

Open House Draws Officials, Staff and Community to Germantown

by Karen Plourde, Editor, Weavers Way Shuttle

THE PRESS CONFERENCE AND OPEN HOUSE ON APRIL 11 to officially introduce Weavers Way Germantown drew an assortment of local elected leaders, state officials, community members and Co-op staff, all eager to get a peek at the space at 328 W. Cheltenham Ave. that will become the Co-op's fourth store in late 2023 or early 2024.

Board member and Germantown resident Kristin Haskins-Sims kicked off the event, noting that when she moved to the neighborhood 20 years ago, she always had to drive out of the

neighborhood to buy healthy food. She commended the work of fellow Co-op members, volunteers, staff and community organizations that have helped to make the project a reality.

"[It's] a real grassroots effort that has brought people together," she said.

Haskins-Sims highlighted the "critical support" of elected officials "who have been there from the beginning and really helped us secure millions of dollars in grants" for the store. They included Rep. Dwight Evans, State Rep. Darisha Parker

(Continued on Page 3)



photo by Annette Aloe

Eighth District City Council Member Cindy Bass, State Rep. Darisha Parker, Philadelphia Commerce Director Anne Nadol, Rep. Dwight Evans.



The Shuttle

MAY 2023

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New Opportunities Emerge To Help at Our Farms

by Nima Koliwad, Weavers Way Community Programs Coordinator



WEAVERS WAY'S TWO FARMS AND orchard are popular spots for members and shoppers to visit and earn their cooperator hours. Now there are a few new opportunities to get involved — even if you're not a member of the Co-op.

Our farm staff is looking to revive the Co-op's dormant Farm Committee to help with outreach efforts. The committee will supplement staff efforts to host demos and workshops — which are popular with members and visitors — on site. If you're interested in becoming part of the Farm Committee, please email farmer@weaversway.coop.

Also, in response to nonmember shoppers who've expressed a desire to help on our farms, we now have a selection of volunteer shifts on the event calendar on our website (www.weaversway.coop). These shifts are specifically de-

signed for community members who are not members. Meanwhile, members can still find plenty of farm shifts in our online Member Center.

In other news, our Henry Got Crops Farm Market reopened on May 2. The market will be open Tuesdays and Fridays from noon-7 p.m. and Saturdays from 10 a.m.-2 p.m. through November. Lastly, although our regular CSA is full, we still have "You Pick" subscriptions available. Find out more at www.weaversway.coop/henry-got-crops-csa.

The 'Face of Our Farms' Will Move On This Month



photo by Bob Raines

WEAVERS WAY FARM MANAGER Nina Berryman, an employee since 2008 and the face of the Co-op's farms, will be leaving the Co-op at the end of the month to join the Farm Service Agency of the U.S. Department of Agriculture as Philadelphia's Urban County Executive Director, a new position.

The job will entail connecting urban farmers to existing USDA grants, loans and services as well as listening to urban farmers and advising the FSA on how to better serve the urban community. For now, she'll be working out of the FSA office in Perkasie, Montgomery County, while she waits for its new office near Temple University to be established.

For now, Nina's responsibilities will be absorbed by other members of the farm staff. As the season winds down in the fall, the Co-op will make decisions about hiring for future seasons, according to General Manager Jon Roesser.

Nina admits to having mixed feelings about the change.

"I really love farming for Weavers Way; it feels like I've created my dream

(Continued on Page 6)

Art Installation, Floral Sales in Ambler Raise Funds for Bail Out Campaign

by Mira Kilpatrick, Weavers Way Ambler Produce Manager



WEAVERS WAY AMBLER IS CURRENTLY hosting an art installation organized by the People's Paper Co-op, a women-led, women focused art and advocacy project that's raising funds for the Philadelphia Community Bail Fund's annual Black Mama's Bail Out Campaign.

PPC, based at the Village of Arts and Humanities in North Philly, has collab-

(Continued on Page 6)

Spring into action
VOTE

weavers way COOP

Spring General Membership Meeting 2023

Saturday, May 13, 4-6 p.m.
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Editor's Note

by Karen Plourde, Editor, Weavers Way Shuttle



ATENTION CO-OP ARTISTS: I NEED a favor (again).

Rich Metz, who coordinates submissions for Artists in Our Aisles, the featured artist section in the paper, told me when he emailed me the info for this month's artists that he has only two other candidates left. So like with Weavers Words a few months ago (which has bounced back nicely, thank you), we need more entries (bios, images, artist statements) from area artists to keep the section going.

As with Weavers Words, I'm also open to changing the format. Should we feature the work of more than one artist, even if they don't work together? Up to now, we've been focusing on painters, sculptors, jewelry makers and other creators, but should we also include photography? Fabric art? Other disciplines? Please send your thoughts and suggestions to me (editor@weaversway.coop) or Rich (thembones2@hotmail.com). If need be, we can also skip a month here and there until we get a few submissions under our belt.

Those who've shopped the Co-op since at least late 2016/mid-2017 may have already tapped into the vibe of the run-up to a new location. I hope my article on the press conference and open house at our Germantown site on April 11 captured some of it. Our annual report, included in this issue, includes more on our latest "project," which is now or will soon be a construction site.

I'm especially excited to see the Germantown store become a reality. It'll be the location closest to my home, and I get almost giddy at the thought of traveling a few blocks to pick up whatever I forgot for breakfast or to see what's available for lunch.

Of course, there are still many details to be worked out. But Weavers Way Germantown is a whole lot closer to happening than it was at this time last year. To rephrase the words of Eighth District Councilperson Cindy Bass in the open house article, it's almost been "spoken into existence." Can't wait.

Catch you in the pages next month.

The Shuttle is published by Weavers Way Cooperative Association.

Statement of Policy

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

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

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

Advertising

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

Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

Summon the Positive Snack Vibes with Juli's '70s Trail Mix



Our food-inspired celebration of the Co-op's 50th continues with the introduction of our 1973 Remix Trail Mix, developed by Mt. Airy Bulk Buyer Juli Cardamone. This righteous mélange includes pumpkin seeds, goji berries, chocolate chips, golden raisins, almonds, banana chips, sesame sticks and butter roasted peanuts. Through May 30, it's \$7.30 a pound (Get it? It's regularly \$8.99). Get in your Chevelle, crank up the Doobie Brothers and crunch on!

Evanhealy Whole-Plant Skincare: Good for You and the Planet

The entire line of Evanhealy skincare products, developed by a holistic esthetician and herbalist over 30 years ago, will be on sale in our wellness locations through May 14. Healy's line is made with whole-plant ingredients that are sourced from ethical and sustainable suppliers and are free from synthetic fragrances, preservatives and other harmful chemicals.



Because the beneficial compounds in the plants are preserved in their natural form, they tend to be more effective and gentler on your skin. And their concentrated formulas, including their Rosehip Treatment facial serum, deliver results with just a few drops of product.

The company's commitment to natural ingredients extends to their choice of glass rather than plastic packaging. Glass is infinitely recyclable and doesn't leach harmful chemicals into the environment like plastic can. They also source their ingredients carefully; their shea

butter comes from a women's cooperative in the Kpersri village of Ghana that supports sustainable agriculture practices.

With their commitment to using natural ingredients and ethical sourcing practices, their products are a great way to prioritize your health and well-being while also being mindful of the planet and your budget.

—Karen Palmer, Weavers Way Ambler wellness buyer

Omsom Marinade Packets Make Asian Cooking Easier

Grilling season has already begun and will be on the upswing until mid-fall, at least. Knock a few steps off your prep with Omsom Asian sauce packets, on sale for two for \$5 (regularly \$2.99 each) at all our locations through May 30. They're available in five flavors (Yuzu miso glaze, lemongrass BBQ, spicy bulgogi and Thai krapow sauce); just add protein and veggies and you're well on the way to a meal. Not grilling?



They'll also work well in a stir fry. They're gluten free and have no artificial flavors or preservatives.

New Local Cheeses Made From A2 Milk

All Weavers Way locations are now home to five varieties of Origin cheese, made from milk produced by heritage-bred cows from Eastern Pennsylvania. A2 milk doesn't contain the proteins that make digesting dairy difficult for many and is said to taste more like the milk produced by other mammals. The combination of nutrients, vitamins, beta carotene, fat and proteins give the milk (and therefore, the cheese), a rich and creamy taste.



Through May 30, all eight-ounce bricks of Origin cheese (sharp cheddar, classic Jack, A2 mozzarella and mild cheddar) are \$1 off (regularly \$4.99-\$8.99 each).

Beating Broccoli Boredom

by Kieran McCourt, Weavers Way Ambler

Broccoli is the gateway brassica, but it's also controversial — it was exiled from the White House during the George H.W. Bush administration and later welcomed back. Unlike kale and Brussels sprouts, it's so ubiquitous that it didn't need a fad makeover to increase its popularity and consumption.

The trick isn't figuring out how to use it but stepping away from how you've probably had it since childhood.

Raw uses: While broccoli's sweetness comes through raw, that distinctive brassica bitterness is more noticeable as well. Munch away on florets and dip them in ranch, hummus or whatever else. They can also be added to a salad and elevated into the main attraction.

Peeled and julienned stems can be turned into a slaw all on their own or mixed into a more traditional slaw for added texture and crunch.

Adding heat (steaming, boiling, roasting, etc.) tends to tame broccoli's bitterness and brings its sweetness to the fore. Depending on the preparation, it can transform from crunchy to meltingly tender. Or you can take it off

the heat for a balance of tenderness and crispness,

While adding butter, salt and pepper is never a bad thing on steamed broccoli, it can also hold its own against such flavors as sesame, hot peppers, ginger, garlic, cheese or (add your favorite flavor here).

It works well in bakes like mac and cheese, au gratins, frittatas and quiches. Blanch the florets during the last minute your pasta is cooking for a baked mac and cheese with less cleanup. Similarly, for those sorts of dishes, either give it a high heat sauté or roast to add a bit of browning and char.

As with all its brassica cousins, broccoli can be pickled or fermented. Florets, peeled stems, both. Who cares? Add them to sandwiches or starch-heavy dishes for a pop of zing and crunch.



Fun Fact

ABOUT THE CO-OP



Co-op members vote on a motion during a General Membership Meeting at Summit Presbyterian Church in Mt. Airy in an undated photo.

A Tradition of Gathering to Socialize and Do Co-op's Business

Weavers Way hosted its first General Membership Meeting in December 1973 at Summit Presbyterian Church in Mt. Airy. Since then, we have continued to meet twice a year, in spring and fall, to eat, socialize and discuss issues.

Early GMMs were mostly potluck dinners; members brought food to share with others during the meeting. After the Co-op's Prepared Foods department was created, the kitchen staff began catering our GMMs with an exceptional menu.

Per Co-op bylaws, the Spring GMM showcases Board elections and new Board members are introduced at the end of the meeting. This spring's GMM will do the same.

Come celebrate the golden anniversary of the Co-op and welcome the new Board members on May 13 at 4 p.m. at Germantown Academy in Fort Washington. Be sure to cast your vote in the Board elections and RSVP to attend the meeting. You'll enjoy a sumptuous meal and celebrate with fellow members!

—Nima Koliwad
Weavers Way Community Programs Coordinator

As part of our celebration of Weavers Way's 50th anniversary, we'll include a lesser-known tidbit about the Co-op's history in every issue of the Shuttle this year. If you know, you know – if not, that's ok, too!

Karen Singer Tile Workshop



photos by Lauren Todd

Top, some of the participants in the Touchstone Tile Workshop that took place April 15 in the Co-op's outreach office pose with their creations and instructors Karen Singer (top row, second from right) and Lauren Todd (right). Bottom, Singer guides a participant through the process.

Open House Draws Officials, Staff and Community to Germantown

and Eighth District City Council Member Cindy Bass. She also thanked Philadelphia Commerce Director Anne Nadol and Weavers Way members, who invested over \$2.2 million in member loans for the project, which allowed the Co-op to buy the building.

"We are invested in the community, so we are here to stay," she said.

Evans thanked Weavers Way for its leadership and effort and recalled how he first became acquainted with the Co-op during the planning for the Chestnut Hill store. Then-General Manager Glenn Bergman asked for Evans' help to get the store off the ground, and Evans told him he could, if the project was about people and community.

"I've been working on this issue since 2004 in the legislature, when we came up with the Fresh Food Financing Initiative, because...food was lacking in urban areas," he said.

Evans added that Weavers Way's involvement in establishing a store in Germantown gives the Co-op the opportunity to address the issue of food access. "With the council person and the state rep, everybody working together, we can address these issues," he said.

