

# Shore Seafood Closer to Home

## Fishadelphia to Set Up Shop in Mt. Airy

**S**HOPPERS WILL BE ABLE TO PURCHASE fresh, locally harvested seafood at Weavers Way Mt. Airy this summer thanks to Fishadelphia, a community seafood program largely run by Philadelphia public high school students.

Starting June 8, Fishadelphia will table outside the Mt. Airy store every Wednesday in June and July from 4:30-5:30 p.m. All their seafood comes from docks and harvesters on the Jersey Shore.

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Student staffers at Fishadelphia's stand last summer in FDR park.



Community-Owned,  
Open to Everyone

## 2022's Avian Flu Outbreak and Its Effects on Wild Birds, Poultry

by Brenda Malinics, for the Shuttle



**I**N MID-JANUARY OF THIS YEAR, THE U.S. Department of Agriculture announced the discovery of highly pathogenic avian influenza (HPA1) in wild birds. This marked the first time the disease had been detected in wild birds since an outbreak in 2016. A few weeks later, the U.S. Animal and Plant Health Inspection Service reported outbreaks of HPA1 in commercial poultry.

The U.S. Department of the Interior and the USDA are the lead federal departments for outbreak investigation and control in wild birds, while the USDA and USAPHIS take the lead where domestic birds are concerned. Their efforts are supported by the Centers for Disease Control and Prevention. In Pennsylvania, the state Game Commission is charged with managing and controlling wildlife.

The avian bird flu virus rarely infects humans, although a few cases have been reported throughout the world. According to the CDC, infected birds shed flu viruses through their saliva, mucous and feces. Human infections occur when bird flu viruses get into a person's eyes, nose

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# The Shuttle

MAY 2022

Since 1973 | The Newspaper of Weavers Way Co-op

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## Market Set to Reopen Soon with Same Look, New Status

by Lauren Todd, Outgoing Henry Got Crops Farm Market Manager



**D**UST OFF YOUR MARKET BAGS — Weavers Way's Henry Got Crops Farm Market will open... soon. When? We're not sure. Right now, our goal is to open in late May.

The market's reopening currently hinges on a few factors that are out of our control. We appreciate your patience and are eager to welcome you back. Check out the Co-op's website, social media accounts and/or the weekly eNews for our opening day announcement. You can also subscribe to the farm market's e-newsletter via the QR code on this page.

The market is never without its set of challenges. But this time, we can't blame our delayed timeline on the pandemic.

During the off-season, we began to transition from a farmers market to a permanent retail food establishment. This change was prompted by a surprise call in early winter from a head city sanitarian who, after reviewing our recent pass-

ing grade on a site health inspection, realized that the city's concept of how our market looks and operates didn't match with reality.

Our excellent food safety practices were never called into question; the main issue was related to categorization. We were told that the market no longer fit the Department of Public Health's definition of a farmers market. (They didn't like that

(Continued on Page 3)



## Mooore to Come: Three New Flavors of Saul High Cheese

by Scott Blunk, for the Shuttle



**T**HE YOUNG CHEESEMONGERS AT Roxborough's W.B. Saul Agricultural High School have added two new varieties to their lineup of sliced cheeses made from milk produced by the school's cows.

W.B. Saul Applewood Smoked Gouda and Baby Swiss are now in the cases of our deli departments, alongside Colby, Young Gouda and Cheddar. The new selections, along with Saul's take on Monterey Jack, will be featured at the school's Country Fair on Saturday, May 7. All the profits from sales go to student programs at Saul.

The school has partnered with Misty Creek Goat Dairy in Leola, Lancaster County to make the cheese.

Through their work on the project, Saul students are learning about government, regulations, weighing and packaging, milk quality and how the cows' diet affects the taste of the cheese. All of these concepts are essential to the business and add to their day-to-day learning experience.

(Continued on Page 2)

### Looking for Board Election results?

Check your inbox on May 7 for our email blast announcing the winners!



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## Editor's Note

by Karen Plourde, Editor,  
Weavers Way Shuttle



IT'S GETTING TO BE MY FAVORITE Co-op time of year — the return of Henry Got Crops CSA and Farm Market. By the time the June Shuttle comes out, both should be back in action, offering hyper-local, seasonal produce in a countrylike setting — in Roxborough!

A trip to the farm is my prescription for a long work week. It's a great excuse to back away from the screen, walk through the fields, take in the view and listen to the sheep.

Being a CSA member requires some prep, but it's so worth it. Before the weekly pickups resume (or soon after), I'll go through my vegetable drawers and remove the umm, compost. Once the season begins, I stock my milk crate with pickup supplies: pruners, containers for flowers, produce and herb bags and rubber bands. As we go deeper into the season, I spend more time at the farm, especially in the U-Pick section. And checking out the farm market is almost always part of the trip.

Outgoing Market Manager Lauren Todd's front page article "Market Set to Reopen Soon with Same Look, New Status" offers a pregame for the new season. You'll also get a window into the drama involved with getting the market on (hopefully) solid footing this year and going forward. Thanks to a whole lot of work on the part of Lauren, Farm Manager Nina Berryman, Purchasing Manager Norman Weiss and others, we can all browse the cozy confines of the market like nothing happened. Let's all be grateful and look forward to a peaceful shopping season. And when you go, please give new Manager Ash Phillips a warm welcome.

It'll be hard at first to shop at the market and not see Lauren; our paths have crossed consistently since our days working in different departments in our Chestnut Hill store. But after seeing what she accomplished at Henry Got Crops, I have to believe she has a bright future elsewhere. All the best to her.

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](mailto: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](http://www.weaversway.coop/shuttle), or call 215-843-2350, ext. 314, or email [advertising@weaversway.coop](mailto:advertising@weaversway.coop). Advertised products or services may not be construed as endorsed by Weavers Way Co-op.

## A Tart Sure to Dress Up Your Late Spring Table

by Bonnie Shuman, Weavers Way Executive Chef

NOTHING SAYS SPRING LIKE ASPARAGUS. THESE make great appetizers, or a light supper when paired with a green salad. It is equally delicious without the ham if you prefer a vegetarian option. Bon Appetit!

### ROSEMARY HAM AND ASPARAGUS TARTS

#### Ingredients:

- 1/3 lb. frozen puff pastry (about three sheets)
- 2 eggs, whisked
- 1 lb. asparagus (thin stalks preferred), ends trimmed
- 1 shallot, diced
- 2 Tbs. olive oil
- ½ lb. fontina
- ½ lb. Swiss gruyere
- ¼ lb. Italian rosemary ham, diced
- 1 tsp. mayonnaise
- 1 tsp. Dijon mustard

#### Directions:

- Preheat oven to 350°. Allow puff pastry to come to room temperature. Place pastry on cookie sheets and brush evenly with egg mixture. With a small knife, make several slits in the pastry. Bake for 10 minutes or until golden brown; cool.
- Toss asparagus spears and shallot in a large bowl with olive oil and salt and pepper until evenly coated. Roast at 350° for 10-15 minutes or until tender; cool.
- Grate fontina and gruyere on the large holes of a box grater. Sprinkle cheese mixture over puff pastry. Add diced ham and asparagus spears and bake until cheese is melted, about 6-10 minutes.
- Mix Dijon mustard and mayo and top the tarts with small dollops of the mixture. Serve.





## SLICE IT DICE IT SERVE IT

## Just Scaping By...

by Kieran McCourt, Weavers Way Ambler

**Garlic scapes** are the central stalks that burst from hardneck garlic varieties after winter passes and the plant begins to grow and develop. Farmers and gardeners trim the green scape off the plant so that a few months into summer, plump garlic bulbs can be harvested.

When young and tender, they're similar in texture to green beans. If they're tough or woody, cooking or lightly blanching them will make them far more enjoyable.

Young scapes can be eaten raw. Toss them into salads along with other early spring veggies.

Thinly sliced and chopped scapes can be added to vinaigrettes. Blend them into a creamy green goddess-style dressing or for a green spin on Caesar dressing.

Finely chopped or pulsed scapes can be used as part of a compound butter for finishing a steak, burger or grilled vegetables. They can also be stirred into cooked grains, and make a delicious addition to pesto.



Chop and sauté them and add them to asparagus, green beans and other early greens.

Scapes can even be thrown on the grill for quick, high heat cooking. They'll end up tender and charred in spots and make a great accompaniment to any grilled dishes. No grill? You can also get some of that blistery char in a hot wok or cast iron skillet.

Of course, they can be preserved through pickling or lacto-fermentation, either on their own or when added to pickled green beans, asparagus, onions, carrots and more.

## Mooore to Come: Three New Flavors of Saul High Cheese

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In addition to the Co-op, W.B. Saul cheeses are also available at T&F Farmers Pride in Roxborough. Several local restaurants also featured them in items on their menu.

Next steps for the school include finding a distribution partner for the cheeses; nothing concrete has been worked out for that yet.

Co-op Demo Dude John Connor describes the line of Saul cheeses as "straightforward and delicious."

"Because the cheeses are aged more than 60 days, they are permitted to be raw rather than pasteurized. This gives them a more complex depth of flavor," he wrote in an email. "The Colby is semi-firm [and] mild with a bright finish. The cheddar is firm, flavorful and slightly sharp. The smoked Gouda is semi-firm and creamy, with a significant smoky undertone. All three melt well, and each would be a welcome addition to a meat or veggie burger."



# Our New Farm Market Manager, From the Source

by Ash Phillips, Henry Got Crops Farm Market Manager

I GOT MY EARLIEST INTRODUCTION TO local food from my family and community while growing up in Reading. I spent most of my childhood behind a counter at Cecile's Sandwich Basket, my mother's local eatery, where I helped to pack lunchboxes that were loaded into a wicker basket Mom would deliver to the downtown business district.

What struck me most of all were the ways that I experienced food as such a rich and soulful way to connect with people and build relationships. Watching my mother engage our local community through food over the years left a lasting impression on me—a reason I most likely find another "home" inside the arena of food and service.

I'm a Philly-grown musician, songwriter and storyteller. I sprouted out of the city's rich music scene in the early 2000s and played the circuit, traveling some, teaching some, and volunteering for youth-centered organizations like Girls Rock Philly and Beyond the Bars.

I moved to Atlanta in 2019 and found my way to farming. I spent a season working on a crew at Aluma Farm in Southwest Atlanta and at their biweekly community farm stand. It was hard work and deeply satisfying. After return-



ing to Philly, I knew I wanted to connect with the local food economy, community growers and food justice warriors. It is a calling.

My experiences growing up—the rich ways that local foods hold culture, traditions, and stories—are all pieces that excite me about farm markets and the local food economy.

I'm grateful to outgoing Farm Market Manager Lauren Todd for giving me

a solid foundation on which to build going forward. Her passion, dedication, and tenacity encourage and inspire my steps into this position. I am looking forward to meeting and connecting with our members over the course of this season and beyond!

*Editor's Note: The farm market is set to resume its usual Tuesday, Friday and Saturday hours starting in early to mid-May.*

HENRY GOT CROPS  
**FARM MARKET**

**HOURS**  
**TUES & FRI**  
**10 AM-7 PM**  
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**AT SAUL HIGH SCHOOL**

## Market Set to Reopen Soon with Same Look, New Status

(Continued from Page 1)

we had walls!)

We learned that if we wanted Henry Got Crops to remain a farmer's market, we would have to move our operation—registers and all—outside under a tent. This change would have negatively impacted our shoppers' experience and the market's overall budget goals.

If we wanted to operate the way we had been—selling a wide variety of Weavers Way Farm veggies, local cheese, jams, baked goods and much more inside a building that included retail refrigerators and freezers—we'd need to become a permanent retail food establishment. We were disappointed we couldn't retain our farmers market designation after eight years of approval from the city, but began researching the requirements for food retail establishments in Philadelphia.

After navigating endless links to forms, charts and guidelines on city government web pages, we felt lost. We experienced dark days of reading zoning codes and realized our parcel of public park land wasn't even zoned for retail food businesses. The bumps in the road started to feel more like boulders.

### A Breakthrough in the Bureaucracy

Fortunately, a zoning expert found a loophole and confirmed we would not have to appeal for a variance, another lengthy and daunting task we were worried we'd have to undertake. However, fearing this proposed transition would be a drawn out and expensive process for which we had budgeted neither time nor money, we initially ruled out switching to a food retail business as a possibility for 2022. For a few weeks, the future of the market was uncertain.

