

We're This Close to Opening Our Germantown Store

by Jon Roesser, Weavers Way General Manager

DEPENDING ON THE BREAKS, THE NEXT ISSUE OF THE Shuttle will likely be the first one distributed in our Germantown store. Having now properly jinxed us, I'll provide you with a brief project update.

Unquestionably, we're on the home stretch, meaning there's less and less stuff that can still go wrong. Overall, this project has gone pretty well. As of the writing of this column, most of the construction has finished and most of the equipment has arrived and been installed.

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Community-Owned,
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The Shuttle

MARCH 2024

Since 1973 | The Newspaper of Weavers Way Co-op

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Food Justice Committee

FJC Seeks New Members; Virtual Meeting Coming Soon

Weavers Way's Food Justice Committee is actively looking for new members and is hoping to rejuvenate itself via a virtual meeting sometime this month.

The committee, originally formed in 2013, is excited to get back to its roots — working to alleviate food insecurity in our community through various projects. As part of their involvement, members will be asked to participate in at least one of these projects.

The FJC is looking forward to engaging with neighbors, community members and partners to raise the awareness of Co-op programs like Food for All that promote access to fresh, healthy food, and to be doing its part to alleviate food insecurity in our community.

Please email outreach@weaversway.coop if you are interested in joining the committee and receiving the Zoom link to the meeting. We look forward to hearing from you and as a committee, rolling up our sleeves and getting to work!

—Nima Koliwad

The Sun Will Shine (and Help Power) Germantown Store

by Marion Storey Biddle, member of Weavers Way and the Clean Energy Co-op

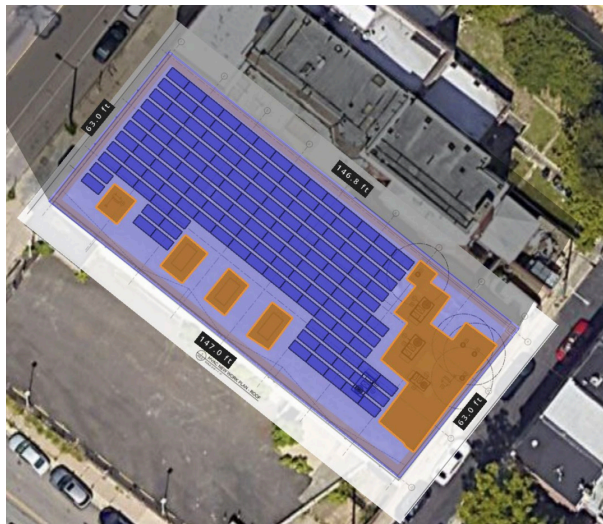
WEAVERS WAY GERMANTOWN is on its way to having solar power, thanks to a partnership with the Clean Energy Co-op of Honesdale, Wayne County.

Weavers Way entered into a power purchase agreement with Clean Energy on Jan. 30 to put solar panels on the roof of the soon-to-be-open store. The project is Clean Energy's first with another co-op and is its largest project to date.

Clean Energy, which was formed in 2014 in north-eastern Pennsylvania, develops solar projects using the collective, socially conscious investment of its members. This allows individuals to directly increase the amount of renewable energy installed in the state. The volunteer-run co-op has used this method for six solar projects so far, ranging from a Unitarian Universalist church to certified organic farms and a community theater.

"Becoming a member of the Clean Energy Co-op helps make this project and future projects a reality," said Joy Baxter, chair of the group's Southeast Pennsylvania chapter, which formed in 2021.

Members of Clean Energy who are legal residents of Pennsylvania can receive the prospectus and choose to invest in preferred shares that will fund the Germantown project. The Clean Energy Co-op has no connection to the Energy Co-



Initial solar design for the Weavers Way roof in Germantown, compliments of Solar States, the installer. The blue rectangles indicate solar panels.

op, a Philadelphia-based energy supplier that many Weavers Way members use.

Tracking Solar as It Happens

The Germantown store's rooftop array will consist of about 140 panels with a capacity of 67 kilowatts of power. Solar States, a local installer, has developed an initial design to cover the available roof space. In addition to the panels, Clean Energy envisions a display inside the store that will allow customers to see in real time how much power the panels are producing. Baxter added that the group hopes Weavers Way artists will enhance the display with art that celebrates sustainability.

Under the power purchase solar agreement, Clean Energy will own the array and sell the electric power that flows

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The "Right Hand" To the First Member Chair

by Karen Plourde, Editor, Weavers Way Shuttle



BARBARA GREEN, THE ELDEST OF three sisters who volunteered for decades in Northwest Philadelphia, including at Weavers Way since its earliest days, was remembered by her surviving sister after her death Jan. 18 at age 95.

Sylvia Carter, 91, and Barbara joined Weavers Way soon after their sister, Madalyn Morris, became a member in the early '70s. Madalyn (who died in March 2022) in time became the Co-op's first membership chairperson and dove into organizing and updating the household member cards by hand, recruiting Barbara to help.

"As the Co-op grew, she needed an extra pair of hands to manually update these 5 by 7 cards," Sylvia said.

Since Barbara and Madalyn also held down full-time jobs, taking care of the cards involved getting up at 4 or 5 in the morning — even on Saturdays — and updating them before the store opened at 9. Barbara would also help Madalyn run new member orientations and General Membership Meetings.

(Continued on Page 5)

Notice of Election for Weavers Way Co-op Board of Directors

Members may vote online beginning on or about April 1 through or before May 11, 2024. Voting ends 30 minutes after the Weavers Way Spring General Membership Meeting begins.

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Editor's Note



by Karen Plourde, Editor, Weavers Way Shuttle

HEY, THANKS FOR ALL THE POEMS! My callout in the January-February issue for more submissions for Weavers Words last month yielded entries from 10 poets, some of whom sent more than one. We should be good to go for several more issues, but if you feel inspired, please send me your stuff; it helps to have a varied selection to choose from. And if you're not a poet but love poetry, please send a reflection on a poem that has meaning for you. Let's all do what we can to promote creativity at the Co-op.

We have a new column this month, "The Great Foodscape" by Boris Kerzner, that's devoted to gardening advice and encouraging growing your own food (p.8). Boris joins a Shuttle lineup that includes "The Backyard Beet" by Chris Mattingly along with many of the articles written by the Pennsylvania Horticultural Society. So if you're a gardener or would-be gardener looking for inspiration and guidance, we're kind of the spot, TBH. And if you want to grow food but don't have the space to do so right where you live, check out the article on Germantown's Mastery Pickett Community Garden — they have plots available for this season (p.14). I guess I'll have to turn down the next person who proposes a garden column, but in the meantime, revel in the knowledge — or enjoy the pretty pictures of green stuff and home-grown veggies.

Of course, many of you are eager to find out when our Germantown store will open, and our GM, Jon Roesser, has an update in his column, which starts at the top of p.1 this month. It's right around the corner (really, really), and as he writes, "There is a palpable excitement in the air as the store nears completion." To whet your appetite, our back page features a photo spread of the new store — not ready for prime time but getting closer every day.

Catch you in the pages next month — and hope to see you at the new store soon.

Check It Out!

by Karen Plourde, Editor, Weavers Way Shuttle

Going On in Grocery

A local collab results in pickle innovation. And a new set of hot sauces from West Philly.

Philly food artisans **Fishtown Pickle Project** and **Aaji's** have teamed up to produce Tomato Lonsa pickles — slices of carrot and celery root that give it a consistency closer to chow-chow than pickles. The flavor is zesty and tomato-y.



Lonsa is a coastal Indian, tomato-based condiment that can be used as a topping or spread. The "pickles" will add zing to a burger, rice or banh mi (and feel free to experiment). They also make a nice snack on their own. Find them in the refrigerated section of our Ambler store for \$11.99.

Sometimes it seems like everybody makes their own hot sauce. But **Goodlands Food Co.** hot sauces, first developed by a community gardener in West Philly, go beyond the typical red hue and heat. Their current seasonally-inspired varieties include carrot habanero, jalapeno dill pickle, rhubarb habanero, maple chili garlic and spiced cranberry. They're on the grocery shelves in Ambler; prices for a five-ounce bottle range from \$9.49-\$12.99.



Clover Creek Cheeses Are a Family Farm Affair

The Rice Family of Williamsburg, Blair County started making cheese in 2005 to help sustain their dairy farm. They originally shipped the milk of their grass-fed cows to Whispering Brook Cheese Haus in Chambersburg for processing, but decided after a couple years to build their own cheese creamery. **Clover Creek** Cheese Cellar, named after the creek that flows through the farm, now makes artisan cheese out of most of the raw milk their cows produce.

Tussey Mountain is their take on a washed rind raclette, so it's ideal for fondues or other melted cheese fun. Their Truckle is a clothbound English cheddar that's aged for six to eight months



and has a creamy flavor with notes of pineapple. Through April 2, both cheeses are 15% off (regularly \$27.99 a pound).

All Wellness and Good

Dr. Bronner's soap with way less plastic, a facial toner to smooth facial lines, and Fat Marshmallow skin care.

Two of our wellness locations are now or will soon be carrying lined paper quart refill containers of **Dr. Bronner's** liquid castile soaps. According to the company's website, they contain 82% less plastic than their quart bottles, which are made from recycled plastic. They're \$16.99 and are already stocked at Across the Way; Next Door should have them in sometime this month.



For those who want to smooth away some of the facial lines we've earned over the years, our Ambler wellness department now carries **BeNat's** facial toning device (\$28.99). It uses microcurrent technology to gently stimulate the skin, which is said to improve facial contour and skin tone and reduce wrinkles with a few minutes of daily use.



If you don't feel the need to go that route but still want to treat your skin, Ambler wellness also carries **Vellum Street** Fat Marshmallow whipped tallow skin fluff and magnesium milk bath. They contain biocompatible grass-fed tallow and marshmallow root, a long-valued natural ingredient in skin care. The 1.5 oz jar of skin fluff is \$9.99; the 11-ounce jar of milk bath is \$18.99.



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.



6 YEARS

**SLICE IT
DICE IT
SERVE IT**

**A Li'l
Leek Love**



by Kieran McCourt, Weavers Way Ambler

Leeks are a pleasant member of the allium family, sweet and mild compared to the punchy flavor of their cousins — garlic, scallions and onions. Leeks can often be used in place of onions in any number of recipes, but it's not as easy to replace the texture and flavor of leeks.

Most recipes only require the white and pale green portion of the bulb and ignore the dark green leaves, so select specimens that are firm and have at least two inches of bright white at the base. While the dark green leaves are often too tough to eat, they can be used to create a bouquet garni of herbs to flavor soups, stocks and braises.

Due to the way leeks grow and their soil conditions, they tend to have gritty dirt trapped between the layers. Clean them by dunking sliced segments in a water bath and breaking up the layers or opening up halved stalks. Nothing will ruin a dish more than a mouthful of leek that includes sandy grit.

Leeks can work in many cooked dishes, from soups to

casseroles to gratins. They will rarely star in a recipe but can elevate something as simple as a potato. Yet, they won't sink beneath the richness of a cheese-heavy dish.

They can also stand alone. Young and thin bulbs can be grilled alongside other vegetables, and sliced ones can be sautéed in butter for a simple side. They can also be roasted in halves until the exterior begins to crisp and the center softens. Raw or cooked leeks can be added to or act as the base of a salad or slaw, dressed with mustardy vinaigrette or creamy buttermilk dressing. You can even stir-fry them until just tender and crisp and tossed them with a bright chili sauce.

Unfortunately, leeks aren't the best veggies for pickling — the texture won't hold up and they lack the bite to stand up to a pickling brine. Instead, use up any excess by frying thinly sliced lengths in hot oil until crispy. You'll be left with crunchy slices that can top soup, any cheesy gratin or a sandwich.

the word on wellness

Weightlifting Offers a Prescription for Timeless Wellness

by Karen Palmer, Weavers Way Ambler Wellness Buyer

EVER WONDER HOW SOME PEOPLE SEEM TO DEFY the sands of time? You know, the person who moves like they're 24 but qualifies for the senior discount? I wondered that, too, and am fortunate enough to have encountered someone who shared their secret: the transformative power of exercise, particularly weightlifting. Agility, balance and strength are essential cornerstones if you want to successfully navigate the aging journey, and lifting weights is key!

