLER STORE HAS BECOME an indispensable resource for people in the neighborhood who need increased access to fresh food. Currently, food for the fridge is replenished through monetary donations via Venmo and food donations from members, community volunteers and Weavers Way store staff.

The fridge is primarily stocked with basics such as eggs, milk, fresh fruit, vegetables, bread and yogurt. Frozen vegetables, meals and cold treats are stocked in the freezer. To keep up with the canned and dry food donations, an all-weather cabinet was installed next to the fridge to serve as a pantry.

Over the summer, community food donations slowed down, and the fridge was primarily supported by monetary donations from Co-op members. In order to establish a steady source of food, a few initiatives are being put in place at the Ambler store. The next time you are in the store, you will see signs in the aisles that read “Buy one, give one to the community fridge.” You will notice these signs on the doors of the milk and eggs sections, as well as in the bread aisle and in the produce area. We want to encourage shoppers to buy food for those in need and help us support the community’s needs by stocking the fridge.

With the holidays approaching, we want to work extra hard to ensure our fridge has food for people who rely on us to support them. We are also working on ways to make it easy for you to donate at the store when you check out. Until we have those options in place, please consider donating via Venmo: @wwcommunityfridge.

—Nima Koliwad, Weavers Way Community Programs Coordinator

MALT and High Point Café Will Bring Holiday Makers’ Markets to Mt. Airy

TWO MT. AIRY COMMUNITY STALWARTS, HIGH POINT CAFÉ AND MT. AIRY Learning Tree, are teaming up this holiday season to sponsor two outdoor makers’ markets for the neighborhood.

The markets are scheduled for Saturday, Nov. 27, at Greene Street and Carpenter Lane (in between Weavers Way Mt. Airy and High Point’s Mt. Airy Village cafe) and Sunday, Dec. 5, at the Allen Lane Train Station, High Point’s other location. Both will take place from 10 a.m. - 4 p.m. and are an offshoot of the High Point Sunday Markets that took place at the train station from June through September.

Each date will feature more than 25 local artists and makers along with food trucks and live music from local musicians. For more information, visit highpoint-philly.com/sunday-market

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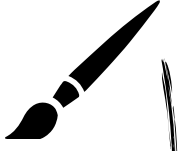
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Artists in Our Aisles



Sara Allen

I'm a 78-year-old retired teacher and longtime working member of Weavers Way. I've lived in Mt. Airy for 55 years, and in the same house for 50 years. My children live in Israel and California with their spouses and children; I communicate with them through Zoom and FaceTime.

I have been reading aloud with my 12-year-old granddaughter daily since March 16; I read and then she reads. We have read 25 books; some for kids her age, some, like *Jane Eyre*, I taught to seventh and eighth graders. We never would have done this if we hadn't been stuck in our respective homes for many months; it's been a joyous experience in a troubled time.

Artist Statement

The pandemic has left me without the usual in-person contact with friends and family: no family reunions in August, no travel to Vermont and New Hampshire to see friends and family, no holidays together. I sought to capture the sense of absence, of inwardness, of contact only through photos and the internet. It's the first time I've done self-portraits purposely and over time.



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Weavers Words

The day fades,
the cactus silhouette
in my window
is as black
as coal.

—George Luks

TO A HUMMINGBIRD

What, little friend, is it that makes me a thrall to your ways?
Why the late spring angst when you fail to keep my schedule?
Why the shaking thrill in my 200+ pound body when you finally show at my feeder?

I am a cool, 77-year-old man, not some tree-hugging, Birkenstock, Pollyannish priss.

How, then, you less than one ounce feather-flit, can you command me so?

Why do I let you? Why do I hold you in such awe? Why feel so empty when you do not show?

Why, little bird? Why?

—Frank Hollick

A GOOD DAY

Sunlit golden day
Just see the good unbiased
Flaxen yellow light

—Linda Cherkas

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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.



Storm Debris May Look Messy, but it Does a Lot of Good in the Woods

by Margaret Rohde, Conservation Manager, Wissahickon Trails

AS WE CONTINUE TO SEE MORE extreme weather in our area, we'll also see more fallen trees, downed limbs and broken branches on our trails and preserves. The damage that follows storms like Hurricane Ida can be heartbreaking to see, and it's easy to look at all the debris and view it as something messy and chaotic – a reminder of the power of weather, and that some things are out of our control.

But while these areas of destruction might not be pleasing to our eyes, they can be areas where wildlife find essential habitat. Knowing that can help us see them a little more positively, and remind us that in nature, chaos plays an important role.

If you've walked down any of our trails following recent storms, you might notice that although we move debris out of the way, we don't remove it. Instead, we leave sections of cut up trees and large limbs to become a part of the landscape. Where possible, we create brush piles —places where wildlife can take refuge, and that provide many of the necessities they need to survive throughout the year.

