

September
2024

GOOD THYMES



DNF CO-OP'S MONTHLY NEWSLETTER

SEPTEMBER IS M.A.A.D MONTH!



-MEMBER APPRECIATION DAYS-

**MEMBERS SAVE 10% OFF
ONE ENTIRE PURCHASE!**

**Read more
inside!**

**All about Harvest
Fest 2024:**

**Meet your
Musicians**

&

**Take a Sneak Peek at
the Menu & Schedule!**

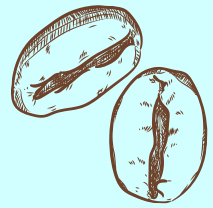
Plus:

**Member Deals
all month!**

**New in store
at DNF**



cup O' JOE



This is going to sound weird. Opps – maybe, I shouldn't use that word because recently, it was used cleverly politically, at least at first, though now it's been turned into a catchphrase that everyone is using. Everything is now weird.

But really: for me, this is weird and when I tell you, you'll think it's weird too.

Believe it or not, I started writing this column in High School. No, no. Not this particular column but all the columns I've written starting with my first editorial when I was the editor of my high school paper way back in the early '70s (which seems like about 15 years ago). All the columns I've written are the same continuous story of just telling folks what I see and how I interpret it.

So, yes, it started in High School and has continued though 7 years monthly at the Tempe Co-op in the 1980s. Then continued in a weird way to the Staff at the Tempe REI though the nineties for another 6 years – but though now twice a month at every payroll. Yet, only another 1.5 years monthly back at the Tempe Co-op in the mid 2000s. Then six and a half years at the Silver City Co-op during the 2010s. And now – this is my 60th column (5 years) since landing at this magical place called the Durango Natural Foods Co-op.

Brace yourself because here's the weird part: after hundreds of columns sharing a perspective with literally thousands of people – I've run out of anything to say.

It sure surprised me. After all, I'm known to have a detailed opinion about most things and can puttogether a reasonable presentation for my ideas. Rarely am I at a loss for words and brevity is certainly not one of my super powers.

But what can I say that I haven't said over the last 50 years? Sure – I can talk about our upcoming Harvest Fest on Sept 7th at Rotary Park (3 to 8pm). Yeah, live music, food available as well as beer and such and just overall, a celebration as this is our 50th Anniversary of Durango Natural Foods Co-op and our 4th annual Harvest Fest.

You all know this though, as it's been heavily advertised and what is there to say about it other than come to it because it's going to be awesome and fun will be had.

Or maybe I can talk about how Sept is a MAD Month (Member Appreciation Days). They've been quarterly for the past 5 years so there's nothing new here. Nothing to really say about it. You choose one day and get a 10% Discount on your entire purchase. Which may not seem like a lot but if you couple it with all the Co-op and Member Deals around the store – you can be saving 25% (or more) on those specific items. Again – you all know this and all I'm doing is just reporting of facts.

I could talk about how much the Co-op is flourishing right now but I talk about all that in our Annual Report which will first be

CONTINUED ON PAGE 8!



50TH

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



Hadley Bevill

Dear Co-op goers and lovers,

As we get closer to October (National Co-op Month), we're excited to announce that our **Annual Meeting** is just around the corner! This year, we'll be celebrating our co-op's accomplishments and love for our community at our **Harvest Fest** on **September 7th**, from **3 pm - 8 pm at Rotary Park!** We hope you can join us and enjoy live music, games, local vendors, delicious Co-op foods, and special giveaways.

The board of directors will be present at the Harvest Fest and we would love for you to stop by and say hello, ask questions, or share your thoughts. We're always happy to connect and hear your voices.

In addition to Harvest Fest and in honor of National Co-op Month, we'll be releasing our bylaws in October. This is a great opportunity to learn more about how your co-op operates and the laws to which the Co-op abides. Make sure to look out for the bylaws email!

Thank you for being a part of the Durango Natural Foods Co-op family and for being the reason it has been around for the last 50 years. Here's to many more!

Sincerely,
Hadley Bevill
DNF Board of Directors Secretary
Durango Natural Foods Co-op Board



NEW PRODUCTS IN STORE NOW!

BECK & BULOW BISON RIBEYE

Beck & Bulow are an award winning team of meat experts in Santa Fe, NM who are dedicated to providing world class service and the highest quality, sustainably sourced products. We've expanded our meat selection and added their delicious Bison Ribeyes! Find them in the freezer section!



POPPI PREBIOTIC SODAS

Founded by husband-and-wife duo Stephen and Allison and based in Austin, TX, poppi combines fruit juice, apple cider vinegar, and inulin prebiotics for a deliciously refreshing, full-of-flavor soda. From local farmer's markets to nationwide grocery chains, Poppi has become a favorite of all the soda lovers out there!