Because we were eager to minimize major disruptions to our operation, we chose to pursue the stationary food busi-

ness license this season. We're midway through an expedited application and inspection process and expect to finish the required minor adjustments to our physical building soon.

Once we complete the transition, our market will be akin to a grocery store in the eyes of the city. The Health Department hopes this change will create consistency across their multiple divisions and will prevent confusion for sanitarians conducting on-site inspections. Just as important, the "spirit" of the market will remain unchanged. When you return to shop at the market this season, it'll feel familiar.

Well, sort of.

After nine years with Weavers Way, and five years working in our Farms department as farm market manager, I'm leaving the Co-op. Before I introduce you to the next farm market manager, allow me to wax nostalgic.

### Long Ago and Not So Far Away

Back in 2013 when I was a newly-hired staffer at our Chestnut Hill store, I was amazed to learn that "my" Co-op had farms and an on-farm market. A community-owned grocery store that grew food? In Philly? Without pesticides? Too cool.

Two years later, I snagged a part-time position at the market, then under the direction of Stephanie Kane. She gets the credit for planting the seed for a Weavers Way-run all-local farm market at our Roxborough farm and doing the legwork to obtain our first farmers market permit. In 2017, within the same week of graduating from a master's program, I took over management of the market and have been nourishing its growth ever since. And boy, have we grown.

That first season, I was the sole mar-

(Continued on Page 6)



photos by Lauren Todd

Top, a colorful array of produce at Henry Got Crops Farm Market. Below, outgoing Farm Market Manager Lauren Todd in the refrigerated and packaged grocery section of the market she's expanded on during her tenure.





An offshoot of Weavers Way Co-op

608 Carpenter Lane  
215-843-8289  
foodmoxie.org

Executive Director  
KIM FLEISHER

kfleisher@foodmoxie.org

**FOOD MOXIE** We dig what we eat.

# Unlocking Opportunities to Grow and Access Fresh Food

by Kim Fleisher, Food Moxie Executive Director

AS THE NEW EXECUTIVE DIRECTOR, I HAVE BEEN IMMERSSED in learning about the history of Food Moxie and the role it plays in the food sovereignty movement in Northwest Philadelphia. And guess what? We just entered our 15th year!

Food Moxie (also known as Weavers Way Community Programs), is the nonprofit offshoot of the Co-op. It was created by the Co-op's Board to expand its positive impact on food systems in the community. We believe that access to healthy, affordable and culturally relevant food is a human right, not a privilege. From seed to supper, we help people to grow, prepare, cook and eat healthy food.

We work with partners around Northwest Philadelphia to navigate entrenched barriers to growing space and food access through our educational programs. We help young people and families learn about and engage in gardening, farming, culinary arts and seasonal eating. And we underscore the value of local small-scale agriculture and gardening in urban spaces.

In April, we hosted two days of free events for urban farmers. On April 12, we partnered with Sankofa Farm at Bartram's Garden in Southwest Philly for a day of working, eating and learning together with over 80 farmers, including youth from around the Philadelphia area. We all pitched in for a farm workday, enjoyed a tasty local meal, and ended the day by learning about seed keeping, medicinal herbs, growing fruits and nuts, greenhouse use and crop planning.

The next day we sponsored a Philly Farm Resource Fair and networking event at Awbury Arboretum, at which speakers from

all over the state offered resources to beginning and newly-established farmers. We covered a broad range of topics, including how to access free support for grant writing, securing land ownership, free and paid opportunities for apprenticeships, and funding for new farms. Participants took a tour and got an overview of the activities at Jasmine Thompson's Philly Forests and learned about the work of the Black Church Food Security Network. We built community while sharing a delicious dinner from Weavers Way.

As we work to make a dent in addressing food apartheid in Philadelphia, we are also working to heal our relationships with the Earth and within our communities. We provide young people with opportunities to nurture, tend to and heal their relationship with themselves and the land while experiencing agency over what is planted and grown.

We are sowing seeds for food, but also for new narratives around what it means to be in relationship with nature. In a time of excessive screen use, a global pandemic and spending an inordinate amount of time indoors, our programs bring a breath of fresh air to many. Getting dirty has never been more important!

We're seeking funding for sustaining our impactful programs. Will you help us plant more seeds through a contribution? Please consider a donation of \$15 to celebrate our 15th year, or if you can contribute a larger gift, \$15 monthly. Become part of a movement that is making a difference to our children, our families and our community. Every contribution large and small is important and appreciated.

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[www.weaversway.coop/shuttle-online](http://www.weaversway.coop/shuttle-online)





# An offshoot of Weavers Way Co-op

# FOOD MOXIE



photos courtesy of Food Moxie

Clockwise from top left: Students at Saul High starting seeds on a rainy day; volunteers from Food Moxie and Weavers Way serving food at the Philly Farm Resource Fair April 13; Jasmine Thompson of Philly Food Forests giving a tour of their operation in South Philly; students at Saul transplanting baby seedlings into their own farm rows at Henry Got Crops Farm in Roxborough.

## CONNECT TO WELLNESS

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What you choose to eat at any given meal can directly affect how you feel throughout your daily routine. Join a registered dietitian at this virtual information session to learn how your food choices can enhance your mood, attention, and focus, and how other foods can zap your energy. Plus, discover the best ways to stay mentally fit in your day-to-day life!

**WHEN:** Thursday, May 19  
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**WHERE:** VIRTUAL SEMINAR

Program is **FREE**  
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# ELECTRONICS RECYCLING

## WIRED WASTE DAY

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



## L.E.T.T.E.R.S

## Strive for Recipes with Zero-Waste Prep

RECENTLY, I WAS REREADING THE Marinated Beet Salad recipe from the December 2021 Shuttle (“Reds and Greens from the Winter Garden”). The marinade is appealing — it’s simple, tasty and nutritious. But I’d like prep and cooking processes that aim for zero waste while retaining full flavor.

I’d cook the beets whole or halved using a pressure cooker rather than roasting them. Peels are easily removed with the edge of a knife, or hands alone. The labor and cooking time are minimal compared to wrapping and roasting, thus sustaining both the cook and the budget and reducing fuel use.

Beets steamed in a pressure cooker retain flavor, color and nutritional value beautifully, and provide a little beet-flavored liquid after cooking for drinking or adding to another dish. Only the peel is discarded, and it is of course fully compostable.

This article suggested using paper towels and aluminum foil. I find cloth towels more effective than paper in most instances; they’re stronger and are often useable multiple times. As for aluminum foil in cooking, there are health concerns. Roasting vegetables is effectively done without any wrapping.

Lynn Mather

## 2022’s Avian Flu Outbreak and Its Effects on Wild Birds

(Continued from Page 1)

or mouth or are inhaled, through droplets or dust. The disease can also be spread if the person touches something with the virus. Because viruses can change and spread more quickly and easily among people, monitoring for human infection and person-to-person spread is important for public health. The groups that are most vulnerable include poultry workers, hunters and bird owners.

As of April 21, 899 cases of avian flu have been detected in wild birds in the United States. Several million cases have been confirmed in poultry and none in humans. Thirty-three states have confirmed cases of wild bird avian flu and 26 have seen outbreaks in poultry. Shore birds, raptors and songbirds are also vulnerable.

A bald eagle in Chester County was the first wild bird in Pennsylvania to be confirmed with the HPA1 virus on March 24. Several wild ducks were soon detected with the disease.

Recently, a poultry flock in Lancaster was reported to have been infected with the disease, and poultry flocks within a six-mile radius were quarantined. According to an April 22 article in Lancaster Online, 3.4 million egg-layer and broiler chickens were killed as part of efforts to control the virus.

According to the CDC, it is safe to eat poultry and eggs if they are handled properly and cooked to an internal temperature of 165 degrees. This temperature will kill bacteria and viruses.

Clinical signs that a bird may be infected with avian flu include neurologic dysfunction and difficulty flying. Due to the outbreak, some wildlife rehab facilities in Pennsylvania have temporarily decided not to admit birds.

If you find a dead bird, do not touch it with your bare hands. Instead, wear rubber gloves or use a plastic bag to secure and cover the body. Then check with your state or county health department about next steps, because the policies of state and local governments about the testing and disposal of dead animals often differ.

For wild bird concerns or questions, contact the Pennsylvania State Game Commission at 610-926-3136 or [www.pgc.pa.gov](http://www.pgc.pa.gov). For domestic bird concerns, contact the Pennsylvania Department of Agriculture at 717-772-2852 or [www.pa.agriculture.gov](http://www.pa.agriculture.gov). If you have had contact with a sick or dead bird and are not feeling well, contact your doctor and the state Department of Health at 877-724-3258.

## Market Set to Reopen Soon with Same Look, New Status

(Continued from Page 3)

ket employee, aside from a student cashiering assistant who worked after school. Now I lead a team of at least seven farm market staffers in addition to our student employee position. I’ve gone from working directly with a handful of local vendors to nearly 50 local grower co-ops, food producers and small businesses, a good many of which are woman owned.

Each year, our sales floor expands to accommodate more local products and customer foot traffic. Sales have risen consistently year to year; overall, they’ve jumped over 540% since 2016. Each season, we’ve ushered in numerous operational adjustments to meet the demands of the market, but have struggled to scale up.

While my days managing the market have not been easy, due in part to our constant growing pains, my passion for this mission-driven work hasn’t waned. I’ve invested a lot into the market and the returns have been rewarding. I attribute the success I, the market and farms have experienced to our unwavering commitment to cooperation.

I’m thankful for the many people with whom I’ve worked: fellow Co-op managers, leaders, and coworkers; farm market staffers; Saul students; farmers; shoppers; local vendors and business owners; CSA members, volunteers, etc. I wouldn’t have lasted this long in such a challenging role without the friendship and professional support of Nina Berryman, Weavers Way Farms manager, who for nearly 15 years has been the heartbeat of our farms. Her energy, optimism and work ethic are unmatched.

It’s gratifying to have helped raise the profile of the farms and market within the Co-op and greater Philly. We’ve promoted locally-sourced food, supported local entrepreneurs, increased food access by expanding market hours, and began a partnership with the Food Trust to offer SNAP-based nutrition incentives for buying fresh produce. We also organized farm-to-table dinners, educational workshops, and family-friendly harvest festivals; we’ve shared tips on “eating the seasons” and reducing food waste, and provided first-job training to three Saul High School students. I’m especially proud of how we pivoted our business model during the first year of the pandemic to deliver uninterrupted essential

services while keeping the health and safety of our community at the forefront.

## The Road Ahead

Henry Got Crops is now an important food access point with a reputation for great customer service, a fun vibe, and an impressive selection of fresh, nutritious, affordable, local food. I hope the market continues to positively impact the community while receiving support from the Co-op, its member base, Saul High and our loyal shoppers.

The farms embody Weavers Way’s Ends in action, and I believe they and the market are the best part of the Co-op. I can say this with conviction because I’ve really made my rounds within the organization! If we haven’t met at the farm market, perhaps you’ve seen me slinging salad greens in Chestnut Hill’s produce department, ringing up holiday gifts in the Mercantile, making natural toothpaste recommendations at Next Door, or working on special art and marketing projects in the administrative offices.

In the early weeks of the pandemic you would have seen me packing up home delivery orders in our Mt. Airy store. If you’re a night owl, maybe you even saw Next Door Manager Chris Mallam and I installing my handmade props in the wellness store’s front window for Chestnut Hill’s holiday and Philadelphia Flower Show displays.

I’m thrilled to announce that Ash Phillips will help the market find its identity going forward. Ash isn’t a total stranger to Weavers Way — they worked a stint in our Chestnut Hill store a few years ago, and have experience working at another co-op, Sevananda Natural Foods, in Atlanta.

In the short time Ash has been shadowing and training with me during these especially busy and unpredictable pre-season weeks, they have been eager to dive into the work. They are thoughtful, warm, and fully behind our mission, and I’m happy to know that the market will now be in their capable hands.

I hope you visit Henry Got Crops Farm and market this season (Remember, members, you own it!) and say hello to the 2022 team. The future of our urban farms and the resilience of our hyperlocal food system depend on your patronage.

