

She Goes Without to Save on Plastic Usage

by Victoria Valadao Napier, Weavers Way Plastic Reduction Task Force

THIS MONTH, WEAVERS WAY MEMBER AND AMBLER frequent shopper Barbara “Shulamith” Clearbridge took the Co-op’s Plastic Reduction Task Force survey on living more sustainably. Here are her responses:

In 200 words or less, please share your zero waste journey with us.

To me, the planet is part of my body; I grow from it. The Earth is the source of everything we need to live. If the planet dies, I — all of us — die. If it gets sick, so do we. So I love to

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The Shuttle

MARCH 2022

Since 1973 | The Newspaper of Weavers Way Co-op

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It’s Almost Time to Start Checking in When You Check Out

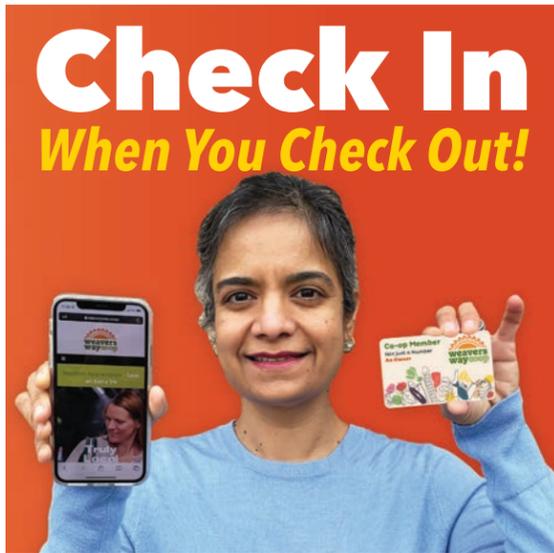
by Kirsten Bernal, Weavers Way Membership Manager

BACK IN SEPTEMBER, WE promised that new member cards and key fobs would be arriving in your mailbox soon and that we would begin asking members to scan their member cards at checkout. After an unexpected delay, that day is almost finally here!

Sometime in April, we will mail sets of new member cards to every active member household. The number of cards each household receives will be based on the number of adult members (16 or older) in your household. We will also email a link to every active adult member of the Co-op. Members will be able to open the link on their smartphones and save a version of their member card to the wallet app on their phone.

Members will also be able to access that link by logging into the online Member Center on their phones. Once received, we ask members to begin using your wallet card, key fob or phone to scan at checkout, especially if you use EasyPay. Be sure that every member of your household has access to one of those options, including teens and children who shop without you. At some point soon after, we will stop asking for ID when utilizing EasyPay to make purchases, as long as you opt to scan your card or phone.

Be assured that our renewed adherence to this practice is not meant to de-



personalize or complicate the checkout process. On the contrary, our aim is to improve, simplify and standardize checkout while lessening the burden on cashiers and administrative staff.

Here is a quick refresher on why your cooperation is going to lead to a host of positive outcomes:

1. Scanning member cards ensures an accurate checkout and saves administrative labor.

Operator error and miscommunications regularly lead to mistakenly utilizing the wrong member number. This can be frustrating and unsettling to members when they receive email receipts for purchases that they didn’t make, especially when it can put their EasyPay funds at risk. This can result in missed discounts, and it increases labor for Membership and IT staff as they spend

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Gearing Up for a New Growing Season

by Nina Berryman, Weavers Way Farms Manager



photos by Ali Ascherio, field manager at Mort Brooks Memorial Farm at Awbury Arboretum

FEBRUARY AND MARCH ARE ALL about preparing, propagating and pruning — and a little bit of harvesting!

At Weavers Way Farms, we prepare our fields early, so that we can be fast and efficient as soon as the weather warms up in April and we can plant. We use a lot of giant tarps on our farms, which break down organic material and repress weeds, so we can peel them back and plant into the soil without tilling. It also keeps the soil dry, which makes it easier to work in the spring. In February and March, we pre-fertilize some beds and then tarp them. The tarps will prevent the fertilizer from washing away, and this time of year, when it’s colder and less sunny, the tarps need about six weeks to do their magic.

We also prepare our infrastructure for another season. This year, we are expanding one of the high tunnels at our farm at W.B. Saul High School in Roxborough to increase production. We also plan to install a new fan in the greenhouse to pre-

vent our summer transplants from overheating. We change the oil in the tractor, clean out our storage sheds, sharpen our harvest knives and perform countless other tasks to ensure the upcoming season goes as smoothly as possible.

Propagation keeps us busy at least one day a week in the greenhouse. Some of the first crops we seed are onions, leeks, celery and parsley, because they are slow to grow and are cold hardy. Then we’ll move on to some of our greens like kale, collards, cabbage and lettuce. After that, we’ll move on to the warm weather crops like tomatoes that we will first plant in our high tunnels, before it’s warm enough in the field. Each type of vegetable needs a unique amount of time in the greenhouse before being ready to plant, but the average stay is around four to six weeks.

Pruning keeps us busy in the orchard this time of year, which is fine, because

(Continued on Page 6)

RUN ★ RUN ★ RUN ★ RUN

NOTICE OF ELECTION FOR WEAVERS WAY CO-OP BOARD OF DIRECTORS

Members may vote online beginning on or about April 1 through May 7, 2022. Voting will end 30 minutes after the Weavers Way Spring General Membership Meeting begins.

Candidate’s application and instructions are available at www.weaversway.coop/board-elections

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Editor's Note

by Karen Plourde, Editor,
Weavers Way Shuttle



EARLY LAST MONTH, OUR LANCASTER-based printer informed us that the jump in the cost of paper is forcing them to raise the price of printing the Shuttle; how 2022 of them. General Manager Jon Roesser figured it will add \$4,000 to our yearly bill.

As you read this, our discussion on what to do about the increase has already happened, and we'll likely be taking some sort of cost-cutting action soon.

I don't want to get people worked up; we've all had enough of that. And I don't want to take paper copies of the Shuttle away from people who truly want them. But if you end up picking up the paper anyway when you're in or near the stores, or if the paper comes into your house and goes to recycling soon after, please consider switching to the online edition. You can do that on the Co-op's website: www.weaversway.coop/pages/shuttle.

Currently, we print around 10,400 copies of the paper every issue, and we have just over 1,600 subscribers to the online edition. If we could double that number in the next few months, that would help us a great deal. Besides the increased printing costs, our per issue postage bill is close to \$3,200, and it's only going to increase.

In the past, I've gotten some complaints about the readability of the online edition, especially now that we upload the paper to the Issuu platform. A couple months back, I added instructions to our email reminder when a new Shuttle comes out, and I'd be happy to share those so folks can try out the look of the online edition before they commit.

Lastly, if anyone has any fresh ideas for how to make the Shuttle solvent again, please send them to me at editor@weaversway.coop. Our readers and members have no shortage of those, and I'm eager to consider them. And if you or someone you know has a business and is looking to advertise, send them our way.

Catch you in the pages (for real) next month.

A Cozy, Hearty Dish for the First Greens of Spring

by Chris Mattingly, founder of Backyard Eats, a full-service food gardening company

IT'S MARCH, WHICH MEANS SPRING IS HERE — or not.

Regardless of what the weather does, you can bet that baby spinach will be one of the first greens to show up in markets and gardens across the region. With a relative readiness from seed of just under a month, and plant tissue that sweetens with cold, there's no reason to hold back from sowing spinach seed in your garden in late March.

In our clients' gardens, spinach takes up an impressive average of eight square feet per garden; baby lettuce is the runner-up at 5.8 square feet. For best results, soak the seeds in water for 24 hours prior to sowing. Dry them off to make sowing easier.

With all that green abundance, you'll want more than smoothies and sauteed spinach to take advantage of the season. Here's a recipe that was a stretch for me, but yielded great results. Because herb intensity can vary widely with source and storage, you can't always trust a recipe to deliver the flavor you're looking for; don't hesitate to lay on the spices if needed.

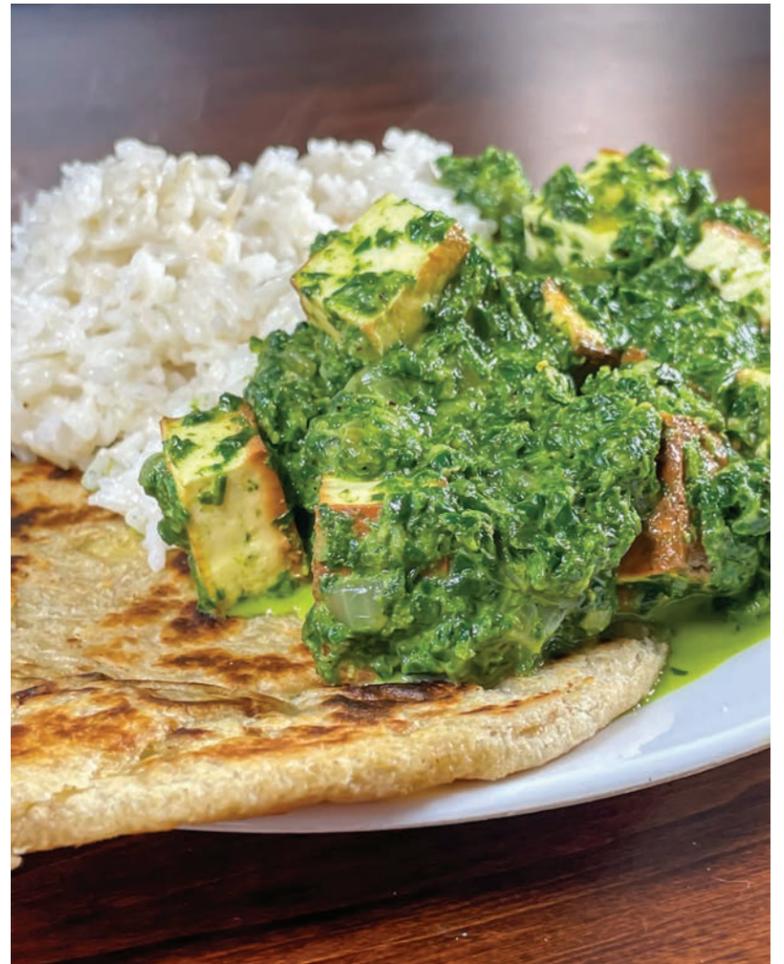
SAAG PANEER

Ingredients:

- 1 lb. fresh baby spinach
- 2 Tbsp. ghee (or use butter)
- 8 oz. paneer, cut into 1-by-½-inch pieces
- ½ cup finely chopped onion
- Salt and pepper to taste
- 1 Tbsp. freshly grated peeled ginger (from a two-inch piece)
- 2 Tbsp. grated garlic (from about three cloves)
- 1 serrano chile, stemmed and minced
- ½ tsp. ground coriander
- ¼ tsp. ground cumin
- ½ cup heavy cream
- Steamed rice and Indian flatbread, for serving

Directions:

1. In a food processor, working in batches, pulse spinach until minced but not puréed. Do not pack the spinach too tightly or it won't get evenly chopped. You should have about three packed cups of minced spinach when you're done.
2. Heat one tablespoon ghee or butter over medium heat in a large nonstick skillet. When it shimmers, add paneer and cook, turning occasionally until golden all over, 5 to 7 minutes. Using tongs or a fish spatula, transfer cheese to a plate, leaving as much ghee as possible in the skillet.



3. Reduce heat to medium-low, add the remaining tablespoon ghee or butter and the onion, and season with salt and pepper. Cook, stirring occasionally, until softened but not browned, about five minutes.
4. Add ginger, garlic and chile and cook, stirring occasionally, until fragrant and well incorporated, about one minute. Stir in coriander and cumin until well blended.
5. Add minced spinach and 1/2 cup water and increase the heat to medium. Season with salt and pepper and cook, stirring occasionally, until spinach is completely soft and most of the liquid is absorbed, about eight minutes.
6. Stir in heavy cream and paneer until well incorporated. Season with salt and pepper. Transfer to a serving bowl.
7. Divide rice and flatbread among four shallow bowls or plates. Pass the saag paneer to spoon on top.

Backyard Eats offers an array of gardening services in the greater Philadelphia area. Email Chris at chris@backyard-eats.com or visit www.backyard-eats.com.