The Ageless Elixir: Exercise and Weightlifting

At 61, I often find myself met with surprised expressions when folks discover my age. A steadfast commitment to exercise, especially weightlifting, keeps the body strong and can contribute to a radiant complexion. Here are some reasons why:

- **Muscle Marvels:** As we age, maintaining muscle mass becomes crucial. Weightlifting helps to preserve and build lean muscle, providing strength and stability for everyday activities like carrying your grocery bags from the car to home. Developing a strong "core" (think the middle of your body from the top of your legs to your armpits) is essential for self-reliance as we age. If you can't pick yourself up off the ground if you fall, you really should consider developing your core so you don't rely on others for help.
- **Skin Symphony:** An August 2023 article in The Washington Post highlighted the fascinating connection between weightlifting and skin health. In the cited study, which was published by Scientific Reports, active people's skin displayed a thinner stratum corneum (the outer layer of skin) and thicker dermis (the deeper, structural layer of skin) compared to the skin of inactive people of the same age. Their skin cells also harbored more and healthier mitochondria, the energy centers of cells. These differences are all associated with younger skin. In addition, when the author and his colleagues put sedentary older men and women on a program to start jogging or cycling a few times a week for three months, they noted that the outer layer of their buttocks skin thinned and the inner layer grew, while their skin cells added mitochondria. In effect, their skin gained youthfulness!
- **Bone Bliss:** Weight-bearing exercises are a boon to bone density. Strong bones mean reduced risk of fractures and a more agile lifestyle. During weight-bearing activity, the muscles and tendons apply tension to the bones, which stimulates the bones to produce

more bone tissue. As a result, bones become stronger and denser and the risk of osteopenia, osteoporosis and fractures decreases.

Embarking on Your Journey

I understand the anxiety that can come with starting something new and am here to hold your hand every step of the way! Here's a guide to gently starting weightlifting:

- Begin with lighter weights (just a couple of pounds if you can manage it) to focus on form and technique (As a no-cost option, you can use canned vegetables, or jars or milk jugs that you refill with water). Lighter weight minimizes the risk of injury and allows your body to adapt gradually. Incrementally increasing the amount of weight will build muscle. There are a lot of free beginner videos on YouTube to help you understand movement. One of my favorite people to follow is Joan MacDonald (on Instagram @trainwithjoan). She began her fitness journey at 75 and has been a great influence!
- Pay attention to how your body responds. If something doesn't feel right, make modifications, or seek guidance from a fitness professional. Also, if there is a movement that your body does well or with ease, challenge yourself by using a heavier weight.
- Starting out is the hardest part. I started Jan. 1, 2020, walking for 30 minutes twice a week, then built up from there over a few years. I now am lifting kettlebells and using my rebounder (mini trampoline) three times a week. One of my motivation tricks is counting down from five and pushing myself to motivate myself when I get to one. Works every time!
- Nothing can make it easier. It's hard, requires flexibility of thought and body and causes you to reevaluate all of your habits. I was inspired to get out of bed at 4:30 a.m. to ensure I got my workout in by creating a vision. What do you want your future self to look like in one year? What are you willing to change to make that vision a reality?

I visualized my future self with great posture. Her body and skin were taut and healthy looking. She had the clearest eyes, and her teeth were naturally vibrant. I visualized her in vivid detail (this part is important). She was my goal. I visualized being proud of the micro-choices I had to make that add up over time but result in a better version of myself. She continues to be my vision af-



ter four years of continuous exercise. I encourage you to create your own vision of your future self!

Supplements Nourish Your Inner Radiance

While exercise is a cornerstone of timeless well-being, supplements can be the cherry on top. Consider incorporating these into your fitness routine:

- **Collagen Boost:** Collagen supplements support skin elasticity and joint health, offering a natural lift from within.
- **Protein Power:** Essential for muscle repair and growth, protein supplements can be particularly helpful if your dietary intake of protein is insufficient.
- **Omega-3 Fatty Acids:** Known for their anti-inflammatory properties, omega-3 supplements aid in recovery from exercise and promote overall heart health (your heart is a muscle that you can make stronger!)
- **Calcium and Vitamin D:** A powerhouse for bone health, which is especially crucial as we age. These supplements support bone density and ensure a strong skeletal foundation.

Creating Your Ageless Routine

Now is the time to embark on a journey of self-love and rejuvenation. Visit our stores to explore a curated selection of supplements and check our online event calendar for classes that can help you move. Let's build a community of radiant folks who embrace the beauty of aging with strength, vitality and joy. Age is just a number, and each lift is a testament to your inner strength and resilience. Here's to glowing from the inside out and celebrating the magnificent journey of life!

Our Main CSA Restarts Soon; Now's the Time to Sign Up

by Alessandro Ascherio, Weavers Way Farm Production Manager

ENROLLMENT IS NOW OPEN FOR OUR main season CSA at Henry Got Crops Farm. CSA members can pick up freshly harvested, 100% Philly-grown, chemical-free vegetables on the farm in Roxborough from late May through October.

CSA shares feature vegetables from the Co-op's two farms: Henry Got Crops and the Mort Brooks Memorial Farm in East Mt. Airy. Shares include pay-what-you-can access to the you-pick flowers and herbs section. If you're a Weavers Way member, sign up via the Member Center on the Co-op's website (look for the "My CSA" section) or scan the QR code on the right. If you're not a member, scan the nonmember QR code/link. Discounts, payment plans and work share/volunteer opportunities are available.

This year, you can enroll early for our fall CSA program via the same sign-

up links. The fall vegetable shares run from November through mid-December, with pick-ups at the farm at Henry Got Crops Farm. The you-pick section will not be open during the colder months, but the farm market will!

If you are not sure about committing to a full CSA share, You-Pick flowers and herbs subscriptions are also now open for enrollment. This subscription is only for our you-pick section and doesn't include any pre-harvested vegetables. However, there will be pick-your-own produce options such as cherry tomatoes, green beans and lettuces available for you-pick subscribers. Our weekly newsletter provides written and video instructions for harvesting. Scan the appropriate QR code to sign up and make sure to select the You-Pick flowers and herbs subscription option when registering.

HENRY GOT CROPS

FARM MARKET

REOPENS MARCH 22

MARCH & APRIL HOURS: FRI NOON-6 PM SAT 10 AM-3 PM

Interested in picking-up fresh, Weavers Way Farm veggies every week May-Oct? Sign-up for our CSA via the QR codes below.

<p style="font-size: 0.8em;">Weavers Way members, scan here to register:</p>	<p style="font-size: 0.8em;">Nonmembers, scan here:</p>
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Member's Book Details How She Overcame an Eating Disorder

by Aaron Finestone, for the Shuttle

AT AGE 82, WEAVERS WAY MEMBER AND GERmantown resident Caroline Wiselblood Meline has written her first book — an account of 30 years of living with a bingeing and fasting disorder and how she used philosophy to recover.

“The Constant Dieter: A Philosopher’s Guide to Conquering Chronic and Compulsive Overeating” was published this past December. During the last 10 years of her struggle, Meline undertook a self-study in psychoanalytic theory to try to understand the source of her behavior, which helped her to overcome it.

Meline’s disorder began when she was in her teens and lasted into her early 40s. She began her self-study when she was in her 30s and experienced two epiphanies during that time.

“The first one said that I am not as horrible a person as I thought I was and the second one told me what to do to stop bingeing,” she said. “The message was that if you want to stop bingeing, you have to stop fasting.”

Meline began to understand that she needed a constant calorie count with no major variations. “If I had a bad day, I could not try to compensate for it on the next day,” she said.

The book’s title is based on that understanding. “The point of the title is that I am going against a prevalent trend that condemns dieting and says that it is the worst possible thing you can do if you are having a weight or

food problem,” she said.

In the book, Meline sets forth five steps of constant dieting:

- 1. Never again eat unconsciously.** Be aware of everything you put in your mouth.
- 2. Do not make up for a bad day.** Never fast or drastically reduce your daily calorie intake.
- 3. Count calories and set the highest possible amount.** Know how much you’re eating by counting calories, and maintain the highest possible calorie intake that will allow you to lose weight gradually and after that to maintain your best weight for the rest of your life.
- 4. Weigh yourself every week to have the required knowledge of your progress.** This requires an actual number and not an estimate.
- 5. Make exercise a daily priority.** Move your body in a vigorous way for an hour or two every day.

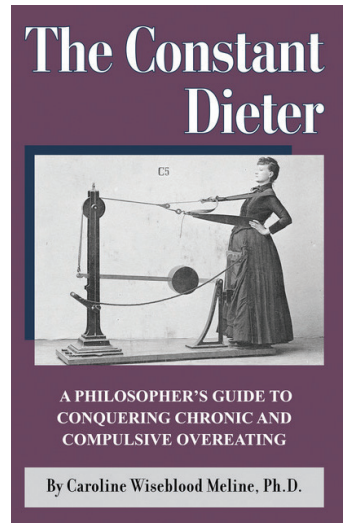
Meline also believes that problems relating to eating (not weight, necessarily) are mostly mentally based. As a result, dieting starts in the mind and is largely (but not entirely) accomplished in the mind.

“Keep in mind that successful dieting (constant dieting) requires a major change in the self — a change which is fundamentally creative,” she writes.”...



Photo by Aaron Finestone

Caroline Meline and her dog, Jet



Conquering chronic and compulsive overeating means gaining the freedom to find and create yourself. Freedom absolutely is at the heart of the project. Freedom can be rescued for all of us who struggle to change ourselves.”

Meline, who is a member of the liberal studies faculty at the Curtis Institute of Music, will present a talk and book signing on Saturday, Mar. 9, at 2:30 p.m. at Big Blue Marble bookstore, 551 Carpenter Lane in Mt. Airy. “The Constant Dieter” is available through Amazon, Barnes & Noble, Thriftbooks and other retailers.

Book Talk at Morris Will Offer a Forage-Forward Way to Garden

TAMA MATSUOKA WONG, MASTER forager and wild gardener, will celebrate the launch of her new book, “Into the Weeds: How to Garden Like a Forager,” with a talk at Morris Arboretum on Mar.16.

Wong’s approach to gardening eschews a too formal and highly maintained approach in favor of taking cues from the land and the behavior of plants that grow there. Her talk will offer a peek inside her latest book, which is part practical and philosophical and full of expert botanical and project illustrations. “Into the Weeds” also includes DIY activities, recipes and

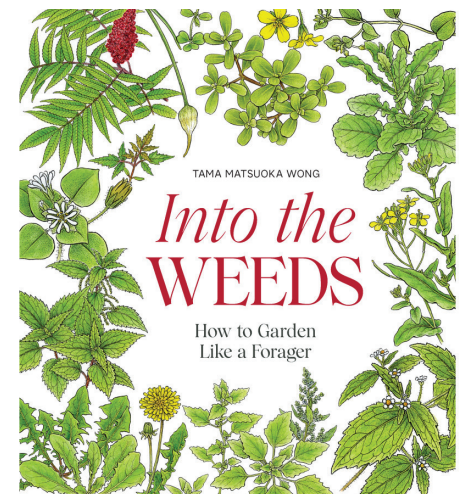
structures to make from the plants around us.

Wong is a meadow doctor, lawyer and mother of three. She is the owner of Meadows + More, which connects chefs and others with foraged food. She previously authored “Foraged Flavor” in 2012.

Wong’s talk will take place from 2 to 3:30 p.m. The event will include a botanical mocktail and a book signing. “Into the Weeds” will be available for purchase. Learn more and register at morrisarboretum.org/learn-discover/adults/lecture-series.



Tama Matsuoka Wong



The Sun Will Shine (and Help Power) Germantown Store

(Continued from Page 1)

into the building to Weavers Way at a competitive rate. The array’s panels will produce direct current electricity, and an inverter will convert the DC power to the alternating current (AC) used in the store. The system will supply electricity to the store for 25 years; all the while, the store will remain connected to PECO’s electric grid.

