

August  
2024

# GOOD THYMES



DNF CO-OP'S MONTHLY NEWSLETTER

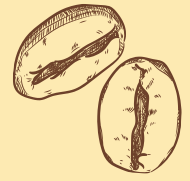
Summer Harvests are Here!



Read more inside! • Harvest Fest 2024 • Summer Produce • New in the DNF Deli • Cooking with the Co-op • BOGO Deals coming soon!



# cup O' JOE



What a mess! Our political situation that is. Everybody angry and everybody fighting. Nobody really wants to work together –each seems to want to dominate. It's really not that different from previous decades or even centuries. Those of us who study history sees a world full of discord and conflict. It seems to be in our DNA. Anger is the go-to emotion. Hard to move forward if that is true.

Not much cooperation out there. Maybe a reason for this is that we are not taught how to cooperate. We are taught from a very early age how to compete. Our entire society is built on competition. In and of itself, competition is not a bad thing. I enjoy watching the Olympics for example. But even there, the emphasis on the winner is too excessive. We all want to be number 1. Number 2 sucks and number 3 should hide their head in shame. Yet to even qualify for the Olympics you fall into a category that exceeds 99.9% percent of the human population. Every one of those participants are already winners. But if you don't go to number one – you're seen as a loser.

Don't you think that's a little harsh? There can only be a few top dogs so while our competitive systems finds them, it also creates a society of losers – just by definition alone, never mind the mindset it creates.

And yet, through all that, we have created an amazing world of intricate complexity that, despite all the problems, still moves forward at blinding speeds. One hundred and fifty years ago, cities were still trying to figure out sewage removal and other community necessities that we take for granted today. We now feed and clothe over 8 billion

people on this planet – not all of them well and there is still immense suffering, but considering how large of a number that is – we do a pretty good job.

So the question has to be asked, "If we created a society built on cooperation rather than competition, could we take all our progress to an even higher level with the anger levels being turned down at the same time?"

In many ways, that is one of the higher goals we set out for ourselves when the New-Wave Co-ops were started back in the 70s. Bringing good food to our communities was just one aspect of what we did. The other was to show a new way to work together and live together. I'm here to tell you that it is darn hard work... and slow.

Yeah, yeah, I know: the Co-ops heralded in a new consciousness of health, concern for our communities and progressive thought (as I say frequently). That part is true and – society wise – Co-ops have shown a better way forward that is now being copied by the big corporations. Despite our small size, the Co-ops have had a profound influence on today's society.

But Co-ops are often plagued by the fact none of us are really trained in all this and we have to fight that darn DNA influence (which is very, very strong). Here's the truth: Co-ops don't have any special magic that makes everyone get along. This often surprises the new-comer as they expect a sort of Shangri-La (okay – DNF is kinda a Shangri-La but we are not the norm).

**CONTINUED ON PAGE 8!**



# 50<sup>TH</sup>

## ANNIVERSARY PARTY IN THE PARK

### DNF HARVEST FEST 2024

### FOOD, FUN, MUSIC! SEPTEMBER 7



JOIN US FOR OUR ANNUAL PARTY IN ROTARY PARK, 3PM TO 8PM, AS WE CELEBRATE OUR 50TH ANNIVERSARY OF DURANGO NATURAL FOODS!

## DESIDERATA DANA ARIEL AND MORE!

FOOD PROVIDED BY DNF DELI, BEER GARDEN  
MUSIC PRESENTED BY IAMMUSIC

# A MESSAGE FROM YOUR DNF BOARD



Dear Members,

As we approach the end of summer, we're excited to share news about our upcoming Harvest Fest on September 7th, 2024! This event is a highlight of the year for our community, and we are looking for enthusiastic volunteers to help make it a success. If you're interested in contributing your time and energy, please sign up on our website. I look forward to seeing you all there!

Recently, I was checking out at the Co-op and was asked by an employee, "What does the board actually do?" It's a completely fair question, and I thought I'd take this opportunity to share a few of our core responsibilities and our mission statement more directly with our members!