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.



photo by Nima Koliwad

Phoenixville-based Seven Stars Farm, local purveyor of plain and vanilla yogurt, has expanded their offerings in Ambler. You can now find half gallons of their organic whole milk and quart containers of their heavy cream in the dairy case at the back of the store.



photo by Nima Koliwad

Kara Harland of Weavers Way Ambler's bulk department demonstrates how to use the store's new water bottle filling station, which was installed in early February. Shoppers looking for a refill will find it next to the copier, near the entrance to our restrooms. The addition of the station is part of the Co-op response to the removal of single-use plastic water bottles in our stores.



On Saturday, February 19, Chestnut Hill staffer and food forager Alicia Rink demonstrated how to tap a tree for syrup. She walked through the process using two black walnut trees located in our Chestnut Hill backyard. Approximately 30 attendees joined in the demonstration, some chiming in with additional tips. Everyone got a chance to taste the clear sap that came from the tapped trees. Thanks to Alicia for hosting this fun and informative workshop!



by Kieran McCourt, Weavers Way Ambler

Sea Vegetables



They're important parts of coastal foodways all over the world, although we're most familiar with their uses in Asian dishes. Credit them for the addition of the term "umami" to our sense of taste. Also, they're rich in nutrients like fatty acids, protein, fiber and various vitamins and minerals.

Suggested Uses:

- Kombu, a vital component of dashi, can be added to other stocks to boost flavor and savoriness, especially in vegetable-based stocks. It can be tossed into a pot of beans for flavor, and may help soften dried beans and lessen their achem, "musical" properties.
- Some kelps, including kombu and especially wakame, can be used as a base for a salad or as an ingredient in one when reconstituted. To reconstitute, soak the pieces in water until they are plump and softened. Slice them before or after soaking and add them to brothy soups or salad.
- For plant-based diets, sheets of nori or dulse can be pulsed into flakes or powdered in a spice grinder to give seafood substitutes a more authentic, seaworthy flavor, from vegan crab cakes to faux tuna salad made with chickpeas. It can also be used to season any number of foods, including rice, popcorn, steamed vegetables, fish, dressing, or marinades. You can even stir them into toasted breadcrumbs as a topping for dishes.
- Dulse, a red varietal from the North Atlantic, can be fried until crisp, and has a flavor reminiscent of bacon. Use it in sandwiches or as a crispy topping for other dishes.
- Agar is derived from red kelp and known for its gelling properties. It's the perfect substitute for animal-based gelatin for puddings and fruit jellies and can be used to thicken sauces and dressings.

Thanks for the Naturettes — Anyone Else Care to Jump in?

THANKS, NATURETTE NOVICES, FOR YOUR CONTRIBUTIONS TO THE POETRY contest conceived by Kathleen Salisbury, director of the Ambler Arboretum at Temple University. Thus far, we're in the high single digits of submissions, with the hope that this update will produce more — not bad for a contest where you have to do more than fill out a form. The arboretum is promoting the contest as well.

As a refresher, a naturette is an eight-line verse that describes a tiny detail of nature. The syllable count and rhyme scheme go like this:

- 6AA
- 8B
- 6CC
- 8B
- 6DD
- 8B
- 6EE
- 8B

For an example of the form, see "Success(ion)," Kathy's submission in the January-February "Weavers Words" poetry section in the Shuttle.

The winning entry, which will be announced on Arbor Day, April 29, will be published in a future Shuttle and in the arboretum's newsletter. The poet will also receive a free membership to the arboretum.

Email your entries to editor@weaversway.coop and include "naturette poem for contest" in the subject line. Kathleen will judge the entries. Deadline for submissions is Monday, April 18.

—Karen Plourde

SAVE THE DATE

ELECTRONICS RECYCLING

WIRED WASTE DAY

Saturday, May 14

9 a.m. to 1 p.m.

Chestnut Hill College

9601 Germantown Avenue



Anything that turns on and off



Batteries Accepted
NO Light bulbs

ALL ITEMS FREE except

Older CRT TVs and monitors \$35 - \$75 (according to size)

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Batteries \$1 per lb. (sealed lead/acid batteries, free)

ENVIRONMENTALLY RESPONSIBLE RECYCLING

Suggested donation \$10-\$20



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



An offshoot of Weavers Way Co-op

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foodmoxie.org

Executive Director
KIM FLEISHER

kfleisher@foodmoxie.org

FOOD MOXIE We dig what we eat.

Growing Season: Highlighting Changes and Welcoming a New Executive Director

by Kim Fleisher, Food Moxie Executive Director

FOR MORE THAN 15 YEARS, FOOD MOXIE HAS BEEN EDUCATING and inspiring people to grow, prepare and eat healthy food. Our programs in Northwest Philadelphia at W.B. Saul High School (the nation's largest agricultural farm school), Martin Luther King High (where we garden with students with learning disabilities), and Stenton Family Manor (a shelter for families experiencing homelessness), are among the first of their kind in the country. We also offer resources, skill sharing and support to local community gardeners, farmers and projects.

We're so grateful to stand on the shoulders of past board and staff members who've contributed to getting us where we are today. We'd like to take this opportunity to say goodbye to some beloveds, share some changes and introduce you to the newest members of the Food Moxie family.

Last September, Lisa Mosca, our previous executive director, left Food Moxie to return closer to home outside of Boston. Her dedication, tenacity and heart of gold are well known and respected, and we continue to build on the incredible work that she did for the community and our program participants. Thank you, Lisa!

In her place, Catherine Kendig, one of our board members, stepped in to serve as our interim executive director. During her tenure, Food Moxie hosted our annual Seed to Supper fundraiser, completed our executive director search, and most importantly, continued to provide invaluable programming to our program participants. This could not have been done without Dorene Reggiani and Brandon Ritter, our wonderful staff members. Thank you, Catherine, Dorene and Brandon for your service!

As the winds of change continued to blow, Brandon announced in January that he was leaving Food Moxie to become

the chief operating officer of Farmer Jawn and Friends Foundation Fund. Upon his departure, he wanted to share these words with the community:

"I would like to thank all of you for your dedication and supportive stewardship for equity in food access. I will continue to support Food Moxie's work in the community and have hope and admiration for the future body of work that will continue." Please join us in wishing Brandon best of luck in his new role.

During this time of profound food insecurity and change, strong leadership has been essential. We were fortunate to have a dynamic, complementary pair in our Food Moxie board co-chairs, Bob McWilliams and Glenn Bergman. Bob's skills in financial management, operations, procurement and vendor relations were essential as we searched for strategic planning advice and a new executive director. Glenn's enthusiasm and leadership supported us, as it has since he co-founded the organization more than 15 years ago. Bob recently retired from the board to move to Central Pennsylvania, and although Glenn also stepped back as co-chair, we are grateful to have his continued support as a board member.

With big shoes to fill, Folassshade Laud-Hammond and Catherine Kendig have stepped in as Food Moxie's new board co-chairs. As a public health advocate, coalition builder, youth/family program designer, and steward of social justice initiatives, Folassshade brings a wealth of knowledge about the intersection of food justice, education, nonprofit leadership and community development. Catherine's background in energy, environmental policy, community gardening and business is also an invaluable asset. Folassshade and Catherine are honored to assume these new leadership roles.

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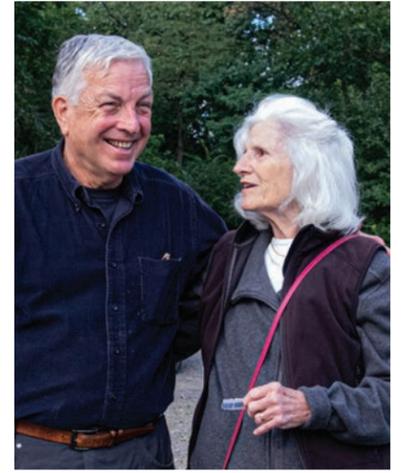
Lastly, we are beyond excited to welcome our new executive director, Kimberly (Kim) Fleisher. She comes to us with a background as a longtime educator, community gardener, social justice advocate, strategist, and leader in both the for-profit and nonprofit worlds. Kim brings a holistic, liberatory approach to organizational development and believes that creating more access, equity and justice in the food system is a key to community healing and reconciliation. She is looking forward to working with our essential partners in creating food access in the Northwest.

Thank you, Weavers Way community, for your ongoing support; your contributions help us envision and shape a place where people have real food sovereignty. On March 9, for Giving Tuesday, you can donate to Food Moxie at the register at any Weavers Way store. Kim will also be in the Ambler store from 11 a.m. to 1 p.m. You can meet her in person, learn more about Food Moxie, sign up to volunteer or just say hi!

We look forward to continuing to grow with you!



From L to R- Folasshade Laud-Hammond, Kim Fleisher and Catherine Kendig in Clark Park



Glenn Bergman and board member Liz Werthan at Seed To Supper



Brandon Ritter on the farm



Bob McWilliams and board member Jamie Shechtman at Seed To Supper



Lisa Mosca hard at work!

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Henry Got Crops Farm Wins Grant for Deer Fence, Orchard Tools



The farm's wildlife camera caught this image of a deer surveying the vegetable options last fall.

THE CO-OP'S HENRY GOT CROPS Farm at W.B. Saul High School in Roxborough will now be able to combat their crop shrink problem due to the Wissahickon's voracious deer with the help of a state grant awarded in late January.

The \$31,425 grant comes from the Pennsylvania Farm Bill's Urban Agriculture Infrastructure Grant Program. The bulk of the funds will be used to construct a deer fence, with the remain-

der going to purchase orchard tools and supplies for students and staff to use for planting, maintenance and harvesting.

"We're excited to use these funds to address our deer problem at the farm," said Chelsea Mackie, field manager at Henry Got Crops, in an email. "It will allow us to grow more fresh produce and free up additional time and resources within our operation."

—Karen Plourde

Silent Wissahickon Walks Set to Return March 12

MONTHLY SILENT WALKS IN THE WISSAHICKON, A PROGRAM INITIATED BY Co-op member and Mt. Airy-based counselor and interfaith chaplain Neil Beresin, will resume beginning Saturday, March 12 at 9 a.m.

Participants will gather a few minutes before the start time outside Weavers Way Mt. Airy; the walk will end there around 10:15-10:30. Future walks are scheduled for Saturday, April 9 and Saturday, May 14; both will also start at 9 a.m.

One of the participants from the November 2021 walk described it as "a lovely opportunity to turn your thoughts inwards and wander with someone through the woods, tuning into the natural world around you and tuning out daily anxieties and preoccupations. Neil is an excellent guide, gently leading the way through Wissahickon, and his chat before we entered prepared me for the quiet meditative experience."

Beresin can be reached at 610-742-6419 or neil@griefandlosssupport.com. More information is at griefandlosssupport.com.

Start Checking in When You Check Out

(Continued from Page 1)

time addressing members' concerns, researching errors and correcting them.

2. Scanning member cards ensures a secure checkout.

When it comes to EasyPay, there is no room for error, and typing in the wrong member number introduces an unnecessary risk to the checkout process. If a member does not scan their member card, a cashier should ask for ID to ensure that they have entered the correct member number. EasyPay is not quite as easy without a member card.

3. Scanning member cards ensures an equitable checkout experience for everyone.

This is related to the experience that newer, less frequent shoppers and members of color can have when they check out. We have received feedback from several members, which has been endorsed by our Diversity, Equity and Inclusion Advisory Committee, that the subtle differences in how cashiers greet shoppers and members can be exclusionary. Whether we say "Do you have a member number?" or "What's your member number?" can have suggestive implications for those who are used to being marginalized. If we greet a longtime, well-known member with a big smile and chit chat, don't ask who they are when we charge their EasyPay account and send them on their way, but follow up with a member who we may not recognize by asking them if they are a member and request their ID, that member is left feeling as if they have been treated differently – which they have been. We want every member to feel as if they are receiving the same welcoming, open treatment at checkout, no matter who they are or how long they have been with us.

So, beginning this month, please remember to bring your wallet card or key fob with you to the Co-op when you shop, or save your card on your smartphone. Scan it every time! Doing so will ensure an accurate, secure and equitable checkout process for everyone.

Gearing Up for a New Growing Season

(Continued from Page 1)

the vegetables are less demanding in the winter. The Asian pears, plums and hardy kiwis get the most precise pruning, while the paw paws and figs get a lighter touch. The hazelnuts and berries require a unique approach due to their bush-like form.