Steve Hebden, former facilities manager at Weavers Way, believes that placing rooftop solar on the Germantown store will help the Co-op become more sustainable and fulfill a key environmental part of its new five-year Strategic Plan, which was introduced late last year.

“By providing us with electricity at a competitive and long-term stable rate, rooftop solar at the Germantown store is also expected to help us achieve another goal — financial sustainability,” he said.

Baxter believes that work on the project by the two co-ops is a great example of Cooperation Between Co-ops, one of the Seven Cooperative Principles. She noted that Weavers Way’s board of directors and staff helped to move the project forward.



An educational display about the solar array at the Stourbridge Project in Honesdale, where the Clean Energy Co-op built a 33-kilowatt solar project in 2020.

Virtual and in-person sessions will be held to give individuals an opportunity to learn more about the Clean Energy Co-op and the Weavers Way Germantown solar project. The virtual session will take place March 21 at 7 p.m., with the in-person session scheduled for April 17 at 7 p.m. in the Oceana Room at the

Mt. Airy Axis coworking space, 520 Carpenter Lane.

To learn more about the Clean Energy Co-op, become a member, register for the info sessions, and follow updates on the project, go to www.cleanenergy.coop or scan the QR code.



She Helped the First Member Chair.

(Continued from Page 1)

Sylvia, meanwhile, got involved with the Co-op's Board of Directors and served as vice president for a time. The sisters' many years of involvement demonstrated their dedication and commitment to Weavers Way.

"We've been very close to the Co-op and what the Co-op stands for," she said. "...The outreach we feel for each other...is all-encompassing...in our own separate ways, we will make the contributions that we can to sustain Weavers Way. This is the way we have all felt over the years as members.

"After our children began to grow up and move on to other things, we still had the time and the ability to [help] until age said it was time to slow down and pass the baton to a younger generation, teach them what we can and let them build on that," she continued.

In addition to her work at the Co-op, Barbara was an election worker for many years and an active member of West Mt. Airy Neighbors. During the AIDS epidemic in the 1980s, she fiercely advocated for Mt. Airy's first AIDS convalescent center and hospice. And when students at C.W. Henry School, including a close friend of her son, Stacey (now deceased), were made to feel unwelcome at the Co-op, Barbara and Sylvia worked to remedy the situation.

"And as a result of that, we became involved with Henry School directly, and also formed the Diversity Committee,"



Madalyn Morris, Barbara Green and Silvia Carter

Sylvia said. "...That was many, many years ago, but that was a big bump in the road that we at Weavers Way had to solve."

Barbara worked in health care administration for Children's Hospital of Philadelphia and the former Mercy-Douglass Hospital in Southwest Philly. She finished up her career at the University of Pennsylvania, working with Dr. Helen Dickens, the first Black female doctor to become board certified in obstetrics and gynecology in Philadelphia. In 2010, she, Madelyn and Sylvia shared the "50 Good Neighbors Award."

Barbara is survived by Sylvia; their brother, Edgar Jr. (Buddy); her niece, Merle Carter; nephews Nigel and Jose; many cousins, and her dear friends, Theresa, Priscilla, Jill and Linda. She was laid to rest at a private graveside service at St. Martin in the Fields Episcopal Church in Chestnut Hill on Feb. 10. Donations in her honor are being accepted by the American Macular Degeneration Foundation (www.macular.org or 1-888-MACULAR).

'Poetree' Initiative in Mt. Airy



The next time you visit Weavers Way Mt. Airy, check out the pear tree on Carpenter Lane near Greene Street, a few steps away from the store's main entrance. Hanging from a branch you'll see the "Poetree", a slice of tree trunk with a poem written on it.

Poetree is a project of local artist Vivian Lehrer. She periodically updates the board with poems that aim to reflect Co-op values and inspire kindness, nature connection and/or gratitude.

You're invited to submit your favorite poems, originals included! Vivian's email is VLehrer@gmail.com.



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 January 2024)

Store	Prep	Deli	Bulk	Produce	Grand Total
Ambler	4,486	752	1,489	2,247	8,974
Chestnut Hill	4,918	1,201	1,326	0	7,445
Mt. Airy	2,557	1,300	2,553	0	6,410
Totals Sold	11,961	3,253	5,368	2,247	22,829
Deposits Refunded					14,653
Return Rate					64%

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. All CRP lids and containers must be returned food-residue free, fully prewashed.
4. Return containers in a timely fashion to prevent the Co-op from needing to keep buying more stock, and please do not write on or sticker CRP items.
5. Spread the word to family and friends, so they can help save the Earth, too!



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

Janet Ames
REALTOR®

Spring into action & list your home today!
Don't let the chilly market freeze your chances of a quick sale. Warm things up & get your property moving.

Let's Talk!



Janet Ames
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L.E.T.T.E.R.S

**Red Meat Article
Was Misleading**

JOHN McLAUGHLIN'S ARTICLE "Is RED Meat Bad for You? The Evidence is Mixed" in the December Shuttle is based on his thoughts about the research article "Health effects associated with the consumption of eating unprocessed red meat: a Burden of Proof Study" published in the October 2022 issue of Nature Medicine. The article uses meta-analysis by a team at the Institute of Health Metrics at the University of Washington.

The study does not include processed red meat, which has been shown to have even more of a negative effect on health outcomes than the unprocessed variety. Shuttle readers might assume from McLaughlin's article that there is less risk than they thought from eating processed meat.

Saying "the evidence is mixed" is a bit misleading, too. The "mixed" evidence is that the data show only a 1-3% negative effect in some health scenarios. That may be too low to be meaningful, but none were found to have a positive effect.

In addition, a little digging showed that other researchers had problems with using mega-analysis and the approach of the University of Washington's article, thus putting the results into question. "Concerns about the Burden of Proof studies" was published in Nature Medicine on April 14 of last year and "Meat, vegetables and health—interpreting the evidence" was published on Oct. 10, 2022. And Nature.com wrote an editorial about the article "Studies linking diet and health must get a whole lot better," on Oct. 11, 2022.

Given the devastating effect on land, rivers and greenhouse gases, I wouldn't want to discourage anyone from considering cutting down their meat intake based on questionable research.

Elizabeth Shaak Buchanan

SHUTTLE LETTERS POLICY

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

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

**Investing Some City Pension Funds Locally
is Prudent and Progressive**

by Peter Winslow, for the Shuttle

WEAVERS WAY AND OTHER Philadelphia co-ops would benefit from a proposal by the Philadelphia Public Banking Coalition for city pension funds. PPBC has asked for the allocation of 2% of the pension portfolio (\$168 million) to local economically targeted investments, including cooperative development and expansion projects. If this is approved, the next time Weavers Way wants to open a new store or help a new business startup, a substantial friendly source of financing may soon be available.

Currently, none of the asset classes of the city pension funds (currently valued at \$8.4 billion) focus on local opportunities. However, the investment committee of the pension funds can establish an asset class for local ETIs at any stated meeting, and the Philadelphia Board of Pensions and Retirement can adopt a policy to implement a local ETI program whenever it chooses. To date, the city hasn't explained why it invests in global real estate and equities but not local real estate and local businesses, including co-ops.

Instead of (or in addition to) inviting Wall Street investment bankers to package local cooperative projects and other ETIs into securities for pension fund investment, PPBC suggests that

the Philadelphia Public Financial Authority serve this function. The PPFA would partner with the Philadelphia Area Cooperative Alliance, Community Development Financial Institutions, Minority Depository Institutions, credit unions, community banks, and entities such as the Philadelphia Green Capital Corp. to create a pipeline for city pension fund investments. California established a similar program to package local ETIs for the \$487 billion California Public Employees Retirement System.

Mayor Parker voted to establish the PPFA in 2022 when she was a City Council member. The existing but so-far-unimplemented law directs the PPFA to focus on financially supporting cooperatives as well as other local ETIs. It also empowers the PPFA to act as a financial intermediary to facilitate the kinds of transactions contemplated by the PPBC proposal. Parker only needs to appoint the initial PPFA board from the list of candidates City Council presented to Mayor Kenney when she was in Council.

Investment in local ETIs by the city pension funds and our other institutional investors will stimulate our local economy, create jobs, increase tax revenues and produce shared prosperity. Investing Philadelphia's money in projects elsewhere benefits those ju-

risdictions, not ours. The city pension fund currently targets 12% of its portfolio for private equity investments that our City Controller describes as "one of the riskiest financial asset classes." Shifting one-sixth of that allocation (2% of the portfolio) to local ETIs would increase overall returns and reduce risk.

The ETI model has been successful in other jurisdictions, including New York City, which allocates 2% of its pension portfolio to local ETIs. With Parker and the Pension Board leading the way, other union pension funds, endowments like that of the University of Pennsylvania, and impact investors will follow, thus bringing our money home to benefit our communities.

To learn more about the PPBC pension proposal and other initiatives, participate in the Co-op's New Economy Incubator Committee to receive updates. For more information, you can also visit the PPBC website at www.philapublicbanking.org.

Peter Winslow is a member of the Weavers Way New Economy Incubator Committee and the Philadelphia Public Banking Coalition. He is vice-president and a board member of the Public Banking Institute.

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We're This Close to Opening Our Germantown Store

(Continued from Page 1)

Most of the equipment, but not all. The biggest problem we've faced has been delays related to key pieces of electrical equipment — breakers and switchgears and other assorted electrical what-not. If not for the delays we've experienced with this small amount of equipment, we would have opened weeks ago.

Sensing my frustration, usually manifested in an icy stare, the experts — general contractors, architects, engineers, etc. — frequently remind me we're not alone, that they're "seeing these supply chain issues everywhere." Misery loves company, but it's cold comfort for those of us who expected the store to be open by now.

All those experts are generally competent, and they're all nice people, and we've had a largely harmonious relationship throughout, my occasional icy stares notwithstanding. But things do go wrong, resulting in delays and cost overruns, all of which have (so far) been below the amount set aside in our contingency budget.

Sometimes there's a mistake on our end. We decided we need an electrical outlet or a water line where we didn't before, or we didn't make this or that need clear enough during the bidding process. We admit to these mistakes and move on. Send us the bill.

But sometimes the mistake isn't our fault, and it's remarkable how difficult it is to get any of the experts — nice people, all of them — to own up to an error. These errors cost money, and in their line of work it's rarely a small amount, so we've witnessed more than a few attempts of buck-passing over the last year. I'll be glad when it's over.

We're almost there. James Mitchell, the store's manager, has been assembling an outstanding management team, and they in turn have been busy identifying staff and making product selections for our initial vendor orders.

Our marketing and member drive endeavors are now in full swing, and our outreach committee, whose mem-



Most of the construction has finished and most of the equipment has been installed.



bers have volunteered enough hours in the last year to make them working members for life, has done an exceptional job. There is a palpable excitement in the air as the store nears completion.

Soon we'll know how we did with our projections. Forecasting is never an exact science, as we know all too well from experience. Our Chestnut Hill store (2010) exceeded our projections from Day One. Our Ambler store (2017) needed three years to catch up to our expectations.

For Germantown, we went conservative. Sales have been forecasted at about \$125,000 a week, and that includes about \$50,000 migrating from Mt. Airy (where sales average about \$280,000 a week). We're expecting about 600 daily transactions (and again, a big chunk of those is anticipated to migrate from Mt. Airy). The aver-

age basket size has been estimated at \$30 (smaller than our other stores), because we expect a larger number of convenience shoppers and students.


All of these (and other) assumptions are grounded in data collected from various market studies performed by third parties — more of those experts who have trouble admitting when they're wrong.

As we get ready to open, there are a few big unknowns:

- Will most of our current members who live in Germantown and East Falls shift to shopping at the new store and, in doing so, increase their patronage of the Co-op now that there's a store closer to where they live?
- Will many of the inactive Co-op members who live in Germantown and East Falls (there are a couple hundred of them) reactivate their membership?
- Will parking be a problem? The store's lot is small, with only one way in and out. Street parking is available but hardly abundant. We expect many customers to walk or bike, but big shopping trips often demand a car.
- Will the product mix we've developed broadly appeal to an economically diverse community?
- How many new members and shoppers will the store realize, and what will their patronage be in terms of frequency and basket size?
- Will the several thousand apartment dwellers who live within walking distance of the new store, but who currently shop almost exclusively outside the neighborhood, become active members and shoppers?