Parker also touched on the theme of city, state and federal officials working together to help make the new

store happen. She said she intends to keep serving on the state's Agriculture and Commerce committees even though the Germantown store is now part of State Rep. Stephen Kinsey's district, in part to foster the development of African American businesses in the area.

"We've got to make sure we tell our kids, tell Black business owners, 'yes, in Germantown, yes on Cheltenham Avenue, you can have a thriving business, a legal business', and we can show you why," she said.

Bass and Nadol teamed up to announce that the Commerce Department was increasing their initial \$500,000 investment in the project to \$1 million — information that had not previously been communicated to Co-op management. Bass shared her memories of going to a "dark, cold, scary" Penn Fruit supermarket on Lehigh Avenue as a child and knew even then that the quality of the store should have been better.

"So when it comes to food deserts, no one should have an experience like that at a young age that sticks with them for their entire life," she said.

Bass added that she's looking forward to a ribbon cutting for the new store, hopefully in October rather than January. "We're going to speak it into existence," she said.

(Continued from Page 1)



photo by Mills Harasta

Rep. Dwight Evans, WW Germantown store manager James Mitchell, WW Finance Admin. Candy Bermea-Hasan and General Manager Jon Roesser.

Following the remarks, around 250 guests enjoyed cold hors d'oeuvres and looked over the proposed layout and designs for the store. They were also invited to fill out a survey about what departments and categories of products they'd like to see once the new location opens.



An offshoot of Weavers Way Co-op

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A Season of Growing, Changing and Planting Seeds

by the Executive Board of Food Moxie

SPRING HAS CERTAINLY SPRUNG, AND AT FOOD MOXIE we've been planting seeds and eagerly awaiting the results. Our Martin Luther King High students have been taking care of the seedlings they carefully planted under the guidance of our educator, Antoine Fowler. Next door at Stenton Family Manor, some families have moved into permanent housing, taking with them kitchen equipment, cooking skills, recipes and knowledge about scratch cooking after another kind of "seed planting"—classes supported by our Program Director, Dorene Reggiano, and taught by Antoine and Stenton's chef, Terence Franklin. For these families, healthier eating is the fruit of this planting. We wish them well!

Our board of directors is also growing. We have added three new members who have stepped into leadership positions on the Executive Committee: Samantha Mogil, Kaisha Huling and Tim Branner. They've joined Laura Crandall, committee chair, and Liz Werthan to guide our organization; we say a fond farewell to Kim Fleisher, our executive director for the past 15 months. Kim accomplished a great deal during her brief tenure, and leaves Food Moxie in much better shape than when she got here.

The earlier seed metaphor works well here, too! Kim organized systems for managing our organization and repaired relationships with partners that had been neglected for too long. We will miss her and look forward to hearing about her future endeavors.

One last element that is growing at Food Moxie is our relationship with Ra Primus, our Leeway Foundation-funded Artist in Residence. Ra has been working in our spaces to document the creation of seed to table food systems that benefit marginalized communities in Northwest Philadelphia. They are creating an audio journal that will amplify the voices in the Black community so their needs can be heard and met. We are so looking forward to hearing their work.

These past weeks have been a period of growth as our board and staff have responded to unexpected challenges. As always, we appreciate your support and pledge to continue to get the work done, while honoring our mission. From seed to supper, we educate and inspire people to grow, cook, taste and eat healthy food. If you are so inclined, become a High Five supporter!



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O.P.I.N.I.O.N

The Case for a Community Response to Disaster

by Josh Mitteldorf, for the Shuttle

I WAS IN GRADE SCHOOL WHEN THE SOVIET UNION and the United States acquired nuclear arsenals and the specter of annihilation scared the wits out of Americans. Some constructed fallout shelters in their basements with a six-month supply of food and water. Stockpiles were only sufficient for one family, and it's possible there was a loaded gun hanging from the shelter wall in case starving neighbors knocked at the door.

Fear can divide us and undermine our altruistic instincts. But that doesn't mean that prepping is essentially a selfish idea, suitable only for isolated and uncaring individuals. Our world has become more fragile since the 1950s, not less so. Nuclear war is probably not survivable, but there are many possible crises that could challenge us in the coming years. We could do ourselves proud by getting prepared as a community.

This approach would involve planning access to enough essentials for everyone if the global supply chains on which we are dependent are knocked out temporarily. "Everyone" means our families, our neighbors, and the most vulnerable.

Scary Scenarios to Consider

As our global systems of production and distribution have become more efficient, they have also become more fragile. Our energy, transportation, food production and water supply are dependent on parts that are made in Mexico and Vietnam, on fuel from the Middle East, on railroad lines and diesel engines and a vast, aging electric grid.

Here are a few examples of alarming actual and potential scenarios:

- Last September's attack on the Nord Stream pipeline, which supplied a quarter of Europe's energy, caused fuel shortages all over Europe. Fertilizer plants in Germany used gas from this same pipeline as feedstock. If there are fertilizer shortages this summer, will there be food shortages the following winter?
- If there is a diesel fuel shortage, trucks can't run, and food will rot in warehouses.
- The train derailment on Feb. 3 in East Palestine, OH spread toxic pollutants over hundreds of square miles of the nation's best farmland.
- The ongoing bird flu outbreak led to a culling of chickens and has caused egg prices to double what they were a year ago, according to a Jan. 24 article in The Atlantic. (The Co-op has insulated us from much of that increase by tacking on smaller price hikes.)
- A faultline of earthquakes on Feb. 6 left 1.5 million people homeless in Eastern Turkey and Northern Syria.

This list is hardly exhaustive. The event that throws us out of kilter is likely to be one I am not imagining.

In 2010, Rebecca Solnit wrote "A Paradise Built in Hell: The Extraordinary Communities that arise in Disaster." The book features stories about communities that have self-organized during floods, hurricanes and earthquakes, saving lives and creating lasting ties of gratitude. She found that a common challenge brings out the best in us and builds community like nothing else.

Providing Essentials for All

We need clean water, food, and a warm place to sleep in the winter. Creating a buffer to provide essentials

to our community need not be difficult or expensive if we do it together. Neighbors can agree to divide the burden.

- Some will keep cisterns full of clean water.
- Some will plant gardens.
- Some with time and know-how but no land might sharecrop with others who have big backyards and no means to farm.
- Some will give money to Weavers Way to fund the establishment of a warehouse with a few months' supply of dry goods and canned food.
- Some will get backup generators or solar retrofits so their houses will be warm in the event of a long winter outage. They can allow neighbors to sleep in the living room if the power goes out and the weather is cold.
- Some will commit to helping with transportation in case of a gas shortage or SEPTA outage.
- Doctors will commit to providing emergency care to neighbors as needed should hospitals become temporarily unavailable.

This effort needs money, know-how, initiative and a lot of organization. The Co-op is convening a committee to outline what can be done and divvy up the work. If you'd like to help, email us at BePrepared@weaversway.coop.

Dr. Josh Mitteldorf has a background in theoretical physics. He blogs for ScienceBlog.com about aging and related matters and Experimental Frontiers on subjects at the edge of scientific discovery. He has been a member of Weavers Way since 1983.

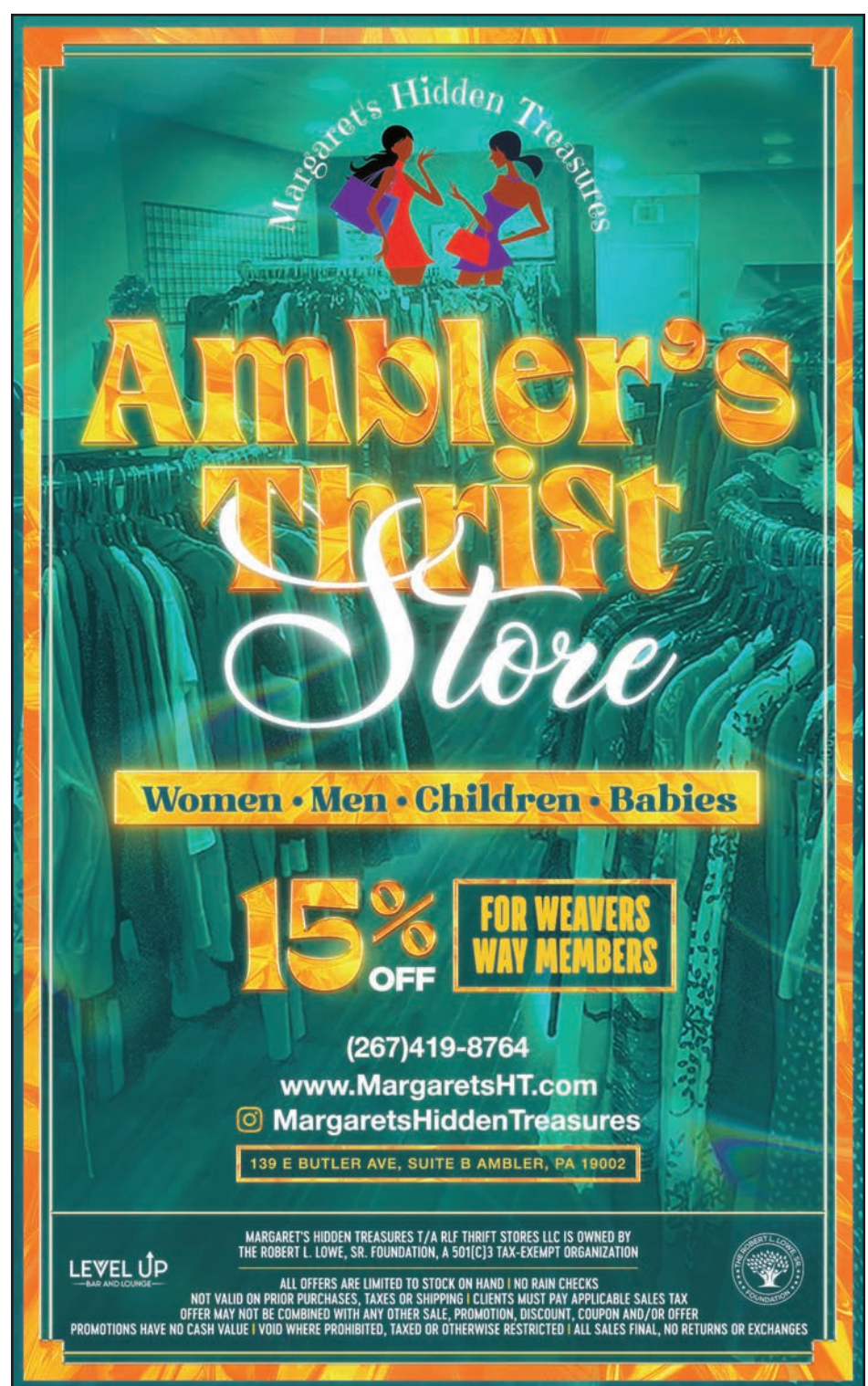


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L.E.T.T.E.R.S

Correction

THE AUTHOR OF “A RAISIN IN THE SUN” IN THE CAPTION FOR THE PHOTO THAT accompanied “Art Center Productions Include Carroll and Shakespeare” in the May issue was incorrect. The play was written by Lorraine Hansberry, a Black writer who was the first Black woman to have a play performed on Broadway. She died in 1965 at age 34.

The Shuttle regrets the error.

End the Option of Plastic in Deli

AS A LONGTIME WORKING MEMBER of the Co-op (since 1980), and an avid plastic reduction advocate, I am perplexed at the reluctance to adopt one of the easiest initiatives we could institute immediately. Anyone who shops at an old-fashioned butcher or fishmonger (Rieker’s in Northeast Philadelphia or Captain Andy’s in Wyndmoor, for instance) is never given the option of “paper or plastic.” The items are wrapped in specialty paper that has been an industry standard since the beginning of time. In

fact, true foodies in almost any culture would never take their expensive meats and fish home in something as banal as plastic.

I am not a member of the Plastic Reduction Task Force but feel that this is something that we could do right away while getting little pushback from members. We already have rolls of butcher paper at all our locations. Why in the world are we still asking customers if they want plastic?