Hazelnuts are the first tree crop to pollinate, and they do so via the wind, which transports pollen from the catkins to the tiny female flowers of the tree. Most of the other trees rely on insects to pollinate; they show their flowers when it is a tad warmer. So we wait until after the

hazelnuts are pollinated before thinning the branches and removing the precious, pollen-producing catkins. This year, we are not pruning our cherries because we are planning to replace them with more Asian pears, which are a more reliable producer.

Spinach is one of our favorite winter crops to grow, since it is so cold hardy. We have some in the field that was planted last fall, and also have a new crop germinating in one of high tunnels. Keep an eye out for those precious few bags of fresh greens in the stores!



Don't want to carry those heavy pet food bags?



Order curbside pickup, or car delivery!
Links for each can be found at
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Heat Pumps Can Also Do Their Stuff in Dryers and Water Heaters

by Betsy Teutsch, for the Shuttle

THIS IS THE LAST OF THREE columns about electrifying our household appliances and systems, a direct way for us to combat climate change.

The first column, ditching gas stoves, mentioned cities that are enacting gas bans. Subsequently, New York City banned gas heat and stoves for all new construction — the largest city so far to make this move.

Another blow for household gas stoves was the recent announcement that they leak methane gas, even when not in use. Methane is a greenhouse gas 25 times more harmful than CO₂. The fossil fuel industry pushback against gas bans will intensify, but we can see what way the wind is blowing.

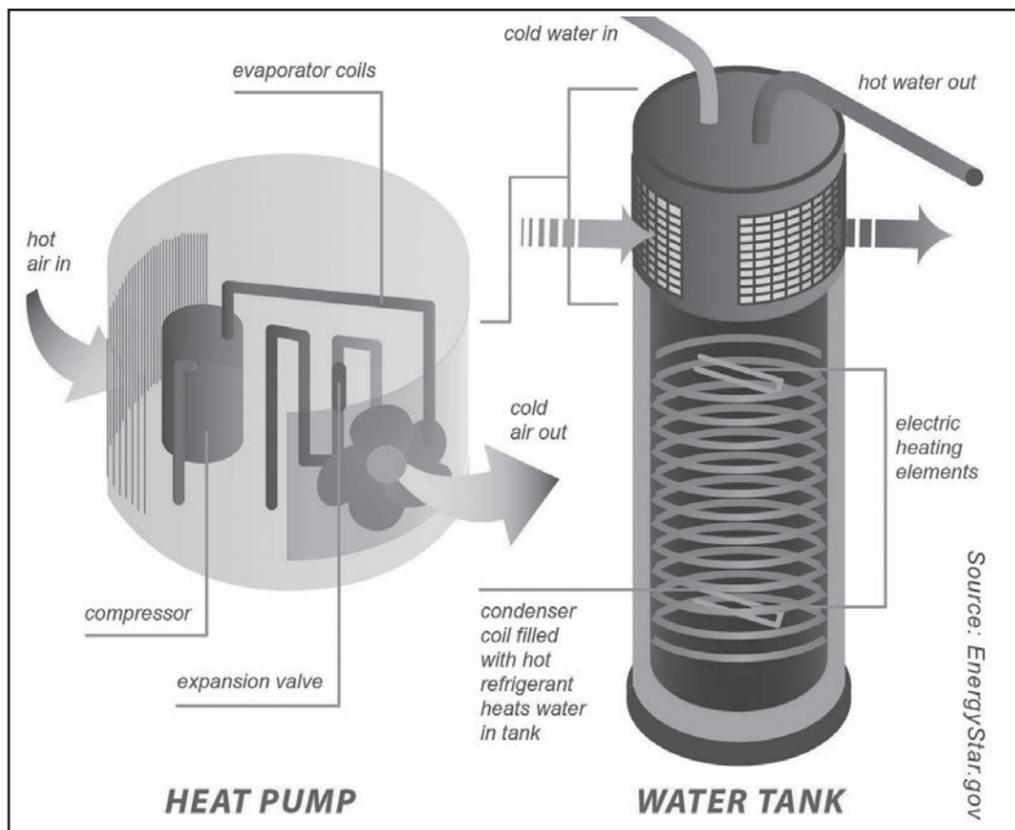
My second column focused on our heating systems, with innovative, high-efficiency heat pumps seen as the future.

What of humble household dryers and hot water heaters? Once again, heat pumps are the answer.

Let's first review the backstory. Dryers use a lot of power — five to 10 times as much as washing machines. About 80% of American households already use electric dryers, with the balance being gas powered. Electric and gas dryers are roughly equivalent in cost and work the same way, pushing hot, moist air out of a vent.

It would be wasteful to switch a functioning gas dryer for an electric one. But if you're starting from scratch or your gas dryer is on life support, installing an electric dryer involves several modifications. For one, the gas line needs to be capped. In addition, an appropriate electric outlet needs to be installed. Depending on the distance from the power source, this can cost a few hundred dollars.

But first consider the most efficient option, the heat pump clothes dryer. They're common in Europe but are



new to the American market, and are considerably more expensive.

Heat pump dryers are about 28% more efficient and do not require venting. (This eliminates a safety hazard, since lint can block vents, resulting in fires or in carbon monoxide seeping into your house instead of out the vent.) They last longer and are gentler on your laundry.

The water pulled from the laundry empties into a drain. If there's no place to install a drain, that water collects in a designated receptacle and needs emptying at least every other cycle.

The larger initial expense is likely to be offset over the life of the heat pump dryer and PECO's \$75 rebate. And think of the priceless virtue that comes with being an early adopter of such a smart green technology! You'll feel good every time you use this Tesla of clothes dryers.

And what's up with water heaters, which con-

sume about 20% of household energy use? The options are parallel to dryers: electric, gas and electric heat pump. Anyone who has lived in a house longer than a decade has likely replaced a failing, leaky water heater.

Conventional tank water heaters are on all the time, maintaining 30-50 gallons or more of heated water. Obviously, that's inefficient. An alternative — on-demand tankless water heating — is a smarter approach. These keep heating water as long as it is needed. They last much longer than hot water tank heaters and are far more efficient. However, they are gas powered.

Check out heat pump water heaters if you're in a position to make a switch and want to go all-electric; PECO offers \$350 rebates for these. They're considered the cutting edge, and the most efficient technology around. And they use 70% less energy, so they pay back their cost in a few years.

According to Consumer Reports, heat pump water heaters don't work well in colder-than-usual spaces and need to be placed in an area that stays about 40° to 90° F. And because the heat pump is on top, a hybrid water heater needs as much as seven feet of clearance from floor to ceiling. You'll also need up to 1,000 cubic feet of uncooled space to capture enough heat from the air, as well as a nearby drain to discharge the condensate.

A final reminder about electrifying your home: At present, our electric grid is still powered in large part by fossil fuel. However, each year moving forward, a larger percentage of our energy will come from renewables, making electric appliances ever greener.

Betsy Teutsch, longtime Weavers Way member and columnist for the Shuttle, welcomes your thoughts on greening our future. Contact her at bpteutsch@comcast.net.

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Ned Wolf Park Needs More Friends To Maintain its "Local Gem" Status

IN A NEIGHBORHOOD OVERFLOWING with well-tended woodlands, parks and gardens, Ned Wolf Park, at the corner of McCallum and Ellet streets, is a gem. An example of how a group of passionate volunteer gardeners can combine their talents to develop a lush horticultural display. Now the Friends of Ned Wolf Park are looking to grow to keep the park in top shape by adding volunteers.

Prior to becoming a garden, the site was the location of a gas station. It was turned into a park by the Philadelphia Department of Parks and Recreation and was named for Ned Wolf, a local resident, lawyer and civil rights activist.

Several years of neglect resulted in the site becoming an eyesore and nuisance. In 2007, the Friends of Ned Wolf Park, a group formed by local volunteer gardeners with the assistance of Parks and Recreation, initiated the renovation of the park. A core group of volunteers that included horticultural professionals, seasoned home gardeners and beginners cleared the site of debris and overgrown vegetation. More volunteers were recruited, and the site began its transformation. Without a budget, plants were sourced from donations and cuttings. Watering, weeding and planting were and continue to be labors of love.

Every winter, the Friends meet to discuss plans for the upcoming season. In the past, these have included new planting schemes, the installation of a stone



wall, a new shed. This year, plans include the redesign of new beds in the rear of the garden. Everyone's ideas are welcomed, and the garden has benefited from the input, experience and knowledge provided by volunteers. In addition, the park's annual plant sale scheduled for May 21 (rain date Sunday, May 22) has become a much-anticipated event among Northwest Philly gardeners while also providing funds for plants and equipment.

Our volunteers can be proud of the beauty their efforts have produced for our neighborhood. Ned Wolf Park is a noted public garden and the site of performances, yoga, exhibitions, Tai chi, weddings and informal gatherings.

If you're interested in becoming one of the Friends of Ned Wolf Park, contact Eric Sternfels for more info: ericsternfels39@gmail.com.

Pick up a Weavers Way sandwich loyalty card from the cashier.



Buy 10 and the 11th is on the Co-op! See card for details.

SEEDLINGS CAMP

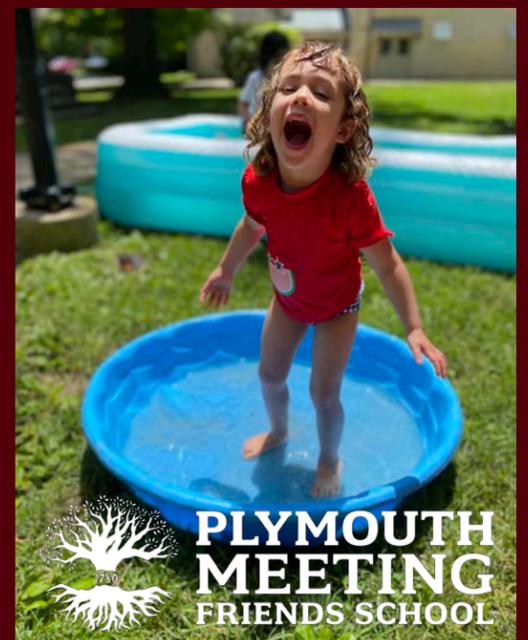
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MARCH 16 - APRIL 23

BY WILLIAM SHAKESPEARE IN ROTATING REPERTORY WITH BEN JONSON'S **THE ALCHEMIST**

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A Peek into the Daily Life of a Free Black Woman in Our City

by Constance Garcia-Barrio, for the Shuttle

MANY DIARIES, MEMOIRS AND movies show how white people lived during the Civil War, but little is known about the lives of Black women during that period. One of the few written accounts is “Emilie Davis’s Civil War: The Diaries of a Free Black Woman in Philadelphia 1863-1865,” published by Penn State University Press in 2014.

Davis, who lived from 1839 to 1899, wrote a few sentences each day in three pocket-sized diaries about the size of a cellphone. Judith Giesberg, a professor of history at Villanova University, transcribed, edited and annotated the diaries, but preserved Davis’ spelling and lack of punctuation.

A seamstress skilled enough to make wedding gowns, Davis felt the war’s effect on cloth prices. “...went out shopping...” she wrote on February 19, 1863. “...muslins are frightfully Dear...” With the South’s disrupted cotton production and the need to use that fabric in soldiers’ uniforms, prices soared.

Due to the increase in prices, Emilie may have had to scramble to find work. “I heard of a situation to go to Germantown for the summer,” she wrote on April 28, 1864. She lost no time following up.

“...I went out to Germantown [possibly on the Philadelphia, Germantown and Norristown Railroad] to Mrs. Wister

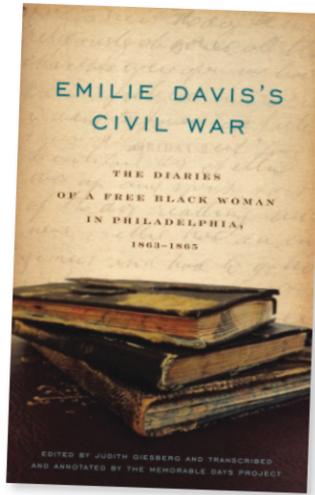
and engaged to go to her the first of June...” reads the entry for June 30. Davis was likely referring to Sarah Butler Wister (1835-1908), wife of Dr. Owen Wister, a physician whose traveling practice kept him busy visiting patients in the northwest, Giesberg suggested.

The area made a good first impression on Davis. “...it is very pleasant in Germantown,” she wrote on June 7, 1864.