ROGUE GOAT SOAP

From Rogue Goat: "We take great pride in using the best local resources available. This includes goat's milk from a farm in Hesperus Co, as well as tallow from Sunnyside Farms and Market in Durango Co. The essential oils are resourced from a small business as well as my own garden!" Find their products in our body care aisle now!!



FIND THESE PRODUCTS AND MUCH MORE IN STORE NOW!

Harvest Fest Food & Schedule



Get a closer look on what to expect from Harvest Fest! We'll have fun, music, and food for everyone!



The DNF Deli Presents:

MENU

Full Plate \$15

2 BBQ Pulled Beef or BBQ Jackfruit Sliders topped with house-made slaw on a GF Bun, Mac & Cheese, Harvest Salad, Local Apple Crisp

Kids Plate \$6

Mac & Cheese topped with BBQ Beef or BBQ Jackfruit, Choice of Salad or Chips

Looking for a lighter portion? You can get all these items à la carte for \$5 each!

Event Begins at 3 pm!

Perspective Squirrels ----- 3:15
Zodiac Groove ----- 3:45

Dinner starts at 4!

Dana Ariel ----- 4:15
DNF State of the Union ----- 5:45
Desiderata ----- 6:00

Meet your Harvest Fest Musicians!



Dana Ariel

DANA ARIEL STAHL IS A SINGER/ SONGWRITER BASED OUT OF SOUTHWEST COLORADO. ALTHOUGH JUST ONE VOICE AND ONE GUITAR, SHE BRINGS AN ECLECTIC SOUND WITH HER ATMOSPHERIC VOCALS, FOLKY GUITAR AND MIXTURE OF GENRES. DANA'S MUSIC APPEALS TO A WIDE VARIETY OF AUDIENCES OF ALL AGE GROUPS AND MUSICAL TASTES. SHE HAS SHARED THE STAGE AND WORKED ALONGSIDE BANDS SUCH AS HELLO DOLLFACE, ELDER GROWN, AND ALPEN RISING. DANA IS SURE TO BRING PEOPLE OF ALL BACKGROUNDS TOGETHER AND PROVIDE A UNIFIED ENVIRONMENT THROUGH HER MUSIC



Scan to check out Dana Ariel's website!



Desiderata

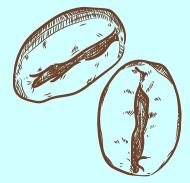
BASED IN DURANGO, COLORADO, DESIDERATA EMERGES FROM THE HEART OF THE SOUTHWEST. OUR SOUND FINDS BALANCE BETWEEN TIGHT, CAPTIVATING GROOVES THAT BEG YOU TO DANCE, AND PURE, MEANDERING EXPRESSION. THE MUSIC WE CREATE REFLECTS THE BEAUTY THAT CAN BE FOUND IN THE DESERT, IN THE MOUNTAINS, IN YOUR FRIENDS, IN A NEON-LIT DANCE FLOOR AS A DISCO BALL SPINS OVERHEAD.



Scan to check out Desiderata's website!



cup O' JOE



CONTINUED FROM PAGE 2...

available at the Harvest Fest (Sat. Sept 7th 3-8pm – studies show that repetition is a good thing).

Sure, I can talk about the physical changes in our Co-op this summer – pretty much more of the same kinda changes that we have been doing for the last few years. The main purpose of all our changes is to make shopping easier and more convenient. Seems to have worked as our store is flourishing (see Annual Report, first available at our Harvest Fest 3pm to 8pm, Saturday Sept 7th).

Then there's the fact that the Kroger (City Market) and Albertsons merger just entered the courts this past week as the FTC has sued to prevent this joining. During this 1st week of the trial, Kroger admitted to price gouging on staples. Big shock. I've mentioned this in a number of my columns that greed continues to fuel inflation and high prices on many things. How many times can we talk about it? There is nothing that we can do about it because the big players have billions invested in the industry. Truth is, small independent groceries have no voice in this market.

It's true that Co-ops have banded together through the NCG (National Co-op Grocers) but even with over 160 Co-ops strong, our voice is just a very minor squeak (For comparison, Walmart/Sam's Club is the country's largest grocer with 5,300 stores and over \$300 billion in grocery sales. Kroger has 2,700 stores with around \$150 billion in revenues. The 160 NCG stores have around \$2 billion in revenue which equals zero clout.

Again – just facts – nothing to really say about all this. Just the way it is that we have to contend with.