**Board Mission Statement:** The Durango Natural Foods Co-op board democratically and cooperatively serves as the voice of our member-owners, working together in accordance with the Bylaws and Policy Governance to ensure the present health of the Co-op, while honoring its past and envisioning its future as a food and community hub.

Our responsibilities include overseeing the General Manager's quality of work, leading bylaw reviews and adjustments, and reviewing financials with Co-op leadership to monitor our financial health. We also plan special events, such as Harvest Fest, to celebrate our community and the unique spirit of our Co-op. Providing long-term vision for growth, investments, and strategic planning is another key aspect of our role. Additionally, we listen to and address member suggestions and comments to help improve the co-op experience.

We hope this gives you a clearer picture of the board's role and responsibilities. Our goal is to serve you, our member-owners, and to ensure that the Durango Natural Foods Co-op remains a thriving community hub.

Thank you for your continued support, and we look forward to seeing you at Harvest Fest!

Warm regards,  
**Daniel Kurzenoerfer**  
Feasibility Committee Chair  
Durango Natural Foods Co-op Board



# NEW PRODUCTS IN STORE NOW!



## BONFIRE BURRITOS



Bonfire Burritos has been a chow and watering hole loved by Golden, CO residents for years, and now you can find their burritos in our frozen section here at DNF! We currently offer two flavors of their delicious breakfast burritos, but keep your eyes peeled for more as they become available!



## JENJI BOBA TEA



Here at Jenji, we've developed our unique Coco Jelly Boba-- It's a semi-translucent, white, jelly-like food made by the fermentation of fresh coconut water. Coconut jelly not only holds up better in liquid, but also has the light, firm, chewy mouthfeel that boba fans adore. Try all three flavors of Jenji Boba Tea today!



## EL DORADO VITAMIN WATER



At Eldorado, they've combined delicious natural and organic ingredients with vitamins and pure mountain spring water— which contains naturally occurring electrolytes. Their vitamin water is charged with several beneficial vitamins and sweetened with organic cane sugar! Natural, organic and delicious!



FIND THESE PRODUCTS AND MUCH MORE IN STORE NOW!



**So, where are you from?**

Fort Collins, CO

**What's your favorite part about Durango?**

The community, and the access to the wilderness

**When you're not at DNF, what else are you getting up to?**

I teach Yoga at the Smiley Building at 6pm on Tuesdays (come to class! 😊) I also enjoy hiking, boating, gardening, skiing, art, and I make Jewelry too!

**Anything that might surprise shoppers about you?**

I'm afraid of cats!

**Favorite things about working at the co-op?**

Being surrounded by silly-minded individuals while also being at work!

**What is something you are excited to bring to the store?**

A fresh vibe to the Body Care and Wellness department!

**In preparation for an outdoor adventure, which three DNF products would you bring?**

Majestic Garlic Dip, Liquid Death Sparkling Water, and Mary's Rosemary Crackers!

**In ten words or less, how would you describe our Co-op to an out of town visitor?**

Your granola mom's pantry with a better vibe and tunes!