Davis accompanied Sarah Wister on one of her outings, the Great Central Fair, later that month. “...I went to town with Mrs. Wister to the Great fair,” reads the entry for Saturday, June 25. “...i was delighted with the fair it was beautiful...” Giesberg added that the fair was a mammoth fundraiser sponsored by the United States Sanitary Commission; it raised over \$1.5 million to support wounded soldiers and their families.

The following month, Wister introduced Davis to her sewing machine.

“...I had my first lesson on the sewing machine succeeded admirably I worked all the afternoon...,” she wrote on July 12.



Wister seems to have kept Davis busy. “...i have bin running the machine nearly all day to day...” she wrote a week later.

By summer’s end, missing her family and friends, Davis seemed eager to return home. “...i am waiting Patiently for my freedom from Germantown...” reads the entry for Monday, September 19, 1864. But it seems she returned to work for the Wisters in subsequent summers.

Davis’ eyewitness accounts help convey the mood of momentous events in Philadelphia. Residents rejoiced when Richmond fell on April 2, 1865.

“...the city is wild with excitement,” she wrote on April 4, 1865, “...flags are flying everywhere.” Eleven days later, news of President Lincoln’s murder crushed many Philadelphians. “...the city is in deep mourning,” she wrote.

Residents mobbed Broad Street and stood on rooftops on April 23, 1865, to watch Lincoln’s funeral cortege inch down the street, then turn east to Independence Hall, where the body would lie in state. Davis tried to glimpse Lincoln that day but was crowded out. She suc-

ceeded the next day.

“...i got to see him after waiting tow [two] hours and a half it was certainly a sight worth seeing...”

The Civil War had ended, yet struggles remained. Davis and other Black women in Philadelphia continued their fight to ride horse-drawn streetcars, which began during the war. Some war-time camps for United States Colored Troops lay far from Black neighborhoods. Members of Black women’s aid societies like the Ladies’ Union Association — to which Emilie belonged — were determined to deliver supplies and tend to wounded African American soldiers, and sometimes rode horse-drawn streetcars to reach the troops. When white passengers objected, Black women usually held their ground.

Sometimes, the confrontations could turn into fights. “Harriet Tubman ... suffered injuries to her arm and shoulders in 1866 when a conductor and his friends threw her off a Philadelphia streetcar,” Giesberg wrote. Black women, who often faced these fights alone, sometimes sued streetcar companies. They helped gain ground for the whole community, and in 1867, a law ended streetcar segregation.

“Emilie Davis’s Civil War” is available in hardcover and paperback through Penn State University Press and Amazon.



Photos (top to bottom): Luis Ochoa (Guatemala), Adam Barkan (Florida), Core-Visual (New Mexico), Abdel Kareem Al Reefi (Gaza)

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American Friends Service Committee

Quaker action for a just world

Zoom Session Will Offer a Glimpse of Persian New Year Traditions

by Nazie Dana, Weavers Way Diversity, Equity and Inclusion Advisory Committee

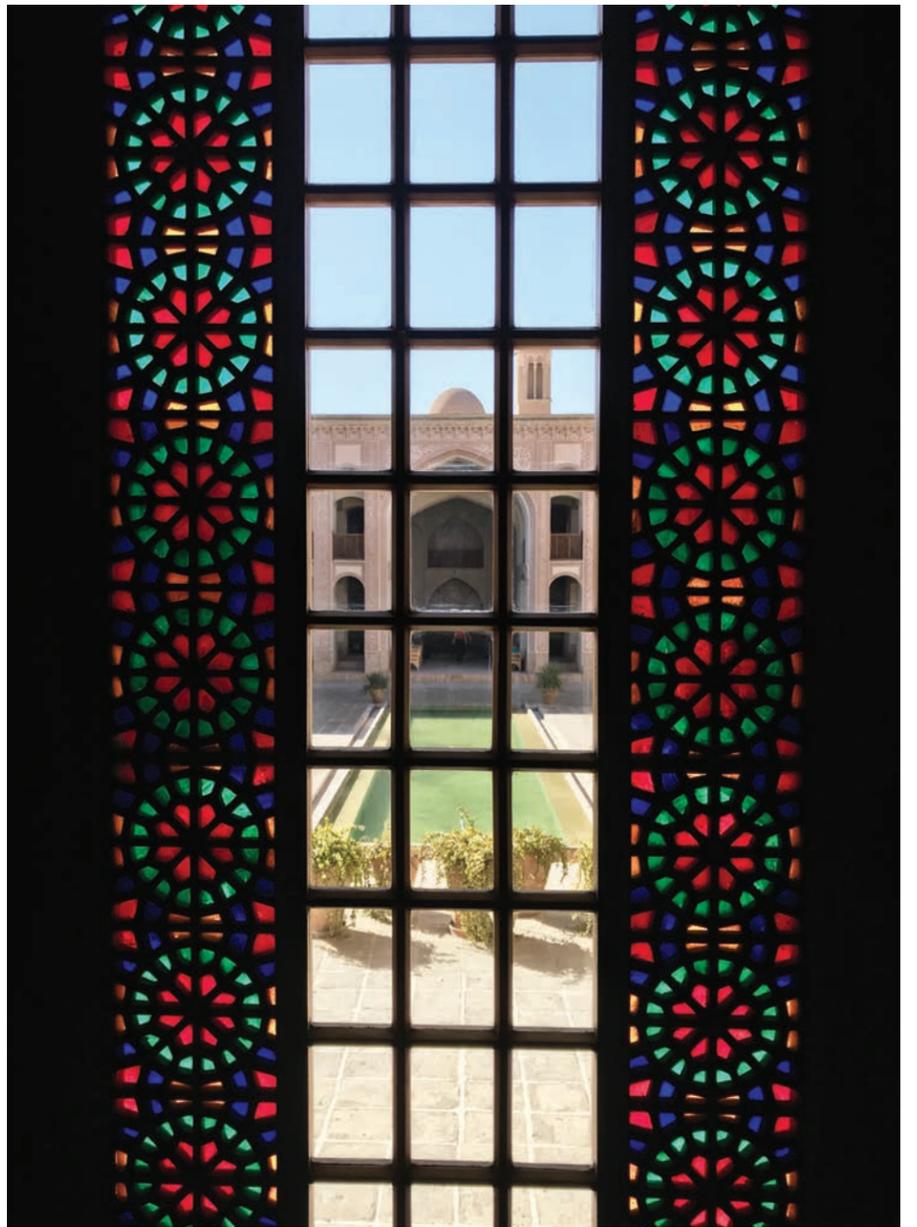
LAST JANUARY, I JOINED THE Weavers Way Racial Diversity, Equity, and Inclusion Advisory Committee, representing Chestnut Hill shoppers. As an immigrant, racial justice has been of utmost importance to me, and I am proud of all that the committee members do.

I was humbled when I was asked to share some images of my recent trips to Iran with the Co-op community. For 23 years, I worked and raised my children and didn't have a chance to travel to Iran. But since September 2016, I've been back three times.

Much had changed in the two decades when I was away. But I rediscovered the beauty, both natural and man-made, that I had either forgotten or had never seen before. From the majestic Alborz Mountains crowning my birth city of Tehran to the intricate tileworks of the grand mosques

of Isfahan, I was dazed and amazed. I traveled through the desert, walked the winding neighborhoods, strolled in parks and meticulously designed gardens of old palaces, haggled with vendors at the bazaar, and sang along with cab drivers to pre-revolutionary songs of my teenage years.

It would be hard to share all that I've experienced on these trips, but I hope to give you a peek into a world that is closed to this country on Thursday, March 24 from 6:30-7:30 p.m. via Zoom. My friend Shahriar Eskandari, a grocery staff member at the Chestnut Hill store, and I have put together a presentation on Norouz, the Persian New Year, and "Sofreh," the table we set with symbolic items representing a new beginning. Refer to the listing on the Co-op Events Calendar to learn more and to register. Please join us!



She Led the Fight to Lift Morale Through the Mail

L.T. CO. CHARITY ADAMS EARLEY (1918-2002) was the first and highest ranking African-American woman to serve in the U.S. Army during World War II. She commanded the segregated all-Black Women's Army Auxiliary Corps 6888 Central Postal Directory Battalion, which was originally headquartered in Birmingham, England and later relocated to Rouen, France and then to Paris. This self-sufficient unit operated 24/7, processing 195,000 pieces of mail every day. Their work improved the outlook of the seven million U.S. troops stationed overseas and reversed a two-year decline in morale attributed to undelivered mail.



More information on Earley can be found at www.history.com/news/black-woman-army-unit-mail-world-war-ii, and at www.nalc.org/news/the-postal-record/2021/november-2021/document/Six-triple-eight.pdf.

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annual report for members

DATA IN THIS REPORT MAY BE FOR EITHER THE FISCAL OR CALENDAR YEAR.

FROM THE GM

Feb 28, 2022

Dear Fellow Member-Owners,

The Co-op's management team is pleased to present this year's annual report. Compiling the data for this report is a team effort, and while the information presented is by no means exhaustive of everything we've accomplished in the last year, we believe it tells a compelling story about our growing, dynamic and mission-driven Co-op.

As we grow to an organization with annual revenue of over \$34 million, soon to be owned by more than 11,000 households, we can point to the many ways the Co-op provides commercial and community services for the greater good, how we champion the cooperative economy, and how we strengthen the local economy. Our sales have never been higher, our membership has never been larger, and our impact on the local economy has never been greater.

The past year, whether viewed on a fiscal or calendar basis, was extremely challenging. The pandemic may have hit at the end of fiscal 2020, but it was in 2021 when we had our first full year of operating the Co-op in pandemic conditions. As a triple-bottom-line business that was well-capitalized at the start of the pandemic, we were able to put our community before profit and position ourselves for a brighter 2022 and beyond.

In 2021, we were approached about an exciting new opportunity: the possibility of expanding the Co-op to Germantown. While there remains much work to be done, and the business justification for moving forward with our "Germantown Project" has yet to be finalized, the prospect of opening Weavers Way Germantown creates all kinds of new ways for us to fulfill our Ends by providing commercial and community services for the greater good, championing the cooperative model, and strengthening the local economy.



Jon Roeser

WEAVERS WAY'S 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.

SALES

Sales growth in Fiscal Year 2021 was disrupted by pandemic conditions. Beginning in the last quarter of Fiscal Year 2020, we were forced to make significant operational changes in order to maintain a safe environment for staff and shoppers. The operational changes — principally the closing of our hot and salad bars and our soup stations, the suspension of our Friday night community dinners, and establishing customer caps in Mt. Airy and Chestnut Hill — curtailed our ability to grow sales.

Despite reduced sales in Mt. Airy and Chestnut Hill, we experienced substantial sales growth in Ambler, and as a result we were able to grow overall sales in Fiscal Year 2021.

Looking at sales growth by store gives a good indication of how the Co-op has grown since the years just prior to our expansion to Chestnut Hill in May 2010, and to Ambler in October 2017.