Marian Kern Bumbaca

Art Installation Raise Funds for Bail Out Campaign

(Continued from Page 1)

orated on this campaign with the Philly Community Bail Fund since 2018. Each year, they connect a cohort of women in reentry with artists and advocates to co-create a poster series and corresponding set of exhibitions, parades, press conferences and events to raise awareness and funds for the campaign. PPC looks to women in reentry as the leading criminal justice experts that society needs to hear from. It uses a variety of art forms to amplify their stories, dreams and visions for a more just and freer world. To date, sales of their posters, prints and t-shirts have raised over \$200,000 to free Black mothers and caregivers.

In addition to the PPC installation, three percent of Ambler floral department sales from May 3- 9 will be donated to the Black Mama’s Bail Out as part of the National Bail Out Collective. The group aims to buy back the freedom of Black women and caregivers who are incarcerated so they can return to their loved ones in time for Mother’s Day.

The installation will have more information about the project/campaign and how to buy the art.

To learn more, visit www.peoplespaperco-op.com. For more info about the Philadelphia Community Bail Fund, visit www.phillybailout.org.

The ‘Face of Our Farms’ Will Move On This Month

(Continued from Page 1)

job here at the Co-op,” she wrote in an email. “But after doing it for 15 years, I also feel excited to try something new.”

Nina still intends to be a working member of the Co-op and will like-

ly be doing her hours on the farms. Next month’s Shuttle will feature a farewell column from her, along with more photos.

—Karen Plourde

SHUTTLE LETTERS POLICY

The Shuttle welcomes letters of interest to the Weavers Way community. Send to editor@weaversway.coop. The deadline is the 10th of the month prior to publication. Include a name and email address or phone number for verification; no anonymous letters will be published. Letters should be 200 words or less and may be edited. The Shuttle reserves the right to decline to publish any letter.

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All About Caterpillars, and Why We Need to Care for Them

by Sandra Folzer, Weavers Way Environment Committee

UNFORTUNATELY, MOST PEOPLE don't love caterpillars. But I wish we could learn to love them, because they are so important in our lives.

If we don't have caterpillars, we won't have butterflies, birds or plants. One clutch of chickadees, for example, will consume 6,000 caterpillars. Without this high protein food, birds would not survive. Without birds, butterflies and moths, many plants would not be pollinated. Three-quarters of flowering plants depend on insects for pollination, so we need them for our food as well.

We need to do all we can to protect caterpillars, because they are being threatened by pesticides and climate change. In less than 30 years, total flying insect biomass (the number and diversity of flying insects on Earth) dropped by three-quarters, according to a 2017 article published by the journal *community PLOS ONE*. Many species that used to be common are now rare. Insects in general are vulnerable to drought because they can't store water. They don't carry oxygen like we do, but instead have breathing tubes in every cell, which contribute to their water loss.

Aside from their importance to our lives, caterpillars are fascinating creatures on their own. David Wagner, an entomologist who teaches at the University of Connecticut, published "Caterpillars of Eastern America" and is working on a four-volume book, "Caterpillars of Western North America." He is an expert on caterpillars and is their biggest fan.

Wagner collects different species of caterpillars. In an interview published in the March 13 issue of the *New Yorker*, he described how most caterpillars have 12 eyes, six on each side. Their life cycle is fascinating, because they continually reinvent themselves. They emerge from small eggs and eat their own egg cases. They then sprout a second head behind the first; the old head drops off after they wriggle out of their old skin. They may repeat this exercise three to 16 times and may change colors along the way.

The spicebush swallowtail emerges from its egg mottled in black and white, resembling bird droppings. After its third molt, it is green or brown with yellow and black spots on its head, so that it might resemble a snake. After many instars (a phase between two periods of molting), the typical caterpillar becomes a pupa. It sheds skin for the last time and grows a hard shell. Inside this shell, a miracle occurs. Its body dissolves and from the remaining cells, a new body emerges.

This whole-body transformation began some 350 million years ago. Other small critters besides butterflies and moths go through this mysterious metamorphosis: beetles, flies, wasps and even fleas. How little we appreciate their complexity. We don't take them seriously because they are so small, forgetting that they are integral to our survival. While there are 6,500 species of mammals, there are about 14,000 species of butterflies and moths (which start out as caterpillars) in North America alone.



More Than Just a Pretty Insect

Individual species of caterpillars have unusual traits. The silver-spotted skipper uses an air gun-like appendage in its anus to send its frass (poop) into the air, scaring off predators. The silvery blue caterpillar exudes a sugary liquid which attracts ants that act like bodyguards.

Caterpillars can benefit us in different ways. The waxworm, for example, eats plastic — even non-biodegradable plastic. However, its excrement is toxic, so we would need to deal with that if we commissioned waxworms to eat our plastic.

Caterpillars can also be food for humans. Two billion people already regularly consume insects, and in Burkina Faso, shea caterpillars are part of the local diet. Some people breed caterpillars to fill a need for protein; they can be dried, so they remain edible over time. Caterpillars are a better source of protein than meat because they emit less greenhouse

(Continued on Page 8)

eco tip 

A Guide to Repurposing Your Soap Bar Slivers

by Marsha Low, Weavers Way Environment Committee

What to do with those pesky slivers of soap that are left after you've (almost) used up a soap bar in the shower or at the sink? Do you end up throwing them out after trying unsuccessfully to get them to stick to a new bar? If so, here's a method for reusing them:

1. Save the small pieces, put them in a container, and add water to dissolve them. You can speed up the process by heating the soap and water on the stove.
2. Once the slivers are completely dissolved, use the mixture like liquid soap to do laundry or other household tasks. Or melt down the pieces on the stove without water and pour the melted soap into greased jar lids (or anything else you want to use as a mold). After it hardens, you have new bars of soap.

Together Women Rise Marks 20 Years of Advocacy for Women and Girls

by Betsy Teutsch, for the Shuttle

WEAVERS WAY WAS OUR ORGANIZING PLATFORM BACK IN 2011 when we launched our first Together Women Rise giving circle chapter. One of my columns in the Shuttle that year laid out a vision to support gender equity for women and girls' projects in the developing world. The fruit of that vision was the establishment of a Co-op chapter of what was then known as Dining for Women.

So many folks came forward that we decided to start two separate chapters. Soon a third launched, and a fourth chapter came on board when the Ambler store opened; they just celebrated their fifth anniversary. To date, our four chapters have raised \$360,473.26 for various projects. We're astonished.

On Saturday, May 20, from 2-4 p.m., we will celebrate our 20th anniversary at Springside Chestnut Hill Academy in Chestnut Hill. The event will include 35 chapters from Delaware, Pennsylvania and New Jersey. We invite all who are interested to learn more about the impact this organization is making in the lives of our grantees and in ourselves.

The event will feature members of our national leadership, a performance from Anna Crusis Women's Choir, and speakers from two beloved grantees: Rebecca Davis from MindLeaps Africa and Vesna Golic from Common Threads Nepal.

MindLeaps was founded by Davis, a choreographer and entrepreneur. The New York-based nonprofit reaches marginalized and impoverished street girls through dance. In this safe space, the young dancers also receive remedi-

al education, psychosocial counseling and nutritional support.

The Common Threads Project provides opportunities for women to begin to heal from the enduring psychological effects of sexual and gender-based violence. Golic will describe the impact of bringing women together to create story cloths on which they stitch their truths. While in the weekly presence of others struggling from similar trauma, victims can find a way forward.

In our 20 years, Rise has funded more than 240 grantees; the through line for all of them is education. We support a variety of learning experiences, from training midwives and birth attendants to teaching elder widows to raise goats.

Global evidence shows that it's crucial to keep impoverished girls in school to avoid exploitation and forced marriage. Our grantees do this through clubs, sports, scholarships, homework assistance, menstrual product access and even cellphone apps! We love supporting women's groups and cooperatives, which help women maximize their earnings and expand their access to formal and informal economies.

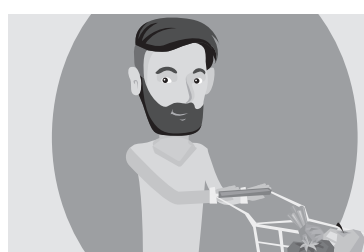


We don't shy away from difficult arenas; many of our programs have cared for victims of sex trafficking and work to end this hideous practice. Less than 2% of philanthropy is focused on women and girls, so we are proud to focus our work on global gender equality.

The effect on our membership has been profound; we have all learned so much and become advocates for women and girls. Under the leadership of quilter Margaret Guthrie, a subset of us has created four stunning quilts for nonprofits, including Food Moxie. Some members have visited our grantees in faraway places. We have expanded our friendship network, and many of us have leveraged these relationships to help save our own democracy!

Come celebrate with us on May 20; the event is free but advance registration is requested. To learn more and/or register, go to www.togetherwomenrise.org/20th-anniversary/ and scroll down to the Springside event. If you're interested in joining, or starting a new Rise chapter, contact Betsy Teutsch at bpteutsch@comcast.net.

Betsy Teutsch is a longtime member of Weavers Way and a member of the Co-op's first chapter of Together Women Rise.



"OH, NO, I FORGOT TO SAVE THE EARTH!"

All About Caterpillars, and Why We Need to Care for Them

(Continued from Page 1)

gas and take up less space. The difficulty is feeding them, because they tend to eat only one type of plant.

Yes, caterpillars eat plants (so do we). Don't listen to the lawn guys who want your business and try to stoke fear in your heart that caterpillars will devour your entire garden. The damage they do is small in comparison to the benefits they offer, like attracting birds and becoming butterflies.

Just as caterpillars feed on specific plants, so do the butterflies who lay their eggs there. This is known as co-evolution—a reciprocity between the host plant and the caterpillar, like the monarch butterfly feeding on milkweed. Many herbs, from oregano to rosemary, dill and cilantro, are host plants.

We may become annoyed with caterpillar droppings when they appear in our gardens because we may not realize that their excrement or frass has a cleansing effect when washed into nearby waterways. Researchers from the University of Cambridge found that the frass of tent caterpillars improved the water quality of nearby lakes in Ontario, according to a Nov. 2021 article published on the CBC website. It also enriches the soil.

To learn more about caterpillars, go to the Caterpillar



photo courtesy of Sam Jaffe and The Caterpillar Lab.

The Black-spotted Prominent caterpillar (*Dasylophia anguina*).

lar Lab website (www.thecaterpillarlab.org.) Here are some ways you can help caterpillars to thrive in your yard or other outdoor space:

1. Plant a variety of native plants to sustain a variety of caterpillars. Ideally, you want to select plants that blossom at different times, so they can provide nectar

throughout the butterflies' life span. Go to nwf.org and type in "How to attract butterflies" in the search bar for a list of companion plants.

2. Avoid insecticides. Even "benign" insecticides are lethal to butterflies. Don't use any lawn service which sprays anything. No chemicals are safe! Even fertilizers are harmful.
3. If possible, include some flat stones in your garden where the butterflies may rest and enjoy the sun, so they can warm their wings for flight. Also include a damp sandy or muddy area where they can "puddle" or extract minerals. Try to keep it moist, especially in hot or dry weather. Along with sunny locations, shade is also important for butterflies to maintain some moisture; drought is deadly. Small trees and shrubs help the soil retain moisture.
4. Leave some areas of your lawn uncut; doing so will provide a habitat for caterpillars, butterflies and other insects. Even small areas near a fence or shed are helpful.
5. Enjoy the diversity of caterpillars. Imagine the gorgeous butterflies or moths they will become.



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Imagining a World Without Waste

Biodegradable vs. Compostable, and Sustainable Gardening Tips

IN RECENT YEARS, THERE HAS BEEN AN INCREASE IN products labeled “biodegradable” and “compostable” as a result of more people expressing concern over plastic waste. These items are part of an ever-increasing category of bioplastics — items made from renewable biomass sources. For those who have been seeking alternatives to single-use plastic, these new products have been enthusiastically received. But there’s still a lot of confusion about what the labels mean and how the products are to be disposed of properly.



While the demand for more eco-friendly products and packaging is a good thing, it’s important that we continue to investigate the broader costs for the production and disposal of the things we consume. In our rush to replace petroleum-based bags with ones made with organic materials like corn, we should remember that our farming industry is another major source of pollution. Some even argue that biodegradable and compostable products can produce more greenhouse gas emissions than single-use, conventional plastic.

It’s also important to keep in mind that for many of us, anything placed in our trash will most likely be burned at the Covanta trash incineration plant in Chester. This process produces an unacceptable amount of airborne toxins that contribute to respiratory and other illnesses in the surrounding neighborhoods. Anything we can do to minimize our trash helps that community.

Ultimately, bioplastics might be a step in the right direction. But the greenest option by far is to reduce our consumption of virgin materials and reuse products wherever we can.

