

GOOD THYMES

MAY 2024



DNF CO-OP'S MONTHLY NEWSLETTER

WE'RE SPROUTING NEW PRODUCTS!

SPRING HAS SPRUNG!

SHOP OUTDOOR GOODS AT YOUR LOCAL CO-OP



OUTDOOR GOODS, SUMMER PRODUCE, PLANTS + MORE ARE AVAILABLE NOW...



O' JOE



I'm having fun. Really. I know that sounds weird. After all, it almost seems that having fun at one's job is close to an un-American activity. But truly – I am. And I've had jobs before – jobs I really liked. This is a level of fun, though, that has not been synonymous with those other positions.

It shocked me. I didn't expect this. I mean I was confident that I'd like being here at Durango Natural Foods Co-op and that I'd enjoy myself. But actual fun? If I was a Brewmeister, it might be more understandable. Or years ago, I had a summer weekend job at a Renaissance Fair. I was Brother Morris, a Monk who wandered the fair damning people to hell for visiting such a debauched extravagance. I'd warn folks not to, "go yonder down that path, turning left at the duck pond where you'll find women who wiggle their bellies and move like they're possessed by the serpent". Or not to "indulge in the wares of that peddler who creates concoctions that tingle the tongue and cause sensations that should not be experienced by the denizens of these wicked lands". We also sang songs.

That was fun. Damning people to hell was fun. They just laughed though and the more fervent I'd become, the more they laughed. What's up with that? Anyway – that doesn't really count as a real job as it was only for weekends over two summers.

This is different. This is a real job with real responsibilities and in many ways, not that easy. Lots of details. Lots to know. It's now taken me years to assimilate all the info that I feel is necessary – and there's even more to delve into. Ever since I've started, I've felt

a bit behind and have been playing a very involved game of catch-up.

So how can this be actual fun? Well first and foremost are certainly the people here. The Staff, the Board, the Members and our Shoppers. It seems that most of them are having fun too (could be an illusion or my own delusions) and that tends to be infectious. One person commented that she has never heard so much laughter in a place of business. And why not? As long as it doesn't interfere with our tasks, it's a very good thing and probably increases our effectiveness overall (scientific study pending, I'm sure, somewhere).

It's more than that though. Co-operatives are a concept as much as they are a business. I got involved with Co-ops a couple of years before my Monk days. My first Co-op was a very small storefront which carried a mix of healthy foods along with good dose of junk food (it took a lot of convincing before I accepted the fact that Nestle's Quik was crap). It seemed like a fun little place and it introduced me to lots of new foods (just even getting whole wheat flour at any commercial grocery in those days was near impossible). It also introduced me to concepts that I hadn't heard about before such as Economic Democracy, Cooperative ownership and governance, Right livelihood, Organic sustainability and Community responsibility (I was an impressionable 20 year old – what can I say).

Back in the 70's and 80's, Co-ops were a growing entity with a very bright future and poised to become an important part of the economy in this country. Rather than protesting...

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MEET THE NEW DNF BOARD MEMBERS!



**SHERYL
MCGOURTY**
(RETURNING)

Sheryl McGourty, your co-president and seasoned board member, is eager to guide the Durango Natural Foods Co-op through its 50th anniversary and beyond. With her rich background as the founder of Yogadurango and her extensive expertise in education and yoga, Sheryl fosters a culture of continuity and community engagement. She is committed to maintaining our co-op's legacy while steering sustainable growth and financial health.



**DANIEL
KURZENDOERFER**
(NEW MEMBER)

Welcome Daniel Kurzendoerfer to our Board of Directors! With his expertise in project management and finance from Huron Consulting Group, Daniel is focused on enhancing membership and communication at Durango Natural Foods. His innovative strategies aim to connect with the college demographic and provide transparency about our local products. Daniel's dedication ensures our co-op remains a vital part of the Durango community.



**JENNY
NORTHROP**
(NEW MEMBER)

Introducing Jennifer Northrop, our new board member who brings a heartfelt commitment to local, organic food accessibility. As a chef at Turtle Lake Café and owner of Nano Nations, LLC, Jennifer is deeply embedded in our community's food scene. Her experience with farmers' markets and food collectives will drive her initiatives to increase DNF's support for distributing local food to those in need. Jennifer's passion is set to enrich our co-op's connection with Durango residents.



NEW PRODUCTS ON OUR SHELVES NOW!



SPRING PLANTS

From local cacti to air plants and flowers, the co-op is stocked up on everything you need to start your spring plant sanctuary for the season ahead.

CORTEZ, CO

BERRIES + MELON

Spring into freshness with our vibrant selection of seasonal fruits, berries, and melons now available at the co-op!

FARMS VARY



LITTLE SESAME

The up-and-coming producer of freshly-spun, climate friendly, organic hummus with a simple mantra: it's all about the BIG BEAN ENERGY!

WASHINGTON, DC





CHECK IN EVERY MONTH FOR A DNF FEATURE CELEBRATING THE PEOPLE WHO MAKE OUR CO-OP RUN



MEET JES!