We'll soon know. As I write this column in late February, we're shooting for an early April opening. Events could push that later, which means I'll have to eat some crow. But at least I'll admit the error.

See you around the Co-op.



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The Great Foodscape

To Seed or to Buy Starts? Examining the Pluses and Minuses

by Boris Kerzner, for the Shuttle

SPRING IS ALMOST HERE, AND YOU MIGHT BE WONDERING if you should plant seeds from a packet or buy plants that have been started by someone else. You've probably seen plant starts (which have been pre-grown in a controlled environment such as a greenhouse) at farmers markets or your local garden store. There are pros and cons to each approach.

- Seeds cost less. On this front, seeds clearly win. A packet of seeds will probably cost less than a single plant start.
- Time: If you're starting out late or are in a rush to enjoy the, ahem, fruits of your labors, plant starts can get you there faster. Of course, this depends on your goals and patience level. I find something character building about waiting and watching for my seeds to sprout. It's also great for involving little kids ("Have they sprouted yet?"). That said, I once moved somewhere new in June and was in a hurry to get my garden going before the season passed me by. In a case like that, starts make a lot of sense.
- Growing from starts gives you the feel of an "instant" garden; an empty garden bed can be transformed into a planted space in an hour or two. If this is your first garden, you might want to set yourself up for success by buying starts for all or most of your plants to give yourself a "win" and encourage yourself on this journey.
- We sometimes want a bit more control in the garden. With all the wind, cold, rain, birds and squirrels, there's no guarantee that all the seeds you plant will germinate. If you plant pre-grown starts, each has a much higher chance of maturing to food-producing bounty compared with each individual seed you plant yourself. This can be helpful when growing space is at a premium and you want to maximize your yield, as well as when aesthetics and neat rows are preferred.

I know one gardening expert who never uses starts

in his own garden; he's okay with relinquishing control and embracing the principle that what comes up, comes up. In the end, it comes down to your preferences and priorities. I work with my garden coaching clients to figure out which approach makes the most sense for them, including offering guidance on transplanting starts and seeding the ground in the right way.

- Transplanting disturbs the roots of the plant, and some plants do not like that. These include root crops such as carrots, beets, turnips, parsnips and radishes. These should be direct seeded for best results.

There's a whole category of seeds that are traditionally direct seeded, even though you can buy them as starts if you wanted to. These include lettuce, kale, spinach, greens, onions, cucumbers, beans, melons, sunflowers and summer and winter squashes.

Finally, there are the plants that take a long time to grow into their full, mature and bountiful selves. Some of these (think tomatoes, peppers and eggplants) also prefer the heat. In our climate, the number of growing months is limited, so planting well-sized starts would get you ahead of the game and give you a longer harvest window.

Remember that gardening is full of mistakes; some things will work, some won't. We learn from each season



Photo by Boris Kerzner

Plant starts can get your garden started faster.

and improve our knowledge and skills in the process. Not sure where to start? That's where garden coaching comes in. I help my clients figure out what they want to do in their gardens and troubleshoot their issues to help them gain the sense of accomplishment that comes from growing their own food.

Boris Kerzner is the founder of Grow Our Food (www.growourfood.com), a local foodscaping firm that wants to get as many people as possible growing and sharing their own vegetables, berries and fruits. They offer design, installation and maintenance services. Reach out if you'd like a steady hand to guide you through your gardening journey: growourfooddesign@gmail.com.

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100th Anniversary Photo Contest Awaits Your Shots of the Wissahickon

by Ruffian Tittmann, Executive Director, Friends of the Wissahickon

THERE IS NO SHORTAGE OF PICTURE-perfect scenes in Wissahickon Valley Park. Perhaps I’m partial, but history has proven that many writers, artists and musicians agree and have created works to capture its essence.

Famously, Edgar Allen Poe wrote his essay “Morning on the Wissahiccon” and reveled in the sheer beauty of the Wissahickon Creek and the landscape surrounding it, which led him off the beaten track. “The Wissahiccon is of so remarkable a loveliness that, were it flowing in England, it would be the theme of every bard, and the common topic of every tongue,” he wrote. Thomas Moran, a 19th century painter, created his signature grand scale rendering of our beloved park in “Autumn Afternoon, the Wissahickon,” flush with color and wrought with dimension.

Want to make like these cultural heavyweights and become a part of the history of the Wissahickon? Join us this year for our 100th anniversary Biennial Photo Contest in partnership with Wissahickon Trails and Woodmere Art Museum. The contest starts on April 1 and will be open for submissions until October — enough time to shoot the luscious meadows in late summer and the changing foliage in early fall. For contest rules and how to submit, visit our website: fow.org/photocontest2024/.

Need some more inspiration? Look no further than these artists:

Melvin Chappell An award-winning photographer and FOW-trained volunteer, Chappell’s book “The Wissahickon Valley: The Photography of Melvin A. Chappell” (2015) contains 28 Wissahickon photographs across seasons, structures and perspectives. We are among his biggest fans; his photograph of the Tedyuscung statue won Best in Show in our 2008 photo contest. His work has also been featured in numerous private and public collections around the world, including the permanent collections of the African American Museum in Philadelphia and the Woodmere Art Museum.

Lisa Myers Local mosaic artist, painter, photographer and FOW-trained volunteer, Myers creates artwork inspired by the Wissahickon across all her mediums. “I grew up in the Wissahickon and

had fond memories of riding horses all throughout the park,” she said.” I seek out trails to find solitude and to further my interests in the natural sciences. The Wissahickon has provided inspiration for some of my artwork and photography.” You can take a tour of her work on her Instagram, [@mosaipho](https://www.instagram.com/mosaipho).

Walter Elmer Schofield (1866-1944) Regarded as one of the Pennsylvania impressionists, Schofield spent a great part of his career painting his way through the state’s countryside, including the Wissahickon. Find a collection of his Wissahickon autumnal and winter scapes on our website: fow.org/walter-elmer-schofield/.

Dan Ravasio This Chestnut Hill local is a lifelong artist and craftsman, but it was only in 2020 that he quit his day job to pursue his art full time. While he has a background in sculpture, haiku, photography and carpentry, most of his “Wissahickon Wonders” are ceramic and painted renderings of the Wissahickon. Native trees, the Andorra and Houston meadows, and the Wissahickon Environmental Center’s resident, Tommy the Cat, are focal points of his work.

“Wissahickon Park inspires my art, poetry and my spirit because I have been fortunate enough to develop deep personal relationships with so many of the trees, hikers, trails, landmarks and Tommy the Tree House Cat,” he said. “I feel deeply at home in the midst of the trails.”

You can check out Ravasio’s work on his website, wissahickonwonders.blogspot.com, or stop by his gallery show at Cathedral Village’s Top of the Stairs Gallery from March 1 through April 30.

Jamie Stewart This local photographer dedicates his time and talents to supporting local nonprofit organizations that help to protect the environment. A former member of Wissahickon Trails’ board of directors, his photos are the imagery that illustrates their mission to protect the Wissahickon Creek. Many of his photos were featured in the book “Wissahickon: Worth Preserving” (2007). Take notes: he’s been a judge for the past three photo contests! View his photos at www.jastenet.net/galleries/wissahickon_creek.



Melvin Chappell



Lisa Myers



Red-Covered Bridge mosaic by Lisa Myers





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MEMBER BENEFIT

ANOTHER GREAT REASON TO JOIN.

Another Season of Support and Inspiration, Thanks to Pasa

by Alessandro Ascherio, Weavers Way Farm Production Manager

I CAN'T TALK ABOUT MY CAREER IN sustainable agriculture without mentioning Pasa, the nonprofit that supports sustainable farms and equitable food systems through farmer-driven education, research and community (that's straight from their website).

Pasa has been organizing and hosting an annual conference since 1992, and six members of our Farm Team (including me) attended this year's conference in Lancaster. We were fully funded to go because of our participation in a comprehensive, long-term soil health study spearheaded by them, formally known as the Soil Health Benchmark Study. The health of the soil at both of our farm sites appears to be superb, by the way (more on that in a future article).

In addition to attending a full-day intensive workshop on soil health and climate change adaptation and mitigation on farms, we collectively attended a couple dozen other workshops, from winter vegetable growing and Pennsylvania flax/fiber industry revitalization to conflict resolution on farms. My favorite was the advanced winter growing workshop led by Catherine Sylvestre, an impressive farmer from Quebec. We just ordered her new book on the topic, "The Winter Market Gardener: A Successful Grower's Handbook for Year-Round Harvests," to help inform how we can thoughtfully increase our winter vegetable production in our specific context/climate. There's a lot to consider. Again, more to come!



Alessandro (second from right) and other members of Weavers Way's Farm Team share a laugh after dinner at this year's Pasa conference.

I credit Pasa for giving me a boost and inspiring me to continue a career in sustainable agriculture at a time when I was considering other paths. By 2015, I had been working on small-scale farms in the Northeast to varying degrees for around nine years. I had some fun off-season jobs, like working as a projectionist at a one-screen movie theater in Maine, a dishwasher at a family-owned Sherpa restaurant in Crested Butte, CO, and a not-so-fun (but memorable) gig at a large warehouse in Boston during the holiday season.

My winter job in 2015 was at a small goat dairy operation in Perry County, west of Harrisburg. It was a few miles

down the road from my summer employer, a farm-based leadership program for teenagers. That winter, Susan Smith, the director of the summer program, invited me to join her at my first Pasa conference in State College. While I wasn't aware of Weavers Way at the time, it was through Pasa's classifieds website that I found a job opportunity at the Co-op's farm in 2018.

The number of young (and less young) small-scale farmers I have met at Pasa conferences over the years from many different backgrounds has been inspiring, nurturing and supportive of my vision and sense of community in small-scale farming. While farming has its beautiful, solitary aspects, it does not happen alone. Weavers Way and the community around it have been so supportive in making farm-based livelihoods possible in the city.

Pasa recently started pre-apprenticeship and apprenticeship programs to support those who want to develop careers in sustainable agriculture. In addition to connecting participants to a home-base mentor farm, both programs include additional networking, programming and learning opportunities to help make the experience more generative and supportive. Our farm could become a host site someday!

Please visit Pasa's website (www.pasafarming.org) to learn more about how it supports farmers and communities across the region, and to get involved. I think we could all use a little more Pasa and what it represents in our lives.

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Fairelawn
30 Pelham Road, West Mt. Airy
Built: 1902
Architectural Style: Tudor Revival



photo by Adrienne Carpenter

HENRY CURRAN, A COAL MAGNATE, built Fairelawn in 1902 as a wedding gift for his adopted daughter, Constance, and her husband, William Davidson. It took two years to construct the house, which was designed with hardwood floors, porcelain-tiled bathrooms, stained-glass windows, four open fireplaces, a billiard room and an exquisite, hand-carved staircase.

The 1910 census lists the Davidsons as living at Pelham Road with their two children and four servants: two nursemaids, a cook and a chambermaid. The Davidsons put the house up for sale in 1915 for \$100,000. Sadie A. Short, who named the house Fairelawn, purchased it. In 1925 the house sold again, to the Sullivans, who were Catholic. They bought the house and converted the billiard room into a chapel with special permission from Pope Pius XI.

Between 1941 and 1945, the house was sold to the Pennsylvania Compa-

ny for Insurances on Lives and Granting Annuities, which then sold it to the Bernadine Sisters of the Third Order in 1945. In 1986, it was run as a bed and breakfast called the Pelham Inn.

In 1992, Hector and Sue Badeau purchased Fairelawn and raised 22 adopted children, 35 grandchildren and seven great-grandchildren at the property. The house is currently being renovated and is listed on the Philadelphia Register of Historic Places.

For more information on the West Mt. Airy Neighbors Historic Preservation Initiative, contact wmanhpi@gmail.com.