— Danial Rauscher

Garden More Sustainably this Year

In a world full of plastic, gardening can feel like the ultimate sustainable activity. My hands are deep in the soil, there are no toddlers demanding disposable pouches, and it’s just me, some seeds, and my... plastic watering can, plastic seedling pots, plastic seed tray, plastic bags of soil, plastic plant labels... Dagnabbit.

Modern gardening can quickly turn into a plastic-dependent hobby. A lot of the plastic use feels unavoidable, but there’s a lot we can do to re-embrace the sustainability of this pastime. I’ve found that when I stop and think about how to reduce my use of plastic in any aspect of life, I end up trying new things, building new skills, and often saving money. So why not try something different this season?

Here are some ideas and inspiration to get your wheels turning. If my toddler can embrace a reusable pouch, we can change our gardening habits!

Repurpose while trying something new

Think about the amount of small plastic yogurt cups your kids go through — or your neighbor’s kids, or your other neighbor that talks to you about probiotics. I’m sure someone on your block eats yogurt. Clean them up, poke a few holes in the bottom and start seeds in them.

Starting seeds indoors is so gratifying as a solo or family activity. You grow something, care for it and reap the benefits (which is sometimes hard to feel when parenting). You don’t need anything fancy: Fill a strawberry clamshell with moist soil, put in some seeds, close the clamshell, open it when the seedlings emerge, and then stick the whole thing in a sunny window.

There are so many single-use plastic containers we can repurpose for starting seeds — sour cream and cottage cheese containers, plastic cups from smoothies/coffee, tofu containers, etc. Between those and existing standard plastic seed pots from your neighbors’ basements

and sheds, there are enough containers in circulation that no one should ever need to buy any new ones.

Rethink standard practices

Sustainable gardening is all about creativity, embracing something new and activating community. When you get a chance, go talk to that neighbor on your block who is always outside gardening. They’ll know where you can get 30 gallons of free soil/mulch/compost from Fairmount Park Organic Recycling Center; that plain cardboard is excellent for suppressing weeds (instead of landscape cloth that’s full of plastics), and who owns a leaf shredder for making leaf mulch.

Embrace when plastic helps, not harms

I recently took inventory of my gardening supplies and practices. After exploring ways to reduce my use of plastic, I finally just embraced a few things that were working.

For instance, I’m fortunate to have space on my property in Germantown for multiple rain barrels and a compost bin — all made of plastic. But ideally, this plastic is going to last a long time, and allows me to put my food waste to good use, save water and reduce a few bills. I may dislike plastic, but I see where it can serve us, too.

— Arielle Tannenbaum



Updates From The CRP Program

Weavers Way’s Container Refund Program keeps growing. In a few weeks, we expect to exceed 15,000 containers circulated since the launch on Earth Day 2021. As a community, we have been able to keep that number of containers out of the waste stream.

It takes a lot of people to make this happen. First, the Co-op had to adopt a complicated process that requires capital, employee time and energy. Leadership and support from General Manager Jon Roesser in collaboration with ECHO Systems have made this possible.

Several store managers have secured space for the program in tight locations. Ambler Store Manager Heather Carb created a section in the receiving department that makes handling the items more accessible. The Prepared Foods managers in Chestnut Hill and Ambler added new items, even though the labeling process is more complicated. Santina Andretta, a deli clerk in the Mt. Airy store, is a champion in assisting with the packing of olives, cheeses and preserved lemons there. Ross Beauchamp, the bulk buyer in Ambler, has created a designated section there that looks beautiful. Finally, our committed members and shoppers support the program by purchasing, prewashing, drying and returning their containers minus any stickers or markings.

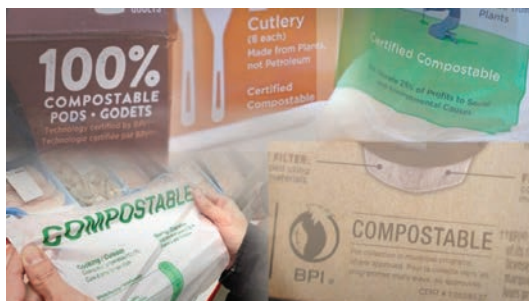
This process takes a village and makes a difference, so please continue to support the program. If there are items you wish you could purchase in a reusable container, email the Plastic Reduction Task Force at PRTF@weaversway.com.

—Alisa Shargorodsky, ECHO Systems



Biodegradable

While it sounds nice, a biodegradable label doesn’t tell you much, since there doesn’t seem to be an industry standard definition. Generally, a product with this label should be placed in the trash. Bioplastic manufacturers can voluntarily get their products tested to see if they will degrade when placed in conditions like those found in landfills or in marine environments. ASTM International, headquartered in Conshohocken, is a standards and testing organization that currently has two widely recognized tests for biodegradability — ASTM D5526 and ASTM D6641. Look for evidence that these tests have been performed when evaluating whether or not a product is biodegradable.



Compostable

Products labeled “compostable” can be composted and converted to nutrient-rich soil by an industrial composter, whose facilities provide conditions tailored to compost bioplastics. However, even when consumers are informed, motivated and have the means to transport their waste to be composted, there may be no industrial composter that accepts bioplastics in their region.

In our area, the commercial composter Mother Compost, located on the Main Line, is the nearest facility that accepts some industrial compost. But its availability appears to be limited to those who live in the area, and customers pay for the service. There are other composters in Philadelphia and neighboring areas, but they handle compost items like vegetable peels and grass clippings, not bioplastics.

TUV Austria, an independent international testing, inspection and certification company that operates in over 30 countries, certifies whether products are suitable for backyard compost. Even though this distinction sounds like it might be the most sought after from a sustainability standpoint, studies have found that in most cases, materials labeled “safe for the home compost,” regardless of certification, failed to fully disintegrate within six months.

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For more information, contact Leah Corsover • leahcorsover@gmail.com

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FISCAL YEAR 2022

annual report for members

Data in this report may be for either the fiscal or calendar year.

from the gm

April 18, 2023

Dear Member-Owners,

In this, Weavers Way's 50th year, the Co-op's management team is honored and pleased to present our annual report. Last year, the pandemic, while still part of our lives and still capable of disrupting the Co-op's operations, ceased to be our biggest challenge, and was replaced by something new: inflation. For more than a year, we have received multiple price increases from our vendors every week, and many of our vendors have increased their prices several times.

Meanwhile, our operating expenses have continued to rise. Whether it's credit card processing fees, packaging costs, refuse removal, or repair and maintenance services, running the day-to-day operations of our stores is more expensive than ever.

Such was the business cycle in 2022. Yet, despite the challenges, we have emerged strong. Sales have continued to grow, which is comparable to our industry. Thanks to our member-owner model, we have retained our core customer base while attracting new customers from the competition. Gross profit margins, while pinched by inflationary pressure, have stabilized. Our cash reserves continue to be well above pre-pandemic levels. Overall, our business is fiscally strong.

While inflation may have been our biggest challenge, it was not 2022's biggest story. Because last year, we made the decision to move forward with opening a store in Germantown.

We are fortunate to have the opportunity to expand Weavers Way's retail presence to such a dynamic, historic and diverse community. As our "Germantown project" proceeds, it will be essential to keep the Co-op's Ends in the forefront, so that they may inform us as we make important decisions related to product and vendor selection, staffing and expanding our community partnerships.

Weavers Way's annual sales are now approaching \$40 million, and we will surpass that once the Germantown store opens. We have just under 11,000 member households; when Germantown opens, we'll see that number go even higher. Whether intended or not, our Co-op continues to grow at a rapid pace, engaging more and more people, communities, vendors and partners, all the while expanding Philadelphia's cooperative economy.

While we can celebrate our accomplishments, our focus must be on the future. Guided by our Ends, we will work to get the doors to Weavers Way Germantown open by the end of calendar 2023. Our ultimate goal will be to ensure that from its first day, our Germantown store manifests the best intentions of Weavers Way's Ends Policies.

This year, management's interpretation of the Ends, and the data we have presented in support of that interpretation, was influenced by the exercise conducted by the Board of Directors at their February 2023 meeting. We are grateful to the Board for their input, and hope that we can find more ways to incorporate the Ends Policies into the work we do throughout the year.


Jon Roesser

weavers way's ends

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

As a result of all we do:

- END 1** There will be a thriving and sustainable local economy providing meaningful jobs, goods and services to our members and the community.
- END 2** Our community will have access to high quality, reasonably priced food, with an emphasis on local, minimally processed and ethically produced goods.
- END 3** There will be active collaborative relationships with a wide variety of organizations in the community to achieve common goals.
- END 4** Members and shoppers will be informed about cooperative principles and values; relevant environmental, food and consumer issues; and the Co-op's long-term vision.
- END 5** Members and shoppers will actively participate in the life of the Co-op and community.
- END 6** The local environment will be protected and restored.
- END 7** Weavers Way will have a welcoming culture that values diversity, inclusiveness, and respect.

weavers way germantown

Weavers Way Germantown will provide commercial and community services for the greater good, champion the cooperative model, and strengthen the local economy. Our new store will give our local vendors another store to which they can provide product and will create at least 40 new meaningful jobs that will include opportunities for advancement. It will also provide meaningful goods and services to a neighboring community.

When the new store opens, another community will have access to high quality, reasonably priced food, with an emphasis on local, minimally processed and ethically produced goods. Our market data shows that much of Germantown's food dollars are currently being spent outside the neighborhood.

Our first Germantown hire was for our community manager because we recognized the importance of having active, collaborative relationships with a wide variety of organizations in the community to achieve common goals. We signed a 10-year lease for 326 W. Cheltenham Avenue, next to the new store, ensuring we will have a community space for workshops and events.

The store's design will help customers learn about cooperative principles and values, relevant environmental, food and consumer issues, and the Co-op's long-term vision. Carefully developed in-store signage will highlight priorities like Food for All and the Container Refund Program. Exterior signage – perhaps even a mural – will emphasize cooperative principles.

We intend for the Germantown store to have a robust working member program, so that members will actively participate in the life of the Co-op and community. We are already developing new partnerships with neighborhood community groups, faith-based organizations and nearby schools and businesses.

To make sure that the local environment will be protected and restored, our new store will be powered 100% by renewable energy. It will feature a large bulk section and bag and jar libraries. Food waste will be composted, we'll use all-electric cooking, and the roof and parking lot will be designed for enhanced stormwater control.

In making the strategic decision to open our newest store in an economically and racially diverse neighborhood, our Germantown store will give us an opportunity to demonstrate our commitment to a welcoming culture that values diversity, openness, inclusiveness and respect in all that we do.

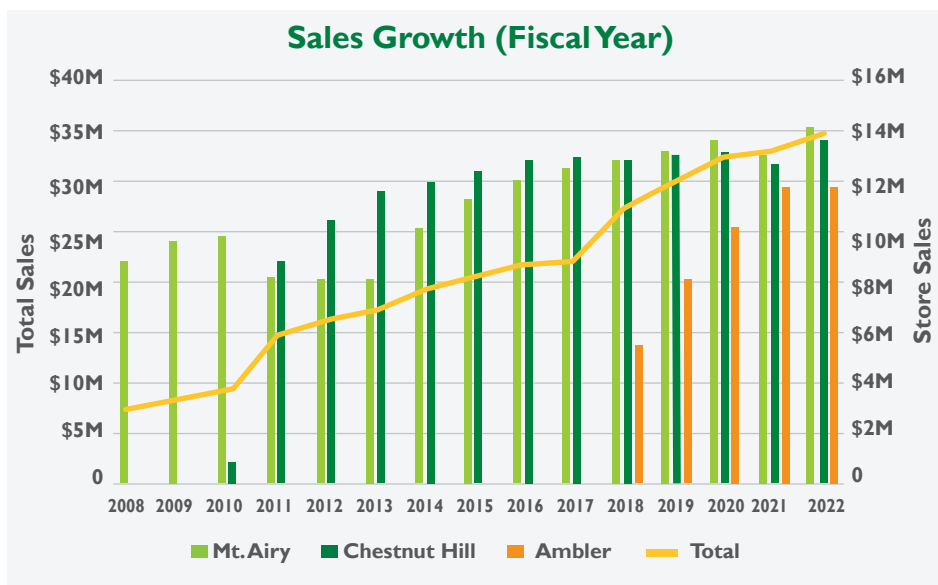


  **328 W CHELTEN AVE**
GERMANTOWN, PHILADELPHIA
<https://weaverswaycoop.org/> <https://revisionarch.com/>

sales

Sales growth in Fiscal Year 2022 was in part driven by inflation, as rising Cost of Goods Sold pushed up our retail prices. Consumer “flight to value” worked both in our favor, as people spent less on dining out and more on food at home, and against us, as people gravitated to discount grocers like Aldi and Grocery Outlet. We were able to adjust our product mix to some degree, offering our customers more conventional produce and more added value products in meat and seafood.