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# The Accuracy of the “Donut Index” as an Economic Indicator

by Jon Roesser, Weavers Way General Manager

**S**PEND SOME TIME WATCHING CNBC — MIND YOU, I don’t recommend doing this — and you’ll quickly learn the innumerable “indexes” for measuring economic winds. The cost of a barrel of Arabian light, sweet crude tells you one thing, the output of Chinese steel another. Changes in Panama Canal traffic signal something else.

There’s big money to be had for those who can best predict our economic future, and these days everyone’s looking for new ways to read the tea leaves. And while a few people manage to get rich off doing this, anyone with a 401(k) has a stake in this crazy game.

Prognosticators, even the brightest ones, can transgress into the ridiculous; Alan Greenspan developed a “men’s underwear index.” But I think I’ve stumbled on the next big thing: the Donut Index.

My methodology is grounded in real world data. When the pandemic first hit in March 2020, in search of ways to show my colleagues my gratitude for their perseverance, I stopped at the Dunkin Donuts near my house and brought in three dozen donuts. Best money I ever spent. I did it again the next week, and the week after, and haven’t stopped.

Mondays are now “donut day,” the day of the week staff are happiest to see me. I rarely miss a donut day, and on the odd occasion that I do, my colleague Candy brings in the donuts (she goes to a different place, and rumor is that employees like Candy’s donuts better. This is unconfirmed).

In March 2020, three dozen donuts cost \$28.47, or 79 cents a donut. Sometime last April, the cost went up to \$29.97, or 83 cents a donut. And in January, the price went to \$32.97, or 92 cents a donut.

So three dozen donuts now cost \$4.50 more than they did two years ago, an increase of 16%. When I asked if they had any insight about the increase, the employees at Dunkin Donuts were nonplussed: “Everything costs more now” they said with a shrug. Indeed.

“ I have been driving myself fairly nuts... trying to get a handle on the true cost of running our operation in an era of rapid inflation. ”

Donut Day now costs \$1,714 a year, compared to \$1,480 two years ago, an extra \$234. With our gross profit percentage at about 35%, that means we need to generate \$669 more in sales to cover our donut costs than we did two years ago.

If this all sounds like chump change, it is. We generate \$669 in sales in about 13 minutes, and \$234 is a rounding error on a \$35 million annual budget. We

spend more money every year feeding Lizzy, the Co-op’s freeloading cat.

But the Donut Index is indicative of other, far more consequential costs. Their workers’ indifference aside, Dunkin Donuts is charging 13 cents more per donut than two years ago because everything that goes into that donut — flour, sugar, oil, along with labor, fuel, utilities, and the cardboard box it’s packaged in — costs about 16% more than it did two years ago.

The same is true at the Co-op; everything is costing us more. Heck, while in the middle of writing this column, the sales rep from our packaging supplier came into my office, running his hands through his hair and lamenting about skyrocketing increases in everything from plastic clamshells to toilet paper.

I have been driving myself fairly nuts looking at the rising cost of this or that, trying to get a handle on the true cost of running our operation in an era of rapid inflation. I’m fretting about whether our eroding produce margins stem from rising blueberry prices or vendor fuel surcharges. And I’m unsure if our increased retail prices are keeping up with rising cost of goods.

Instead of all that, I should do myself a favor, take a deep breath, look at the Donut Index, and conclude that our costs are about 16% higher than they were before the pandemic. That might not be exactly right, but I guarantee you it’s pretty close.

But my nagging suspicion is that the Donut Index is a laggard, and that true costs are going up before the price of donuts increase. There hasn’t been a change in the Donut Index since early January, and in case you haven’t been watching the news, a lot has happened since then. Can another rise in the Donut Index be far behind? I’ll bet you a French cruller.

See you around the Co-op.



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## Shore Seafood Closer to Home

(Continued from Page 1)

Student staffers have the skinny on who handled it, including the captain and vessel and what gear they used. They also know who transported, filleted and packed the seafood.

A different type of fish will be featured each week; common species will include clams, oysters, fluke, black sea bass, porgy, tilefish, monkfish, tuna, dogfish, bluefish, skate and scallops. For finfish, shoppers can choose between whole fish and fillets. Fishadelphia also runs a seafood club, and club members will be able to pick up their regular fish subscription in Mt. Airy every other week.

Fishadelphia runs after-school programming at Simon Gratz Mastery Charter High in North Philly and Mastery Charter Thomas Campus in South Philly, and students in the program help coordinate day-to-day operations. They currently sponsor over 20 locations around the region at which members can pick up their purchases. Most of the locations are hosted by members who pick up a cooler from the group and put it on their porch where fellow members can come get their fish.

During the school year, the group runs their distribution operations out of Gratz High, but in summer, they rely on spots where students can set up a table for walk-up sales and cooler hosts can come pick up their coolers.



For more info on Fishadelphia, memberships and their community seafood program, visit: [fishadelphia.com](http://fishadelphia.com).



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Village Medicine

# Preventatives and Remedies from a Germantown Health Store Sage

by Lindsay Stolkey, for the Shuttle

**T**HIS MONTH, I DON'T HAVE A SPECIFIC recipe to share. Instead, I have a compilation of preventative and healing remedies used by my friend Muriel Simmons. Muriel and her husband have owned and operated Wayne Avenue Health Store in Germantown on the 5000 block of Wayne Avenue for about 25 years, so I knew she had a lot of knowledge.

I always like to hear about what people use for different health-related purposes. There's such diversity in knowledge, and as I heard at a Weston A. Price Foundation meeting I attended in March in Honey Brook, every body is different. What works for you might not work for me. This differs from the response I get when I call my doctor about an ear problem, and without even seeing it (because we are meeting by phone), they offer me a prescription for steroids and antibiotics. When I say I am not interested in those, they have nothing else to offer me.

Muriel was born with allergies, so doctors told her mother she could only have fresh and natural foods. So every meal was home cooked, and her mother passed skills and knowledge along to Muriel and her eight siblings by having them regularly help in the kitchen.

We agreed that most "medicine" comes from the foods we eat, but she takes other supplements and remedies when ailments come up, or for preventative and maintenance purposes.

Here are some of her suggestions.

**For cleaning out your system:**

- Red clover
- Chlorophyll in liquid form
- Charcoal capsules

**For skin issues and bites:**

- Tea tree oil
- Charcoal powder from the capsules

**For toothaches:**

- Rub clove oil on teeth and gums

**For skin, hair and nails:**

- Marine collagen peptides powder
- For allergies:
- Goldenseal capsules (an herb in the buttercup family)
- Astragalus tea (an herbal plant from the leguminosae family)

**For asthma:**

- Mullein tea (a powerful herb that helps expel mucus and has anti-inflammatory properties)

**A little bit of everything:**

- Black cumin seed (*Nigella sativa*)

If you don't like taking capsules, Muriel suggests you open the capsule and pour the powder into water or juice.

Muriel is also a breastfeeding counselor and stresses its health benefits. In her culture and community of friends, breastfeeding was the norm. Women sometimes shared their



breast milk with each other's children, and they also shared their knowledge of food, herbs and other remedies with one another. In addition to taking a course on herbal medicine, much of what she knows comes from her community and family. She worries about future generations if folks don't continue to pass along their ways of cooking and nourishing.

How do you share your knowledge with friends and family? Email us!

We're looking for submissions for future issues of the Shuttle. If you have a home remedy you like, please share. It can be a soup, a bath mix, a tincture, a ferment, a tea etc. Submissions can be emailed to [editor@weaversway.coop](mailto:editor@weaversway.coop) or 559 Carpenter Lane, Philadelphia, PA 19119 (and make note on the envelope it's for the Shuttle). Please include your remedy/recipe, any significance it has for you, or a history of where the remedy comes from.



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



# Railroad Builders, Soldiers and Shapers of Our Nation



**A**SIAN/PACIFIC ISLAND (API) AMERICANS ARE IDENTIFIED BY THE U.S. GOVERNMENT as individuals with ethnic ties to 48 Asian and 14-15 Pacific Island countries. Filipino men were the first APIs to settle within the continental United States, in Saint Malo, LA circa 1765.

California and New York are the two most populous states where Asian Americans reside, while the majority of Pacific Islanders live in Hawaii and California.

For more information on the history of Asian and Pacific Islanders, go [www.history.com/tag/aapi](http://www.history.com/tag/aapi).

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# Tackling the Plastic Beast at the Co-op and Beyond

by Alisa Shargorodsky, Chair, Weavers Way Plastic Reduction Task Force

**T**HIS TIME LAST YEAR, WE WERE ABOUT TO EMBARK ON Weavers Way’s Container Refund Program. As part of the CRP, the Co-op purchased a lot of glass and plastic reusables to package some Prepared Foods department specialties, as well as produce and bulk items sold at the stores. To date, we have circulated about 3,300 containers.

The glaring reality of plastic is gnawing at our cultural integrity as a co-op, and at our bottom line, because each year, the Co-op spends hundreds of thousands of dollars on packaging. That reality must also extend beyond our borders, because I have noticed an intense uptick in scientific discoveries regarding plastic in the last six months.

In early March, the United Nations approved a landmark agreement to create the world’s first-ever global plastic pollution treaty. A CNN news report quotes Espen Barth Eide, outgoing president of the U.N. Environment Assembly, as saying, “Plastic pollution has grown into an epidemic. This treaty will restrict plastic production, use, and design. It will limit oil and gas chemical companies that make raw plastic, as well as consumer goods giants that sell thousands of products in single-use packaging.”

In September, my company, ECHO Systems, was invited to join the National Reuse Network, which is made up of several hundred non-governmental organizations, businesses and non-profits, all of whom are committed to tackling the plastic beast. As we make new friends on Instagram, Twitter, and LinkedIn, I realize there’s an army of people making “good trouble” about this issue.

## A Legacy of Harm

A September 2020 Planet Money report states that fossil fuel industry leaders created recycling so people would feel better about making garbage, but they always knew from the gate it wouldn’t work. I guess that’s why only nine percent of all plastics have ever been recycled, according to a July 2019 article in National Geographic.

In a study published in February in the Journal of the National Cancer Institute, scientists at the University of Vermont

Cancer Center compiled data on nearly 1.3 million live births in Denmark between 1997 and 2017. They correlated the data with women who ingested prescription medication during pregnancy that contained phthalates, esters of phthalic acid that are added to plastics to increase their flexibility, transparency, durability and longevity. Researchers found that the children of 2,027 of the women were diagnosed with cancer before the age of 19.

Salon published an article last month featuring several studies around the globe that shared haunting data on dysfunctions of the sex organs, infertility, erectile dysfunction, genital abnormalities and cancer caused by plastics.

Need more evidence? Check out the Guardian article published on April 6, which reported that researchers from Hull York Medical School in England found microplastics deep in the lungs of living people for the first time.

I have to wonder if there are nefarious forces at play here. Shouldn’t governing agencies like the Food and Drug Administration and the Environmental Protection Agency guard us against such devastating exposures? After all, the science is there.

Closer to home, I want to know how our board candidates feel about this topic. Is it important to them? What does this mean for our Co-op? How will we adapt these discoveries to how we do business?

I joined Weavers Way not because I want grassfed milk, but because I believe in the power of this community to model a precedent toward protecting human health. But doing so requires consensus.

Fortunately, we’ve seen a great deal of that during PRTF and Philadelphia Neighborhood Network’s “Philly Talks Trash” speaker series, which launched in the beginning of this year and will run until mid-summer. We’ve had an astounding turnout, including logging over 200 participants during our April event.

If you want to get in on the conversation, registration is open on the Co-op’s events page. You can also find us on Facebook; scan the QR code above to join.




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**PLYMOUTH MEETING FRIENDS SCHOOL**



# The Brief, Tragic Story of Philly's Anti-Slavery Center

by Constance Garcia-Barrio, for the Shuttle

ON THE MORNING OF MONDAY, MAY 14, 1838, a small group of Black women from South Philadelphia, home at that time to many of the city's African Americans, made their way north, past Market Street's smelly fish stalls and dye shops, to Pennsylvania Hall. The Anti-Slavery Convention of American Women would soon begin meeting in the stately new building on Sixth Street between Mulberry and Sassafras, about where WHYY stands now.

The women were excited about the convention, only the second of its kind in U.S. history; the first had taken place in New York a year earlier. But they were also wary.