—Adrienne Carpenter

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Part 2 of 3

Deciding When to Repair or Replace Tech Can Be Complicated

by Betsy Teutsch, for the Shuttle

NEARLY 95% OF AMERICAN HOUSEHOLDS OWN computers, according to industry researcher Ibis World, and two-thirds own a printer, according to Deloitte Global. Many of us own multiple computers — desktops, laptops and tablets — and endless peripherals, plus smartphones, which are remarkable handheld computers. Modern life requires functioning technology, so when our systems stop working correctly, it is a huge pain in the neck. “Shut it down and restart” often works wonders, but not always.

A frequent next step is an online search for solutions, and following a series of simple steps can sometimes do the trick. (I am irrationally proud of myself when these succeed) Plus, it’s reassuring to see how many others out there have encountered the same blip. But sometimes the problem persists.

The big question of “repair or replace?” can often be deferred, due to redundancy and workarounds. We can transact matters on smartphones or email an attachment to be printed at another site. But the dreaded day when we reach the Dysfunction of No Return often arrives.

My laptop got slower and slower when accessing household Wi-Fi; I ignored it and scolded myself to be patient, until nada. My internet research was useless. A text to Cris Taylor, our beloved tech guru, yielded instructions to buy a \$40 part. The laptop is only a few years old, so this seemed like a reasonable approach. With FaceTime guidance from Mr. Tech, the Wi-Fi quickly revived.

My husband, David, recently hit a brick wall with his desktop; it wouldn’t work with the new software. Upon investigation, it turned out to be 12 years old — geriatric in technology life. Replacing was the obvious choice and was easily accomplished.

Perhaps y’all saw this coming; David’s well-functioning laser printer wouldn’t work with his new desktop. No way was he going to surrender it without a fight! After several failed approaches, he determined that the driver to sync the old printer with the new computer is no longer available. This is the kind of infuriating planned obsolescence that necessitates replacing rather than repairing and buries a working printer in the landfill.

Some repairs can be accomplished by intrepid DIYers. YouTube is full of remarkable videos featuring clever folks gleefully demonstrating their hacks and fixes. They should be taken with some skepticism, but often they are effective problem solvers.

Ken Patterson of Asheville, NC, found himself putting his old Mac motherboard in his oven.

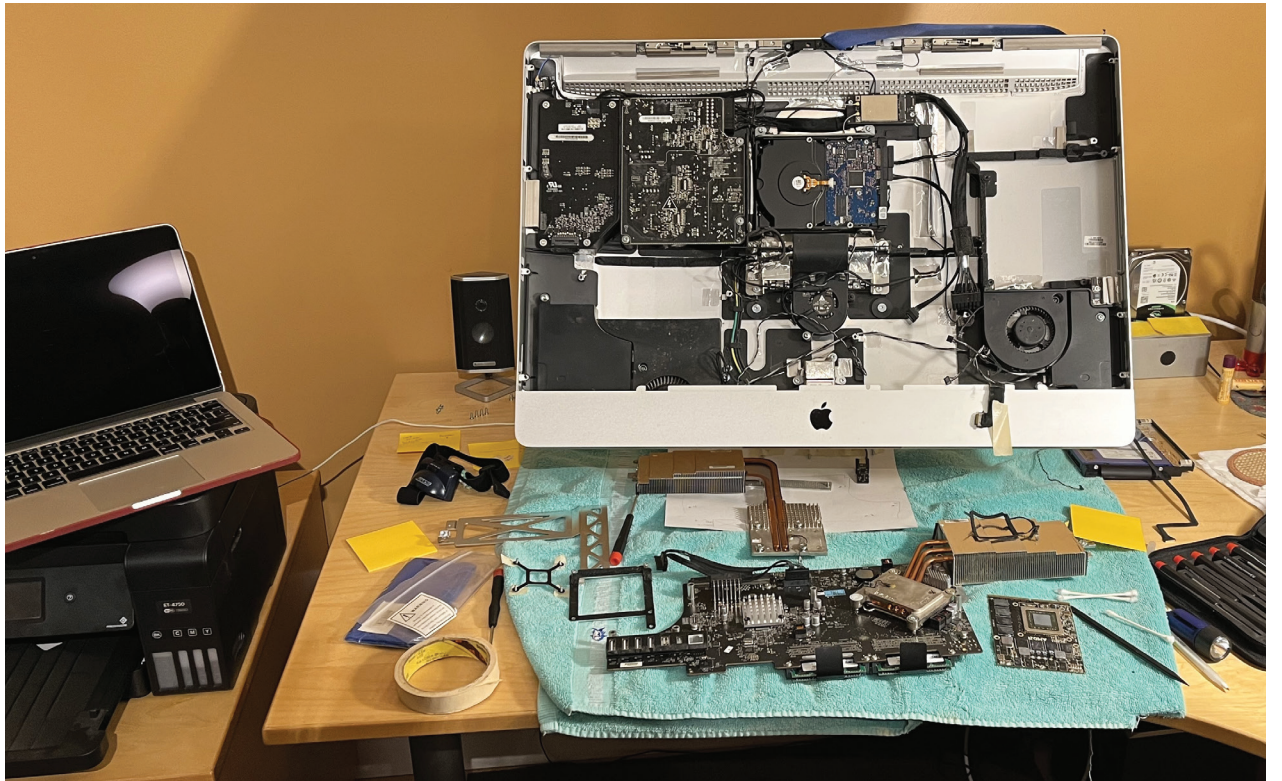


Photo by Ken Patterson

The at-home hub where Ken Patterson performs surgery on his aging Mac laptop when needed.

“My 2009 iMac just had vertical lines on the screen, and I couldn’t log in,” he recalled. “I did some research and determined it was the video card. A bit more research showed that I might be able to repair it if I baked the video card in the oven (Yes, it’s a thing). So I found a YouTube video showing me how to take the computer apart, removed the video card, and baked it in the oven at 390 degrees for 10 minutes. I put everything back together and voila, it worked. Love the computer nerds on the internet! They have saved me so many times.”

In Ken’s case, he enjoys tinkering, had time and figured what the heck. And he loves his ancient laptop.

“I’ve used it every day for years and it still works better than the laptops that my colleagues use,” he said. “It does everything — Zoom, Sharepoint, Outlook, Microsoft Office — all the things. Since it was only an issue of time to repair and about \$15 in thermal paste and padding, it was worth a shot.”

Some of us are willing to put time, effort and money into fixing things on principle, only to wind up replacing the damn thing anyway. (Unwillingness to risk this is why other reasonable people quickly default to

“replace”.) When repairs do fix the problem, it’s a triple win: less waste, no need to pay for something new and the satisfaction of having made something right.

The Right to Repair movement is gradually making headway, with states passing laws mandating that manufacturers provide consumers with tools to prevent the planned obsolescence that forces them to toss out working equipment. Of course, there is pushback from manufacturers, but when big states like California — with its 40 million people — pass laws like the one going into effect in July, it impacts the entire production ecosystem. Companies won’t want to bring out separate products just for New York, Minnesota and California, the states that have already passed legislation.

Repair Cafes, including one in Philly, invite the public to bring in their pesky problematic items and match them with people who can restore them to working order. If you’re interested in attending, or becoming a fixer, check out www.phillyfixersguild.org.



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Route 202 Project Completion Includes Trail Improvements

by Maddy Neff, Communications Specialist, Wissahickon Trails

LAST FALL, THE PENNSYLVANIA DEPARTMENT of Transportation completed its three-year project to widen and reconstruct nearly three miles of U.S. 202 from south of Morris Road to Hancock Road in Whitpain and Lower Gwynedd townships. The project included replacing a bridge over the Wissahickon Creek, which made it necessary to close the section of the Green Ribbon Trail near mile marker 3 for the duration of construction.

The new bridge over the creek was expanded from two to four lanes — a little daunting for pedestrians wanting to cross the road. However, there is a 10-foot-wide floodplain bench underneath the bridge that connects the Green Ribbon Trail. After construction wrapped up, Wissahickon Trails staff rerouted the trail on either side of the bridge to connect with the walkway and made safety improvements. This collaborative effort means that hikers and horseback riders can now safely travel underneath Route 202 when visiting the trail.

Just before the trail passes under Route 202, it winds through a reconstructed wetland that PennDOT improved for stormwater control and wildlife habitat. What had been a wetland channel with little native plant cover is now covered with native shrubs and blooming plants that are favored by pollinators and that also help to slow, hold and filter stormwater before it reaches the creek. Boulders were added to the wetland to allow trail users to keep their feet dry when walking through and to help limit habitat disturbance.

There are two guided hikes from the trailhead to Route 202 planned this year; visit wissahickontrails.org for details.



by Jamie Stewart

Walk the Wissahickon participants enjoying the new trail connection.

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2 MEMBER BENEFITS. **3 BULK FOODS.** **4 CO-OP BASICS.** **5 SUSTAINABLE MEAT & SEAFOOD.** **6 PRODUCE.**

Germantown Garden Has Plots Waiting for Eager Organic Growers

by Lois Bruckner, for the Shuttle

FOR MORE THAN 10 YEARS, ABOUT 25 neighbors have banded together to grow organic produce and contribute fresh vegetables to those in need from their plots at Mastery Pickett Community Garden, located on a quiet plateau of the Mastery Charter School Pickett Campus in Germantown.

Mastery Pickett is part of the Pennsylvania Horticultural Society's Community Gardens program. Gardeners plant seeds or seedlings in individual plots, which they can enhance with fresh compost. Access to water provided by the school has helped the quality and quantity of gardeners' crops significantly.

Mastery also participates in the PHS City Harvest program by sharing vegetables grown on plots that are designated for donation to the community. "It's deeply rewarding to provide fresh, healthy produce to those who face food insecurity," said member Lisa Kraus.

Even neighbors who are not garden members can help pick vegetables weekly to give to City Harvest. Mastery Pickett contributes 600 to 1,000 pounds of organic produce per year to the Germantown Avenue Crisis Ministry, the food cupboard at First Presbyterian Church in Germantown.

The chance to build social connections and enjoy the open green space keep gardeners coming back each season. Scheduled workdays allow members to come together and tackle projects, like maintaining common space or setting up rain barrels.

Mastery Pickett attracts active gardeners of all ages, including children from Natural Creativity, a self-directed education resource center in Germantown. Natural Creativity has maintained a plot at the garden for a few years.

"Young people who engage in the garden really get a chance to connect with where food comes from," said member Dana Rumery. "They get to see the green tops on broccoli and realize they can eat or cook all different parts of the plant!"

Mastery Garden is two blocks away from the new Weavers Way Germantown, and many gardeners are also longtime Co-op members. The members believe having the Co-op and the garden in the heart of commercial Germantown will help the community solidify its mission to provide local, sustainable, organic and healthful food to the neighborhood.

Mastery Pickett has openings for individual plots this growing season, which runs from March through November. "We are rebuilding our plots and look forward to welcoming new neighbors, even those new to gardening," said Judy McCoubrey, the garden's membership coordinator.

Join us and delight in the magic of growing your own food, feeding your families and helping our community. Contact us at mpc.garden@gmail.com



Photo courtesy of Mastery Pickett Community Garden

Youngsters from Natural Creativity, an education center in Germantown, clean up beds and plant winter greens.

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Some Early-Season Seeding Advice for Eager Gardeners

by Sally McCabe, for the Shuttle



Pepper starts ready for planting



Young plants in a plot at Germantown Community Garden



A sampling of the bounty from Queen Village Community Garden

EVEN THOUGH IT'S WINTER, MANY GARDENERS ARE eagerly planning for when they can get seeds in the ground again. Thankfully, there are several varieties that can be sown in the ground as soon as the soil is workable. Some varieties can be sown after the last frost, and if you just can't wait to get your seeds started, other crops can be started indoors.

I like to categorize my seeds like so:

Seeds sown directly in the ground before the last frost

This category can also be regarded as ASASCBW—As Soon as Soil Can Be Worked. Seeds that can be sown directly into the ground before the last frost include peas, lettuce, beets, spinach, turnips and most greens. These go in my garden bucket now, ready at a moment's notice to go in the ground.