All stores experienced sales growth in 2022 and Co-op-wide sales growth was 5.5%, comparable to the grocery industry in general.



Looking at sales growth by store gives a good indication of how the Co-op has grown since the years just prior our expansion to Chestnut Hill in May 2010, and to Ambler in October 2017. With Germantown opening later this year, another surge in growth should be expected.

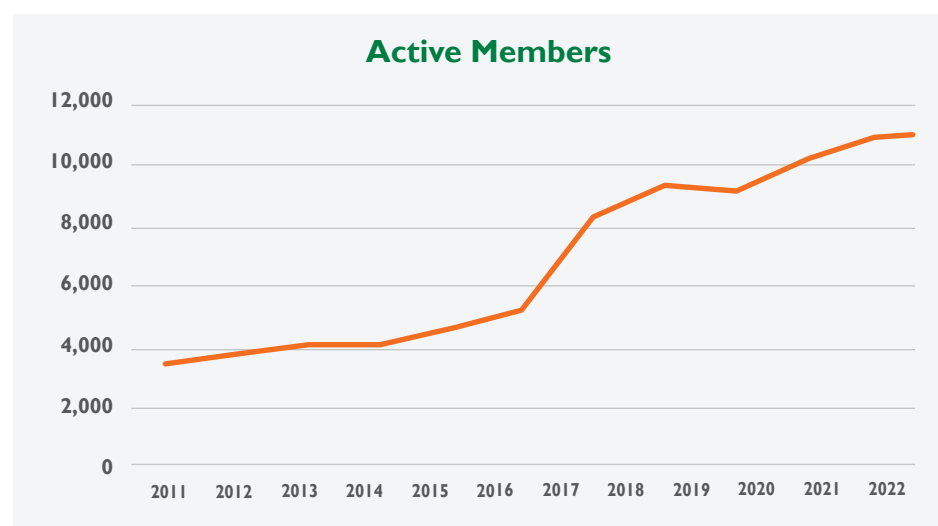
Fiscal Year	Mt. Airy	Chestnut Hill	Ambler	Total	Annual Growth
2008	\$7,726,421			\$7,726,421	
2009	\$8,490,918			\$8,490,918	9.9%
2010	\$8,611,227	\$773,094		\$9,384,321	10.5%
2011	\$7,148,695	\$7,717,225		\$14,865,920	58.4%
2012	\$7,102,371	\$9,150,806		\$16,253,177	9.3%
2013	\$7,098,656	\$10,130,354		\$17,229,010	6.0%
2014	\$8,849,487	\$10,474,863		\$19,324,350	12.2%
2015	\$9,878,336	\$10,859,528		\$20,737,864	7.3%
2016	\$10,555,459	\$11,229,623		\$21,785,082	5.0%
2017	\$10,934,460	\$11,326,975		\$22,261,435	2.2%
2018	\$11,241,470	\$11,231,926	\$4,839,263	\$27,312,659	22.7%
2019	\$11,543,500	\$11,408,717	\$7,141,599	\$30,093,816	10.2%
2020	\$11,976,474	\$11,503,225	\$8,952,533	\$32,432,232	7.8%
2021	\$11,408,754	\$11,116,651	\$10,323,471	\$32,848,876	1.3%
2022	\$12,402,273	\$11,905,947	\$10,346,973	\$34,655,193	5.5%

As sales have grown, so has the number of Co-op members (precise data is not available prior to 2011). Last year, our rate of membership growth slowed considerably, plateauing as it did in the years after we opened Chestnut Hill. A new period of growth will occur as we prepare to open the Germantown store.

membership

Year-to-Year Membership Growth:

- Active Members 12/31/2021: 10,979
- Active Members 12/31/2022: 11,039 (+60, 0.55%)



community giving & partnerships

Ambler Community Fridge

The Ambler Community Fridge, a partnership between Weavers Way, Germantown Academy and other Ambler-area organizations, continues to operate 24 hours a day, seven days a week outside our Ambler store. It continues to be popular, so it has been difficult to keep the fridge stocked. In the last year, we received \$4,559 in monetary donations and an untracked amount of food donations for the fridge and pantry.

Food for All

Participation in the Co-op’s Food for All program peaked in May 2022, then declined, but it has since rebounded. Inflation may be a contributing factor. This year we added the category “other unspecified financial hardship” to the reasons people can qualify for the program, so participation in a needs-based assistance program is no longer required. Enrollment in Food for all as of December 2022 was 304, a 1.3% decrease from December 2021.

In calendar 2022, the Co-op made donations to, or provided sponsorship for, the following organizations. Note that this list is not exhaustive.

- AIM Academy
- Ambler Meals on Wheels
- American Cancer Society
- Ambler Boys and Girls Club
- Angel Flight East
- Awbury Arboretum
- The Big Backyard
- Chestnut Hill Conservancy
- Chestnut Hill Library
- Circular Philadelphia
- College Settlement of Philadelphia
- Commonwealth Youth Choirs
- Community Enrichment Fitness Network
- Concord House
- Congregation Beth Or Center for Early Childhood Education
- The Cooperative Nursery School
- Creative Coping
- C.W. Henry School
- Dancefusion
- Darcei Noam
- Delaware Valley Friends School
- EMAN
- Expressive Path
- FABSCRAP
- The Fallser Club – Ukraine Benefit
- The First Presbyterian Church of Germantown
- Food Moxie
- Friends of Jenks
- Germantown Academy
- Germantown Friends School
- Germantown Garden Guild
- Germantown Residents for Economic Alternatives
- Together Germantown United CDC
- Get Fresh Daily
- Greene Street Friends School
- Gwynedd Friends School
- Hansberry Garden
- Health Partners
- Historic Rittenhouse Town
- Lingelbach Elementary School
- Lovett Library
- Make-a-Wish Foundation
- MoDa Movement Co
- Montco Senior Adult Activities Center Ambler
- Mt. Airy Little League Baseball
- Oak Street Health Germantown
- Philadelphia Neighborhood Network
- The Philly Goat Project
- Please Touch Museum
- State Representative Rabb’s Health Fair
- Rotary Club of Blue Bell
- Roxborough Outlaws Youth Baseball Team
- SAGA
- Saul Agricultural High School
- Senator Art Haywood (event)
- Settlement Music School
- Shady Grove Elementary School
- Slow Down Germantown
- SOLO Germantown
- St. Francis Inn
- Stenton Museum
- Stroud Water Center Sponsorship
- Sustainable Business Network
- Thomas Mifflin School Garden Club
- Tookany/Tacony-Frankford Watershed Partnership
- Unitarian Universalist House
- Urban Youth Kings and Queens Summer Program
- The Waldorf School of Philadelphia
- WMAN
- Weavers Way Cooperative Association
- Wissahickon High School
- Wissahickon Restoration Volunteers
- Wissahickon Valley Public Library
- Women in Transition
- Wyck
- Yes! And... Collaborative Arts

In addition to the Co-op’s own donations, we raised the following donations from members and customers in calendar 2022 through our monthly Giving Tuesday fundraisers.

Date	Organization	Amount
1/11/2022	Food Moxie	\$1477.63
2/8/2022	Philadelphia Black Giving Circle	\$1708.38
3/8/2022	Food Moxie	\$1632.09
4/12/2022	Germantown & Ambler Community Fridges	\$2052.04
5/10/2022	Food Moxie	\$1478.48
6/14/2022	Bread & Roses Community Fund	\$1548.49
7/12/2022	Food Moxie	\$1939.55
8/9/2022	World Central Kitchen	\$1976.04
9/13/22	Food Moxie	\$1392.10
10/11/22	Germantown & Ambler Community Fridges	\$1506.98
11/8/2022	WW Environment Committee	1794.22
11/29/22	Food Moxie	\$2359.71
12/13/22	Food for All	\$1824.78
Total		\$22,690.49

In addition, we held a special fundraiser to support Ukrainian relief work:

3/4 to 3/6/2022 Project Hope (Ukrainian Relief Agency) \$21,972.48

Many of the ways we support Food Moxie are difficult to quantify. For example, we give them space in the Shuttle (they provide the content), and they have access to all our various business services support (finance, IT, HR, payroll, marketing and communications, etc.). They pay a fee for these services, but the fee does not cover all the costs. Actual monetary and in-kind donations in 2022 include:

Giving Tuesdays	\$12,104
High Five Donations	\$6,994
Seed to Supper (food only, does not include time & labor)	\$443
Equity Donations	\$6,513



employment

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



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

Fall 2019	37%
Fall 2020	45%
Fall 2021	68%
Winter 2022	75%
Winter 2023	83%

Our starting wage will increase to \$15 an hour at the end of March. This will fulfill our commitment, first stated in 2018, to get to \$15 by the end of 2023. We are a little ahead of schedule, but \$15 an hour is not what it used to be. Our plan for the year ahead is for another increase, to \$15.50, in early fall 2023 and to \$16 by the spring of 2024.

We have also worked to make improvements to our non-wage compensation. In the last year we were able to keep employee portions of health insurance premiums down while making several small enhancements. We changed one fund in our retirement plan based on the advice of NFP, our 401(k) co-fiduciary. We also added pet insurance.

Staff Diversity

To ensure we create a culture where everyone feels welcomed at the Co-op, it is important to continue to cultivate diversity among staff and management. Staff diversity data is as of Dec. 31.

Gender Diversity

	2016	2017	2018	2019	2020	2021	2022
Female	92	126	112	110	127	124	126
Male	94	135	115	123	131	123	140
Nonbinary/ Transgender	N/A	N/A	N/A	N/A	N/A	N/A	7
Prefer Not to Say	N/A	N/A	N/A	N/A	N/A	N/A	3

Note that prior to 2022, our payroll/HR management system, Paylocity, only provided employees the option to indicate their 'legal gender,' which was not necessarily the same as how they would have chosen to identify.

Racial Diversity

	2021		2022	
	Staff	Management	Staff	Management
Black	18.10%	10.30%	22.10%	15.20%
White	72.60%	87.15%	64.50%	80.40%
Asian	3.20%	0.00%	2.50%	0.00%
Hispanic	1.20%	0.00%	1.80%	0.00%
Two or More Races	2.40%	2.55%	4.70%	2.20%
Other/ Unidentified	2.00%	0.00%	4.40%	2.20%

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

local

We currently have 259 local vendors who supply products to the Co-op, as opposed to 240 last year. There was a pronounced decline in local sales during the pandemic, including our own prepared food sales. Since then, we have seen improvement, but inflation has suppressed local food sales growth.

Beginning next year, we are hiring a new vendor diversity coordinator who will report to the Co-op's retail director. The vendor diversity coordinator will work directly with store and department managers to identify new vendors 20 and promote them effectively in our stores and through our communications and marketing efforts.

Local Sales (Fiscal Year)

Year	Local Sales	% of Total
2015	\$7,480,000	32%
2016	\$7,600,000	35%
2017	\$7,700,000	35%
2018	\$10,000,000	37%
2019	\$10,400,000	35%
2020	\$9,900,000	28%
2021	\$10,533,000	30%
2022	\$11,100,000	30%



weavers way farms

Weavers Way is the only food co-op in the country that operates our own farm. Our farm allows us to have maximum control over the food we sell, eliminate the uncertainties of the supply chain, and ensure the highest quality, most ethically produced food. We currently produce vegetables on 2.9 acres and have a 1.5-acre orchard.

The 2022 Harvest was slightly below average, yielding 46,500 pounds. A new deer fence was installed at the orchard and the vegetable field at Henry Got Crops, and we expect this to increase yields going forward.

In the 2022 growing season, our farms:

- Sold just over \$270,500 in produce, not including non-farm product sales from our Henry Got Crops Farm Market at Saul Agricultural High School in Roxborough. This amount represented an increase of almost \$43,000 from 2021.
- Earned just over \$75,600 in sales of their Top Five crops: tomatoes, lettuce mix, pawpaws, lettuce heads and summer squash. Sales from the next five best sellers (spinach, collard greens, chard, kale and sweet multicolored peppers) totaled almost \$33,200 for 2022.
- Earned 62% of their sales through our Henry Got Crops Farm CSA, a six percent increase from 2021. The rest of the farm income came from sales to Co-op departments (22%), Henry Got Crops Farm Market (14%) and wholesale outlets (1%).