Conflicts over race, gender and antislavery activism had seethed in Philadelphia for years. In December 1833, men formed the American Anti-Slavery Society, which barred women. Undeterred, days later a handful of Black and white women did the unthinkable — they launched the Philadelphia Female Anti-Slavery Society, as an interracial group, which was considered scandalous in the 1830s. As one observer put it, their move “turned the world upside down.”

Many of these courageous women had the backing of supportive, well-heeled husbands. Quaker matron Lucretia Mott, wife of wool merchant James Mott, assumed a leading role in PFASS as did Charlotte Forten, wife of rich Black sailmaker James Forten.

All the women took a risk with their radical stance, but the Black women more so. Competition for jobs fueled anti-Black feelings, and in August 1834, a white mob had destroyed many Blacks' homes in South Philly, then called Moyamensing.

## Pooling Funds for a Meeting Space

Due to the pro-slavery politics of many Philadelphians, PFASS often scrambled to find places to hold events. That obstacle led abolitionists, including women, to build an edifice where they could discuss ending slavery. Two thousand shares at \$20 each paid for the \$40,000 cost of Pennsylvania Hall. It was “...one of the most...splendid buildings in the city,” according to “The History of Pennsylvania Hall,” published in 1838, and was finished only days before the convention. Desks and other items “were made of Pennsylvania walnut of the richest quality,” Laura Lovell wrote. “The chairs were lined with blue silk plush.”

On Monday morning, May 14, the interracial gathering of 203 delegates from northern towns and cities turned up the heat on the already hot issue of women seizing a role in abolition. The city's mayor, John Swift,

tried to cool things down by asking that only white women attend the convention, according to Laura H. Lovell, in “Report of a Delegate to the Anti-Slavery Convention of American Women, Held in Philadelphia, May 1838.”

The convention leaders refused. Black women from Philadelphia and other places may have sensed the city's simmering resentment, although a letter of support from former President John Quincy Adams may also have temporarily reassured them.

The next day, rumors flew around the city that the convention was promoting “amalgamation,” as race mixing was called. This fake news infuriated some Philadelphians, especially white men.

Meanwhile, convention speakers stressed the political clout of the abolitionists. “The abolitionists are already in some states sufficiently numerous to control the elections,” Laura Lovell reported one speaker as saying.

## Tempers Boil Over

As the convention continued, threats against it grew. On Wednesday, May 16, ruffians gathered to shout at attendees and smash windows. In addition, “a number of colored persons, as they came out, were brutally assaulted ...”, Lovell wrote.

The next day, a crowd of white men and boys surrounded Pennsylvania Hall. Alarmed, the building's managers asked Lucretia Mott to deliver “a message ... desiring the Convention to recommend to their colored sisters not to attend the meeting to be held in the Hall this evening because the mob seemed to direct their [sic] malice particularly toward the colored people.”

The evening session was called off. That night, the mob swelled to thousands. “The police were ...ineffectual,” Lovell wrote.

According to some historians, dockworkers smashed the hall's doors with axes, piled up wooden benches, opened the gas jets and lit fires. Flames roared through the building, and the mob blocked fire trucks that got to the scene.

“By 9 o'clock, the whole building was in one sheet of flames!!!” wrote Israel H. Johnson of the abolitionist Johnson family of Germantown in a letter to his brother, Elwood, dated May 25, 1838. “The light was so great that it ...[could be seen] at Germantown. Fire companies with engines came to the city, as did one from Chestnut Hill.”

According to “History of Pennsylvania Hall,” “A fiend-like cry...went up as the roof fell in and Pennsylvania Hall burned to a shell.” Hungry for more destruction, the mob attacked the Shelter for Colored Orphans at 13th and Callowhill streets, but that building was saved.

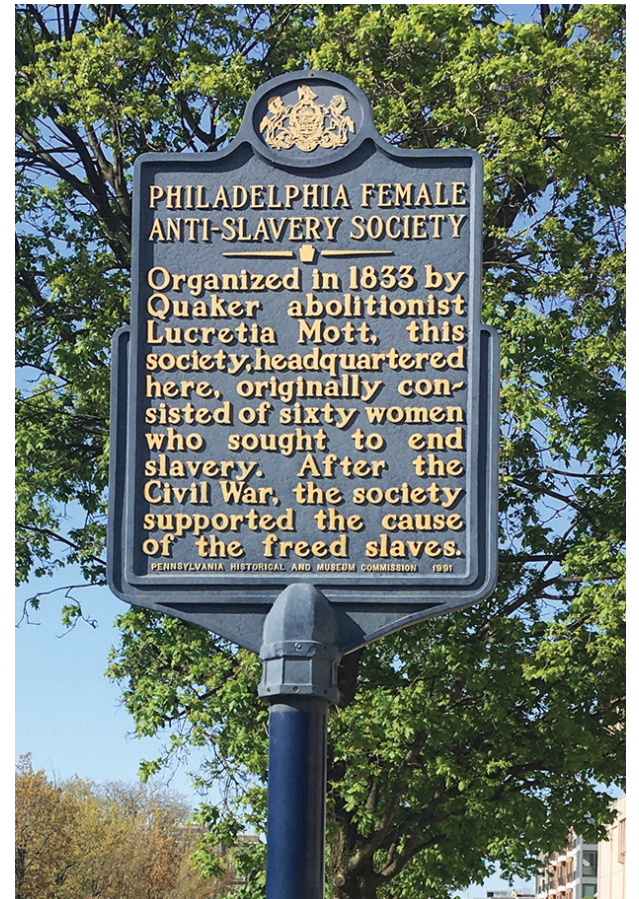


photo by Karen Plourde

A historical marker dedicated to the Pennsylvania Female Anti-Slavery Society on Fifth Street above Market. A marker for Pennsylvania Hall stands in front of WHYY's Philadelphia studios at 150 N. 6th St.

The next day, some stalwart delegates met in a schoolhouse belonging to a PFASS member. The following year, antislavery women convened in the city once again.

Although the mob succeeded in burning Pennsylvania Hall to the ground, they didn't destroy PFASS. The women disbanded only in 1870, after Congress passed the 14th and 15th amendments, which recognized African Americans as citizens and gave Black men the right to vote.

An historical marker on 6th Street just below Race, in front of WHYY, marks where the hall so briefly stood. Another marker on 5th Street above Market by the U.S. Mint building is dedicated to PFASS.

*Working member Constance Garcia-Barrio has just finished writing a novel based on Black history in Philadelphia.*

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# Lessons Learned from the Ambler Fridge's First Year

by Nima Koliwad, Weavers Way Community Programs Coordinator



Torrey, who helps clean and cull Ambler's community fridge during the week, with his mom, Michelle.



Nancy Ignatin, who takes stock of the fridge and pantry and lets staff know what items need to be restocked.



Michael Brown, a cleaner at Weavers Way Ambler.

**W**EAVERS WAY'S AMBLER COMMUNITY FRIDGE marks its first anniversary this month. We can't believe the year has gone by so quickly!

Ours is the only community fridge in Montgomery County; it's a collaborative effort between Germantown Academy and the Co-op. GA senior Catherine wanted to create a community resource to help people in the suburbs who were experiencing food insecurity. The Co-op was eager to help, because the program aligns with our community outreach values.

When the fridge was installed last May, the Co-op worked hard to get the word out to community members who needed access to fresh food and to volunteers to help us stock and maintain it. Because it's located next to our Ambler store, we can fill it regularly with fresh (and often organic) fruits and veggies, local dairy products, bread and eggs. We follow this template so when someone visits the fridge, they know they can find high-quality, basic food items. We also stock a pantry cupboard next to the fridge with canned goods, grains, pasta and coffee.

Our fridge and pantry rely on donations to keep them stocked. We accept monetary donations via Venmo (@wwcommunityfridge) or at the checkout stations at our Ambler store. We also have special shelf tags next to certain products in the Ambler store to encourage shoppers to buy those items for the fridge and pantry.

In the beginning, we stocked the fridge a few times a week. Now that the community knows it's here, we need to stock it every day, and sometimes a couple times a day.

## Many Thanks to Our Volunteers

We wouldn't be able to offer the community this resource without our wonderful volunteers. Torrey and his mom, Michelle, clean and check the fridge every evening during the week. Their tasks include weeding out and tossing items that are expired or not edible.

"It's a perfect opportunity for Torrey to volunteer and give back to the community," Michelle said. "We like that we are able to do something that helps people right here. Community service is such an important experience for kids, and I love that this has given Torrey the chance to be a part of something from its beginning."

Torrey likes cleaning the fridge, checking the dates and organizing the food on the shelves so it's easy to see everything.

"There have been several times that people have stopped by while we are cleaning the fridge," he said. "One time a woman came over and asked what we were doing. She didn't know anything about the fridge, so we told her how it works. This was during the summer months last year. She asked what was most needed so she could pick up some items while she did her shopping at Weavers Way."

"Another time, a family stopped by with unopened items that were left over from a party they had," he continued. "We have also seen people on Facebook encouraging people to make donations if able or to use it as a resource when needed. It definitely is a community fridge."

Nancy Ignatin has also helped with fridge maintenance over the last year. She checks on the pantry and



Shelf tag reminder.

fridge on weekdays and sends reports about what is lacking and needs restocking. She found out about the fridge through a flyer on the bulletin board at the Ambler store.

"For years, much of the volunteer work I have done has revolved around food," she said. "Working for Weavers Way is a way of combining giving back and being a foodie."

Ignatin has seen only a few people use the fridge but has seen several folks drop off food.

"The fridge seems to be used a lot, as it almost always needs to be restocked," she said. "I remain a steadfast cheerleader for the Fridge and have recommended it to several people. [It's] a great service to the community."

Staff at the Ambler store help with fridge restocking by ordering fresh, seasonal food for it in bulk. They also donate food when there is a surplus in their department. Families of GA students stop by and stock it on weekends.

As the fridge closes out its first year, we continue to learn how best to serve our community. We take note of what combination of products works best for our community, how often to restock it, and how to maintain a refrigerator that's constantly exposed to the elements. Thanks to our volunteers for their dedication to the Co-op and this community effort!

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# WRV Celebrates 25 Years of Community-Based Ecological Restoration

by Steve Jones, Wissahickon Restoration Volunteers

**W**ISSAHICKON RESTORATION Volunteers is celebrating its 25th anniversary with an outdoor party and community celebration at Historic Rittenhousetown on Saturday, May 14, from 3-7 p.m. Weavers Way is an event sponsor and Shuttle readers are invited to attend.

Since its inception, WRV's mission has been to restore healthy ecological relationships in Wissahickon Valley Park by reintroducing native plants and trees as well as fostering a healthy relationship between people and nature.

In 1997, a handful of Wissahickon supporters met in the kitchen of WRV founder Dr. Joe Dlugach and sketched out an ambitious plan to refill all the identified "gaps" in the canopy cover of the Wissahickon forest. According to WRV legend, early planning estimated it would take about 300 years to fill in those gaps. All the more reason to get going!

In those years, restoration ecology was a fairly new interdisciplinary activity, and the restoration community developed its techniques through trial and error. Some of the conventional wisdom argued against tree planting as a tactic, due to the heavy pressure on young trees from the Wissahickon's unsustainable deer population. Aware of the challenges and armed with a healthy dose of optimism, WRV started planting trees.

Our first projects consisted of planting bare-root trees six to eight feet tall that stretched just above the reach of browsing deer. Some of those projects in the early years took place near Pachella Field and Daisy Field in Roxborough; along Wise's Mill Road; near Glen Fern in Mt. Airy; along Kitchens Lane, and near Monastery Stables. Many of the 25-year-old trees at those sites are now providing shade in former gaps, while some are long gone.

## The Ecological Learning Curve

Over the next quarter century, with the help of professional ecologists, WRV's understanding of the ecological challenges in the Wissahickon has matured. We are getting away from the "bad plant" approach to introduced exotic plants, or invasive species, which are really a symptom of disturbance, and not the intentionally malicious invaders we sometimes imagine. Our efforts to suppress these plants are integrated with our planting program: We use hand tools, never herbicides, for removal.

Along with performing invasive plant mitigation and native tree planting, volunteers at our sessions learn about the ecology of the Wissahickon and the human impact that affects our local ecology. They also learn about some of the ben-

efits of restoration, including carbon sequestration (which helps mitigate climate change and increases wildlife habitation), water quality improvement and opportunities for recreation.