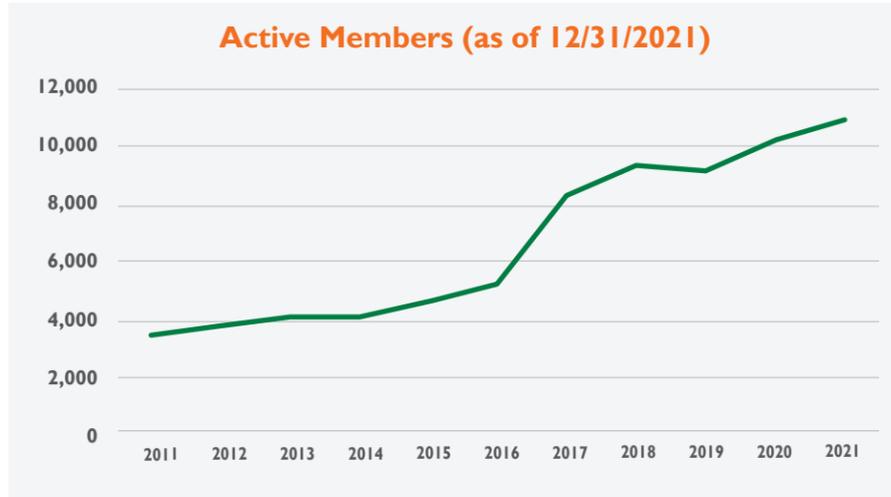


Fiscal Year	Mt. Airy	Chestnut Hill	Ambler	Total	Annual Growth
2008	\$7,726,421			\$7,726,421	
2009	\$8,490,918			\$8,490,918	9.9%
2010	\$8,611,227	\$773,094		\$9,384,321	10.5%
2011	\$7,148,695	\$7,717,225		\$14,865,920	58.4%
2012	\$7,102,371	\$9,150,806		\$16,253,177	9.3%
2013	\$7,098,656	\$10,130,354		\$17,229,010	6.0%
2014	\$8,849,487	\$10,474,863		\$19,324,350	12.2%
2015	\$9,878,336	\$10,859,528		\$20,737,864	7.3%
2016	\$10,555,459	\$11,229,623		\$21,785,082	5.0%
2017	\$10,934,460	\$11,326,975		\$22,261,435	2.2%
2018	\$11,241,470	\$11,231,926	\$4,839,263	\$27,312,659	22.7%
2019	\$11,543,500	\$11,408,717	\$7,141,599	\$30,093,816	10.2%
2020	\$11,976,474	\$11,503,225	\$8,952,533	\$32,432,232	7.8%
2021	\$11,408,754	\$11,116,651	\$10,323,471	\$32,848,876	1.3%



MEMBERSHIP

- As sales have grown, so have the number of Co-op members (precise data is not available prior to 2011).
- We now consistently “net” about 50 or so member households every month (gain about 100, lose about 50).



Year-to-Year Membership Growth:

Active Members 12/31/2020: 10,414
 Active Members 12/31/2021: 10,979 (+565, 5.4%)

COMMUNITY GIVING & PARTNERSHIPS

Ambler Community Fridge

In 2021, in cooperation with Germantown Academy, we launched our first Community Fridge, which is located outside our Ambler store. The fridge and adjacent pantry are open to all, 24 hours a day. It has proven to be incredibly popular: Despite \$4,350 in monetary donations and an untracked dollar amount of food donations from the Co-op and the community, it has been difficult to keep the fridge stocked.

Food Justice Community Annual Food Drive

Pandemic-related limitations required the 2021 drive, which took place last June, to go virtual and collect only monetary donations. The drive raised a total of \$4752.41, divided as follows between the three area food pantries:

- Holy Cross Food Pantry \$930
 - Mattie N. Dixon Community Cupboard \$1,043
 - St. Luke’s Community Nutrition Programs \$1,849
- Each pantry also received a \$500 gift card from the Co-op.

Food for All

In September 2021, we increased the Food for All discount amount from 10% to 15%, the first major change in the program since launching it in January 2015. This additional 5% is being partially covered by members donating money through our new Round Up program. In the last year, the number of Food for All participants has increased 17%, from 259 to 304.

In calendar year 2021, the Co-op partnered with, or made donations to, the following organizations. Note that this list is not exhaustive (often “partnerships” are informal and not easily tracked).

- | | |
|---|---|
| Ambler Boys and Girls Club | Greenspace Initiative - The Chestnut Hill Community Association |
| Attic Youth Center | Gwynedd Mercy Academy High School |
| Awbury Arboretum | Historic Rittenhouse Town |
| Celestia Performing Arts | Lucky You Animal Rescue |
| Chestnut Hill Conservancy | Mirrors in Education |
| Chestnut Hill Meals on Wheels | Montco SAAC Meals on Wheels |
| Circadium - School of Contemporary Circus | Movement Alliance Project |
| College Settlement | Neighborhood Diversity Initiative |
| Community Enrichment Fitness Network of Germantown | PA Interfaith Advocacy League |
| Creative Praxis | PA Interfaith Power & Light |
| CW Henry School | Peace Advocacy Network |
| Delaware Valley Friends School | Philadelphia Orchard Project |
| Ebenezer Maxwell Mansion of Germantown | Rep. Chris Raab’s Grown Folks Fall Festival |
| Expressive Path | Saul High School |
| Families for Houston Elementary School | Sen. Art Haywood’s Back to School Festival |
| Free Library of Philadelphia Culinary Literacy Center | Shady Grove Elementary School and Community Garden |
| Friends of the Chestnut Hill Library | Springfield Little League |
| Friends of the Wissahickon | Stenton Museum |
| George Washington Carver School for Engineering and Science | Temple University Ambler Campus |
| Germantown Academy | The Philly Goat Project |
| Germantown Friends | Upper Dublin Helping Hands/Peace and Shake |
| Germantown Mutual Fund Society and Friends of Vernon Park | UU House |
| Germantown Residents for Economic Alternatives Together | Waldorf School |
| Get Fresh Daily | Wissahickon High School |
| Green Street Friends | Wissahickon Trails |
| | Women in Transition |
| | Wyck Association |
| | Yes! And... Collaborative Arts |



In addition to the Co-op’s own donations, we raised the following amounts from members and customers in calendar year 2021 through our monthly Giving Tuesdays and other “at the register” fund drives.

Month	Organization	Amount Raised
January	Food Moxie	\$1,686
February	Gtown Radio & Ambler NAACP	\$1,129 \$343
February 23	Special Houston Hurricane Relief Lucille’s 1913	\$2,602
March	Weavers Way Environment Committee	\$1,649
April	Asian Americans United	\$2,012
May	Food Moxie	\$1,848
June	Ambler Community Fridge	\$1,496
July	Food Moxie	\$1,704
August	Food Moxie	\$1,501
September	Dolan Fund	\$2,472
Sept. 7	Special Afghan Refugee Fund Raiser Nationalities Services Center; HIAS PA	\$6,648 (split 50/50)
October	Get Fresh Daily (Germantown)	\$2,070
November	Food Moxie	\$1,835
November 30	National Giving Tuesday	\$2,992
December	Germantown & Ambler Community Fridges	\$2,664 (split 50/50)

The Co-op’s partnership with and support of Food Moxie can be difficult to quantify at times. For example, we give them space in the Shuttle (they provide the content), and they have access to all our various business service support (finance, IT, HR, payroll, marketing and communications, etc.). They pay a fee for the use of these services, but it does not cover all the costs.

Actual monetary and in-kind donations to Food Moxie in 2021 include:

Giving Tuesdays	\$11,566
High Five Donations	\$8,857
Seed to Supper (food only, does not include time & labor)	\$1,341



EMPLOYMENT

In the last year we have attempted to be as aggressive as possible at both raising our starting wage and getting tenured staff to earn at least \$15 an hour. As our starting wage has risen, so have overall staff wages.



Percent of Employees Earning \$15/hr. or More:

Fall 2019	37%
Fall 2020	45%
Fall 2021	68%
Winter 2022	75%

We anticipate our next opportunity to raise our starting wage will come in the spring of 2022. Our goal is to get to a starting wage of \$15 as soon as we possibly can. It is reasonable to believe we can achieve this goal by the end of calendar year 2022.

We have also worked to make improvements to our non-wage compensation. In the last year, we made enhancements to our health insurance benefits and retirement plan. In switching the management of our retirement plan from Vanguard to Empower, we added a significant amount of financial education offerings to employees, which Vanguard did not offer as a service. We also were able to reduce the recordkeeping fee from 47 to 41 basis points, (which is fully employee paid), and reduced the average basis point fees of our fund lineup. Lastly, Empower allows participants to diversify within a Target Date Fund lineup, i.e. 2065 Aggressive, 2065 Moderate, 2065 Conservative, another feature that Vanguard did not offer.

Employee contributions to our health insurance plan for 2022 did not change from the previous year. In addition, we reduced the employee deductible by \$500 and the family deductible by \$1,000, and some prescription co-pays were also lowered.

Staff Diversity

To ensure we create a culture where everyone feels welcomed at the Co-op, it is important to continue to cultivate diversity among staff and management. There are areas to celebrate where our staff is diverse, and the need to find new tactics to improve in areas where we are not sufficiently diverse.

Note: Staff diversity data is as of Dec. 31.

Gender Diversity

	2016	2017	2018	2019	2020	2021
Female	92	126	112	110	127	124
Male	94	135	115	123	131	123

Several employees have not provided gender data. Our payroll/HR management system, Paylocity, asks employees to provide their "legal gender," which is not necessarily the same as how they would choose to identify. We believe that Paylocity is still building out their gender identity tools and hope to be able to report more accurately in the future.

Racial Diversity

	2020		2021	
	Staff	Management	Staff	Management
Black	19.80%	10.00%	18.10%	10.30%
White	62.90%	84.00%	72.60%	87.15%
Asian	2.40%	3.00%	3.20%	0.00%
Hispanic	1.90%	0.00%	1.20%	0.00%
Two or More Races	5.20%	3.00%	2.40%	2.55%
Other/ Unidentified	7.80%	0.00%	2.00%	0.00%

We have done better with getting staff to self-identify in the system, which has significantly reduced the number of "other/unidentified." It has not changed the fact that our staff remains disproportionately white, despite efforts to recruit a more diverse applicant pool.

Age Diversity

	2016	2017	2018	2019	2020	2021
66+	15	24	24	24	21	24
56-65	29	27	29	29	37	37
46-55	24	32	33	32	34	35
36-45	24	44	44	35	43	44
26-35	62	91	70	86	80	65
16-25	32	43	27	36	52	47

WEAVERS WAY FARMS

Our farms allow us to have maximum control over the food we sell, reduce the uncertainties of the supply chain, and ensure the highest quality, most ethically-produced food. We currently have a total of 2.9 vegetable acres in production, and 1.5 orchard acres in production.

In the 2021 growing season, our farms:

- Yielded 49,500 pounds of harvest, an average year. Harvests were decreased at the Henry Got Crops site due to crop damage from deer and groundhogs. Because the fence around that site has deteriorated and deer populations have fluctuated, crop loss from deer was more significant than usual. A new fence is in the works, thanks to a Pennsylvania Department of Agriculture Infrastructure grant.
- Sold just over \$227,500 in produce, not including non-farm product sales from our Henry Got Crops Farm Market at Saul High School in Roxborough. This amount represented an increase of over \$15,000 from 2020.
- Earned almost \$73,000 from sales of their Top Five crops: tomatoes, lettuce mix, pawpaws, summer squash and lettuce heads. Sales from the next four best sellers (kale, sweet multicolored peppers, carrots and chard) totaled just over \$27,600 in 2021.
- Earned 56% of their sales through our Henry Got Crops CSA, the same amount as in 2020. The rest of the farm income came from sales to Co-op departments (26%), Henry Got Crops Farm Market (17%) and wholesale outlets (under 1%).

Sales at our Henry Got Crops Farm Market in 2021 were \$268,841, an increase of over \$100,000 from 2020. The farm market also recorded significant increases in EBT sales (\$22,508 in 2021 vs. \$8645 in 2020); Philly Food Bucks money redeemed (\$9938 vs. \$5364 in 2020), and new Co-op members recruited (71 vs. 1 in 2020). Many of the increases can be attributed to opening the market on Saturdays, which was well received.

LOCAL

Local sales declined in FY2020 as a result of the COVID-19 pandemic. "Local sales" includes our own prepared food sales, which were severely curtailed during the pandemic. We saw improvement in FY2021, but are still below the percentage of total local sales we were accustomed to before the pandemic. FY2022 should see further improvement.

Despite this, our local sales for FY2021 totaled \$10.5 million, or 30% of total sales, from 240 local vendors. That number represents an increase of 2% over 2020 but falls short of our percentage high of 37% in FY2018. Further, the dollar amount of local sales in FY2021 was over \$630,000 more than in FY2020.

In 2021, we invested in a Vendor Diversity Coordinator for the first time. The coordinator is responsible for identifying new local vendors with a specific goal of improving the overall diversity of the vendors we support, particularly Black-owned and People of Color (POC)-owned businesses. In the last year, we have made considerable progress, adding products from 13 Black and POC-owned vendors to the Co-op's shelves.

Beginning in 2022, we are increasing the Vendor Diversity Coordinator's weekly hours from 10 to 20. We are planning for at least two tasting events this year and will continue to work to bring these vendors into the other area co-ops.



The vendors who participated in the Vendor Diversity Fair held in our Ambler store on Oct., 23.