SAY HELLO TO OUR BELOVED WELLNESS BUYER!

LET'S CHAT

1. So, where are you from?
 - a. The Upper Peninsula of Michigan
2. And how did you get here?
 - a. I came for school at the Fort and I stayed for work + other opportunities!
3. When you're not at DNF, what are you getting up to?
 - a. Play music, climb, get out and explore the Four Corners area
4. Anything that might surprise shoppers about you?
 - a. I know a lot about local ecology and native plants.
5. Favorite things about working at the co-op?
 - a. The community, the people that work here, and working with local ingredients in our deli!
6. What is something you are excited to bring to the store?
 - a. A very niche knowledge of produce from my farming experience -- getting to share that with people
7. In preparation for an outdoor adventure, which three DNF products would you bring?
 - a. Mixed Berry Tailwind, Bulk Fig Bars, Dolmas
8. In ten words or less, how would you describe our Co-op to an out of town visitor?
 - a. Sweet little community store with GOOD food.



HERE'S WHAT COOKING AT THE DNF DELI THIS MONTH



DINNER BURRITOS

No longer are we just the best BREAKFAST burrito spot in Durango, DNF is soon to be offering fresh, delicious DINNER BURRITOS in our hot case !

AVAILABLE EVERY AFTERNOON!

EXTENDED HOURS

In case you didn't hear --our deli is now OPEN LATE Monday-Saturday. Swing by for dinner as we're open 8a-7p M-Sat.

M-SAT HOURS: 8A-7P



PASTRY OF THE MONTH

NEW to the DNF Deli, check out our new pastry of the month as we explore unique, mouthwatering treats that will surely sweeten your day.

CHECK THE CASE!



cup O' JOE



CONTINUED FROM PAGE 2...

... and complaining about the inequities that plagued our society, here were people growing an alternative that was positive and empowering. How could one NOT get excited about that?

Reality has a nasty way of imposing itself upon ideals. The Co-ops were fraught with internal fighting as each involved person felt that their opinion was the only correct idea and thwarted consensus – a goal embraced by the movement at that time. That was not fun. As Co-ops grew, commercial businesses recognized an evolving market and started competing directly. Using the democratic structure of the Co-ops, other groups tried to “take over” our businesses and much energy was spent combating those forces. By the early to mid 2000s, most Co-ops had failed or were in decline.

For various reasons, since the mid 2000s, there has been a resurgence of Consumer Food Co-ops across the country. They're more business-minded and more organized than before but are still concerned with the fundamentals that motivated the movement through the 60's, 70's and 80's.

Our Co-op is a great success. It has grown greatly both in Members and in the amount of food it moves over the last 4 years. Though there have been some turbulent years over our 50 year history, which mimicked the growing pains of other Co-ops, we have evolved to a place that is effective, vibrant, dynamic and, well, cooperative. For a Co-op dude such as myself, to be part of this is downright fun!

Which brings us back to the people who are part of this Co-op, or, as I should say, ARE this Co-op. Co-ops don't just happen by themselves. No one comes into town and plops a co-op down the same as when a Walmart emerges. They are hard work. They lack resources. But they have people who believe in them and strive to create an alternative to the mega-corporations that dominate our landscape (the best resource to have actually). The people here are fabulous. What we have accomplished in this fun, little town is incredible.

We still have competitive forces that we must understand and deal with. Even the large corporations are pretending to be greener and more concerned about their social responsibilities. That probably can be a good thing overall but we are the real deal and a great influence on them. And physically – can we really grow more without losing the qualities that make us unique and attractive?

Being here has been invigorating, exciting and energizing. This place is a gem. And I'm having fun!

**JOE Z. -
GENERAL MANAGER, DNF**

GEAR UP, DURANGO!

FROM GARDEN ROOTS TO MOUNTAIN ROUTES, FROM SOIL TO SUMMIT, LET DNF HELP SUPPORT YOUR SUMMER ESCAPADES.

Spring has sprung! *(A favorite expression of mine, expect to see it lots in the course of our marketing this season.)*

It's a magic time of year -- Mother Nature is stretching her limbs and the town is erupting in a burst of greenery, outdoor adventure, and community events.

Durango Natural Foods Co-op is blossoming with excitement too—after all, we're not just marking another spring; we're celebrating our 50th spin around the sun! We're ringing in the season + celebrating 50 fabulous years of community, sustainability, and, of course, the finest local produce this side of the Animas River.

As the snow waves goodbye and the trails beckon, Durangotangs are trading in their snow boots for sneakers and saddles.

And as the sun stakes its claim in the Colorado sky, we're gearing up to be your headquarters for spring and early summer escapades.



RYAN W.

Whether you're a dirt-digger or a trailblazer, we've curated the essentials for every outdoor enthusiast.

Our location isn't just convenient—it's strategic. Situated at the nexus of Durango's favorite trails and tracks, we're your ideal launching pad for any expedition. Drop by to fuel up or wind down; either way, our smoothies await your victory sip and our snacks your celebratory nibble.