Each volunteer session is planned in advance, and our strategies are geared toward restoring the full structure of the native forest, including the canopy, understory and shrub layers. Canopy trees may include oaks and hickories, as well as faster-growing species that are important in the recovery process, like birch and tulip poplar. Understory plants include viburnum and witch hazel.

In the past quarter century, one thing that has not changed in our ecological work is the involvement of communities. Although there are hundreds of WRV members and supporters throughout the region, most of the hands-on work at our project sites is done by organized groups or individuals, many of whom do not think of themselves as active environmentalists, and who may be venturing out into a natural area for the first time. WRV provides the leadership and planning (under the guidance of Philadelphia's Parks and Recreation Department), and schools, scout groups, religious groups, businesses and others provide the sweat. Volunteer sessions take place each week throughout the spring, summer and fall, and are open to the general public (You can sign up at [restorewissahickon.org/events](http://restorewissahickon.org/events)).

Chris Richter, WRV board president, believes that volunteers are an important part of the group's identity.

"It's right there in our name," he said. "We have no paid full-time staff, and as a nonprofit, we rely on community members and people who care to help perform the actual work in the forest, as well as for financial support."

WRV's main public fundraiser since 2006 has been the Wissahickon Trail Classic, a 10K cross-country run and 5K hike through the foot trails of the Wissahickon. Since the pandemic shut down the trail classic for the last three years, WRV decided to try a new kind of fundraiser in conjunction with our 25th birthday: A community festival at our headquarters in Historic Rittenhousetown. The event will feature food catered by Weavers Way, live music, beers from local breweries, raffles, environmental education, a native plant sale and a relaxed environment for our friends and supporters to celebrate. We look forward to seeing you there!

Tickets can be purchased at [restorewissahickon.org/25](http://restorewissahickon.org/25). Enter the promo code SHUTTLE when you register to get 10% off.



Steve Jones, WRV's Treasurer, past-president and longest-standing member at over 20 years, poses in front of busy volunteers at a restoration site near Historic Rittenhousetown



WRV President Chris Richter and a volunteer crew ready to plant trees near Monastery Stables in Mt. Airy



A recent volunteer group in front of WRV headquarters at Historic Rittenhousetown

photos courtesy of Wissahickon Restoration Volunteers.

# Why shop the Co-op?

## LET'S COUNT THE WAYS.

1 CATERING.



# Ideas for Wissahickon Adventures from Our Experts

by the Wissahickon Trails Staff

**L**OOKING FOR NEW ADVENTURES CLOSE TO HOME? WISSAHICKON TRAILS HAS you covered. This month, staff members share some of their favorite ways to spend a few hours in the Wissahickon watershed. Check out some of our recommended itineraries below. Full details with maps and helpful links can be found at [wissahickon-trails.org/explore-the-watershed/itineraries](http://wissahickon-trails.org/explore-the-watershed/itineraries).

## 8- Mile Crossways Connection Hike

*Recommended by Margaret Rohde, Conservation Manager*

This is one of my favorite hikes to do with friends on a Saturday and perfect for anyone who wants to begin the weekend by spending a few hours outside. Starting and ending in Ambler on a Saturday during farmer’s market season means you’ll have the chance to hit up the market after your hike (at about eight miles, you’ll certainly need some coffee and baked goods). It’s a moderate hike beside the Wissahickon Creek that will take you through the riparian forests, meadows, early-successional woodlands and wetlands of the Green Ribbon Trail and Crossways Preserve. The Green Ribbon Trail can be accessed by regional rail, bus, car or on foot from Ambler Borough.

## Exploring Dodsworth Run Preserve

*Recommended by Kristy Morley, Senior Naturalist*

Dodsworth Run is a small but mighty preserve, and my favorite place to be in the fall. It’s a magnet for migrating monarch butterflies and is also good for seeing migrating hawks and other birds. Complete the paved .43-mile trail in a figure eight to maximize your exploration. While there, be sure to visit the chimney swift tower, step into the Hawk’s Nest wildlife observation deck, and look out for monarch butterflies feeding on the blooming goldenrod. The parking lot is located at 512 Dickerson Drive in North Wales. Afterward, we recommend grabbing a drink at nearby McCallister Brewing or Ten7 Brewing, both of which are participating in the Wissahickon Ales for Trails.

## Families: Choose your own adventure!

*Recommended by Jenn Bilger, Engagement Director*

I am a parent to a nature-loving and energy-filled seven-year-old who is always looking for a day full of quality time, variety and fun memories. I know that your plans will inevitably change by the minute based on your mood, your child’s mood, the needs of your stomach (or when nature calls), as well as several other unexpected factors.

Starting your trip at the Green Ribbon Trailhead at Parkside Place in North Wales allows you to get some fresh air and exercise, watch for birds, look for fish or frogs by the creek, play on the playground and grab a bite to eat. The park is located at 1 Parkside Place in North Wales, and the start of the Green Ribbon Trail is at the back of the parking lot. If you’d like to grab food nearby, we recommend visiting Tex Mex Connection, a three-star certified green restaurant. They have supported Wissahickon Trails for over 30 years and have raised over \$1 million for open space.

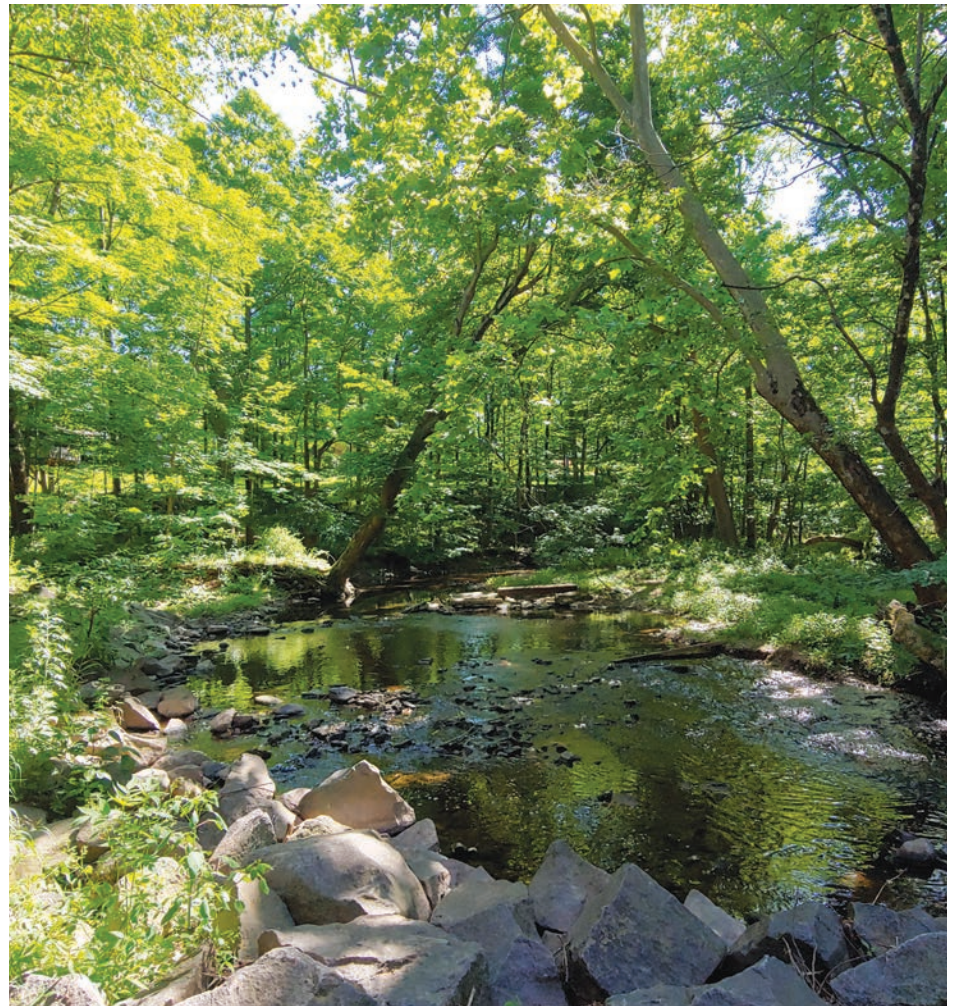


photo by Margaret Rohde

Kings Woods on the Green Ribbon Trail in Ambler.

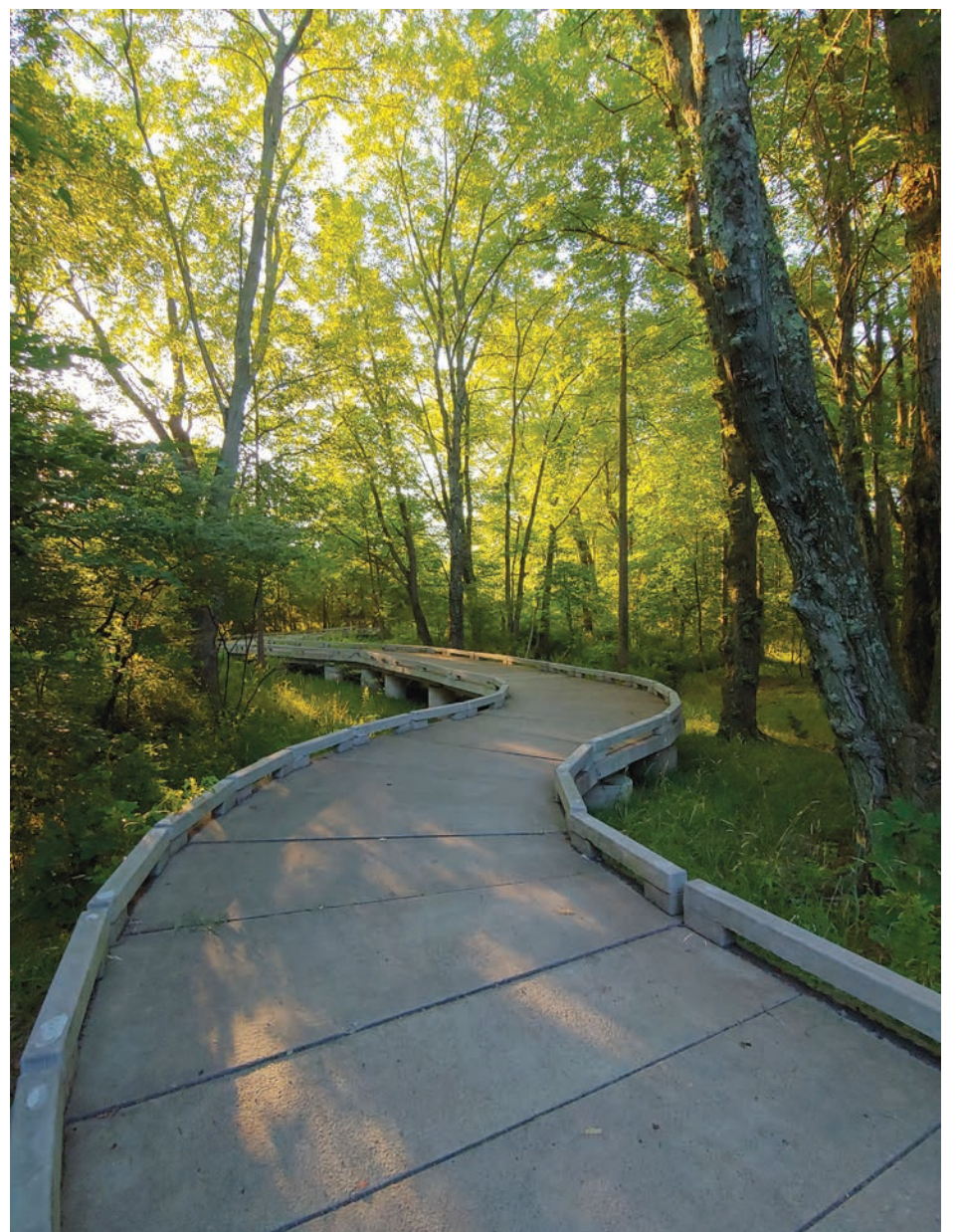


photo courtesy of Wissahickon Trails.



photo by Margaret Rohde

The Hawk’s Nest wildlife observation deck at Dodsworth Run Preserve in North Wales.