Black and POC-Owned Vendors Who Now Supply Their Products to the Co-op:

Business Name	Product(s)
Alicia's Bakery	Baked Goods
Anita's Bakery	Vegan baked goods
Birch Candles	Candles
Caphe Roasters	Vietnamese Coffee
Candles By Vicky	Candles
Chill Moody	Kombucha
Hanks Cinnamon Buns	Cinnamon Buns and other baked goods
Majic Butters	Skin care products
Mt. Airy Candles	Candles
Peter's Peppers	Hot Sauce
Reveal	Probiotic Avocado Drink
Sequoia and Jaylin's Gourmet Foods	Sauces
Will Smith	Desserts



Local Sales (Fiscal Year)

Year	Local Sales	% of Total
2015	\$7,480,000	32%
2016	\$7,600,000	35%
2017	\$7,700,000	35%
2018	\$10,000,000	37%
2019	\$10,400,000	35%
2020	\$9,900,000	28%
2021	\$10,533,000	30%

ENVIRONMENT

Since much of Weavers Way's environmental impact occurs at the consumer level, we need to provide customers with ways to shop more sustainably. Also, because our business is highly dependent on energy and generates a good deal of waste, we must operate our facilities in a way that minimizes our environmental impact.

Packaging

Much of the Co-op's environmental impact occurs after products purchased at our stores are taken home. We therefore provide customers many ways to shop in a more sustainable way. They include:

- Not offering single-use plastic bags at checkout.
- Maintaining bag libraries at all our stores, along with a supply of reused paper bags and boxes for customers to use at checkout.
- Offering extensive bulk departments in Mt. Airy and Ambler. We also encourage customers to bring their own containers when bulk shopping at all our stores and maintain bulk container libraries at our Mt. Airy and Ambler stores.
- Launching "Weigh it Weekends" the first weekend of every month, starting in November 2021. Shoppers receive 10% off any item when they use their own reusable container or when they purchase a reusable container through the Co-op.

In April 2021, we launched a returnable container program (officially called the Container Refund Program, or CRP), in which certain products can be purchased in a returnable container. Customers pay a deposit, which is refunded when they return the container to the store.

We began by offering our Prepared Foods soups in glass quart containers last April. In July 2021, we started offering select bulk items in returnable containers, and this April, we're planning to expand the reusables to select grab 'n' go prepared foods items. Through last December, 2,323 items have been sold in returnable containers at our stores.



Store Infrastructure

We recognize that operating busy grocery stores takes a great deal of energy and generates considerable waste. As a result, we strive to run our facilities as sustainably as possible by doing the following:

- Using 100% renewable wind electricity in our stores.
- Contracting with the Energy Co-op to use Renewable Natural Gas in our stores.
- Offering two Electric Vehicle charging stations at our Ambler store.
- Operating a highly energy efficient "rack refrigeration system" (a centralized refrigeration system that uses much less electricity than each individual refrigerator having its own system) in our stores.
- Capturing heat from the refrigeration rack to preheat hot water and heat and dehumidify our Ambler store. We are doing the same at our Chestnut Hill store to preheat hot water for the store and the six apartments upstairs.
- Using LED bulbs in all our buildings.
- Composting all store food waste at the composting operation at Saul High School.
- Collecting and disposing of "toxic waste" that we accumulate while maintaining our stores via the City of Philadelphia's toxic waste facility in Andorra.
- Making use of almost all food that is approaching expiration by giving it to our Prepared Foods department to repurpose. This food is also sold at a discount or donated to local food banks (primarily through Germantown Pickup) daily. Since this food is not put into the trash stream, it cuts down food waste, which is a significant greenhouse gas source.
- Providing bike racks at all our stores.

ENVIRONMENT COMMITTEE GRANTS

These are awarded and dispensed annually by the Co-op's Environment Committee. They go toward organizations engaged in projects that protect, preserve or help restore the local environment.

Last year, a total of \$3,289 in Environment Committee grants were awarded to:

- Wissahickon Restoration Volunteers (Sam's Woods)
- Friends of Chestnut Hill Library
- Friends of High School Park
- Jewish Children's Folkshul & Adult Community
- Outdoor Gardeners of Chestnut Hill
- Philly Forests
- Sisters of St. Joseph

Additional data beyond what is included in this report is available upon request.

'Tis the Season to Observe Plants and Wildlife on Our Trails

Photos and Article by Kristy Morley, Senior Naturalist, Wissahickon Trails

SPRING AND SUMMER PROVIDE GREAT OPPORTUNITIES FOR wildlife viewing at Wissahickon Trails' preserves. Here are a few of the plants and wildlife that can be found in the area. Visit the "Find Your Trail" page at wissahickontrails.org to plan your next adventure.

Spring Beauty Miner Bee

Spring beauty flowers emerge early in the season, and if you look closely, you might find one of our tiny native bees collecting pollen. The bees use the pollen to provide a food source to larva that live in underground burrows until they emerge next spring.



Prairie Warbler

Spring is a great time to see and hear the 25 species of warblers that frequent our area, such as this prairie warbler. Listen for its distinctive buzzy song in shrubby fields.



Wild Cherry Blossoms

Wild cherry trees bloom in mid-April, before their leaves emerge. Later in the summer, the small cherries provide an important food source for such birds as American robins, brown thrashers, and cedar waxwings.



Baby Animals and Birds

Summer can be a great time to observe animals raising the next generation. Babies like the white-tailed deer or mourning dove sometimes choose a "hide in plain sight" strategy. This is a good reminder to us that these babies don't need any help from us, and that their parents are often close by to care for them.

Variegated Fritillary

These butterflies are most common late in the summer and can be found foraging for nectar from a variety of flowers. If you have violets in your garden, you may be able to see the bright orange and black caterpillar; they are an important host plant for the variegated fritillary.



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Capture Your Favorite Spots in the Wissahickon During Our Photo Contest

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

ONE OF THE THINGS I LOVE ABOUT WISSAHICKON Valley Park is its year-round beauty. No matter what the weather, time of day, or season, nothing looks the same from one visit to the next. These differences are what makes the Wissahickon special and timeless.

If you've ever been inspired by the sights in the Wissahickon, like so many artists for decades, capture those images and enter the Friends of the Wissahickon's Biennial Wissahickon Photo Contest. Co-hosting this popular activity with us again are Wissahickon Trails and the Woodmere Art Museum in Chestnut Hill.

Here's what you need to know to participate.

Contest Rules:

- Note this year's new categories: Since the Wissahickon is a park for all seasons, the four categories will be: spring, summer, fall and winter.
- All photos entered must be taken within Wissahickon Valley Park, along the Green Ribbon Trail or on one of the Wissahickon Trails-managed preserves.
- Enter only photographs taken by you, the entrant.
- You may enter up to four photos, in one or separate categories, that have been taken within the last three years.
- The location of each photo must be included in the description.
- Photos should be high resolution (at least 300 DPI) and in one of the following file formats: .tiff, .eps, .jpg, .png or .gif.

- File names should follow this format: last_name_category_submission number or last_name_youth_category_submission number. Example: smith_spring_1.jpg or smith_youth_winter_4.jpg.
- Provide a current phone number, email and mailing address.
- Any of the three co-hosting organizations may feature the winning photos in their printed materials, online or on social media.
- Paper copies of photographs will not be returned.
- Entries that do not comply with the above rules will be disqualified.
- The contest kicks off Sunday, March 20, the first day of spring, and the deadline for submission is Friday, Oct. 14. Winners will be announced Friday, Oct. 28. Prizes of \$150 will be awarded for Best in Show, \$75 for People's Choice, and \$50 for first place in each of the categories.
- Visit fow.org/photocontest2022 for complete rules and details or to submit your entries.

If you need inspiration, explore the trails – you never know what you'll see. Sometimes sitting down and taking in the view is all you need. Be patient and wait; the scene is always changing with movement and light.

Some of the most beautiful shots can happen in the early morning or evening. Also, try a different perspective—look up, down and all around. Some lovely spots

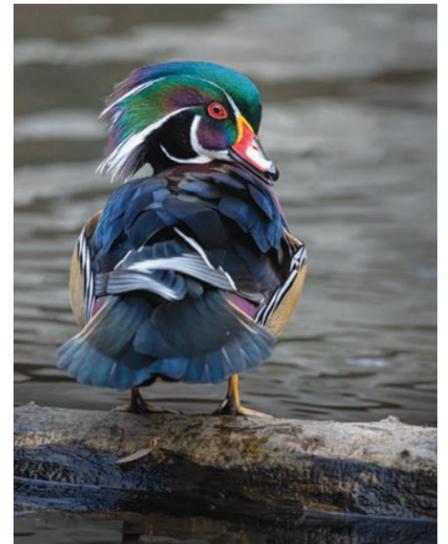
for photos: In the lower Wissahickon, there's goldenrod-filled Houston Meadow in late summer; the white pine grove along Cresheim Creek, and the spectacular lookouts from the Toleration statue or Livezey.

In the Upper Wissahickon, there's the historic and picturesque Evans-Mumbower Mill and beautiful views of the creek and its tributaries from Four Mills Nature Reserve, which is also a birding hotspot. The possibilities are endless.

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

Melvin Chappell. An award-winning photographer, Chappell's book "The Wissahickon Valley: The Photography of Melvin A. Chappell (2015)", contains 28 of his favorite photos of the park. His work has been used by FOW and other organizations, including Historic Rittenhouse-Town and Morris Arboretum. His photograph of the Tedyuscung Statue won Best in Show in FOW's Biennial Photo Contest in 2008. Many of his photographs can be found in numerous private and public collections around the world, including the permanent collections of the African American Museum in Philadelphia and the Woodmere Art Museum. His website is www.melvinchappellphotography.com

Walter Elmer Schofield. (1866-1944) Born in Philadelphia, Schofield attend-



The Best in Show winner of the 2020 Friends of the Wissahickon Biennial Photo Contest: Brian Maher's photo of a wood duck in profile.

ed the Pennsylvania Academy of the Fine Arts and is well known as one of the great American impressionists. After spending time in France, he returned to his home to paint the Pennsylvania countryside. www.fow.org/walter-elmer-schofield/.



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Consider What's in That Stuff You Squeeze onto Your Toothbrush

by Sandra Folzer, Weavers Way Environment Committee

"If more than used for brushing is accidentally swallowed, get medical help or contact a Poison Control Center right away."

—The warning on an Arm & Hammer toothpaste tube

SINCE YOU PUT TOOTHPASTE IN YOUR mouth several times a day, you might believe that it and other personal care products are regulated by the U.S. Food and Drug Administration; they are not. In comparison, the European Union prohibits 1,300 ingredients in personal care products, while the United States prohibits only 11. That is why many companies sell a different version of their product to other countries.

Personal care product manufacturers don't sell the safer products here because they don't have to. To try to rectify this, Senators Dianne Feinstein and Susan Collins first introduced the Personal Care Products Safety Bill in 2016. When I wrote an earlier version of this article, I assumed such a bipartisan bill would pass. It still hasn't, although it was reintroduced in 2019 and again in 2021.

Throughout a lifetime, the average person uses 20 gallons of toothpaste, according to statistics compiled by Renaissance Dental Insurance Company and reported in Real Simple magazine in 2015. Since the mucous in your mouth has an absorption rate of 90%, some of your toothpaste may be passed into your bloodstream even if it is not swallowed.

An Alarming List of Unsavory Ingredients

While different toothpastes use different ingredients, the ingredients in Arm & Hammer toothpaste, a popular brand, are typical of other brands. Some of the chemicals listed are unhealthy, if not dangerous, including:

- PEG's Petroleum-based compounds used to help keep ingredients stable and enhance the penetration of other active ingredients, according to the website Force of Nature. Exposure to them and trace amounts of 1,4-dioxane can lead to cancer and liver and kidney damage.

- Potassium Phosphate Used to treat low levels of phosphorus. It should not be used if you have low levels of calcium or high levels of potassium.

- Sodium Lauryl Sulfate A compound that gives toothpaste its foaming quality. According to Force of Nature, it's associated with skin irritation, allergies and is toxic to aquatic life. Studies have shown that it can bring on canker sores and slow the healing process.

- Sodium Fluoride In a class by itself, because it has been at the center of an ongoing controversy. Until 1931, the American Dental Association and the U.S. Public Health Service said fluoride caused dental problems. After 1931, according to an April 2020 article in The Atlantic, Andrew Mellon, Secretary of the Treasury at the time and founder of the Aluminum Company of America, better known as Alcoa, argued that fluoride was good for teeth. As a result, the government began encouraging its use. Incidentally, fluoride happened to be a byproduct of Alcoa's aluminum production.