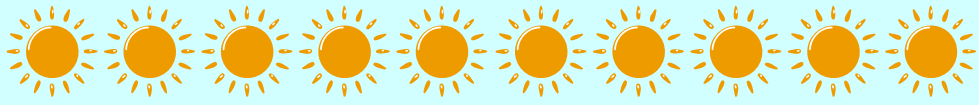
Sorry for not having anything to say but the old saying is, "when you have nothing to say – just rely on facts". I might have just made that up.....

In conclusion: Come to the Harvest Fest (Saturday September 1st from 3pm to 8pm with music, food and fun at Rotary Park! Enjoy MAD Month at our Co-op!

I'm sure I'll regain my voice by next column because, after all, Oct. is national Co-op month and has been since 1964 when it was so proclaimed by Secretary of Agriculture, Orville Freeman. And there is a lot to be said about that.

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





Q: So, where are you from?

I grew up in Arcata California, but I've lived in Durango my whole life.

Q: What's your favorite part about Durango?

My favorite parts of Durango are the Animas river, skate park, the Smiley building, and the fall colors!!

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

Playing tennis, skateboarding, eating good food with my friends

Q: Anything that might surprise shoppers about you?

I first started working at DNF at 14

Q: Favorite things about working at the co-op?

I love all the seasonal and local produce that we have, and of course the food discount!

Q: What is something you are excited to bring to the store?

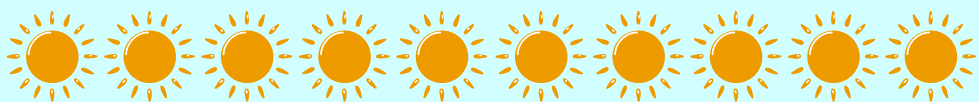
A positive attitude and work ethic and a love of the store!

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

Clean Blackberry Yerba Mate, Veganator Sandwich from the Deli, celery, and a Tony's Chocolonely bar!

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

The best store with widest selection of fresh fruits, vegetables and snacks!



MEET ROSE!

Rose is part of our Front End team and has basically grown up at the Co-op!

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





Greek Orzo Chickpea Salad

Squeeze out the last bit of summer with this refreshing Greek Orzo Chickpea Salad! With cucumbers, tomatoes, olives, feta, and protein packed chickpeas, this orzo salad makes a perfect light lunch for a busy day!

Ingredients

Salad:

3 C Dry Orzo Pasta
1 tsp Oregano
½ tsp Sea Salt
4 Cucumbers, halved vertically and sliced ¼ inch thick
4 C Cherry Tomatoes, halved
2 C Drained Chickpeas
½ C Red Onion, thinly sliced
4 oz Crumbled Feta
1 C Kalamata Olives
2 C Fresh Parsley, fine chopped

Dressing:

½ C Olive oil
6 T Red Wine Vinegar
2 Garlic Cloves, Minced
1 tsp Dried Oregano
½ tsp Dijon
3 tsp Sea Salt
¼ tsp Black Pepper

Preparation

1. Start by mixing all the dressing ingredients in a bowl and whisking together until combined.
2. Boil water and cook orzo for 9-10 minutes, or until al-dente. Drain pasta and allow to cool.
3. In a large bowl, combine the remainder of the ingredients except for the feta and fresh parsley.
4. Refrigerate for 30 minutes, then top with feta and parsley before serving.

This recipe is courtesy of our DNF Deli, so you can now find it in the Grab & Go case! You can also find the olives and feta used in this salad in the Deli case to make it this recipe at home!

coop deals

SEPT 4 - SEPT 17, 2024



De La Calle!
Tepache
2/\$4
12oz, all flavors



Montebello Organic
Pasta
\$3.50
16oz, all varieties



Green Mountain
Gringo Salsa
\$4.79
16oz, all varieties



Alexia
Frozen Potatoes
\$4.99

15-19oz, all varieties



Ithaca Hummus
\$3.99
10oz, all flavors



LaCroix Sparkling
Water
2/\$10
12pk cans, all flavors

CHECK OUT OUR

MEMBER SALES

15% OFF FOR ALL MEMBERS!

SEPT 4 - SEPT 17

Olipop Prebiotic Sodas

Orig. \$2.79

12oz, All Flavors



Tucson Tamales

Frozen Tamales

Orig. \$7.99

10oz - All flavors



Nancy's Yogurt

All Varieties

Orig. \$6.49-7.29

24-32oz



Simple Mills

Baking Mix

Orig. \$9.49-10.99

9-12.9oz; all types

Terra Chips

Orig. \$5.49

5oz, All Flavors