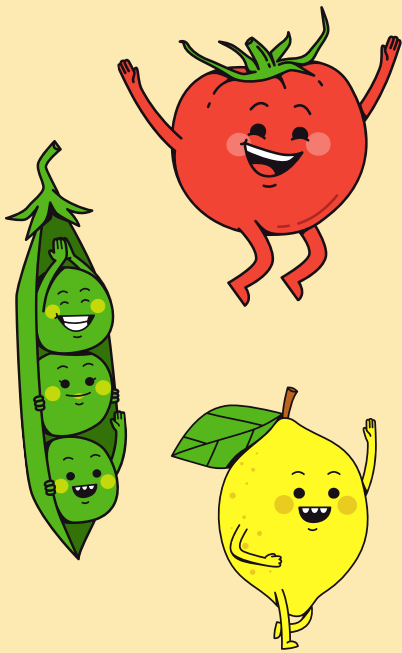


**MEET  
MADELINE!**

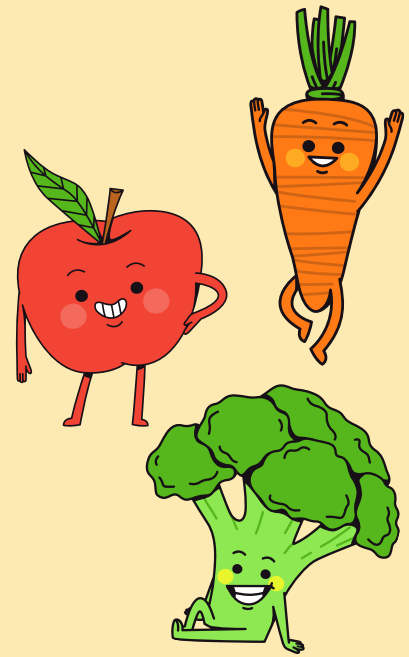
**Madeline is our new Wellness Buyer here to help you on your health journey!**

**Check back every month for a special feature celebrating the heart of DNF-- our staff!**





Ripe for the Pickin'  
in  
**August**



**Heirloom Tomatoes**  
from  
**Nova Market Garden**  
Aztec, NM



**Colorado Sweet Corn**



**Organic Peaches & Cherries**  
from  
  
**Osito Farms**  
Hotchkiss, CO



**Carrots**  
from  
  
**Banga's Farm**  
Mancos, CO



# cup O' JOE



CONTINUED FROM PAGE 2...

What we have is a desire to make a better world, a better workplace and a better community/store. But even Co-op people get angry and fight and squabble and bicker. Most businesses would try to squash that and pretend everything is wonderful. In Co-ops, we try to understand the feelings instead of denying them and work on ways to solve the underlying issues. Co-ops are crucibles for new ways to work together.

Here's another truth that is often downplayed: Co-ops were born out of anger. The popular image is one of friends hanging out, singing songs, espousing love and wanting to do great things for everyone. That's the stereotype. There's certainly some elements of truth to it and that's how it even may be in many of our minds.

But Co-ops were started because of the anger of letting the big money and big corporations control our lives. We were angry about war and stood for peace. We were angry about how the corporations fed us garbage that made them more money at our health expense and we stood for good wholesome foods. We were angry at being manipulated by advertising and we stood for honest, fully transparent promotion. We were angry about how our businesses were controlled by absent "owners" who abused the workforce and we stood for owning our businesses ourselves and treating our Staff with dignity, respect and empowerment. We have taken anger and instead of yelling and protesting and demanding, we created a better positive way forward for all to see and emulate.

Ultimately, despite all the anger that propelled us and despite all the inherent anger in ourselves and the world, Co-ops are pretty happy places. A recent quick survey that asked what is the best part of our Co-op showed hundreds of people spontaneously saying the food and the people. We have a reputation of being one of the friendliest places in town and that's because our Staff and all who shop here recognize that this is a special place and one of the very few who stand up for ourselves and our communities.

We have taken anger and turned it around. Perfect? Not by a long shot. Better than most? You betcha! We are dedicated to making our community better for everyone! We feel that good foods at a fair price are the backbone of health and a happier life! We know that an involved Staff makes for an enriching work experience. We've watched ourselves grow for now 50 years to where we now serve thousands of people who like us so much that they endure our cozy tight store and other limitations. We are confident that we will keep evolving to meet the changing times while keeping true to our Co-op identity.

And that puts smiles on all of our faces.

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







# What's cookin'?

**NEW HAPPENINGS IN THE DNF DELI!**



## MATCHA MANGO SMOOTHIES

Do the Mango Tango to the DNF Deli and get our new smoothie option! With Coconut Milk, Matcha, Mango or Strawberry (or both!), this action packed beverage is here to get your day going great! Matcha is here to stay so get it in every smoothie from now on for your morning Matcha Boost!

## THE NEW CALI-LUV 2.0

We've re-done our classic Cali-Luv and made it even more to Luv! With thinly sliced Luv Tempeh, crisp lettuce, tomato, avocado, and a creamy basil garlic Vegenaïse - this new take is sure to be a favorite for everyone!



## PASTRY OF THE MONTH!

**-Peach Clafoutis-**

Peaches are taking over this pastry of the month with the Gluten Free Peach Clafoutis! Enjoy fresh Colorado peaches tucked in a creamy pastry baked to perfection. This fruity delight can be found in the Deli Case all month long to satisfy your summer sweet tooth.