In September 1943, the Journal of the American Medical Association claimed fluoride was a poison which damaged our enzymes. The next year, the ADA's Journal warned of other ill effects from fluoride. These positions were reversed in March 1980, when the ADA News said there was no evidence that fluoride was a health hazard.

In 2019, JAMA published research from six Canadian cities with 500 subjects. The study found a relationship between high fluoride exposure during pregnancy and lower IQ scores, especially among boys.

According to a May 2018 article in Medical News Today, excess exposure to fluoride may lead to skeletal fluorosis, a bone disease. It also may damage the parathyroid gland, which can result in depletion of calcium, making bones more susceptible to fractures. Even minimal ingestion in children may cause nausea and other symptoms, so children should be supervised when they brush to ensure



they do not swallow toothpaste.

Cleaner Toothpastes and More Earth-Friendly Packaging

Just as you read labels to check the ingredients of the food you buy, you should read the ingredients of any product you put into your mouth or on your skin. Weavers Way sells a variety of toothpastes with minimal chemicals.

I don't think toothpaste is necessary, but brushing is; you can remove the plaque from your teeth without chemicals. I brush after every meal and floss, and my dentist told me my dental hygiene is good, even though I have not used toothpaste for years.

You can also make your own toothpaste using baking soda and peppermint or other flavoring. However, you shouldn't use baking soda too often, because it is abrasive on your tooth enamel.

I know there is so much to worry about today that toothpaste may be low on your list of concerns. But since your health is important, you should know about the chemicals you put in your mouth. Don't assume they are safe.

And while we're talking about toothpaste, let's consider how it's packaged. Weavers Way has been diligent about trying to decrease the amount of plastic in our lives, and if you want to cut back, you may want to consider toothpaste tablets, which are sold at the Co-op, instead of the plastic tubes. One brand of toothpaste, David's, is packaged in metal tubes. In addition, you may also wish to replace your plastic toothbrush with one made of bamboo, which the Co-op also sells.

eco tip

Keep More Trees in the Woods By Opting for Recycled Paper

by Marsha Low, Weavers Way Environment Committee

An eye-popping number of trees are cut down every year to meet the demand for paper and paper products. The United States alone uses approximately 68 million trees each year, according to the website tonerbuzz.com.

The loss of trees has many deleterious impacts on the environment. Logging practices often degrade forests, which contributes to global warming, causes loss of habitat for plants and animals, pollutes the air and waterways, and leads to soil erosion and flooding.

We can take steps to reduce our own use of "virgin" paper products by replacing them with recycled ones. Several brands are made of 100% recycled paper and are unbleached (bleaching has its own harmful effect on the environment). If you have a compost heap and use paper towels, used ones can be added, and they will break down along with your other compostable materials. The use of recycled paper products will reduce the demand for virgin ones and will lead to a reduction in the number of trees logged. If enough people make the switch, that will increase the demand for recycled products, which will lead to more paper being recycled.

When possible, it's best to focus on the "reduce" part of the "Reduce, Reuse, Recycle" motto. Consider reducing your use of tissues, for example, by buying and using handkerchiefs instead. In addition, you can replace paper towels and paper napkins with cloth ones that can be laundered. These steps, if taken by more and more people, can help reduce the number of trees cut down every year.

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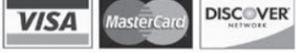
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Suggestions

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.

How much do you like coffee? Do you drink it for flavor? Caffeine? To warm up? As a traditional ritual? Some combo of these? If it's caffeine you're after, no worries. If it's flavor, add this to the list of things that may change for climatic reasons. As coffee growing areas warm up, arabica beans, which are more flavorful than robusta beans (but lower in caffeine) are becoming more subject to coffee rust, which poses a serious threat to growing areas in Latin America, where over 50% of the world's coffee beans are grown. Arabica coffee will become scarcer if the rust problem cannot be figured out, so be prepared to look for alternatives. Tea seems to be in good shape.

While we're discussing coffee, I've always been mystified by those coffees that are labeled with flavor notes; the same goes for chocolate, bourbon and wine. I don't think I've ever tasted a flavor note. All coffee tastes the same to me — bitter — which is why most people add stuff to it to make it creamier and sweeter. It's the same with alcohol; it burns, so we add stuff to make it a cocktail and to deaden the burn.

When I ask other people about this, they tell me they taste the notes. So either I don't possess the discriminating palette of others, or those people are easily suggestable and taste the notes written on the package. Or they are lying to fit into the



latest culinary fashion. Maybe the Shuttle should have reading notes — hints of the New York Times and Life magazine — and it's up to the reader to perceive them.

Coffee prices are going up for many reasons, and it's not the only item whose price is increasing. By the time you read this, Weavers Way will have pushed through recent price increases from our vendors on over 4,000 items. Even as I'm writing this, I received an email from our trade group showing 360 more items going up in cost in mid-March. I also got a call today from our conventional grocery supplier, telling me they are adding a "per stop" charge of \$90 to offset their increased cost of delivery, since they are renting trucks and drivers these days due to the shortage of both.

Inflation is hitting us in a dramatic fashion. Last year, our Co-op sold about 30,000 different products; since October, we've changed the price of 11,780 of those products. Most have gone up (a few did go down), and almost all were the result of us passing along cost increases from our vendors. Over half (7,125) have occurred this year.

Normally, we'd space these out over a longer period. But the Co-op in general does not generate a lot of net income, so we chose to push out the increases faster to avoid operating in the red for too long.

(Continued on Next Page)



EMAIL YOUR SUGGESTIONS TO
suggestions4norman@weaversway.coop

Norman Says:

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

International Co-op Principles

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

(Continued from previous page)

One thing I've noticed, kind of anecdotally, is that packaged items seemed to increase more than bulk items. That stands to reason, since we've seen our own packaging costs increase substantially. Everything from paper shopping bags to plastic deli containers has gone up, some of it in the 35-50% range. It seems like there are now economic as well as environmental reasons to change our shopping habits from single-use containers to buying in bulk and re-using containers; maybe that's a silver lining from this bout of inflation. As transportation costs also increase, locally grown and produced items should benefit by comparison as well.

suggestions and responses:

s: "I'm emailing you about a product we've enjoyed since 1978 – Michelle's Tofu Tahini Carrot Spread, I think is its proper name. Years ago, it was sold to Helen's Pure Foods. It's been a staple in our home since 1978!

A couple months ago, it changed dramatically. They're making a super-blended product now which tastes different and unpleasant. It's too hot — either they're cooking it with more cayenne, or the super-blending process enhances the cayenne. We've tried it several times, but we do not like it at all, and have stopped purchasing it. Also, it appears to hang around the Co-op in large quantities, which may indicate that others no longer purchase it as they used to.

I googled Helen's and phoned to find the number disconnected. I then clicked on the website link to find a few lines in Chinese which, when Google-translated into English, indicate the public isn't authorized to access the website. I hesitate to write a review about the product (if it's even possible to do so at the site) until I can speak to someone at Helen's (if it's still Helen's that makes the product) or find out from you what you think is going on.

Do you have any ideas for us about how to proceed? I'd like to know if they're going to continue to super-blend the product, or if they would consider making a true "original" version the way they used to make it. At the very least, I'd like to know that someone at the Co-op can give the manufacturer feedback that we absolutely will not buy it again since they've altered it. Many thanks."

r: (Norman) In 1978, we dealt with Michelle herself, a bigger-than-life character who hit upon a winning formulation composed mainly of tofu, tahini and carrots blended into a coarse-textured dip/spread that was so



**Since October,
we've changed the
price of 11,780 of
[our] products.**



popular at the Co-op that it's been on our shelves for over four decades. Michelle moved away in the '80s and another local healthy food small business pioneer, Helen's Pure Foods, bought the rights and kept the product going.

Recently, the owner of Helen's retired, and the products are now being produced by Awesome Foods in Norristown. Here is their response:

"Hi Norman, thank you for your feedback. I will reduce the amount of cayenne pepper. Our food processor is stronger than the one Helen's used, so it makes the tofu tahini smoother. We know that some people liked the rougher texture, but we thought perhaps more people would like the smoother texture."

s: "Is watching the new reading?"

r: (Norman) Watching preceded reading, since for most species that evolved, eyes were watching things before writing was invented. Watching comes naturally; reading must be taught. So watching can't be the new reading; it was here first. Also, in spite of YouTube, Netflix, Tiktok and all the visual media that surrounds us and for which we've developed addictions, we still read texts, web content and emails. And rumor has it some dinosauric people still read newspapers, like you are doing now.

s: "Hi! I came across a bag of Ugliers chips recently and they are great! I went on the website, and they are local. They are doing something about food waste, and so I wonder if we could possibly find room on our overloaded snack shelves.

r: (Norman) We stock Ugliers potato chips in all three stores.

The role of potato and corn chips in the food system and at our Co-op is a comment on our tastes and values; look at how much space is devoted to chips. Many stores have entire aisles devoted to them. Late July tortilla chips are one of our top grocery items, surpassed only by coffee and olive oil. Ugliers are made locally, in Womelsdorf, Berks County, by Deiffenbach's Potato Chips. People can't resist a salty, oily, crunchable snack.

s: "I have been very ill lately and thought our Weavers Way chicken noodle soup looked like just the thing to comfort and nourish me. Since I've been seriously sick, I wanted to be sure of the ingredients I was putting in my body. I was really horrified to find out that hydrogenated cottonseed oil is on the list! It's well known that this type of fat is terrible for the body. To make matters worse, it's coupled with cottonseed oil, which is not monitored as a food because it is connected to the clothing industry and contains unchecked amounts of chemical fertilizer and pesticides. Can't the Co-op come up with a really healthy chicken noodle soup? Thanks for your consideration."

r: (Norman) Sorry about this; it looks like we used a soup base we shouldn't be using. We'll look to replace it with something less terrible. Thanks for pointing that out.

s: "How come the Mercantile doesn't stock any vintage cell phones? I thought vintage was part of the Mercantile thing."

r: (Norman) As cell phones age, they develop a lovely patina and become highly sought after, unless the batteries leak or ignite. Rumor is that a cell phone was used by the Committee of Detail at the Constitutional Convention in 1787 to spell check initial drafts of the constitution. But there is no hard evidence this rumor is true, so we may never know. Vintage cell phones will be stocked in the future.



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.

Artists in Our Aisles

Stephen Megargee

Steven has been a lifelong artist. He had great success as a graphic designer and interviewed research scientists in Japan about their aesthetic preferences. He has done graphic design for Swatch watches, Michael Jackson, Bob Dylan, Pink Floyd and many other companies and celebrities.



The Wall Street Journal interviewed him to get his opinions on website design, and at one point, he started a band. But he always returned to portraits of people and pets as well as collages.

Artist Statement

People are so divinely beautiful. I have an almost electric feeling when I'm able to capture someone's appearance and spirit. I've spent many years improving my drawing and painting skills in the interest of being better able to reveal the divinity I see in everyone on paper or canvas.

<http://stephenmegargeeart.squarespace.com>
<https://www.digitaldadacollages.com>



We want to feature your art in the Shuttle!

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

(Two) 4" x 6" high-resolution images (300 dpi)
 A short statement about the work • A short bio
 A head shot • A link to a website if you have one

Weavers Words

Editor's Note: Weavers Words entries are usually limited to eight lines, but this month, we're making an exception for this poem by Levy Bermea, granddaughter of Candy Bermea Hasan, the Co-op's accounts payable specialist and vendor diversity coordinator.

Does this end the eight-line exception for Weavers Words submissions? Possibly. We'll evaluate our stance on that on a per-issue basis.

UNDISCOVERED

This is for the undiscovered
 The students the mentors
 The ones who will eventually get the spotlight they deserve
 And the ones who won't
 This is for the undiscovered
 The fighters and the scared
 The artists, the writers
 For the someone right next to you whose voice just hasn't been
 heard yet
 This is for the
 undiscovered
 A family member, a friend
 The leaders, the movements
 For the ones who don't want to be discovered
 And the ones who are begging for the chance to
 This is for the undiscovered
 For Gen Z
 For Gen Alpha
 For all the bright-eyed kids wishing on a star
 And the teenagers just trying to figure it all out
 This is for the undiscovered
 The curious, the intelligent
 The scientists, the mathematicians
 The certain as well as the confused
 This is
 for the undiscovered
 For my future
 For the future of this nation
 For the future of the world,
 This is for the undiscovered
 For minorities
 For the differences that unify some,
 But divide others:
 This is for the undiscovered
 For my life,
 For our lives.
 And the many lives proceeding

—Lucy Bermea, age 13

Feeling Inspired? Here Are Our Guidelines:

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

She Goes Without to Save on Plastic Usage

take care of the Earth, including everything that grows or is made from it.