Sales at our Henry Got Crops Farm Market in 2022 were \$205,057.56, a decrease of over \$63,000 from last year. The farm market also recorded significant decreases in EBT sales (\$10,548 vs. \$22,058 in 2021), Philly Food Bucks money redeemed (\$2,360 vs. \$9,938 in 2021) and new Co-op members recruited (16 vs. 71 in 2021).



environment

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

Packaging

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

- No single-use plastic bags at checkout.
- Bag libraries at all stores, along with a supply of used paper bags and boxes for customers
- Extensive bulk departments in our Mt. Airy and Ambler stores. Customers may bring their own containers when doing bulk shopping.
- Bulk jar libraries in all stores.
- "Weigh it Weekends" on the first weekend of every month. Shoppers receive 10% off their bulk purchases when they use their own reusable container or when they purchase a reusable container through the Co-op.

The Co-op's returnable container program, the Container Refund Program, provides customers with the option to purchase certain products in a returnable container. Customers pay a deposit, which is refunded when they return the container to the store.



Container Refund Program (CRP) through the end of 2022

Store	Prepared Foods	Deli	Bulk	Produce	Total
Mt. Airy	1,756	359	1,448	----	3,563
Chestnut Hill	2,447	222	500	---	3,169
Ambler	2,667	157	533	950	4,307
All Stores	6,870	738	2,481	950	11,039

Store Infrastructure

Recognizing that operating busy grocery stores requires a great deal of energy and generates considerable waste, we strive to run our facilities as sustainably as possible. Here are some of the steps we've taken toward that goal over the years:

- All stores use 100% renewable wind and solar-powered electricity.
- All stores use Renewable Natural Gas from The Energy Co-op.
- We maintain four electric vehicle charging stations at our Ambler store.
- All stores operate a highly energy efficient "rack refrigeration system" (a centralized refrigeration system that uses much less electricity than if each refrigerator had its own system).
- At our Ambler store, we capture the heat from the refrigeration rack to preheat hot water and heat and dehumidify the building.
- At our Chestnut Hill store, we capture the heat off the rack to preheat hot water (this serves the six apartments upstairs as well).
- LED bulbs are used in all buildings.
- Food waste from all the stores goes to the composting operation at Saul High School.
- We collect and dispose of "toxic waste" that we accumulate while maintaining our stores via Philadelphia's toxic waste facility in Andorra.
- Almost all food that is approaching expiration is either repurposed by Prepared Foods, sold at a discount or donated to local food banks (primarily through Germantown Pickup) daily. Since this food is not put into the trash stream, it cuts down on food waste, a significant greenhouse gas source.
- All stores have bike racks.



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India's Scholar, Black Belt and Aerospace Pioneer

THIS MONTH IN THE SHUTTLE, the Co-op's Diversity, Equity and Inclusion Advisory Committee highlights Asian and Pacific Islanders as part of Asian and Pacific Heritage Month.

India's national hero, Kalpana Chawla, (1962–2003) was a black belt in karate, an aerospace engineer, astronaut and the first woman of Indian ancestry to travel in space. Initially, her father expressed consternation about her aspirations. But with her mother's abiding support, she became the first woman to study aeronautical engineering at Punjab Engineering College in Chandigarh, India.

Kalpana immigrated to the United States in 1982, earning two master's degrees (1984 and 1986) and a Ph.D. in aerospace engineering in 1988. She logged 30 days, 14 hours and 54 minutes in space as a NASA astronaut.

On Feb. 1, 2003, Dr. Kalpana's final communication from space was "Our mission is successful, and we are all fine here." During reentry of the Space Shuttle Columbia, she and six crew members lost their lives.

—Rosa Lewis




Racial Diversity, Equity, and Inclusion



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For Max Mixing of Natural Peanut Butter, Defeat the Villain Jar

by Michael Mills, for the Shuttle

WHEN I WAS A KID DECADES AGO in Austin, TX, the only peanut butter my siblings and I knew of was the standard issue, commercially homogenized smooth version — Jif or Skippy, whichever cost less when our mother went shopping. There were no complaints from us — it was peanut butter and we liked it.

While in college, I was awakened to the wider world of peanut butter. The fellow with whom I shared a basement apartment was all about crunchy peanut butter. It was more fun to eat, he said. He was right, and I switched.

One summer, I interned at the newspaper in Austin and lived in a house on the periphery of the University of Texas campus. Right across the street was a funky little grocery, operated by quasi-counter-cultural folks, with offerings rather like those at West Philly’s Ecology Co-op in its earliest days. There I discovered “natural” peanut butter — not homogenized, always separating, but tasty. I switched.

My mother and her sister, who grew up during the Depression, scoffed. My aunt told me how wonderful the introduction of homogenized peanut butter was — it never needed to be remixed because it never separated. She said this with almost gleeful satisfaction. Oh, I said. I did not switch back.

I’ve been a crunchy natural peanut butter guy ever since. These days I favor Field Day’s organic crunchy, salted version, which the Co-op sells. I tried the grind-as-you-go variety in the bulk section but am sticking with Field Day.

Years of crunchy natural peanut butter has meant a lot of remixing. My friend Betty is another scoffer and says something along the lines of “it never works.” But I’ve finally figured it out, and I’m sharing a couple of ways to minimize that remixing. One is a one-and-done exercise; the other is a tactic for much easier remixing. If, like my mother, my aunt and Betty, you’re not into having to remix separated peanut butter, either of these techniques may make you a convert, too.

Pushing Past the Limits of the Jar

Uninformed remixing of natural peanut butter is so annoying because of its packaging; it’s sold in cylindrical jars (plastic or glass) that are taller than they are wide. When unhomogenized peanut butter separates in these jars, a lot of the oil is at the top, the middle is sort of OK, and the bottom of the jar has a dense layer of finely ground peanuts.

So when you open a new jar, stick in a long spoon and try to mix it, you end up with a mess. The contents slurp and ooze out of the jar onto your hand and then onto the kitchen counter. And it’s impossible to get to the dense stuff at the bottom. No wonder my aunt found joy in homogenized peanut butter.

The first mixing technique is for people who like their peanut butter cold (I am in this camp; a sequence of spoonfuls of cold peanut butter on a crunchy apple is the greatest). The other is for the room-temperature crowd. Both methods use the same pre-mixing method.

Before You Start Mixing

(Cold Fusion and Room Temperature Methods)

Place the unopened jar on its side and leave it undisturbed in that position at room temperature for two or three days. This will alter the separation of the top two layers. The longer the jar is horizontal (and not subject to rolling around), the better it is for redistribution.



The Cold Fusion Method

1a. Get a medium mixing bowl and a sturdy rubber spatula. Open the jar over the bowl and use the spatula to get all the contents out and into the bowl. With a wooden spoon or the like, start mixing. Make sure all the dense matter is worked in evenly.

1b. Place a canning funnel in the empty jar and transfer all the well-mixed peanut butter back into it. Cap it and immediately put it in the refrigerator upside down. Leave it undisturbed overnight. From that point, turn it right-side up and enjoy.

The Room Temperature Method

2. Transfer the peanut butter to a sturdy, shallow food storage container, preferably one that is a size larger than the volume of peanut butter would require. I recommend a glass container with a lid that fits it securely. When it’s time to use the peanut butter, mix it in the dish. You don’t even need to mix all of it — just a corner with the amount you need.



1a.



1b.



2.

photos by Mills Harasta
Weavers Way Marketing Coordinator

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A Guide to Soil Preparation for the Tardy Gardener

by Sally Mccabe, for the Shuttle

THE BEST TIME TO PREPARE YOUR SPRING SOIL IS, of course, in the fall. Ideally, you would conduct a soil test and add lots of organic matter as part of your pre-winter garden cleanup. But don't worry if you didn't get around to it in the fall — there's no time like the present to get things done in the garden.

Here are three tips to prepare your soil for the spring planting season.

1. Soil Tests

Are you starting to garden in a new, unknown space? Do you know the history of the land, so you can make decisions about whether to test for toxic elements like lead? Are you continuing an existing garden that hasn't been tested for nutrients in more than five years? Soil tests can be helpful for these reasons and are available for a small price. Contact Penn State for a standard nutrient test, but for heavy metals, I recommend going to the University of Massachusetts Amherst website: www.ag.umass.edu.

2. Add Organic Matter

Garden soil always benefits from the addition of organic matter. The soil we have in the Philadelphia area is mostly clay (unless it's a former building site), and it has plenty of minerals in it that plants need and love. But the clay particles are so small that it's difficult for plant roots, water and air to get between them.

Are you bringing in soil for a new garden? Get a mix of 30% topsoil and 70% compost. Most local landscapers now carry it and adding compost to the topsoil/clay/rubble makes the soil much more usable for the plants. It also brings an element of biology (and lots of micro critters) to the chemistry that is our Philadelphia clay.

The key to good soil health, and hence good plant health, is to keep those micro critters happy. Feeding them compost at every available occasion keeps them chomping big pieces and pooping out smaller pieces until finally, soil is usable and functional for plants. Whether you're about to plant seeds, are planting transplants or



photo courtesy of Pennsylvania Horticultural Society

Planting a pepper seedling into prepared soil. Click on the QR code to read the latest edition of PHS' Gardener's Blog.

have already planted and are just admiring your handiwork, adding compost into the mix is always beneficial. By putting some compost between your plants and garden rows, it can continuously rot downward to feed those micro critters.

3. Avoid "Naked" Soil

"Naked" soil, or soil that is uncovered, is generally a bad thing. Short term nakedness is ok, because birds come and eat all the newly exposed bugs and grubs, but your garden will suffer if soil is uncovered for too long. For example, it's much harder to keep plants watered when



the surface of the soil is constantly exposed to wind, air, and sun, which leads to it drying out. The resulting dust also causes soil particles to get whipped into the air by wind and get into everything: clothes, eyes, noses, mouths — even into the house and onto the curtains. Soil dust is especially relevant to city gardens, since it's the dust that gets lead and other contaminants into kids, not the plants grown in the dusty soil.

In addition, weeds germinate faster in naked soil. Seeds of weeds explode out of the ground, seemingly in an effort of the soil to cover up its unnatural nakedness. In fact, most weed seeds lie dormant in the soil until stimulated by light, which ultimately means that pulling up weeds leads to more weeds coming in.

Uncovered soil also leads to mud, and then crust, and then more weeds. Rain beating down on naked soil flattens out the surface, making it smooth and slippery. Then the soil bakes the surface into cement, which makes it difficult for anything except weeds to grow, since they have low expectations.

Lastly, naked soil can easily be washed away and eroded. The combination of heavy rain, naked soil and any sort of slope in the garden leads to land erosion. So cover it up! Fig leaves are excellent, but if you don't have enough of those, mulch or compost is a pretty good alternative.

With these tips and helpful reminders, you'll be able to get your garden ready for the spring planting season, and be well on your way to healthy, nutrient-rich soil — even if you got a late start on soil prep.

Sally Mccabe is associate director of community education and community gardens at the Pennsylvania Horticultural Society.



An offshoot of Weavers Way Co-op

Food Moxie Seeks Interim Executive Director

Weavers Way's nonprofit arm is looking to hire an interim executive director. The candidate who is selected will be contracted to serve for six months with the possibility for renewal in 30-day increments until a permanent executive director is hired.

The IED will lead with compassion and integrity in carrying out Food Moxie's mission, vision and financial objectives. The IED will share and uphold Food Moxie's values, including the organization's commitment to equity and inclusion, cooperative principles, collective visioning, and local, small-scale urban agriculture.

This position reports to the Board of Directors and supervises the program manager, lead educator and grower, growing space manager and part-time operations manager. The IED will also support a part-time grant writer and an artist in residency.

For more information including job description and application instructions please visit:

<https://t.ly/Yicb> or scan this QR code:





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Suggestions

by Norman Weiss, Weavers Way Purchasing Manager

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

It's May, which means our Henry Got Crops Farm Market is reopening, and our two farms are close to producing regular weekly harvests. This year, as in most years, we have some new farm staff. Also, our longtime Farm Manager, Nina Berryman, is moving on to less-green pastures (meaning she won't be directly farming). Along with her dedicated, hard-working staff and volunteers, Nina has made our farms institutions of their own with a dedicated following of CSA members, Saul High School students and staff and Weavers Way shoppers. But she won't be leaving farming entirely; she's taken a job created by the USDA to support urban farming.