In the spring, if you turn over an old, decaying log anywhere along the trail, you're likely to come across a red-backed salamander. This species lays their eggs on land, so they need a cool, moist place to do so. Also, the female can also survive on passing insects while she defends her eggs in the months before they hatch.

Logs and rotting stumps have crevices that are perfect for such a purpose, offering protection from predators and a shaded, damp place for developing eggs. Because a variety of invertebrates — from ants and beetles to worms and spiders — live in and feed on decaying wood, salamanders have plenty to eat. Those invertebrates also feed on the fungi that grows on rotting logs; the fungi, meanwhile, actively break down deadwood and other organic matter, ensuring that nutrients are released and returned to the earth. This is what builds healthy soil, and healthy soil is the foundation of a thriving ecosystem.



Carolina wren at Four Mills Nature Reserve

photo by Kristy Morley



Red backed salamander.

photo by Kristy Morley



Maple seedling growing from a log and a little brush pile, both at Penllyn Natural Area

photo by Margaret Rohde

As it breaks down, the log releases the nutrients it held (with the help of those fungi), including nitrogen, phosphorous, potassium and carbon, which are important for seedling development. And because growing on the log elevates the seedling a few feet above ground, it will more easily catch the sun's rays without being shaded out by the vegetation farther down. When we leave trees where they fall, we know that in the future, they may become a nurse log for a young tree, and in that way, will serve to regenerate the forest.

For birds, brush piles are an important part of daily life. Think of a Carolina wren (a small, chestnut-brown, loud-for-its-size bird that is common in our area) and what it needs at any time of year: cover, calories and a quick escape from danger. Brush piles can provide all of this. On hot summer days, they create microclimates of stored, cooler air. On cold winter nights, pockets of warmer air are retained. Body heat regulation is always key for birds, but especially during temperature extremes; having somewhere to warm up or cool down can mean the difference between life and death.

During rain, snow or heavy wind events, brush piles are areas of shelter, where birds can take refuge from the elements. Since insects are equally attracted to them, they also make great places to forage any time of year, but especially in the winter, when insects are harder to come by. And if a hawk is on the prowl, they are perfect for diving into to get out of the reach of hungry talons. This is true for a lot of other animals, including voles, mink and rabbits.

These are some of the benefits of all that storm debris, and examples of the ways wildlife, plants and the forest itself can benefit from a little chaos in the landscape. The next time you're out on the trail, remember that there is a purpose to everything in nature — even when it looks a little messy.



ing ecosystem. By consuming insects that would otherwise limit fungal growth, salamanders help keep the forest in balance.

Aside from the role they play in providing habitat and building soil, old fallen logs and cut up stumps can become what are known as “nurse logs,” a name that refers to the way they support other living things. Imagine a little maple seedling that falls from its branch in the early summer and lands on a rotting log. This seed will have advantages over one that falls right to the forest floor, because it will have more of everything it needs to grow: water, nutrients and light. The decaying log holds moisture like a sponge, and this helps to keep the seed — and later the seedling — from drying out.

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STAFF CELEBRITY SPOTLIGHT

Bonnie Bissonette

Job: Produce buyer and floor, Mt. Airy

Since when: Early 2020, before the pandemic. She was originally hired in July 2018.

Age: 40

Where she's from/where she lives now: Near Newport, RI/ Mt. Airy

Family facts: She has two sons — Thomas (12) and Nicholas (8)

Education: She has a bachelor's in history from Bryn Mawr College and a master's in education from the University of Pennsylvania.

How she got to the Co-op: After 10 years of leading a data team in New York, she decided to step back in order to spend more time with her kids. At the same time, she was spending a lot of time around food — volunteering at Greensgrow Farms in Kensington and cooking and experimenting with new spices at home.

She was a member of Weavers Way, and after finishing her cooperator hours, she was considering becoming a paid cooperator. But right around that time, Maddy Ballard, now a member of the Farm Team, was leaving the Mt. Airy store. Bonnie ended up getting hired and absorbing Maddy's hours on the front end and on the floor.

Thoughts on the job: "[I try] to gauge from people's questions what they're looking for, because sometimes they might not know what to ask for. We're always looking at what's available and what the farmers are offering too, but we're not imposing certain things on shoppers; it's all kind of bottom-up."

Favorite Co-op products: Any produce from Paradise Organics, Bassett's Ice Cream (coffee is her favorite flavor), Stryker Farm meats, everything Equal Exchange

Thoughts on the Co-op: "The pandemic has been a total game changer. Those first couple weeks...the heroics among the staff...we had all these pressures on us that were totally out of left field...you'd see people pulling these crazy shifts and then going in the alley and crying...I hit my limits; everyone hit their limits...I saw so many moments of strength and intelligence and quick thinking...sheer bravery. It was something."

—Karen Plourde



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

Weavers Way Board

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

The Board's regular monthly meeting is held on the first Tuesday of the month. 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.