The Hawk’s Nest wildlife observation deck at Dodsworth Run Preserve in North Wales.

<b>2</b> MEMBER BENEFITS.	<b>3</b> BULK FOODS.	<b>4</b> CO-OP BASICS.	<b>5</b> SUSTAINABLE MEAT & SEAFOOD.	<b>6</b> PRODUCE.
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# Coming Soon to the Wissahickon: Leave No Trace Signage and Outreach

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

WARMER WEATHER AND LONGER DAYS ARE SURE signs of the coming summer and the busiest season in Wissahickon Valley Park. So is the presence of Friends of the Wissahickon's Seasonal Field Crew members, who serve as our representatives on the ground at some of the most popular locations in the park. You can find them especially around Valley Green Inn, Devil's Pool and Magargee Dam. Besides keeping the park clean and beautiful by removing litter, graffiti and trail debris, their job is to inform park users about FOW's mission and stewardship work, and responsible park enjoyment by practicing the principles of Leave No Trace.

You may recall that last July, FOW hosted a Hot Spot Weekend of education events and activities with LNT, after the national organization selected the park as a "hot spot" because of the impacts of high visitorship. This designation recognizes that the park is suffering from severe human-related impacts (excessive trash, pet waste, habitat degradation, visitor conflicts and more) intensified by its ever-growing popularity. Currently, more than two million friends visit the Wissahickon annually, with the greatest concentration happening during the summer months. But the LNT designation also comes with the belief that change is possible.

The Hot Spot Weekend provided an opportunity to learn as a community about what can reduce these impacts. We also learned how to speak to these issues so that everyone who visits the Wissahickon feels welcome and inspired to become more invested in conserving this special urban green space.

The weekend marked the beginning of a movement, and a commitment to developing and retaining LNT culture. Making sure the park continues to be a clean, beautiful place for everyone to enjoy and conserving a sustainable habitat for nature and wildlife is up to each of us. Even the smallest choice or action in nature can have



a positive or negative impact on everything around you.

FOW wants to help park users understand and remember this every time they visit. As the LNT educators explained, less than ideal outdoor behavior generally stems more from bad habits, lack of awareness, or misinformation rather than malicious intent. Building on the common ground of a shared love for the Wissahickon, we're seeking to inspire change through connection and education.

Beginning this summer, you'll see signs of LNT throughout the park – literally. FOW is launching a campaign of engaging signage and outreach about how you can make less of an imprint and more of a positive impact in the Wissahickon. These signs will focus more on the "why" and "how to" than what not to do. We'll still remind you to dispose or carry out litter, but we'll explain that it harms wildlife and waterways. And we'll clarify why going off trail is a problem even though it may be a shortcut (because it hurts the forest understory and the creatures who live there).

The momentum around the LNT Hot Spot designation in the park continues to grow with the selection of FOW and the Wissahickon as a host site for sessions of the Greater & Greener International Urban Parks Con-



photo courtesy of Friends of the Wissahickon

Wissahickon Valley Park was the site of a Leave No Trace Hot Spot Weekend last July, cohosted by Friends of the Wissahickon and the Leave No Trace Center for Outdoor Ethics. The national organization's education efforts continue to inspire ongoing investment in the park's stewardship.

ference on June 21. For more than a decade, Greater & Greener has been the leading international conference for urban park leaders, city planning and design professionals, public officials, advocates and funders to explore the role of parks and recreation in addressing some of the biggest challenges facing 21st-century cities. The FOW staff is honored to be leading a workshop in the primary LNT Hot Spot location of the greater Valley Green/Devil's Pool area. We'll be sharing our overall strategy for balancing the environmental needs of this popular natural area with the importance of human experience. It's another sign of good things to come.

There are many ways to "leave no trace" in the Wissahickon, but one of the best places to start is by joining FOW at one of our regular volunteer service days. To see what we have coming up, check out our service day page at [fow.org/volunteering/workinthepark/](http://fow.org/volunteering/workinthepark/).



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# 17 Steps You Can Take to Improve Your Gas Mileage

by Sandra Folzer, Weavers Way Environment Committee

**A**BOUT 12 YEARS AGO, I WROTE AN ARTICLE ON HOW TO IMPROVE YOUR GAS mileage. I figured this was a good time to update it in order to save you money and help the environment.

When I heard that President Biden was increasing the amount of ethanol in gasoline in some states, I was disappointed. He is actually causing more gas to be purchased, since the amount of energy (BTU) in a gallon of ethanol is 76,000 versus 116,000 for a gallon of gasoline. Ethanol has only two-thirds the energy of gasoline, and most gas stations sell a mixture of ethanol and gasoline.

Another problem with using ethanol is that in the United States, ethanol is made mostly from corn, which is then diverted from the food supply. This in turn causes the price of food to rise, since many food products contain corn.

Below is a list of actions you can take to increase your gas mileage:

- 1. Aggressive driving uses much more gas.** If you can drive at 55 mph or slower, your fuel economy drops by 17%.
- 2. Accelerate gradually.** You waste gas when you try to hurry — your efficiency can decrease by as much as 33%. Practice slow, steady starts by imagining an egg underneath your accelerator pedal. Sometimes a car will zoom ahead of me as I accelerate slowly when leaving a stoplight. But I often catch up at the next light.
- 3. Brake gradually and glide to the finish line — the traffic light.** When I see a red light ahead, I immediately take my foot off the brake and coast. I probably annoy the driver behind me, but neither of us can go anywhere anyway, so why hurry? This kind of driving may try the patience of other drivers. I can only hope they'll catch on and try it themselves.
- 4. Some say lower oil viscosity improves gas efficiency.** Motor oils should be selected according to weather conditions in line with the manufacturer's recommendation. Also, instead of filling your oil to the high-level mark, add enough oil to bring the level halfway, between the high and low marks. Supposedly, this puts less strain on the car's frictional components.
- 5. Check your gas cap.** It may deteriorate over time, causing leakage of fuel. Make sure it seals properly.
- 6. Check your trunk for heavy objects.** Added weight causes your vehicle to use more energy. Extra weight, including your cargo or bicycle rack, creates drag. I noticed carrying a bicycle lowered my mileage, so when possible, I carry the bicycle inside the car. Whenever possible, put objects inside the car instead of outside on racks.
- 7. Check your tire pressure.** Underinflated tires cause lower mileage. There is more resistance when tires are not at the correct pressure.
- 8. Allow your car to idle no more than seven seconds.** That's how much fuel it takes to restart it. If you have a hybrid that shuts off when you've stopped, that may not be necessary. Some people are under the mistaken impression that they have to warm up their engine before driving in the winter. Not so. Just be gentle when you put the car in gear and start moving. The colder the weather, the gentler you need to be.
- 9. When you take the scenic route over hill and dale, you may be paying a price.** When possible, avoid hills and unpaved roads, so your car doesn't have to work as hard.
- 10. Use your four-wheel drive only when necessary.**
- 11. Follow your car's maintenance schedule.** A poorly tuned engine uses more fuel. Be sure your auto mechanic checks your wheel alignment and air filter, since both can affect fuel economy. Replacing your air filter could improve your gas mileage by 10%.
- 12. Forget about buying more expensive, higher-octane gasoline.** The octane rating has nothing to do with the energy content of the fuel. Octane is a measure of the fuel's ability to burn in a controlled manner.
- 13. Use your cruise control if you have one.** The constant speed lowers your energy use. For safety reasons, you are advised not to use cruise control in the rain; you might hydroplane.
- 14. Forget you have an air conditioner when possible** — or when it's not August in Philadelphia. Operating an air conditioner on high can reduce fuel efficiency by five to 30%.
- 15. Check your spark plugs.** If they're not working properly, your car may be using more gas.
- 16. Buy your gas in the morning, especially in warm weather.** If you get it later in the day, some gasoline may evaporate.
- 17. Purchase an electric car or a plug-in hybrid.** For now, you still get a \$7,500 tax credit on most models when you purchase a new electric car. In 2018, I purchased a plug-in Toyota Prius, which uses both gas and electricity. I only buy gas when taking a trip.

Some claim they get high mileage by paying close attention to their car, ensuring it is maintained properly. They also pay close attention to the traffic ahead so they can glide to a stop or avoid stopping by moving slowly. In fact, they generally drive more slowly, and are safer drivers as a result. So slow down, stay safe and save on gas!



eco tip 

## Consider Going Secondhand When Buying Post-COVID Duds

by Marsha Low, Weavers Way Environment Committee

*Editor's Note: This is a revised and updated version of an Eco Tip that originally ran in the April 2019 Shuttle*

Now that spring is here, we're happily putting away our bulky winter clothing and bringing out our summer clothes. For those who spent the last two years mostly at home hiding from the pandemic, you may be looking forward to getting out and about in something other than your sweats. Hopefully, the change of seasons won't inspire you to buy a whole new wardrobe. That's because the textile industry has a major negative impact on the environment.

Clothing is the second largest pollution source in the world, and the pollution happens throughout the entire production cycle. Conventional farming for fibers like cotton relies on heavy pesticide use, and manufacturing synthetic fabric relies on petroleum.

At the end of its life cycle, when clothing is worn out or unwanted, most of it heads to landfills, where it releases greenhouse gases and leaches toxins and dyes into the surrounding soil and water. As a result, the fashion industry has a huge carbon footprint, accounting for eight to 10% of global carbon emissions. In addition, the industry is the second largest consumer of water globally. It also contributes to water pollution due to the use of toxic dyes and the washing of synthetic clothing, which causes tiny, non-biodegradable fibers (microplastics) to be introduced into the water supply. A 2017 report from the International Union for Conservation of Nature estimated that 35% of all microplastics in the ocean came from the laundering of synthetic textiles.

So when you need another pair of jeans or a T-shirt, consider buying secondhand clothing rather than new. There are good deals to be had at consignment and thrift stores. If you must buy new, consider purchasing clothing made with organically grown fibers, such as cotton or hemp. This type of clothing costs more but tends to last longer (and is more often ethically produced, which is another important consideration). What's more, the feeling you get from purchasing something healthier for you and the planet is priceless!

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## Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

GREETINGS AND THANKS FOR WRITING. Contact me at [suggestions4norman@weaversway.coop](mailto: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.

When people see the Weavers Way of today, most people mainly see our three stores, but we actually have nine locations: the three main stores, Across the Way, the Mercantile, Next Door, Mort Brooks Memorial Farm at Awbury Arboretum, Henry Got Crops Farm at Saul High School and our warehouse in Allegheny West. The Henry Got Crops location has both a farm and a retail store that's open seasonally three days a week.

Many people refer to our proposed new location in Germantown as our fourth store. By my count, Germantown would be the sixth store we've ever opened, and the fifth store currently operating. Around 2009 or 2010 we opened a small store in West Oak Lane which lasted only a couple years. That was our second store.

Our third store was Chestnut Hill, and our fourth store was Henry Got Crops Farm Market, which opened in 2014. (We thought it was a farmers' market until recently, when the Health Department told us a farmers market cannot be indoors or have equipment like refrigerated display cases. By the time you read this, in the eyes of the city, our farm market should be reclassified as a "food establishment retail, permanent location." That would make Ambler our fifth store, so Germantown would be the sixth store we've opened. There was also a spin-off Co-op and store around 1979, the East Mt. Airy Co-op on Vernon Road, which did not survive.

The potential customer base for our Germantown store should be interesting



and different from our other stores, because it would include 1,800 apartments within five blocks. We know we have apartment dwellers served by our other stores, but nowhere near as many.

Will these residents shop at our store? If not, why not? Where are they shopping now? What are they eating? Do they cook a lot? Do they buy convenience foods? Do they get food delivered or eat restaurant food frequently? Do they have any preferences for natural food? Do they value local food and/or a bulk department? Would they walk to our store to shop?

Despite three different market surveys of the trade area, no one seems to know. It is highly probable that the apartment dwellers eat, probably every day. Some portion of the food system is serving them, and we'll see if we can become part of that system. By the time you read this, our Board will have voted on whether we're pursuing the Germantown store.