It's great to see urban farming getting this kind of support, because it has the potential to remedy many ills in our food system. When we look at our farms, and especially our CSA, issues that arise from trucking, packaging, chemical use, exploitive labor, water use and other issues common to much of modern industrialized produce farming are greatly reduced when compared to large, more commercialized farms.

This country has shown before that in times of crisis, the populace can adapt; the victory gardens of World War II come to mind. Fresh veggies from your own backyard with no need for transportation or packaging was a pretty sustainable approach. Of course, back then our government thought chemical pesticides, herbicides and fertilizers were good things



and encouraged their use. Nina and other sustainable growers have shown there is a better way, and it will be interesting to see how Philly urban farming evolves with support from Nina and the U.S. Department of Agriculture.

A CSA is an interesting concept, aside from the community support aspect, in that because it's sort of a subscription it means there is no shopping involved. This year we've been discussing experimenting with adding a fruit share and a bread share. This got me wondering how far CSAs/food boxes/food share subscriptions could go, and what role they could have in a healthy food system.

Subscription food turns into subscription meals and diets. After I get my CSA share and bread share, there is no decision for me to make about what I'll be eating the rest of that week. This makes shopping much simpler.

If there were shares available for other staples people eat every week, we'd barely have to shop at all. Food shopping would turn into buying snacks, treats and occasional Prepared Foods and frozen convenience items. There are services in Philadelphia that already do this; Philly Foodworks is one that experienced some success. There are other subscription and food box-type programs that mainly serve low-income and food insecure people, and of course Amazon and others will set up recurring deliveries to consumers so there is some precedent and infrastructure already in place. It's also interesting

(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**

(Continued from previous page)

to note that the subscription meal kit industry initially made a big splash, but then kind of flopped.

The future of CSAs and subscription food is still in development. Will Weavers Way have a role and if so, what will it look like?

suggestions and responses:

- s:** “Trickling Springs organic milk is back; they have been carried for some time at Whole Foods. I would much rather support the Co-op. I am requesting that you consider carrying this local and fantastically delicious milk again. Thank you.”
- r:** (Norman) FYI, it’s not the same Trickling Springs we had years ago. After the original Trickling Springs financial fiasco ended up closing the business in 2019, the brand got picked up by South Mountain Creamery, a Maryland dairy with sustainability values like the original Trickling Springs. Currently, we don’t deal with the distributor South Mountain chose to distribute the TS milk. But since we’ve had a few requests, it’s something we can look at to see if we can meet the minimums and other conditions to get deliveries.
- s:** “I suggest that you consider adding Kioa vanilla plant-based protein drink. It is excellent and has little sugar, unlike a lot of others. I saw one bottle of chocolate Koia at Chestnut Hill, but never saw any again. It must have wandered in off the street. Vanilla bean is best. Thanks for your consideration.”
- r:** (Norman) Hi Bill; thanks for your feedback about the column. We stock the Kioa line at our Ambler store. Your Chestnut Hill sighting was likely the tail end of a delivery. We do stock the chocolate in Chestnut Hill and Len Mears, our grocery manager there, said he’d try the vanilla.
- s:** “Old Quebec Canadian cheddar was a regular purchase at the Mt. Airy store when we lived in Germantown. Now we live in Willow Grove and shop in Ambler, where, alas, they don’t carry it. Could this be remedied?”




A CSA is an interesting concept... because it’s sort of a subscription, it means there is no shopping involved.




- r:** (Norman) We’ve asked our Ambler deli to give it a try. If it sells, we’ll continue to stock it. Thanks for the suggestion.
- s:** “I saw a homeopathic remedy I was hoping we could stock — phlegm chewing gum.”
- r:** (Norman) We do stock it; ask a wellness staffer if you need help finding it. In homeopathy, chewing the remnants of phlegm should cut down on your own production of phlegm, rendering you less phlegmatic.
- s:** “I was in the store a couple days ago and was thrilled to accidentally find the Wicked Kitchen noodle cups! Does this mean we can look forward to other WK offerings? Their frozen meals are awesome, and they have a whole line of other products, all vegan, includ-



ing spices, sauces, packaged mac and cheese and ice cream. I hope you plan to carry some of it. Right now, Sprouts is the only store around that carries the freezer meals. I know mostly it’s available in the UK, so I don’t know how much they are distributing here in the States. I know space is limited, but these guys are awesome and so is their food. Thanks!”

- r:** (Norman) It looks like our supplier has some of the ice creams and just a couple of the entrees/bowls and noodle cups and not much more. We’ll consider bringing some more items in as space allows. Like you wrote, space is an issue, but products do vary in sales over time. So if there are any slow sellers in the freezer, Wicked Kitchen could get a slot. Thanks for the suggestion.
- s:** “I want to help make America great again by only eating American food. Can we designate an ‘American Food’ section?”
- r:** (Norman) After we open Germantown, we’re planning to open another location that only sells American food — corn, squash, beans, pumpkin, tomato, peppers, avocado, potatoes and amaranth. Fittingly, we’ve secured a location for the store on American Street, and have permission from Acme (which was once named American Stores and originated in South Philly) to use their old name. Ironically, our Germantown store was originally an Acme.
- s:** “When will we have local sushi?”
- r:** (Norman) The Wissahickon was recently stocked with trout, so there is our source of local fish. Blue Moon Acres grows rice in New Jersey. We can gather seaweed from New Jersey beaches. Now if we could find a local source of the plastic green leaf decor things that seem to be required for every package of sushi, we’d be in business.



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Let it Grow: Take a Break from Mowing and Support Wildlife

by Erin Landis, Water Programs Manager, Wissahickon Trails

THE SUBURBAN LANDSCAPE IS KNOWN FOR ITS crisp, green expanses of mowed lawn as far as the eye can see, and we've normalized this aesthetic as the desired backdrop to the neighborhoods in which we live. While lawns have an appropriate place in our communities, there are also some significant downsides to consider, including:

- They are relatively ecologically sterile; they provide little to no food and cover for wildlife, especially pollinators.
- Because turf grass has shallow roots, lawns absorb and filter only minimal water during storm events. As a result, more polluted water reaches our creeks and streams with greater force and volume.
- Lawns are expensive to maintain; they require both time and money to mow and fertilize.

The sweeping landscapes of lawns in suburban regions have had particularly negative impacts on bees, butterflies and other insects, which are the foundation of the food chain and an essential food source for birds. To bring awareness to this topic and support healthier ecosystems, many communities participate in "No Mow May," during which residents are encouraged to skip mowing for all of May (or April, depending on where you are located). Postponing mowing allows a variety of plants like violets, wild strawberries, dandelions and clover to bloom in your yard and provide food to insects that are emerging in the spring. You can even take it a step further by seeding your lawn with early-blooming plants.

Alternate approaches to landscape management offer a multitude of benefits all year long. By reducing chemical applications and mowing and allowing a variety of plants to grow in your yard, you create a place where pollinators and other wildlife can find food and cover. Indigenous wildflowers and grasses have deeper root systems than turf grass, and they absorb and filter

runoff much more effectively, which helps keep our waterways cleaner and reduces flooding.

In areas where lawns are not used for recreation or other intentional purposes, consider planting trees and shrubs or a flower or vegetable garden, which provide more resources to our local bee, butterfly and bird populations. Indigenous plants with deep root systems are also much more drought and disease tolerant and do not require the same level of watering, fertilizing or maintenance that a lawn does, so you save time and money.

No Mow May combats the misconception that a natural landscape is equivalent to an unmanaged one; it is about intentionally allowing certain areas to grow, especially during the time when pollinators are emerging. Some people might think long lawns, meadows and wildflower gardens look messy, but there are tactics to give naturalized yards a more managed look. Adding a visual perimeter to un-mowed areas such as low fencing or edging, or even mowing a narrow strip around the uncut edges demonstrates that nature is being actively managed. Creative signage like "Don't mind the weeds—they feed the bees!" can also raise awareness and educate passersby.

A challenge to the No Mow May movement is that many municipalities have weed ordinances that limit residents' ability to allow their properties to grow more naturally. Residents in many areas are advocating to update these ordinances or their homeowner's association rules to allow for managed, naturalized landscaping. For example, Springfield Township in Montgomery County recently approved No Mow May for residents.

If you want to participate, reach out to your municipality or local environmental advisory council/board to inquire about No Mow May and local regulations regarding naturalized landscaping. Or check with your landlord about adopting some of these practices. For resources on



photo by Erin Landis
A naturalized landscape in suburban Philadelphia.



photo by Kristy Morley
A black swallowtail caterpillar hanging out in a Norristown yard.

what you can do on your property to manage stormwater and support our local environment, check out the "Take Action at Home" page on Wissahickon Trails' website.





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Builds local climate resilience
Improves public health & safety

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As part of the Co-op's efforts to reduce our use of single-use plastic, customers can purchase certain items in reusable containers.

There are a variety of containers available, with different deposits required.

Total Containers by Department

(as of this month)

Store	Prep	Deli	Bulk	Produce	Grand Total
Ambler	3463	264	797	1300	5824
Chestnut Hill	3253	409	781	0	4443
Mt. Airy	1975	603	1868	0	4446
Totals Sold	8691	1276	3446	1300	14,713
Deposits Refunded					9,273
Return Rate					63%


How the Container Refund Program Works

1. Look for labels with a CRP logo on our shelves.
2. Buy the item – the cost of the container is tied to the product.
3. Once it's empty, wash the returnable item and take it to the Co-op; you'll get the cost of the container refunded.
4. Spread the word to family and friends, so they can help save the Earth, too!


Deposit Cost Per Container

Products Packed

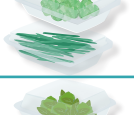
\$2 Soups
Cut Fresh Fruit (Watermelon & Pineapple)
Bulk




\$2 Bulk, Grab-and-Go Soups
Prepared Foods
Shredded Cheddar, Olives




\$3 Green Beans
Brussel Sprouts



\$4 Baby Spinach
Micro-Greens



Note: DO NOT WRITE ON OR STICKER CRP containers.



A program run by Echo Systems with support from the Weavers Way Plastic Reduction Task Force



Artists in Our Aisles

Steve Ford/David Forlano

Steve grew up in the Midwest. He studied painting, printmaking and crafts in St. Louis, Rome and Philadelphia and earned a bachelor's degree in fine arts from Temple University's Tyler School of Art in 1986. Since 1988, he has been part of the collaborative jewelry duo Ford/Forlano, making colorful and sculptural one-of-a-kind pieces. He has been a longtime exhibitor at the Philadelphia Craft Show and exhibits their jewelry in galleries and museums both nationally and internationally. He lives and works in Germantown.



David Forlano grew up in the Philadelphia suburbs and studied art at Tyler School of Art in Rome and Philadelphia. In addition to his collaboration with Ford, David is a musician, painter and movement artist. He lives in Santa Fe, NM.



While David's strength has always been to push color, pattern and surface in new directions, Steve's interests are three-dimensional structures and the ways things fit together mechanically. Throughout their longtime collaboration, they have often looked to nature for inspiration.

"Many of our brooches are like collections of fragments. At some point, however, we let the references subside and allow the color, abstract patterns and form to lead us. The work feels complete to us when the balance of elements – abstract and imagistic – come into focus in some unusual way."

www.fordforlano.com



SUBMISSIONS NEEDED

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 bio
- A head shot
- A short statement about the work
- A link to a website if you have one

Weavers Words

Sure, the flowers
and the moon
and the stars
and the trees
and the sun
and the sky
and the birds
and the bees
are lovely,
but what about
the broken hearts?

—Heather Cohen

This poem's brevity creates its intensity, and this intensity shines through when the poem is read aloud. Listeners can both understand and feel the emotion immediately.

—Elaine FeinCalvin

O WESTERN WIND

O Western Wind
When wilt thou blow
The small rain down can rain —
Christ! If my love were in my arms
and I in my bed again.

by Anonymous

LET IT GO

Throw open your window
Let go of expectation
Toss it to the wind

—Linda Cherkas

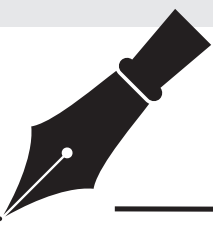
A GOOD DAY

Sunlit golden day
Just see the good unbiased
Flaxen yellow light

—Linda Cherkas

Our Revised Submission Guidelines:

1. Original poems must be of a reasonable length. Lengthy poems that are the subject of a reflection will be excerpted.
2. The Shuttle editor has the final say as to whether a poem or reflection is suitable for publication.
3. The number of poems or reflections 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 (or reflection) for Shuttle" in the subject line.