Seeds sown directly in the ground after the last frost

This category includes beans, squash and basil. These get locked in the closet, so I'm not tempted.

Seeds started indoors If you're eager to get seeds started now, tomatoes, peppers, cauliflower, celery and cabbage can all be started indoors and transferred into the ground later. I share most of these, because I can't be bothered, and my friends do a good job with them.

When the actual "last frost" happens is open to interpretation. According to the U.S. Department of Agriculture, Philadelphia is now a solid Hardiness Zone 7B in the city near all the heat-holding buildings and paving and 7A in the outreaches and surrounding neighborhoods. Also, per the USDA, our average last frost is now around April 15. But combing through the Franklin Institute's weather records for the last few decades shows that it rarely goes below 30 after April 1. This means you

have my permission to start planting cool season seeds anytime the ground is thawed, not covered with snow and not too muddy. As a tip, don't bother growing vegetables you don't like. Grow only what you want to eat!

How to Read a Seed Packet

Just about everything you need to know about planting your seeds will be on the seed packet.

"Days to emerge" refers to when you will first see a plant breaking out of the ground. "Seed depth" refers to how much soil should be on top of the seed when you plant it. "Seed spacing" is a recommendation for how far apart seeds should be planted from each other. "Days to maturity" means the amount of time it takes to have a harvestable product.

The sowing instructions section on a seed packet will typically provide additional directions for planting, along with tips and tricks. Some packets also have a picture of what the baby plant will look like so you can tell it apart from the weeds. All packets are required to have a sell-by date or at least a "packed for 20__" date. Newer seeds are best, but some last many years if taken care of (i.e., not left loose in your damp basement or in the trunk of your car.)

Most of us have packets or half-packets of seeds left over from last year — or several years. Here's a simple test to see if they're still good: Spread out 10 seeds on a moist (not wet) paper towel and roll it into the shape of a tube. Stuff the tube in a plastic bag and put it in a warm (not hot) place out of the sun. Unroll it after a week and see if there's any action. If not, give it a few more days. If more than half the seeds have sprouted, you can get away with using them. If there are fewer, try

to find newer seeds. Another option to make use of half-full seed packs is to trade with other gardeners — or plan and agree before you buy them to split a particular envelope of seeds.

Succession planting, in which you plant a row of say, lettuce, now, another in two weeks and another in two more weeks, is also a great strategy. That way, you constantly have a new crop coming up while the last one is maturing. This will use up a pack of seeds over the course of the season.

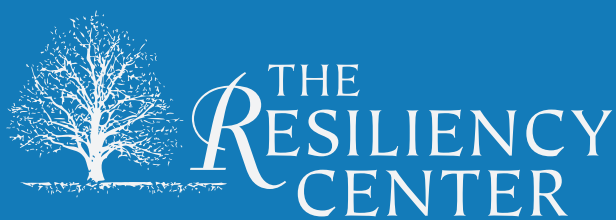
Alternatively, to save seeds from one year to the next, keep them sealed and in a cool, dark place — again, not in the trunk of your car.

What to Plant Now

Crops that don't care about cool night temperatures and a chance of frost include greens like mustards, lettuce, peas, spinach, arugula and kale and root crops like carrots, turnips, beets, radishes, and rutabaga. Transplants or roots like onion sets, potatoes, leeks, onion plants, cabbage, broccoli, cauliflower, collards, celery, and herbs other than basil can also handle the cold.

With these varieties and timelines in mind, you'll be able to get your growing started as soon as possible and will set your garden up for success this spring.

Sally McCabe is associate director of community education for the Pennsylvania Horticultural Society.



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MARY JANE SEACOLE (1805-1881), a nurse, healer, business-woman, traveler and author, was born to a Creole Jamaican mother and a Scottish father in Kingston, Jamaica. Her highly skilled mother taught her Afro-Caribbean healing methods.



Despite consistently experiencing racism, Seacole traveled to the Bahamas, Cuba, Haiti and Panama, administering to the sick. At 48, she volunteered to join the Crimean War effort. British officials and her contemporary, Selina Bracebridge, an assistant to Florence Nightingale, rejected her involvement, even though there was a nursing shortage. She responded by paying her own way.

Seacole's autobiography "The Wonderful Adventures of Mrs. Seacole" was published in 1857. That year, a four-day fundraiser, "The Seacole Fund Grand Military Festival," was organized to help get her out of bankruptcy; the festival attracted around 40,000.

In 2004, she was voted the Greatest Black Briton. A statue of her was unveiled at St. Thomas Hospital in London in 2016, and a trust in her name to educate and inform the public about her life, work and achievements was established that same year.

—Rosa Lewis



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Join longtime Co-op member and local artist Mindy Flexer in her art studio for Vote Forward's "March Week of Action." Letter writing is more fun with friends, especially in a year in which this community is working to reach a lot of voters. All supplies will be provided. Please RSVP by emailing outreach@weaversway.coop. Weavers Way working members can earn two hours of working member credit by participating in this event.

Virtual New Member Orientation

Wednesday, March 27 6:30-8 p.m.

We encourage all new members to attend a member orientation. Our virtual orientation will include an overview of membership at the Co-op, how it works and why it's valuable. We'll explore our online Member Center, discuss the benefits of membership and help you choose if working membership is right for you. You will receive two hours working member credit. The orientation lasts approximately 1.5 hours. You will receive a zoom link by email prior to the meeting. Please sign up at the Member Center.

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Banks and Insurance Companies Keep Funding Fossil Fuels

by Sandra Folzer, Weavers Way Environment Committee

WE CAN PROTEST AND WRITE LETTERS and fuss about ending the reign of fossil fuels, but our voices may not be heard. It's best to get to the heart of the matter, which is money, of course.

Without big banks and insurance companies, the fossil fuel industry could not operate. How do we stop them? We could ask them politely, and you know how that works. Or we can take our money out of their pockets and place it somewhere more in line with our values. I know it's a pain to move money, especially when so many of us now pay our bills online. But at least think about it.

Since climate change is happening faster than we ever imagined, we need to make sacrifices. Those include driving less and using public transportation more often, but we could have a far greater impact if we took our money out of big banks.

Between 2016 and 2022, major international banks invested \$3.2 trillion of our money in the fossil fuel industry to expand operations in the Global South, according to a Sept. 4 article in The Guardian. According to the Sierra Club's 2023 Banking on Climate Chaos report, Royal Bank of Canada finances the most fossil fuel projects, from destroying the tar sands to the Coastal GasLink gas pipeline. In 2022, they spent \$42.1 billion. In the United States, J.P. Morgan Chase, Citi, Wells Fargo and Bank of America remain the top five financiers since 2016.

Interestingly, according to an Oct. 2023 article on the Penny Hoarder website, some of the worst banks for customer service are Wells Fargo and Bank of America. So you won't be giving up much if you put your money elsewhere.

Years ago, I ended my engagement with Amtrak's credit card, which gave me points toward travel, because it was aligned with Bank of America. I like supporting Amtrak but was sad to know they were in cahoots with Bank of

America. My finances are with credit unions because I trust smaller banks. To learn what banks are most sustainable, go to www.businessinsider.com/personal-finance/best-environmentally-friendly-banks.

According to Sierra Club's Climate Chaos report, 60 of the world's largest banks financed \$5.5 trillion for fossil fuel projects in the seven years since the Paris Agreement was finalized. Even as those companies made a profit of \$4 trillion in 2022, banks still lent them \$673 billion.

As April Merleaux of Rainforest Action Network said in the report, "Fossil fuel companies are the ones dousing the planet in oil, gas and coal, but big banks hold the matches."

We must stop fossil fuel expansion because we're coming dangerously close to the point of no return for our planet if we can't keep the world's temperature from rising no more than 1.5 degrees Celsius. This was our target at the Paris Agreement in 2015 in which 195 nations pledged to avoid climate change. But big banks appear to have no plans to alter the source of their profits.

Even when banks make halfhearted pledges toward sustainability, they often change their minds. In 2022, Bank of America was congratulated for deciding to end their financial support of coal mines and Arctic drilling projects because of their toll on the environment. But last December, they backtracked when updating their environment and social risk policy, stating that such projects would be subject to "enhanced due diligence," according to a Feb. 3 article in The New York Times.

The company's actions were likely taken in response to backlash from Republican lawmakers who are attacking "woke capitalism," according to the Times article. Texas and West Virginia passed regulations to ensure fossil fuel companies are not denied banking services, and New Hampshire wants to criminalize the business principle known as ESG — environmental, social and governance.

While there is much talk about eliminating fossil fuels, we are not planning how to transition to sustainability. I'm surprised that our government is not

planning for a post-fossil fuel time when we will have to heat and cool our homes without oil and gas. Soon we'll have to rely on solar, wind or geo-thermal power.

Going Back and Forth on Climate Change

Some insurance companies are no longer offering home insurance in Florida and Louisiana because of hurricanes, which are intensifying due to climate change. Last May, State Farm announced they would stop selling new homeowners' policies in California because of the climate risk from wildfires. Even so, the company invested \$30.9 billion in fossil fuel projects in the state in 2019, more than any other U.S. insurer, according to the website Heated.

It is hypocritical, if not unethical, for insurance companies to support the fossil fuel industry (to the tune of over \$500 billion, according to Insurance Business), while citing climate change as a cause to stop writing policies in some states. Without insurance, fossil fuel projects could not exist. Some in the industry are using sleight of hand to punish victims of climate change while profiting from those who generate the emissions.

Senators Sanders of Vermont, Whitehouse of Rhode Island and Wyden of Oregon from the Senate Committee on the Budget wrote to each of the seven insurance companies most linked to fossil fuel investment: State Farm, AIG, Berkshire Hathaway, Chubb, Starr, Liberty Mutual and Travelers. Globally, some insurance companies are limiting their underwriting of fossil fuel projects, but in the United States, they continue to support them. The senators' letter to Berkshire Hathaway last June stated, "Underwriting dangerous fossil fuel projects makes it harder to achieve global climate goals, and there is little transparency about how the myriad risks factor into industry decisions."

Consider cutting ties with those banks and insurance companies still aligned with fossil fuel projects. If you can't do that, at least let them know you do not approve of their complicity in aggravating climate change.

eco tip

It's Past Time to Kick The Car Idling Habit

by Marsha Low, Weavers Way Environment Committee

Did you know that 30 states have laws around car idling, including New Jersey, Delaware and Pennsylvania? Philadelphia has its own, stricter anti-idling law. Philadelphia Parking Authority tickets for "excessive idling of motor vehicles" cost violators \$101 and can be issued in many cases after only a few minutes of idling.

Too many car owners still believe it's necessary to warm up their engine in winter for at least five minutes before hitting the road. That might have been necessary for cars built before 1990, but no longer. Modern cars have fuel injection systems, which means that they need only about 30 seconds to reach ready-to-drive conditions. So if you warm up your engine for five minutes or so, you're wasting money and polluting the air.

Americans spend \$13 million every day for unnecessary idling, which adds up to an estimated six billion gallons of fuel wasted annually. The hydrocarbons in exhaust have been linked to increases in asthma, allergies, heart and lung disease and cancer.

In addition, idling is bad for your engine. Fuel is only partially combusted when idling because the engine doesn't operate at its peak temperature, which leads to a buildup of fuel residues that can damage engine components and increase fuel consumption.

In short, not idling your car is a win-win all around. There's no damage to your car's engine, more money in your pocket and less air pollution. Here's an idea: If you have neighbors who idle their car, perhaps you can cut out this tip and leave it on their windshield!


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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.

The food biz is interesting; like most businesses, success and failure are mainly measured by income. Since the main source of top-line income is sales, businesses often try to maximize sales with promotions and value. Within retail food, since there is a fair amount of competition, we see a lot of promotions. They run the gamut: discounts, buy one-get one, loyalty programs, coupons, even frequent flier mileage.

I have lots of thoughts about how promotions add to prices and are in many ways anti-consumer. This has come up again for me because our largest supplier, UNFI, recently sent out advice to their retailers about promotions, suggesting stores use psychological aspects of consumer thought to trick consumers into thinking they should buy something on promotion quickly or they will lose the opportunity and suffer disappointment as a result (thus exploiting the psychological condition known as "FOMO," or "fear of missing out").