### suggestions and responses:

**s:** "Some time ago I was searching for Kozy Shack rice pudding in the Chestnut Hill store. (I'd bought it there in the past.) An employee told me that the store now repackages KS in plain plastic and led me to what certainly seemed like the same pudding. This is disturbing for two reasons: first, the increase in plastic packaging, from one KS container to two (or more?) Weavers Way containers, plus the original KS container is tossed as well. Second, the removal of the KS branding, which

(Continued on Next Page)

## 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)

seems dishonest to say the least. I'm hoping this isn't true. If it is, can you explain and justify it? We love the Co-op!

**r:** (Norman) Hi, Kate. We buy Kozy Shack rice pudding in eight-pound tubs and repack it; we've been doing it for decades. Occasionally one of our grocery managers will bring in prepacked Kozy Shack, but usually that's a mistake or it's because the tubs are temporarily not available.

In general, we do not take consumer-size packages of anything and repack them. It's common for food retailers to repack items bought in bulk under their house label. We do this with olives, roasted red peppers, stuffed grape leaves, some soups, some bulk items, some deli items etc.

I agree that when something comes to us as a branded item, like Kozy Shack, we should show the brand. We do that with Claudio's and other branded items we repack; I'm not sure why we didn't with the rice pudding. It was probably a data entry error; we put in a correction. I hope this explains it and hope no justification is now needed. Thanks for the love!

**s:** "Lost Bread Short Bread cookies are sooo good!"

**r:** (Norman) Glad to hear it. Lost Bread is getting rave reviews these days.

**s:** "Can we stock Oatly coffee creamer in Mt. Airy?"

**r:** (Norman) Space in Mt. Airy's refrigerated cases is tight, so it would be tough. We do stock it in Chestnut Hill and Ambler.

**s:** "Is animal fur edible? I never see it for sale in a market. Seems like it would be cheap, and we need cheap food in times of high inflation like now."

**r:** (Norman) Animal fur is not part of our food system. That's probably because humans cannot digest it, since it's made of keratin, which is somewhat immune to the stomach acids used in digestion. Eating it would not provide any nutritional benefit.

Of course, plenty of food we eat does not provide nutritional benefit. Cotton candy comes to mind (is white sugar even food to begin with?) So maybe it's more that fur hasn't been made appetizing enough yet. Maybe fried and glazed furballs are in our future.

**s:** "Why do we bag leaf lettuce? Aren't we trying to cut down on plastic?"

**r:** (Norman) Mira Kilpatrick, our produce manager in Ambler, has been investigating if we can find a cellophane bag to use for leaf lettuce. They are made from cellulose that comes from cottonwood trees, so it's theoretically a renewable resource and can be biodegradable.

When I remember the Weavers Way of the '70s, we didn't bag lettuce at all. In fact, we didn't handle produce much other than taking the lid off the box. There was no washing, trimming, bundling, labeling, etc. — all things we do now while paying for the required labor and materials.

“  
**By my count,  
Germantown would  
be the sixth store  
we've ever opened.**  
”

This change illustrates the evolution of co-ops in general. They were once member-run stores serving lots of hippies who were ok with produce that was less than perfect and required some effort and flexibility on the part of the shopper (like tolerating outer leaves of lettuce sometimes falling off). Now they serve a wider swath of the public that expects food to be more perfect and intact.

How did this happen? Where did the expectation for perfect produce come from? The damn hippies gave up bell bottoms, tie dye, weed and anti-war politics and went corporate. They joined tennis clubs and now shop at Whole Foods and eat in French restaurants.

**s:** "Three questions for the Mt. Airy store: 1) Carr's whole wheat crackers have been out of stock for months. I was told earlier that it was a distributor issue, but I've seen them in the other Weavers Way stores. Isn't ordering done from same supplier? 2) I realize freezer space is limited, but I'm requesting that you rotate flavors of Alden's ice cream. The Ambler store has coffee chip and peanut butter fudge, and both were great. 3) I realize refrigerated space is limited, but I'm requesting that you rotate Brown Cow small yogurt flavors and carry vanilla when possible. Thanks!"

**r:** (Matt, MA) 1) Carr's are back on the shelf. In general, we buy from the same suppliers, but on different days stock of any item can be in or out these days; it's been random with COVID supply shortages. Also, Ambler has more backstock space and Chestnut Hill has slightly lower sales than Mt. Airy, so supplier out-of-stocks may not show up as quickly as in Mt. Airy. 2) Once upon a time we did rotate flavors, but as we got more items and got busier, rotating items in one or two display slots became more difficult because backstock space is crunched and keeping track of inventory and shuffling the correct shelf tags made that too much work and led to errors. For the Alden's, a case is only three if you want to preorder a flavor. 3) The situation with Brown Cow is the same as with Alden's; rotating is difficult, so we stock the flavors that sell best. If you

use a lot, a case is 12 and the expiration dates are usually five to six weeks. FYI, members save another 10% on cases. Sorry we can't do better. Thanks for writing!

**s:** "Equal Exchange coffee claims to be sourced only from small farmers. The question is, how small? Is the average height in coffee-growing regions taken into account, or are the farmers considered small by North American standards? Is there a fixed height limit, or does it vary depending on demography? And I won't even ask if it refers to weight limits. Is this size discrimination consistent with co-op principles and values?"

**r:** (Norman) Coffee is an evergreen shrub grown in the tropics. Plant heights range from six to 15 feet, so the plants themselves are not small. A lot of coffee is grown on plantations, which are considered large since they occupy a fair amount of acreage.

Equal Exchange eschews plantation-grown coffee because there is a history of exploitation on coffee plantations. They prefer to deal with individual farmers that have joined together to form coffee growing co-ops because they believe that the co-op form of organization offers the growers a better life. As members of a co-op, the growers have control of their land and are less vulnerable to the prevailing winds of coffee market forces, which can leave a grower stuck with a selling price that is too low to support themselves.

For Equal Exchange, it's the size of the coffee growing area that is small, not the growers themselves. There is no "fixed size limit" or any other vertical measure of small to qualify as a small farmer. However, because some coffee growers are descendants of the Mayan peoples, many of them are shorter than non-Mayan descendants.

I saw this myself when I visited a coffee growing village in Chiapas, Mexico. At 5'8", I was taller than any villager. One thing that struck me, though, was the strength of these small growers, I watched in amazement as they carried 100+ pound bags of raw coffee beans up ladder-ramps to load into trucks.

Regarding co-op principles and values and discrimination, Principle One prohibits gender, social, racial, political or religious discriminations. But size is not mentioned.

**s:** "What is an 'influencer' and how do I become one? It sounds like a powerful position."

**r:** (Norman) Similar to many professional positions of power, you become an influencer after being trained by a certified influencer instructor and then passing tests, doing internships, etc. Then the Worldwide Board of Influencers reviews your application and issues an official Certificate of Influence. After that, you have the power to influence others via postings on social media and making snide remarks in social situations. Like the Force of Star Wars fame, influencer power should be used judiciously and only for the public good, not for personal gain.



# 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.





## WEAVERS WAY EVENTS

### Eating Right: Take Two!

Thursday, May 5 6:30-7:30 p.m.  
326 W Chelton Ave. Philadelphia PA 19144  
Chef Tia

We are back with another workshop on eating right on a tight budget! In this workshop you will learn some shopping tips on getting the most bang for your buck at the Co-op. Chef Tia will also demonstrate a healthy and delicious Cinco De Mayo inspired dish that is sure to make your mouth water. You will receive the recipe and nutritional information. We will also include a co-op coupon. Chef Tia is a private chef and caterer and owns Chef Tia's POPPIN Pineapples LLC. She's been cooking professionally for 5 years now, but cooking has been her life since she was a young teen. She loves bringing quality, tasty, and beautiful food to people all over the city!

### Co-op General Membership Meeting

Saturday, May 7 4 - 5:30 p.m.  
6336 Ardleigh Street, Philadelphia, PA, 19138

Join us at the beautiful Awbury Arboretum for our Spring General Membership Meeting. The event will be held outdoors at the Pavillion, with free drinks and appetizers and time to mingle, visit our farm and the goats. All members are encouraged to attend! Special guest: Food Moxie Executive Director, Kim Fleisher. Board of Directors - Election Results. General Manager update.

### Philly Talks Trash

A Series with Weavers Way Plastic Reduction Task Force and Philadelphia Neighborhood Networks

Thursday, May 19 6:30-8:00 p.m.

A Virtual Series on Waste is a monthly on-line program intended to educate and inspire you to participate in the imperative shift towards this new paradigm of zero waste that will replace our throw away culture and help slow climate change. The Series is a collaboration between the Philadelphia Neighborhood Network's Environment Action Committee and the Plastic Reduction Task Force of Weavers Way Co-op, event hosts. Beginning January 20, and ending July 21, monthly programs will be offered featuring representatives from nonprofits, government programs, and businesses that are working to reduce waste and increase reuse and recycling in the Greater Philadelphia region. Topics will include single use plastics, food waste and recovery, packaging, recycling, incineration, litter and dumping. Each program will take place on the third Thursday of the month from 6:30 - 8:00 p.m. Zoom links will be provided at the time of registration.

### Self-Hypnosis for Chronic Pain

Wednesday, May 25 6:30-7:30 p.m.  
Michael Carson

According to the CDC 6 out of 10 Americans suffer from a chronic condition. Self-hypnosis is a powerful tool for shifting mindset and perception of pain and discomfort. It is of course no replacement for medical care, however, it is a practical, effective and simple holistic tool for self-management and empowerment of your own care. Participants in this workshop will learn simple, practical and effective tools for managing pain and discomfort as well as the science behind them. This workshop will be hosted online and a zoom link will be emailed to you after registration. Michael Carson is a certified hypnotherapist, coach and a mindfulness educator. He teaches workshops around the world on topics such as Intuition, Mindfulness and Self-Hypnosis.

### New Member Orientation

Monday, May 16, 6:30 p.m.

Thursday May 27, 12:30 - 1:45 p.m.

For more info: [www.weaversway.coop/events](http://www.weaversway.coop/events)



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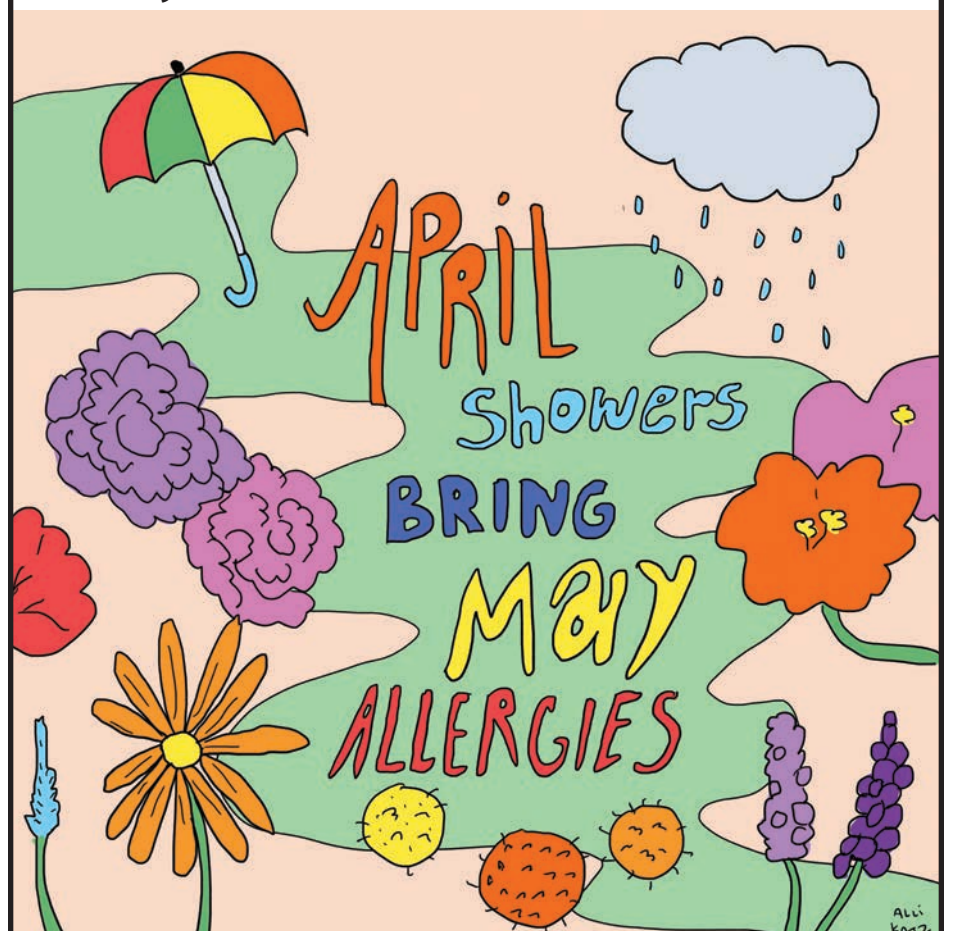
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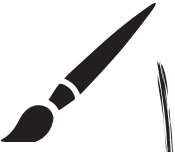
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### Locally Grown

Illustration by Alli Katz







# Artists in Our Aisles

## Donald Leong

Donald Leong moved back to West Mt. Airy with his wife, Daniele, five years ago. He retired in 2006 after 40-plus years of increasing responsibilities in ad agencies and corporate marketing departments.