# Cooking with the Co-op!



## Cherry Tomato and Pesto Galettes

### Preparation

1. In a large bowl, combine the whole-wheat pastry flour, unbleached flour and salt, and stir to mix. Cut chilled butter into cubes and work the butter into the mixture quickly with your fingers or a pastry blender until the mixture is crumbly but small chunks of butter remain. Fluff the flour mixture with a fork as you drizzle in the ice water. When most of the flour is dampened, start mixing with your hands, gently squeezing the dough to bring it together. If there is still loose flour, drizzle in a tablespoon or two of water, just until you can form a firm dough. Don't over-mix. Form the dough into a log and divide into 6 equal pieces. Shape each into a disk, place in the bowl, cover with a damp towel, and chill in the refrigerator for about half an hour.
2. Heat the oven to 400°F. Lightly flour a countertop and take the dough out of the refrigerator. Line two sheet pans with parchment paper. On the floured counter, roll out each dough disk to a 7-inch round. Use a pastry brush dipped in water to dampen the edge of the circle, then roll the edge over to form a small rim. Transfer each dough round to the prepared pan. Repeat with the remaining dough.
3. On each dough round, gently spread a heaping tablespoon of pesto, then crumble a heaping tablespoon of chevre cheese over it. Cover with cherry tomatoes, cut side up. Sprinkle galettes with any remaining chevre. In a cup, whisk the egg with a tablespoon of water, and brush the edges of the pastry. Bake for 25 to 30 minutes, until pastry is golden brown and the tomatoes are softened. Let cool on the pan on a rack, and garnish each with slivered basil just before serving.

Recipe provided by NCG

### Ingredients

- 1 1/2 cups whole-wheat pastry flour
- 1/2 cup unbleached flour
- 1 teaspoon salt
- 1 stick unsalted butter, cold
- 1/2 cup ice water, approximately
- 1/2 cup prepared pesto sauce
- 1/2 cup chevre cheese, softened
- 3 cups grape tomatoes, halved
- 1 large egg, lightly whisked
- 1 tablespoon water
- 12 fresh basil leaves, slivered

Total Time: 2 Hours; 1 hour active  
Servings: 6



Organic  
Grape  
Tomatoes  
**\$3.99**  
8oz

Laz E Ewe  
Goat Chevre  
**\$6.99**

All Flavors - 6oz



DNF Deli Vegan  
Raw Pesto  
**\$6.49**  
per every 8oz; size  
varies



Buy One, Get One

**FREE**



shop and save throughout the store with **coop** deals

**BOGO Sale 8/21/24 - 9/3/2024**

# Crofter's Fruit Spreads

**2 for \$5.99-\$7.49**

10oz - 16.5oz



# Annie's Mac & Cheese

**2 for \$4.99**

Classic and Aged Cheddar only

6oz



**Once Again Peanut Butter**  
**2 for \$10.49**

16oz



**Herban Cowboy Deodorant**  
**2 for \$10.49**

16oz



**Solely Fruit Jerky**  
**2 for \$1.99**

16oz

Buy One, Get One

**FREE**



shop and save throughout the store with **CO+op deals**

**BOGO Sale 8/21/24 - 9/3/2024**

# Nixie Sparkling Water

**2 for \$7.49**

Assorted Flavors, 8/12oz



# Goodpop Ice Cream Treats

**2 for \$6.99**

9oz

# Beyond Sausages

**2 for \$10.99**

All Flavors; 14oz



CHECK OUT OUR

# MEMBER SALES

15% OFF FOR ALL MEMBERS! JULY 31 - AUGUST 20

## Late July Salsa

Orig. \$6.49-6.99

15.5oz, All Flavors



### Spindrift Sparkling Water

Orig. \$8.99

8pk - All flavors



### Xochitl Tortilla Chips

Orig. \$5.49

12oz



### Rowdy Mermaid Kombucha

Orig. \$3.79

12oz; all flavors

## Grillo's Pickles

Orig. \$5.49-8.29

All Products