Here's an excerpt of UNFI's advice to retailers: "Scarcity-based promotions can increase sales by up to 33%. (Source: Study by Wiedmann et al., May 2023, [www.linkedin.com/pulse/psychology-sales-promotion-unlocking-pow-](http://www.linkedin.com/pulse/psychology-sales-promotion-unlocking-pow-er/)




er/). By incorporating scarcity tactics into your sales promotion, such as limited time offers or limited stock availability, you can create a sense of urgency that drives customers to act swiftly and make a purchase."

As a shopper, you can ask yourself, "Does this have my best interest at heart?" It's no secret that retailers try to manipulate customers into buying things, but rarely have I seen such a blatant suggestion to manipulate. The timing seems especially off, with the news full of reports of food scarcity in different areas of the world and with food inflation since Covid and the war in Ukraine still affecting what lower-income consumers can afford to buy. Resisting consumer manipulation in the pursuit of excess and/or non-communal profit is one of the traditional roles of food co-ops and should be a differentiator between co-ops and non-co-ops in the marketplace.

suggestions and responses:

s: "Wondering what happened to Weavers Way baba ghanoush; I haven't seen it in years. And I loved the storemade tofu tahini that debuted recently but haven't seen that in some time, either. Lastly, do you think we can get in on the Za-

(Continued on Next Page)



Norman Says:

EMAIL YOUR SUGGESTIONS TO suggestions4norman@weaversway.coop

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

International Co-op Principles

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

(Continued from previous page)

hav hummus that they just started offering at Whole Foods? Thanks! Dip Lover

r: (Bonnie) Thanks for inquiring about the baba. We stopped making it because it was a slow-moving item for us, plus we also carry Moshe’s baba, which is an excellent product. I will speak to the Mt. Airy Prepared Foods manager and ask him to put the tofu tahini spread back in the rotation.

(Norman) As of yet, we don’t know of a wholesale supplier for Zahav hummus, but we’re looking into it. Whole Foods may have an exclusive arrangement with them; we’ll see.

s: “I had this fantastic bread when I was in the Hudson Valley — the best gluten-free vegan bread I have ever had. Is it possible for the Co-op to get it? It is so much better than anything currently carried. Thank you for considering.”

r: (Norman) Our Daily Bread has a good reputation; however, it is not distributed in our area except via UPS, which is not a good bread supply option for a grocery store. If they do expand distribution to our area, we’ll give it a shot.

s: “I recently saw an article by the Associated Press about how some large food companies in the United States source products from farms and processors that use prison labor. It sounded like some prisoners in this system are not treated in a fair manner. Is this on the Weavers Way radar?”

r: (Norman) No; the degree of traceability required to monitor this type of thing is nowhere to be seen in our modern food system. In general, food company labor practices are a private affair and are not subject to public reporting. OSHA regulations and the Fair Labor Standards Act often apply to food company labor, but prison labor is often exempted.

Our 13th amendment reads "Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their jurisdiction." Hence the rationale, at least on paper, for prisoners to be forced to provide labor for industry and not be subject to some employment laws.

s: “For the Ambler store, might you kindly stock the following items?”

- Stonyfield organic grassfed whole milk Greek yogurt. You carry the organic variety, but not the grassfed.
- Asmar’s hummus (family owned from Virginia). I am aware the Co-op makes its own, but my hubby’s tastebuds prefer this brand; sorry.
- Tsiona Ethiopian red split lentil dip — mild variety (from Rockville, MD). Yummy and saves me from having to stop at another store to get this!



Resisting consumer manipulation...is one of the traditional roles of food co-ops.



• A different brand other than Good cottage cheese. Methinks this one is not so good. Perhaps there is even a local dairy that makes this?

• Fresh, local pasta that isn't frozen. Ambler has frozen local raviolis that are delish, but we'd love some other varieties.

I know this probably exceeds the limit of allowable requests, but this is the first time I've written in over 20 years of membership.

r: (Nancy, Ambler) We have tried Stonyfield grassfed yogurt and it has never sold well enough to warrant the shelf space, but we can try again. It only comes in a large size. We have many brands and varieties of hummus besides the prepared foods one; please look in the refrigerated dairy section and see the local and other brands we carry. Asmar's is not available to us via our distributors. Similarly, Tsiona products are not available through any of our distributors.

We have two other brands of cottage cheese besides Good brand — we carry Kalona and Friendship brands that sell well. Fresh pasta is something we have tried numerous times and it has proven unsuccessful; we end up having to discard more than we sell. We sell many varieties of Talluto's frozen pasta — not just ravioli.

s: “I’m aware you prefer I keep and milk my own goat for dairy products and that I should grow my own wheat for homemade pasta and chickpeas that I grind by hand for hummus, but I’m not quite there yet. Meanwhile is it possible to purchase the groovy Weavers Way sweatshirts that I see staff wearing? I love these and would proudly wear one!”

r: (Norman) Yes, raise your own goats and grow your own wheat and grind your own chickpeas. In our “back to the future” vision of a healthy food system, think of the victory gardens during World War II (but without

all the petroleum-based fertilizer, pesticides and herbicides being pushed on people). Philadelphia already has a backyard chicken movement; backyard goats should be close behind.

The backyard chicken movement is kind of sexist since it only legalizes hens; it excludes roosters due to their propensity to be loud and be backyard bullies. Some animal psychologists are working with psychedelics to help roosters confront and deal with their aggressive behaviors. Those roosters will receive a certificate of therapy completion and will wear a vest indicating they are safe to be around backyard chickens.

s: “Hello, I am a member of Weavers Way and filled out the survey for suggestions of what to carry at the Germantown location, but I thought of something else. I wanted to suggest that the Co-op carry Griggstown Farm’s frozen chicken pot pies or something similar. Thanks!”

r: (Virginia, Admin) Good news: We will be carrying Griggstown chicken pot pies in Germantown!

s: “Hello! Members here and we're hoping that you'll consider selling unsweetened oat milk near us (Chestnut Hill and West Mt. Airy).”

r: (Matt, MA) Our supplier is not stocking the unsweetened Oatly yet. The “added sugars” in Oatly are not like added sugars in pasta sauce or yogurts or candy. Oatly uses enzymes to liquify the oats and the reaction ends up creating simple sugars like maltose. U.S. Food and Drug Administration labeling rules require any sugar created during a product's production process be shown as added sugars. Somehow the Oatly that's labeled “unsweetened” uses a different process.

s: “I thought we were going to sell lionfish. What happened? I haven't seen it yet.”

r: (Norman) We were approached in 2021 by a company called “Netless Catch” about selling lionfish, but it never went anywhere. The idea was to help deal with invasive species by eating them. Philadelphia has its share of invasive species; one is known as nutria and is apparently part of the spiny rat family. As if rats aren't bad enough, some are “spiny” whatever that means. But it doesn't sound good, and I wouldn't pet one.

Speaking of invasive species, our farm at Saul is struggling with geese, which aren't invasive per se but have invaded our farmland and so are invasive to us. The geese don't scare or disperse easily, so we're declaring open season on them to a certain extent. Since firearms aren't allowed on our farms, we're using slingshots to let the geese know they are not welcome. Slingshots are all natural since they're made of wooden branches and organic rubber bands and shoot locally gathered acorns.



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WEAVERS WAY ENDS

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

AS A RESULT OF ALL WE DO:

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

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

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

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

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

END 6 The local environment will be protected and restored.

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

The Backyard Beet

Make Succession Planting Part of This Year's Garden Plan

by Chris Mattingly, for the Shuttle

AS THE DAYS LENGTHEN INTO SPRING, THERE'S NO better time than now to embark on your gardening journey. If you want to enjoy bountiful harvests in the months to come, the key lies in careful garden planning. Don't miss this special opportunity to soak up knowledge, anticipate challenges and optimize results before spring planting season starts.

In this article, we'll explain why you should plan your garden now to lay the groundwork for a successful spring and summer growing season. We want you to feel empowered to make informed decisions about your garden. Empty raised beds in spring can often feel like a blank page: exciting, but also a little intimidating. Many people know what vegetables they enjoy eating, but don't know which crops thrive in our climate in different seasons.

If you're feeling overwhelmed by options, it may help to review the basic growing conditions of your garden to understand any limitations. Does your garden area receive less than six hours of full sun during summer? Then herbs and greens (like lettuce or dill) will perform best in your raised beds. Do you have an irrigation setup or another way of providing consistent water? If not, then seeded crops won't be as reliable due to spotty germination.

What to Plant This Month

If you want to start growing as soon as possible, consider planting a variety of frost-tolerant, "quick spring" crops like lettuces, radishes or cilantro. In our region, most frost-tolerant crops can be planted at the end of March. Quick growing spring crops will be ready to harvest throughout March and April and can typically be removed to make way for summer plantings around mid-May.

Transplanting plant starts where applicable, rather than direct seeding, can provide a head start to growth and harvesting. Local nurseries typically carry spring starts and can help you learn what grows well in your area so you can choose crops that fit your garden and lifestyle. We find that greens are a popular spring crop because they come in many varieties and can be incorporated into a variety of cuisines.

Other spring crops mature slower and stay in the garden past summer planting. Some of these provide the satisfaction of planting once and harvesting multiple times, like snap peas, and some are slower to mature (onions or carrots, for example). Take this into account when planning your summer garden. Finally, crops like



the ever-popular tomatoes, peppers and cucumbers can be planted as appropriate.

If planning a multi-season garden all at once sounds like too much time and effort, don't worry! You can use succession planting to gradually introduce summer crops into empty spaces in your garden while allowing late spring plants to mature.

How to Succeed at Succession

Succession planting is a space-saving technique and a strategic way to ensure a continuous harvest throughout the growing season. When planning your succession planting, consider the maturity dates of different vegetable varieties. As spring crops mature and are harvested, replant the vacant spaces with warm-season vegetables. Knowing the expected harvest times and the space requirements of each plant will maximize your garden's productivity. For this reason, planning your spring and summer garden layout simultaneously will reduce decision fatigue later in the season. You'll be surprised how much you can grow!

One of the primary benefits of succession planting is that it maximizes the use of available space in your garden. By efficiently filling in gaps left by harvested crops with new plantings, you can ensure that your garden remains productive throughout the season. Additionally, succession planting helps to extend the harvest

window for certain crops, providing you with a longer period to enjoy fresh produce from your garden.

You can also create functional space by growing vertically with trellises, tomato cages, gate arbors and any other structural element that can support the weight of heavy plants. Use these structures to train vining plants like cucumbers or squash to grow upward instead of outwards, leaving more square footage for other crops.

Try to place taller plants and structural elements on the north side of the garden, opposite the sun, so you don't create shade over other plants. In addition to saving space, vertical growing can help improve plant health with improved air circulation.

With a little planning, you can easily turn your vegetable garden into a flourishing oasis! Whether you're a novice gardener or a seasoned pro, planning your raised bed garden should be adaptable and fun. Although certain guidelines will help your garden thrive, don't be afraid to try a crop you've never grown before or to ask a local gardening expert for advice. Start planning your edible garden today.

Chris Mattingly is the founder of Backyard Eats, a full-service food gardening business with an array of offerings in the greater Philadelphia area.

Email him at chris@backyard-eats.com or visit www.backyard-eats.com.



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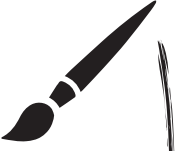


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Artists in Our Aisles

Nancy E. F. Halbert

Halbert is a painter and teacher and was once a dancer, choreographer and arts administrator. She learned to draw and paint from premier art teachers all over the country and started showing her abstract expressionistic artwork in exhibitions and galleries in 2009. She moved to West Mt. Airy six years ago with her husband and popular dog, Bo. She works out of her home studio and is available for semi-private and private lessons, commissions and lectures.