Durango Natural Foods Co-op is more than just a store; it's a springboard for your outdoor adventures. From gardens that yield more than vegetables to trails that offer more than views, we provide the provisions necessary for a truly great escape. This season, let's put Eco before Ego and nurture nature as we nurture ourselves

Ryan Waldman
Marketing + Communications
Manager

COME SEE US AT...

Presented by:



Dandelion Festival

Join us for a free festival

honoring the spring wild greens and community health!

**Saturday
May 4th**

1:00pm - 9:00pm

- Live Music
- Dance
- Arts & Crafts
- Live Painting
- Thrift Store

**Rotary Park
Durango**

- Kids Activities
- Maypole
- Local Food
- Dandelion Beer
- Vendors



Salamander Collective - Six Dollar String Band
 Lady Mantel - Mamalingua - The Dandelions,
 Michael Bear - Ballet Folklorico -
 RubiStarr with Secret Circus Society -
 Deollo African Dance and the Shimmy Mob!

A MESSAGE FROM THE DNF BOARD

Dear Fellow Co-op Members,

As we welcome the longer days of spring, I'm filled with gratitude for the energy and renewal this season brings to our community at the Durango Natural Foods Co-op. Thank you to everyone who participated in our annual board elections – from candidates to voters. Your engagement is vital in maintaining the democratic principles of our Co-op and ensuring we continue to reflect the needs and aspirations of all our members.

As we welcome our new board members, the board would like to take a moment to thank two parting board members for their dedication and service. First, we say goodbye to Cody Reinheimer who has served the Co-op in countless ways over the last 5 years. Cody's impact can be felt throughout the store and we are grateful for the energy he brought to the role. We also bid farewell to Kate Randall whose experience as a business owner brought a needed perspective to the Finance and Event Committees over the last two years.

We are grateful to both for their service. If you happen to see either of them around the store, please be sure to say thank you.



RYAN LAZO

Looking ahead, mark your calendars for the Co-op's 50th Anniversary Harvest Festival! Join us on September 7, from 3 pm – 9 pm at Rotary Park in Durango. The Special Events Committee is busy planning the celebration which will feature live music, local fare, kids' activities, craft beer and cider, and a showcase of community vendors. This event also serves as our annual meeting and it is a perfect opportunity to celebrate 50 years of the Durango Natural Foods Co-op.

If you are interested in volunteering at the event or have historical photos of the Co-op to share, please email us at board@durangonaturalfoods.coop.

Looking ahead, I encourage you to stay involved with our Co-op and to keep an eye out for us at upcoming local events! Thank you for your ongoing support.

With gratitude,

Ryan Lazo
DNF Board Member

co+op deals

MAY 1 - MAY 21, 2024

fresh start

Gather ingredients for a delicious smoothie to start your day. Evolution's Cold-Pressed Organic Juice is the perfect addition, and you can find it on sale at the co-op!



6.99

Evolution Fresh
Organic Orange Juice
59 fl. oz., selected varieties



2/\$3

Justin's
Organic Peanut
Butter Cups
1.4 oz., selected varieties



2/\$5

Perfect Bar
Protein Bars
2.18-2.5 oz., selected
varieties

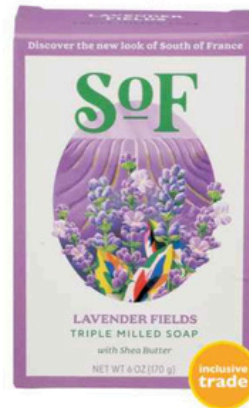


4.99

So Delicious
Dairy-free Frozen
Dessert
1 pt., selected varieties

INCLUSIVE TRADE PARTNER

South of France is a women-owned company. We still kettle cook small batches of our soap using a traditional Marseille recipe.



2/\$6

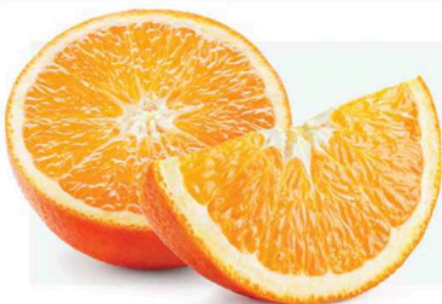
South of France
Bar Soap
6 oz.,
selected varieties

COOPERATIVELY OWNED



9.99

Equal Exchange
Organic Mind,
Body & Soul
Coffee
per pound in bulk



Get ready for summer at the co-op.

Fuel up for outdoor activities.

MEMBER SALES

(15% OFF THESE PRODUCTS/BRANDS)

DENVER CHIP CO.

4 oz, all flavors

LOCAL snacks are the best snacks...



Eco Bags
All sizes



Charcutnovo
10 oz, all flavors



Dr. Bronner's
2 oz, all scents

BREW DR. KOMBUCHA

14 fluid oz., all flavors