An Upcoming Talk on the Value of Native Plants to the Lenape Nation

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

AS STEWARDS OF WISSAHICKON VALLEY PARK, Friends of the Wissahickon spends considerable effort removing invasive plant species and replacing them with native ones. Native plants support a healthy habitat for hundreds of wildlife species that call the park home and a healthy urban tree canopy that improves the city's air quality and reduces the urban heat island effect in surrounding neighborhoods.

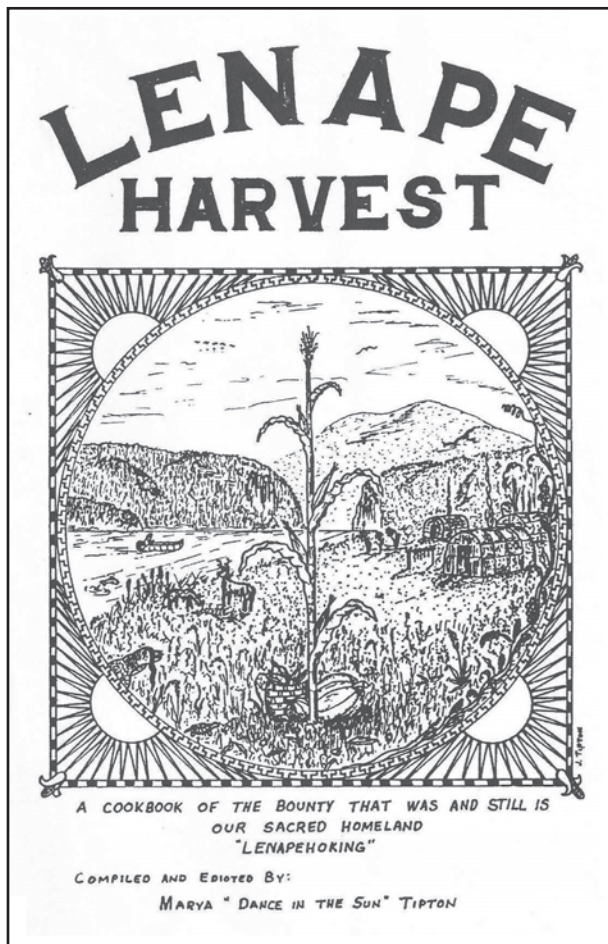
Native plants have always been essential to the Lenape Nation of Pennsylvania's way of life. Their use in everyday customs will be the subject of our next Valley Talk on Tuesday, May 9, "Native Plants in Lenape Language, Legend, and Practice."

Clan Mothers Dr. Ann Dapice and Shelley DePaul and Chief Adam Waterbear will discuss the use and significance of specific plants in Lenape culture. Topics will include Lenape names of plants, food justice, medicinal plants, cooking customs, dietary concerns and cultural stories surrounding plants and agriculture. The Lenape Nation of Pennsylvania is a tribal entity of the Lenape people, and is dedicated to revitalizing the tribe's culture and traditions.

As a preview, Chief Adam, tribal storykeeper and its director of education, told me about three common plants that hold special meaning in Lenape culture and are often used together.

Cedar: We usually think of the smell of this beautiful wood in terms of lining closets to keep moths away. But in Lenape culture it is the traditional native wood used to burn for the Eastern woodland tradition of smudging. It is used at official ceremonies or gatherings to generate positive energy among participants and to help clear their minds of the day's cares. Since it dries easily and stays green for a long time, it stores well for ceremonial use throughout the year.

Maple: Every March, the Lenape Nation holds a maple ceremony to celebrate the coming of spring. The legend attached to this tribal ceremony explains that Woodpecker Flicker once used his beak to dig in and relieve the discomfort of an itch that Grandfather Maple couldn't scratch. During an especially harsh winter when the people could find no food or water, Woodpecker Flicker offered his help. Grandfather Maple asked the bird to dig



in and release sap that would sustain the people and end their suffering.

After the storytelling, drumming and smudging, prayer tie bundles are wrapped around a designated maple tree to thank it for the gift of sap. The tree's location is kept secret to ensure that the bundles, which are made of cloth in the Lenape colors of red and black, remain undisturbed until the next year's ceremony. The event ends with a pancake feast with lots of maple syrup!

Tobacco: The bundles at the maple ceremony are filled with tobacco, which was given to the Lenape by Creator in a time of conflict. It is not to be smoked recreationally or abused and is considered sacred medicine for ceremonial purposes.

Whenever the Lenape gather to discuss important issues affecting their people, they bring tobacco. It is believed that when the smoke is inhaled and exhaled at the same time, the smoke commingles to bring about the best thoughts in everyone's hearts and minds so they can make decisions that are good for everyone. The Lenape use tobacco for many other purposes, and most individuals carry it with them (American Spirit is a favorite brand because it's organically grown). For example, if you were to come across a dead animal by the side of the road, you would sprinkle tobacco on the body to thank it for its time on Earth and wish it well on its next journey.

This free hybrid presentation, sponsored by our friends at Prentiss Smith & Co., will take place in person at Valley Green Inn and online via Zoom from 6-7:30 p.m. The Lenape Nation of Pennsylvania will also have a table at the event with items for sale, including Lenape books with information about medicinal plants, tribal language and recipes, as well as other educational and cultural items. Register for the event at www.fow.org/events/.



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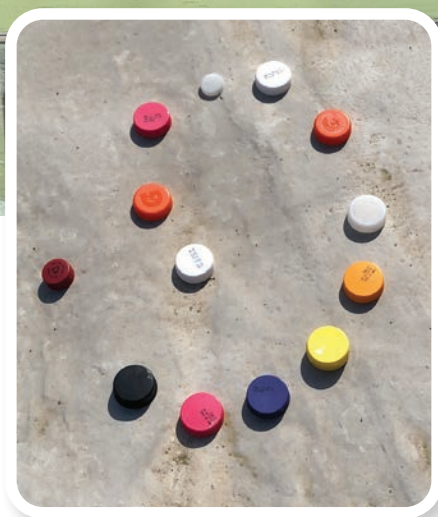
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Bottle Cap Collecting in Ambler for Upper Dublin PBL Mural

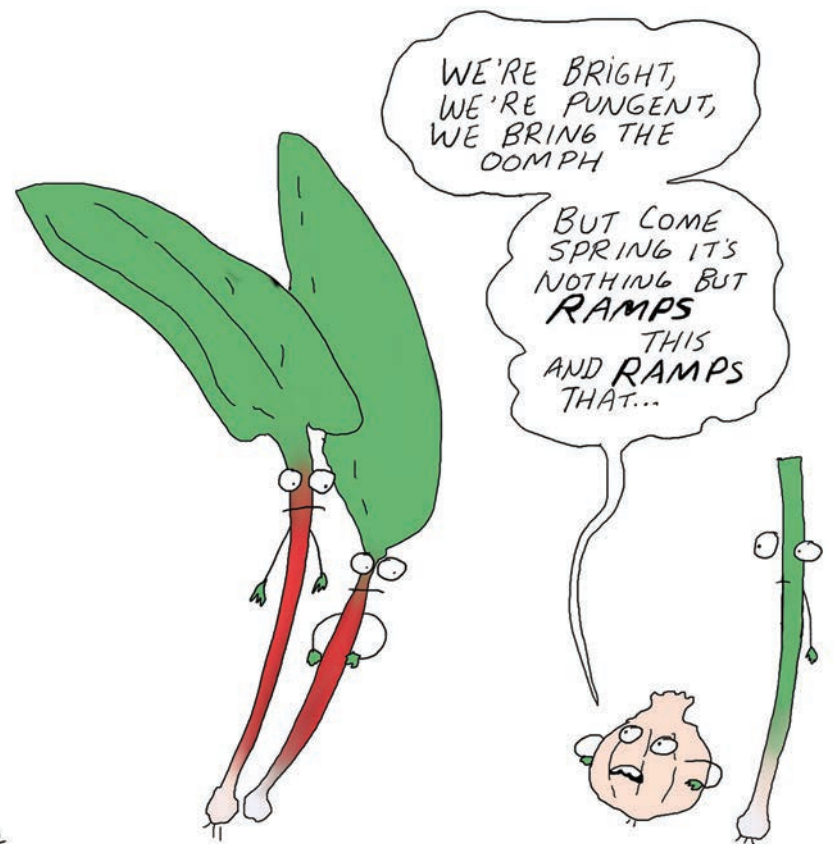


The leftmost recycling bin outside our Ambler store has been repurposed to hold donated plastic bottle caps for Upper Dublin High School's Project-Based Learning program. The group will be collecting the caps through early June and will use them to make a mural at the school. Please drop off any clean, screw-top plastic caps (no flip-tops, please).



Locally Grown

Illustration by Alli Katz



shop bulk
save money & reduce waste

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 currently taking place online until further notice. Check the Co-op's Calendar of Events for the date of the next meeting.

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

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To register visit: www.weaversway.coop/events

Become a Member

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



WEAVERS WAY EVENTS AND OFFICE HOURS

Mother's Day Make and Take Cards

Sunday, May 7 Noon - 1 p.m.
Amy Nucera

Drop into our cafe and make a beautiful card for Mother's Day! We will have all the supplies on hand and staff members to provide instructions. Looking forward to crafting together! This workshop will be held in the cafe area at Weavers Way Ambler, 217 E. Butler Ave.

Family Fun Stitch Party at Weavers Way Ambler

Saturday, May 20 11 a.m. - 3 p.m.
Marianne Ahern

Glad Dogs Nation upcycles kid's stuffed animals into safe and adorable pet toys. (Available for your pets in our Ambler pet department and Mt. Airy's Across the Way.) Now you can help create these toys for animals in need across the country! Glad Dogs Nation is bringing sanitized stuffed toys ready for the fun and final step of the process

- inserting a squeaker and stitching the toy closed. That's where you come in! Bring the family to this Stitch Party for a meaningful way to help animals waiting for their forever homes. Sewing experience not required! Kids as young as 5 have participated. Stitches don't have to be perfect. The dogs won't mind!

Marianne Ahren, president of Glad Dogs, will lead this wonderful workshop. Her company is committed to bringing happiness to all pets - whether they are lucky enough to live with loving families or are still in need of finding love and rescue.

This workshop will be held in the cafe area at Weavers Way Ambler, 217 E. Butler Ave.

Bulk Basics

Every Sunday Noon - 2:00 p.m.
Get Tips from Co-op Members!
Ambler Bulk Department

Membership Office and Notary Hours

Mt Airy: 555 Carpenter Lane
Membership and Notary Services
Monday - Friday
11 a.m. - 5 p.m.

New Member Orientation

Monday, May 15
6:30-8 p.m.

For more info:
www.weaversway.coop/events

Events are FREE

For more info: www.weaversway.coop/events

Architectural Style: Tudor Revival, early 20th century

THE DESIGN OF THE CRESHEIM VALLEY APARTMENTS by architect Henry E. DeHoff is indicative of a trend in real estate development and architectural style in the first decades of the 20th century. Located on the 7200 Block of Cresheim Road in West Mt. Airy, the building continues to exist as a 24-unit apartment complex. This building, along with many others of the era in northwest Philadelphia, combined building elements and design features in a distinctive manner with a recognizable and long-term impact on the character and quality of the immediate environment and the adjacent neighborhood. These new residential buildings set the tone for good construction, spacious interiors, and carefully crafted facades with historical references, timeless details and enhancements.

West Mt. Airy Neighbors Historic Preservation Initiative

Mt. Airy is a special place with a distinct character; it earned that image because it is a diverse community of civically engaged people. Nestled in northwest Philadelphia and adjacent to the Wissahickon Valley, Mt. Airy is blessed with natural beauty and contains historic architecture spanning nearly 300 years.



Cresheim Valley Apartments, 7200 Cresheim Rd.,
Constructed: 1914

The factors that make this place special require dedicated and active stewardship, and preservation of our historic resources requires conscious planning to be effective.

The goal of the West Mt. Airy Neighbors Historic Preservation Initiative is to identify and protect the character-defining features of the community by

Did You
KNOW ?



taking a proactive stance to recognize and protect the historic built environment for the future.

For more information contact wmanhpi@gmail.com.



Miquon provides a Progressive educational program for children ages 3 - 12.

Open House: May 10
Tours Daily
admissions@miquon.org