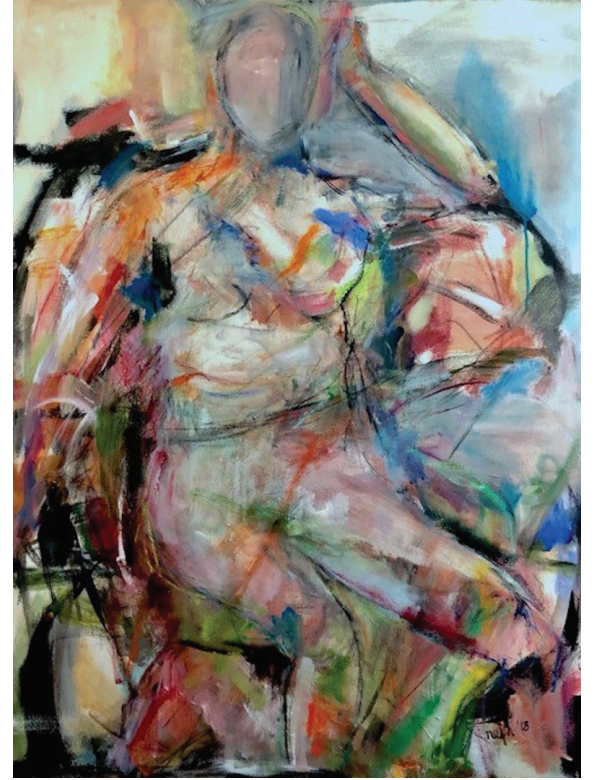
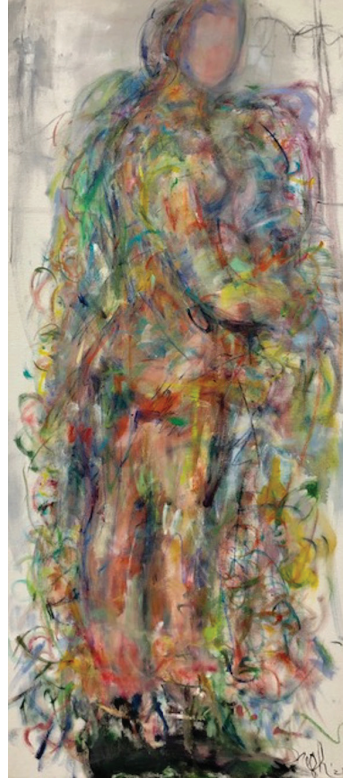


Halbert primarily works in soft pastels, oil and mixed media. Her work has been shown in area galleries, museums and hospitals. She is a member of InLiquid, a free hub for the visual arts in Philly, Cerulean Arts Gallery in Spring Garden, and the Philadelphia Pastel and Pennsylvania Watercolor societies. She has won painting awards at the Philadelphia Sketch Club and her work is part of collections in Australia and the United States.

"My art style reflects movement, line and gesture, as I continue dancing in my art practice," she wrote. "I develop a painting as I would when choreographing – one element moving into the next. A line begins, takes shape into mass, which will deepen with color, and then culminates into an expressionistic, impressionistic experience. I merge abstraction with reality, leading me to paint motion to evoke emotion."

Halbert's newest paintings in oil and pastel will be on view at Cerulean Arts Gallery through March 10. A reception will be held Friday, May 17 from 2-5 p.m. at the gallery, 1355 Ridge Ave.

www.nancyhalbertart.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 statement about the work
- A short bio
- A headshot
- A link to a website if you have one

Weavers Words

AN ANTALLEGORY

An aged able alchemist,
While searching for an alkahist,
Dissolved an alkali.

He added amber alkanet,
An alabaster amulet
And some antalkali.

But after adding ankerite
In jumed an old Amalekite,
An amputee — but spry.

Abruptly vowed the alchemist,
"I'll allocate an alkahist
As I alkalefy."

—Chris Robinson

DRESSED AGAIN

There are trees that have just one leaf still hanging
flittering in the wind, listening to the crunch of feet on ice.

Other trees hold onto their leaves all winter –
their October burnt sienna now looks like January gold.

And most of the trees wear nothing, stripped
down to their essence, so dark against the grey sky.

This morning, snow falls and the heat kicks on inside,
the magic of a new blanket covering old, cold ground.

And suddenly the trees are dressed again,
dipped in white, a new christening glistening.

The questions, the un-fresh cat box, the worries still linger,
but now, the possible, good enough, glorious returns.

—Ellen Skilton

CAR THIEF

Where are you now?
The warm breeze pleased our skin,
Me in a tank top on the darkened porch
And you with a flashlight and tools.
Then my yell shocked the stillness
And for a moment you knew my English voice
As I knew you, grabbing tools,
Your young Black body pelting down the street.
No Hollywood script, my hands shook so much
I could barely press 911.
Before I yelled
"What are you doing with my car?"
I wish I'd given you,
"You're worth more than this."
Now somewhere in this city, you hold my voice,
As I hold your young Black body,
Racing into the summer night.

—Hannah Roberts

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.

Editor's Note: This poem has been (regrettably) collecting dust since March 2020, the early weeks of the Covid pandemic.

THIS SPRING

blossoms sway and breathe
at the whim of soft breezes
while disease strangles

—Charlie McCurdy



Imagining a World Without Waste

The Dangers of Phthalates and How to Avoid Them

Phthalate (pronounced thal-ate) plasticizers are becoming more of a concern. What are they and how can they be avoided?

Phthalates are added to plastics to impart flexibility and durability; a lot of the food we eat contains these chemicals in tiny amounts. Phthalate plasticizers are classified as endocrine-disrupting chemicals in animals and may pose health risks. They mimic or inhibit hormone interactions in the body, particularly those involved in reproductive and developmental processes. And the metabolism of phthalates in humans creates oxidative stress, which can be neurotoxic and carcinogenic.

There's evidence that phthalates induce epigenetic or chemically modified alterations to DNA in humans. These changes modify protein expressions that can lead to reproductive toxicity, developmental disorders and cancer. Phthalates have been shown to interfere with nuclear receptor binding and cell signaling pathways. Nuclear receptors pick up on the presence of steroids, foreign substances in the body, thyroid hormones and vitamins, and they regulate gene expression to maintain homeostasis and metabolism.

While phthalates are ubiquitous (because plastic is everywhere), there are steps we can take to avoid exposure. They include:

- Limiting consumption of fast food and takeout food. Styrene foam contains a phthalate that dissolves in fatty foods. The use of flexible PVC gloves in food preparation may also be the source of phthalates in some fast food.
- Avoiding plastic and plastic-coated packaging when possible.
- Buying fresh vegetables in bulk when possible.
- Storing, preparing and heating food using glass, silicon, wood, bamboo or metal containers and utensils.
- When purchasing, storing, and cooking food, be mindful and do the best you can. Buying in bulk helps to avoid packaging issues. Bring your own jars or use our jar library when purchasing bulk items at Weavers Way.

—Roy Eisenhandler

Nicetown's PAR Recycling Earns National Recognition

PAR Recycle Works, the local company that the Co-op's Environment Committee has used for several years to take and recycle donated electronics at our yearly electronics recycling event, recently received recognition from two national recycling organizations after they audited and certified PAR's practices for responsible recycling.

The organizations are Responsible Recycling, which sets global sustainability standards for the responsible reuse and recycling of electronics, and the Recycling In-

dustry Operating Standard. RIOS is an integrated quality, environmental, health and safety management system designed for recyclers; their standards have been adopted in over 40 countries. They prioritize best practices for protecting the environment and the health and safety of workers and communities, including compliance with environmental and data privacy laws.

Electronics recycling events have been major fundraisers for WWEC, which uses the funds for grants for various types of community greening projects, including planting street trees and school gardens. Each event also gives community members the chance to recycle truckloads of electronic recyclables; PAR retrieves and recycles 98% of the materials.

PAR is committed to socially responsible and sustainable recycling practices for electronic waste. They have been providing jobs and job training to previously incarcerated people in Philadelphia since 2015. Donating electronic waste to PAR enables them to give jobs to more people returning from prison,

This year's Electronics Recycling event will happen Saturday, May 18, from 9 a.m. to 1 p.m. at Chestnut Hill College.

—Valerie Glauser

The Latest News On Plastics

U.S. Scrap Plastic Exports are Down

A report out this week by Resource-Recycling states that the amount of plastic waste generated in the United States and sent overseas declined in 2023 for the fourth year in a row. In addition, the total is significantly lower than what used to be shipped to China before it stopped taking our plastic trash.

Even so, our country generated 98 million pounds of plastic in 2023, so this is no cause for celebration. Surprisingly, the largest recipient of our plastic is Canada at 339 million pounds, followed by Mexico at 165 million. The report does not make clear whether less plastic scrap is being produced or whether our country is taking more responsibility for its waste.

Recycling's a Myth

Another new report, "The Fraud of Plastic Recycling," was recently produced by the Center for Climate Integrity. A chapter entitled "The Majority of Plastics Cannot be Recycled – They Never Have Been and Never Will Be" itemizes the reasons:

- Some plastics have no markets.
- Plastics come in thousands of chemical variations that cannot practically be sorted.
- Many single-use products are a mix of plastics and other materials that cannot be separated.
- Even single-type plastics have many different chemical additives and colorants.
- The quality of plastics degrades with time and reuse, so plastics can only be downcycled, not reused in a

circular manner.

- Many plastics are contaminated by toxins that have been stored and leached into them, such as cleaners and insecticides.
- It's cheaper for industry to produce virgin plastics than to process and recycle them.

Recycling is the myth that industry promotes to make us think all the packaging we put in the blue bins will get reused. It will not. The only way we can stop plastic pollution is to stop producing it.

This Earth Day is All about Plastics

This will be the 54th anniversary of Earth Day. In addition to the many events and celebrations we have come to associate with it, there is an Earth Day organization that sets a theme each year, and this year's theme is "Planet vs. Plastics." On its website, EarthDay.org states they are "unwavering in our commitment to end plastics for the sake of human and planetary health, demanding a 60% reduction in the production of all plastics by 2040."

If you are planning an Earth Day event this year, make sure it is zero plastics!

—Karen Melton

Best Practices for Our Jar Libraries

- Tell the bulk staffer when you are dropping off your jars, so they can inspect them to see if they are appropriate for the jar library.
- Drop off clean, dry glass containers only — no plastic containers.
- Remove labels as much as possible. Volunteers maintain the jar library; the more labels there are to remove, the harder their job is.
- Larger jars are especially appreciated, e.g., tomato sauce or quart size. Also consider if the jar you're donating would be useful.
- If the incoming jar box is full, please do not leave your jars. Currently, there is no place to store surplus jars.



Weavers Way By the Numbers

\$34 Million+
in Annual Sales

17,762.35
Community Volunteer
Hours in 2023

2 Farms

- Mort Brooks Memorial Farm at Awbury Arboretum
- Henry Got Crops at W.B. Saul Agricultural High School

11,000+
Member Households

\$66,000+
Total Community Giving in 2023

4 Locations

- Mt. Airy
- Chestnut Hill
- Ambler
- Germantown





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Illustration by Alli Katz



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

Weavers Way Board

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

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

2023-2024 Weavers Way Board of Directors

- President:** Cheryl Croxton
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- Treasurer:** Gail McFadden-Roberts
- Secretary:** Jason Henschen
- At-Large:** Hillary Baum, Kristin Haskins-Simms, Benjamin Bartley, Michael Hogan, DeJaniera B. Little, Kacy Manahon, Esther Wyss-Flamm.

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NEW MEMBER ORIENTATION
 Wednesday, March 27 from 6:30-8pm. Virtual.
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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!

Coming this spring!

Co-op staff have been busy at the soon-to-be-open Weavers Way Germantown, setting up the store as major construction work wraps up.

Photos by Kathleen Casey and Mills Harasta



Our storefront with a hand painted sign.



Using the Co-op's truck to test access for other delivery trucks.



Heat lamps for hot food in our "Fresh to Go" area.



James Mitchell, Germantown store manager, taking charge of shelving.



Test runs of shopping cart maneuvers through checkout.



Our Member Services desk.



Co-op staff figuring out placement of the remaining walls of the produce walk-in.



Our bar seating area at the front windows which is currently under construction.



Our bulk area and bakery case.