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vbaker@weaversway.coop

Front End Manager

Ashley Hammock, ext. 215
ahammock@weaversway.coop

Grocery

James Mitchell, ext. 217
jmitchell@weaversway.coop

Produce

Seth Murley, ext. 211
smurley@weaversway.coop

Deli

Ann Marie Arment, ext. 208
arment@weaversway.coop

Prepared Foods

John Adams, ext. 218
jadams@weaversway.coop

Meat, Poultry and Seafood

Ron Moore, ext. 205
rmoore@weaversway.coop

Bakery

Kriss Walker, ext. 217
kwalker@weaversway.coop

Next Door

8426 Germantown Ave.
9 a.m.-8 p.m.

215-866-9150, ext. 221/220

Wellness Manager

Chris Mallam, ext. 221
cmallam@weaversway.coop

Mt. Airy

559 Carpenter Lane
8 a.m.-8 p.m.

215-843-2350

Store Manager

Rick Spalek, ext. 101
rick@weaversway.coop

Grocery

Matt Hart, ext. 140
matt@weaversway.coop

Produce

Jonathon Sawicki, ext. 107
jsawicki@weaversway.coop

Deli

Shawn O'Connell, ext. 134
soconnell@weaversway.coop

Prepared Foods

John McAliley, ext. 102
jmcaliley@weaversway.coop

Meat, Poultry and Seafood

Mike Lawrence, ext. 104
mlawrence@weaversway.coop

Bulk

Cheryl Shipman, ext. 142
cshipman@weaversway.coop

Bakery

Moises Iavarone, ext. 305
mlavarone@weaversway.coop

Floral Buyer

Ginger Arthur, ext. 317
floral@weaversway.coop

Across the Way

608 - 610 Carpenter Lane
8 a.m.-8 p.m.

215-843-2350, ext. 6

Wellness Manager

Sarah Risinger, ext. 114
srisinger@weaversway.coop

Pet Department Manager
Anton Goldschneider, ext. 276
petstore@weaversway.coop

DID YOU KNOW?

You can read the Shuttle online.

www.weaversway.coop/shuttle-online



VIRTUAL NEW MEMBER ORIENTATIONS

Monday, November 15, 6:30-7:30 p.m.

Friday, November 19, 12:30-1:30 p.m.

To register visit: www.weaversway.coop/events

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!



THANKSGIVING

FRESH *Turkeys* AND *Pies*

AVAILABLE IN ALL STORES

We're offering fresh turkeys from Esbenshade, Heirloom Bronze turkeys from Koch's and Empire Kosher turkeys.

To place your order, visit www.weaversway.coop/thanksgiving.

Pick up turkeys Tuesday or Wednesday, Nov. 23-24.

- SIZE RANGES ARE APPROXIMATE -

Esbenshade \$3.49 LB

Size ranges (IN POUNDS):

10-12, 12-14, 14-16, 16-18, 18-20, 20-22, 22-24, 24-26

Koch's Heirloom Bronze (14-16 LBS) \$4.69 LB

Empire Kosher (10-14 LBS) \$4.99 LB

Choose Ambler, Chestnut Hill or Mt. Airy pickup and the size and type of turkey you want. Quantities are limited; the website will be updated as sizes run out.

If you don't have access to a computer, come on in and we'll be glad to help you!

For boneless, all-natural local turkey breasts (5-7 LBS), contact the Meat Department at your store.



- MY HOUSE PIES -

Pumpkin | Sweet Potato | Mixed Berry
Pecan | Chocolate Pecan
Coconut Custard | Lemon Cream
Butterscotch Cream

Apple: (Double Crust, Crumb, Caramel
Walnut, Pear Cranberry)

\$8.99 6-inch **\$17.99** 10-inch

Please order online. A limited number of pies will be available in stores.

10% discount on pre-orders of 4 or more pies.

My House order DEADLINE: Monday, Nov. 15.

Order Online

WWW.WEAVERSWAY.COOP/THANKSGIVING

Weavers Way Ambler
215-302-5550

Weavers Way Chestnut Hill
215-866-9150

Weavers Way Mt. Airy
215-843-2350



WE'RE KEEPING IT SIMPLE:

Come to the store, grab your sides!

- SIDES -

A LA CARTE

| | | |
|---|---|--|
| Apple Sage Bread Stuffing (V) (V) \$5.99/LB | Mashed Potatoes (V) (V) \$4.99/LB | Turkey Gravy \$10.99/QT |
| Butternut Squash Soup (V) \$8.99/QT | Mashed Sweet Potatoes (V) (V) \$4.99/LB | Mushroom Gravy (V) \$10.99/QT |
| Fresh Cranberry & Pear Relish (V) \$8.99/LB | Roasted Autumn Vegetables (V) \$8.99/LB | Wild Rice w/Pecans & Dried Cherries (V) \$10.99/LB |
| Green Beans Almondine (V) \$12.99/LB | Roasted Brussels Sprouts (V) \$10.99/LB | |

(V) = Vegetarian (V) = Vegan