He is a signature member of the Philadelphia Watercolor Society, board member of the Delaware Valley Art League and a member of the Pennsylvania Watercolor Society, Greater Norristown Art League and the Art Center at Ambler.

### Artist Statement

Don's medium is watercolor, and his subjects are mostly landscapes. The Thomas Mill Covered Bridge and the Monastery Stables are both Fairmount Park landmarks. Both are unique to our area, and each is one of a kind. My paintings are an attempt to capture the surrounding area and feel of each location.



### 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

## AS WE BREATHE

Right now, as we breathe, children are being created from thin air  
 from love, liquid and mineral  
 Curled up inside a body nest, their little motors are pulsing.  
 Some of them, the size of a fist.  
 Some like garlic cloves.  
 Some no bigger than a sesame seed.

Where did they come from? I already told you.  
 They are filling the world.  
 Piling up like socks in a drawer.  
 They are secretly forming according to the written code.  
 They are almost here. Soon to take their place in the sunshine.  
 They must be fed. Who will feed them?

—Jan Jee Bean

## WORD TO THE WISE

don't be fooled by physical feats  
 masquerading as enlightenment,  
 whilst riding a wave  
 of McDonald's spirituality -  
 peaceful egos don't seek to impress

— Heather Cohen

## BUTTERFLIES

Monarch Butterflies  
 visit my garden!  
 a respite from their thousand-mile journey  
 of Canada to Mexico  
 No wonder the Chrysanthemums are in Bloom  
 Hush, be still: Deep resting is needed

—Dagmar Iris Holl

### 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.





# For Those Who Can Pay, Private Eco-Services Fill in the Recycling Gaps

by Betsy Teutsch, for the Shuttle

PEOPLE PAY FOR ALL KINDS OF LUXURIES, BUT SOME of us balk at shelling out for eco-services. We like to think we live in Berkeley-on-the-Schuylkill, where composting and comprehensive recycling are reliable municipal services.

Berkeley's median income is \$85,530; Philadelphia's is \$45,927. We are the poorest large city in America. Our city services reflect the fact that our tax base can't afford anything beyond the basics, and even the basics don't always work, like our subpar recycling.

As more local households come to value a zero-waste lifestyle, area niche companies have sprung up to meet that need. Bennett Composting is a private enterprise with weekly pickups of their branded five-gallon buckets that can be seen in neighborhoods throughout the city.

Bennett subscriptions are about \$200 a year, making it about \$4 a pickup. Perhaps it's unfair to lattes to always bring them up in price comparisons, but there you have it.

And five gallons is a lot of compost! When Linda Hansell (of Mt. Airy?) wanted to try out Bennett, she recruited two other nearby households to share one bucket, which is perfectly fine with the company. Their system has worked seamlessly. Her next door neighbors, Hillary Kruger and Judd Levingston, along with folks from around the corner, Chrissa Pedersen and Mark Dorfman, pool their compost. Bennett provides compostable bags, making this easy and pleasant. Dividing the cost by three makes it way less expensive, and it's nice to interact with neighbors.

Two neighbor households and ours also share one Bennett bucket. When my household has a compost glut, we freeze the bags and add them to the bucket when it's less crowded. My neighbor George has been known to sit on the bucket to close it. But truth be told, you can text Bennett and let them know you'll be putting out more and they can generally accommodate a surplus. We are

all families of two; five gallons is ample space.

The list of what Bennett accepts is quite extensive. For someone like me who has consistently failed at yard-based composting, this an excellent, low effort, reliable solution.

## Comprehensive Recycling Through Rabbit

The mission of Rabbit Recycling is far more labor intensive than creating compost. Hideko Secrest first tipped me off to this new local company when I asked on Facebook what to do with a burned out CFL bulb. She invited me to leave it on her porch to add to her Rabbit Recycling bin.

Rabbit Recycling does more than recycle; they also reuse and upcycle. For a base fee of \$18 per month, they provide peace of mind that your recycling is actually getting recycled, not trashed. They also offer on-demand pickup and dropoff services at a slightly higher cost.

Rabbit accepts a wide variety of items for which there aren't any other dropoff options, such as worn-out fabric. If you discard larger volumes, they charge accordingly. They work with a large number of partners to send sorted commodities on to new uses, and they invite members to come and help themselves to material they've sorted.

These options should be available to all, not just to those who can afford to pay for them. But for those who can afford it, there are many reasons to pay for these services:

1. Those who are passionate about recycling and/or composting probably already separate their waste and deliver it to numerous destinations; these eco-companies eliminate most of that work. Secrest previously drove to Pottstown Recycling a few times a year; they are now closed. Rabbit Recycling comes to her doorstep.
2. For those who want to be good citizens, eco-companies bring desired changes to the world.

3. Values-driven consumers like to be early adopters and help small local eco-businesses succeed. It feels good to be part of proof-of-concept, demonstrating to the larger marketplace that there is demand for these niche initiatives.

4. It feels right to those wanting to align their spiritual earth-based concerns with their daily life. As Secrest said, "I hate waste; that we pollute the Earth for a single use! This fixes something that is deeply upsetting, providing a balm for eco-anxiety." Contracting for this service allows her to live in harmony with her deeply held values.

5. Some who have a surplus are willing to pay for the externalities — costs to the planet generated by their purchases that are not factored into market prices. Call it cleaning up after ourselves.

Until the economics work for municipal recycling and composting services, we are lucky to have these valuable new greening resources in our community.

*Betsy Teutsch is a longtime Weavers Way member and Shuttle columnist focusing on greening our homes and community.*



**BENNETT**  
COMPOST



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Zero Waste In A Bucket

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## Environment Committee at EarthFest

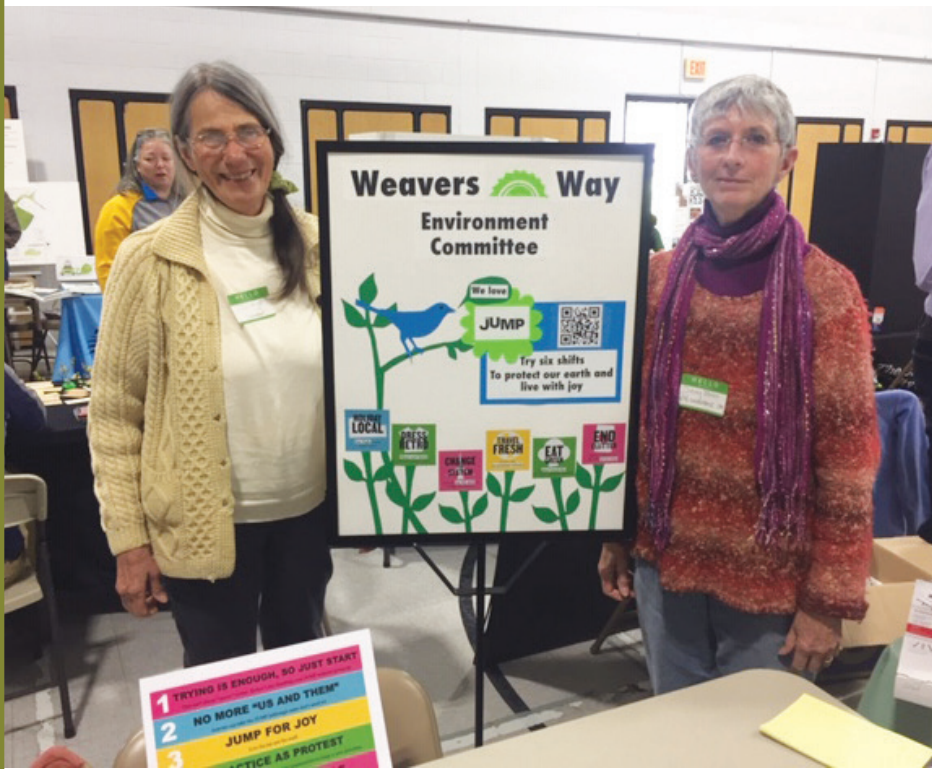


photo by Leni Dow

Weavers Way Environment Committee and Plastic Reduction Task Force members Bonnie Hay and Denny Whalen represented their committees and the Co-op at Ambler Environmental Advisory Committee's EarthFest at Ambler Borough Hall gym April 30. The poster in the photo was designed by Environment Committee member Lise Bauman.

## City Schedules Six Dates for Dropoff of Toxic Materials

**G**OT HOUSEHOLD TOXINS YOU WANT TO UNLOAD? PHILADELPHIA'S STREETS Department has six more drop off events scheduled for the rest of this year at sanitation convenience centers throughout the city. Please note that preregistration is required for the events, which take place in 15-minute increments from 9 a.m. - 4 p.m. on the dates below. Preregister at [www.householdhazardouswaste.net](http://www.householdhazardouswaste.net).

Here's the schedule:

- Saturday, May 14: 48th & Parkside Ave., Parkside, 19131
- Saturday, June 18: 300 Domino Ln., Roxborough, 19128
- Thursday, July 14: 8401 State Rd., Holmesburg, 19136
- Saturday, Sept. 17: West York Street & 22nd Street, Strawberry Mansion, 19132
- Saturday, Oct. 22: 3033 S. 63rd St., Elmwood Park, 19153
- Saturday, Nov. 5: 3901 N. Delaware Ave., Port Richmond, 19137

After signing up for a time slot, you'll receive a confirmation email. You should keep a copy or take a screenshot of the email. For a list of what items are permitted to drop off, go to <https://www.phila.gov/services/trash-recycling-city-upkeep/>.

## 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.



# 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](http://www.weaversway.coop/board). Board members' email addresses are at [www.weaversway.coop/board-directors](mailto:www.weaversway.coop/board-directors), or contact the Board Administrator at [boardadmin@weaversway.coop](mailto: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:** Hillary Baum, Danielle Duckett, Jason Henschen, Gail McFadden-Roberts, Sarah Mitteldorf, Frank Torrisi.

### The Shuttle

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## DID YOU KNOW?

You can read the Shuttle online.

[www.weaversway.coop/shuttle-online](http://www.weaversway.coop/shuttle-online)



## VIRTUAL NEW MEMBER ORIENTATIONS

New Member Orientations

Monday, May 16, 6:30 p.m.

Thursday May 27, 12:30 - 1:45 p.m.

To register visit: [www.weaversway.coop/events](http://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!



# Tips to REDUCE SINGLE USE PLASTIC



1

Reuse Plastic from Home

Save bread/bagel bags and other bags/containers to store your wet produce items.



2

Plastic only for Wet



3

Any produce outside of our wet wall can go in paper bags.

Simply double bag if you are getting a heavy load of apples or potatoes.

4



Support our Glass/Reusable Plastic Program.

Look for items in our produce, prepared foods and bulk departments that are offering glass/reusable plastic with a container deposit.



6

Saying "No Thank You!" to plastic is brave!

Try it for a day, a month, see how it goes! Even if it's not perfect, it's a step in the right direction. We are in this together, share your ideas and feedback with us!

5



Let your veggies "Go Naked!"

You can do this with any produce, but especially ones that come with a skin/rind, like citrus, avocado, garlic and onions, potatoes, squash, cabbage, and more! You can give a scrub when you get home.

Start  
Now!

For more ideas on how or why to go Plastic-Free:

[www.plasticfreejuly.org/get-involved/what-you-can-do/](http://www.plasticfreejuly.org/get-involved/what-you-can-do/)