About 20 years ago, when I found out what plastics do to the environment and especially to wildlife, I stopped using it as much as possible; that included food storage in the freezer. I also try not to buy clothes made with plastic derivatives (even sandals and rain gear, purses and luggage). I make wallets and other things from fabric scraps. It's a tricky choice between shoes made of leather and shoes made of plastic.

I wish we had bamboo shoes and inexpensive bamboo clothing available. I buy as much as possible from thrift stores so as not to use Earth's substances unnecessarily.

What inspired you to begin a zero-waste journey?

When I learned the about the consequences of how we were using Earth's resources, both current and future, I began working on "small is beautiful" and "less is more." My father argued with me, saying, "You can't stop progress." I answered, "You have to if you're standing on the edge of a cliff."

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

You can store food in the freezer in paper bags, waxed paper, cotton cloths

and glass jars, and the food keeps just fine. Jars take up a lot of cupboard and shelf space, but they last for years.

Before I moved here, I used to have my Vermont co-op fill my containers with things they sold in bulk in plastic containers, like olives and honey. Since COVID, we've been forced to buy many more things in plastic containers or bags, and so I have given up a lot of things, like olives. I've also given up many of the prepared greens and vegetables that come in plastic "boxes" instead of bags.

I love the small containers of salmon and chicken for salads, but the packaging deters me; it hurts my heart to go home with all the little plastic containers, knowing I can't use them all. I wonder if they really do get recycled, and if the amount we recycle equals the amount being manufactured. I suspect it's not even close. *(Victoria's note: Shulamith's hunch is right. According to NationalGeographic.org, of the 8.3 billion metric tons of plastic that has been produced, 6.3 billion has become plastic waste. Of that, only nine percent has been recycled. The vast majority (79%) is accumulating in landfills or sloughing off in the natural environment as litter, which means that at some point, much of it ends up in the oceans.)*

"Going without" is a viable choice for many specialty foods. Every vegetable doesn't require a plastic bag; many are fine "naked" in a basket, string bag or

cotton tote, if packed carefully.

The little plastic stickers on produce are so wasteful. We didn't have scanners when I came of age to shop, so we didn't have plastic tags with barcodes. Cash registers worked differently; you punched the item key and the machine put in the cost. I realize bar codes and computerized registers do a lot of things, but is it worth it? Can't we do all of it ourselves like we used to?

In 100 words or less, if you could see the co-op adopting a more zero waste culture, what would it look like?

Not packaging things in plastic at all. Using compostable containers made from food waste and/or asking customers to bring in their own bags and containers for deli and grab 'n' go foods. Letting customers provide their own containers for everything sold in bulk rather than the Co-op packaging things in plastic. Meats can be wrapped in butcher paper.

The Co-op shouldn't offer plastic produce bags at all; customers can bring bags, or you can sell reusable string and cotton bags. For items that require packaging, such as green beans, charge a bit more for returnable/refundable bags and jars, like some places are now doing (Note: The Co-op now has a container refund program, see below), or package them in paper bags and charge a bit more than what they cost the Co-op. Then use

(Continued from Page 1)



the extra money to pay for tree planting in the areas impacted by making paper bags.

People are creative and innovative; there's no reason why we can't find a harmless way to bring food home.

Task Force Updates

The CRP is Gaining Strength; Please Support It

Just a reminder that the Co-op has a new and steadily growing container refund program. Many members (Shulamith, for instance) aren't aware of this program. Maybe you're shopping in a rush and grab a bag of raisins, not realizing that there are round plastic tubs that also contain raisins. For a \$2 deposit, you can avoid producing excess plastic waste.

I was recently told by Alisa Shargorodsky, the chair of PRPF, that Con-

(Continued on Next Page)

CONNECT TO PAIN MANAGEMENT AND BETTER SLEEP

Take the necessary steps to prevent future injuries

Hip and knee pain affects people of all ages and although usually not serious, it's important to manage your pain to prevent future injuries. Join **Jeffrey Vakil, MD**, to learn more about common causes, symptoms, and treatment options.

**Thursday, March 10
Noon to 1 p.m.**

What sleep remedies make sense for you?

The American Academy of Family Physicians reports more than 50% of people 65 and older live with the effects of sleep disorders. Join sleep specialist **Marc Diamond, MD**, to learn the latest on remedies for sleep disorders and find out how the Sleep Lab at Chestnut Hill Hospital may be able to help.

**Tuesday, March 15
Noon to 1 p.m.**

Virtual seminars are **FREE**, but registration required at CHWellnessEvents.com

Chestnut Hill Hospital
TOWER HEALTH
Advancing Health. Transforming Lives.

Register for Upcoming Seminars at CHWellnessEvents.com.

Spring Allergy Relief – Tuesday, March 29

notary service

BY APPOINTMENT: 215-843-2350 x119
or notary@weaversway.coop

MEMBER BENEFIT

ANOTHER GREAT REASON TO JOIN.

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Phone: 215-356-8061
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www.JeremyFrankAssociates.com

(Continued from previous page)

tainer Refund Products are now available in the produce section in Ambler for salad greens; there's a \$4 deposit for those. Returnable containers for Brussels sprouts and string beans are \$3, and returnable glass jars that hold cut fruit are \$2.

Please take the time to scan the shelves; wherever there are plastic bagged or boxed items, there may be CRP products there, also. And send your suggestions to us; we need your feedback. You are always welcome to take the Zero Waste Journey Survey that can be found on the PRTF Facebook page.

Philly Talks Trash: A Virtual Series on Waste

Please join PRTF and Philadelphia Neighborhood Networks on March 17, April 21, May 19, June 16 and July 21 for an exciting and relevant virtual series.

The topic for the Feb. 17 presentation was "Food: Waste Reduction and Recovery." It focused on some of the Philly-based programs that work toward getting food to people and diverting it from being buried or burned.

The topic for the program on Thursday, March 17, will be "Philly Recycling: Philly's Trash and Recycling Crisis." The speakers will be Maurice Sampson and Julie Haunchen of PNN's Action Committee. The panelists will include Weavers Way Purchasing Manager Norman Weiss, who will speak about bulk at the

Co-op; a representative from Bottle Underground, a South Philly company dedicated to making the highest and best use of bottle glass through recirculation, recycling, downcycling and upcycling; and Lindsay Troop from Fabscrap, a Brooklyn, NY and South Philly-based organization working to end commercial textile waste and maximize the value of unused fabric.

One More Thing...

Finally, don't forget to stop by Weavers Way the first weekend of every month for Weigh It Weekend. If you purchase bulk items and use your own container, you'll save 10% on your bulk item purchase. This is a great opportunity to check out the different kinds of seeds, nuts, grains, flours and more that the Co-op has to offer. You may even get to meet one of the PRTF members while you're there!



STAFF CELEBRITY SPOTLIGHT

Derek Brown



Job: Lead cashier, Ambler

Since when: September 2020

Age: 24

Where he's from/where he lives now:

Spring Mount, Montgomery County/Lansdale

Family facts: He and his wife, Emily, have been married since August 2020. She's currently in her last semester at the Pennsylvania Academy of Fine Arts and will be graduating with a bachelor's in illustration.

Education: He has an associate's in liberal studies from Montgomery County Community College.

How he got to the Co-op: His mother-in-law, who shops at the Co-op, told him about Weavers Way. He had previous experience as a sort of lead cashier at Landis Supermarket in Schwenksville.

Thoughts on the job: "I really value... being friendly and cordial to other people; I guess that's really the crux of customer service. I really enjoy talking with customers and being as courteous as possible while also being practical in the job that I'm doing."

Favorite Co-op products: He and Emily value the Co-op's selection of local and pasture-raised meat. They do all their shopping here.

Long-term goal: He'd like to be a novelist. He's currently working on a book and has written some short stories.

Thoughts on the Co-op: "Knowing that this whole store is functioning not only to gain money for the employees and the higher ups, but also to make the community a better place and the world a better place — even if only by a small amount — is really eye-opening. Weavers really goes the extra mile, and I genuinely respect that."

—Karen Plourde

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

Weavers Way Board

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

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

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

2021-2022 Weavers Way Board

President: Esther Wyss-Flamm

Vice President: Cheryl Croxton

Treasurer: Michael Hogan

Secretary: De'Janiera B. Little

At-Large: Danielle Duckett, Jason Henschen, Gail McFadden-Roberts, Sarah Mitteldorf, Frank Torrisi.

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DID YOU KNOW?

You can read the Shuttle online.

www.weaversway.coop/shuttle-online



VIRTUAL NEW MEMBER ORIENTATIONS

New Member Orientations

Tuesday, March 22, 6:30 p.m. - 7:45 p.m.

Thursday, March 31, 12:30 p.m. - 1:45 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!



WEAVERS WAY EVENTS

ALL SESSIONS ARE VIRTUAL

Free Meditation and Gentle Yoga Session

- All experience levels welcome
Thursday, March 3 & March 10
6:30-7:30 p.m.

Kara Lehman

Join us for meditation sessions based in mindfulness. We will practice breathing techniques and will add gentle Hatha yoga stretches. These sessions, led by mindfulness educator and instructor Kara Lehman, will take place on Zoom. The sessions are appropriate for all experience levels, and everyone is welcome!

Medicare: Getting Ready to Retire

Thursday, March 10
1:00-2:00 p.m.

Joan Adler

Are you thinking of retiring and are confused about your options regarding Medicare? Are you turning 65 and considering your options? The information can be confusing and the process can be overwhelming to navigate on your own. Joan, a certified counselor with Pennsylvania Medicare Education and Decision Insight, will help you understand all the ins and outs.

Learn How To Lower Your Salt and Sugar Intake!

Saturday, March 19
10:00-11:00 a.m.

Nicole Schillinger, RD

Both sugar and salt intake have risen in the past few decades, leading to increases in body weight, bone loss, kidney stress, diabetes, brain fog, liver disease and cancer. Nicole will explain how to lower your sugar and/or salt intake, and will offer safer alternatives and discuss concerns with using artificial substitutes. She'll also share healthy recipes. Free and open to all.

Nouroz, The Persian New Year and a Glimpse at Iran's Architecture

Thursday, March 24
6:30-7:30 p.m.

Nazie Dana & Shahriar Eskandari

The Persian New Year or Norouz is observed on the Vernal Equinox, which falls on Sunday, March 20 this year. We will begin with an explanation of the traditions of this 3,000-year-old celebration and a video of the Persian Haft Seen – seven symbolic items starting with the letter "S" that adorn every Iranian's home at this time of year. A slideshow of images from Iran's prolific architecture will follow.

New Member Orientations

Tuesday, March 22
6:30 p.m. - 7:45 p.m.

Thursday, March 31
12:30 p.m. - 1:45 p.m.

For more info: www.weaversway.coop/events

"Better Call Saul" Sandwich

Featuring melty
cheddar from
Roxborough, USA

\$7.99



Dietz and Watson Genoa salami and sliced pickles, sweet onion, W. B. Saul cheddar cheese and Dijon mustard on Pepperidge Farm farmhouse bread. Grilled with butter.

W.B. SAUL
HIGH SCHOOL OF AGRICULTURAL SCIENCES

CHEESE FROM PHILLY COWS



Saul Farm Cheeses Earn a Spot in Our Deli Cases

W.B. Saul High School of Agricultural Sciences in Roxborough, home to the Co-op's Henry Got Crops Farm, CSA and Farm Market, has branched out into the cheesemaking business, featuring milk from the farm's cows.

The cheeses, available at all Weavers Way main stores, are produced in Lancaster County by an Amish cheesemaker. The program replaces a previous partnership with Land O'Lakes that ended late last year, according to a Feb. 8 article on the news website Axios Philadelphia. Profits go back to the school; if all goes well, it's estimated that local sales will raise \$30,000-\$40,000 per year.

Currently, there are three varieties of Saul Farm cheeses available at the Co-op: cheddar, Colby and a young gouda, for \$7.99 a pound. Selection will vary by location.