

OCTOBER  
2024

# GOOD THYMES

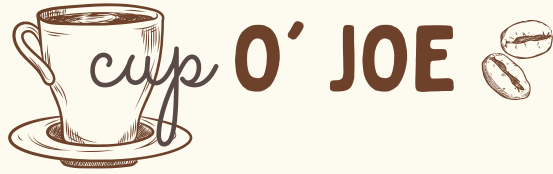


DNF CO-OP'S MONTHLY NEWSLETTER



WE LOUVE  
OUR  
CO-OP!

OCTOBER IS CO-OP MONTH!



October is a rather blah month, don't you agree? Nestled between September with its energy after a long summer and November, the start of the holiday season, October is just time spent as the daylight gets shorter.

Okay – October ends with Halloween which is a rather frivolous but possibly fun holiday and much of October is spent planning for it. Oh – and then there is Columbus day.

Columbus day is a rather dreary, embarrassing, insulting and a horrible thing to celebrate. Columbus was the start of the most heinous exploitation (and extermination) of the indigenous population of the Americas. And it was not incidental.

Please don't take my word on this: read Columbus's diaries and letters to the Spanish monarch. Here he says that the indigenous populations are kind, generous, honest and "guileless" – perfect to be conquered and put into slavery. Who thinks like this?

Actually, apparently, most of the planet at that time – in Europe for sure but also Asia, Africa and even the Americas. Subjugating weaker folks was the norm.

Spain and Portugal had been exploring the Atlantic African Coast for almost 100 years before Columbus. A couple of decades before Columbus's voyage, Africans were already being taken as slaves to work on plantations on the Cape Verde and Madeira islands.

There were some (one?) voices against what was seen as depravity on the part of the

Spanish (Columbus sailed for Spain with colonies being set up a few years later) and through most of the 1500s, Spain dominated the exploitation of the native people as well as bring in African slaves (the Dutch, French and English got going and caught up in the 1600s).

Bartolomé de las Casas, was a Spanish clergyman who came to the Spanish colonies in the early 1500s. Very quickly, he dismayed about how the population was enslaved and brutally treated. By 1515, he became a staunch advocate for the rights and against horrible treatment of the people Spain conquered.

Good guy! Right? When he advocated for the native population, he wanted them out of slavery and treated with respect. But also to be replaced by slaves from Africa. Really. He did change his mind later in life and said that neither populations should be enslaved. I think that we cannot fully understand how the 16th century mind worked – kinda don't even want to know....

Much happened but little changed until 300 years later. The early 1800s saw a lot of thought going into how societies should be organized. Somewhere in there was the concepts of democracy, socialism, capitalism and Co-operation. Most of us do not recognize the name of Robert Owen (May 1771 – Nov 1858). In many ways, he is considered to be the main founder of the Co-operative movement (nothing formal). He even set up a cooperative community in Indiana in 1825 called New Harmony. It failed as did most early experiments with Cooperation.

By the mid 1800s, there were many attempts to create Cooperative enterprises of all types. A

**CONTINUED ON PAGE 10!**

# OCTOBER IS A BIG MONTH!

HERE'S WHY:

## IT'S CO-OP MONTH!

Celebrated by cooperatives nationwide during the month of October, National Co-op Month is an annual opportunity to raise awareness of a trusted, proven way to do business and build resilient, inclusive communities.

Under the theme "The Future is Cooperative," this year's Co-op Month is also a chance to envision a cooperative future. With the 2025 International Year of Cooperatives on the horizon, now is the time to lift up the people-centered businesses at the heart of our communities and economies.

From finance to food and housing to childcare, co-ops nationwide are shaping a more equitable, innovative and sustainable world!



## IT'S ALSO FAIR-TRADE MONTH!



It works better when we work together.

**You, us, farmers, and workers. Everybody plays a part in building a fairer world.**



Choosing Fairtrade is more than buying and selling products, more than being a business partner, an advocate, or farmer. When we choose Fairtrade, we participate in a vision for a better world – a world where farmers and workers have an equal seat at the table. We become part of a movement for change that makes a difference. We embody Fairtrade's values of equality, dignity, and respect. We are Fairtrade.

As we celebrate Fair Trade Month, we're reminded of the threads that connect us all – farmers, workers, brands, retailers, and consumers. Each choice we make reverberates across continents, shaping lives and livelihoods. Let's use this month to honor those connections. Together

## THANK YOU FOR BEING A PART OF OUR COMMUNITY!

Back in the 1850's, a small Co-op in Rochdale, England created a set of values; six overall values and four ethical values. From these values, the Seven Co-op Principles were formed.

The Co-op movement has grown around the world and is represented by the International Cooperative Alliance (ica.coop). They say that there are 3 million Co-ops around the world representing many different sectors. We are all different and autonomous.

## THE SIX CO-OP VALUES

1. *Self-help*
2. *Self-responsibility*
3. *Democracy*
4. *Equality*
5. *Equity*
6. *Solidarity*

## THE FOUR CO-OP ETHICAL VALUES

1. *Honesty*
2. *Openness*
3. *Social Responsibility*
4. *Caring for Others*

## THE SEVEN CO-OP PRINCIPLES

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

# A MONTHLY LETTER FROM YOUR DNF BOARD:



Dear Co-op community,

The board members of DNF would like to thank all of its volunteers and employees, who put on a beautiful Harvest Fest celebration last month! It was a well attended, wonderful celebration of our 50th anniversary. We had lots of delicious food (that we sold out of), great live music, and a fun time for all who attended. We also were lucky enough to have a wide variety of vendors, who really added to the atmosphere of fun. Also, a shout out to our event coordinator, Kiki, for helping this be a well organized and professional event. The board members received lots of positive feedback about the event, celebrating our amazing community. All of our volunteers and employees put so much love and work into the event! We appreciate everyone who helped and attended. Thank you! If you happened to miss it, we hope to see you next year, and would love to have more volunteers.

We would also like to invite you to come and meet your board members. We will have a table set up, by the register, at the co-op once month to educate our current and future members about DNF. Please stop by and ask any questions you may have, and say hi.

Also, October is co-op month, and we would like to thank all our members for being part of our community and making DNF successful. If you would like to review our annual report, it is now available both at the store and on our website.

A Happy co-op month to you all. Thank you for your participation in our beautiful co-op!

Jenny Northrop  
Durango Natural Foods Co-op Board



# NEW PRODUCTS IN STORE NOW!



## COMPLETE NATURAL PRODUCTS

Located in Centerville, UT - Complete Natural Products prides itself on providing high-quality, organic, kosher, and carefully formulated products that harness the natural benefits of Apple Cider Vinegar and other complementary ingredients. Whether it's supporting digestion, detoxification, or promoting overall vitality, Complete Natural Products delivers effective, natural solutions to help people live healthier lives. Find their supplements and test strips in our Wellness Department now!

## PRETZELIZED PITA CHIPS

Pretzelized Pita Chips is a new, fun brand we carry that combines the best of both worlds: the crispy crunch of pretzels and the wholesome goodness of pita chips. With currently two flavors to choose from, Pretzelized Pita Chips are a delightful addition to any snack board. Amp up your snack game with Pretzelized Pita Chips today!



## SMALL TOWN CULTURE

Small Town Cultures is a vibrant woman-owned brand dedicated to bringing the art of fermentation to everyday life. Located in the High Peaks of the Adirondacks, STC was born in 2017 from founder Cori Dean's own journey with autoimmune disease. After experimenting with her own local CSA box with various veggies, she found she was making too much for herself! One thing led to another, and now you can find several of their varieties on our shelves!



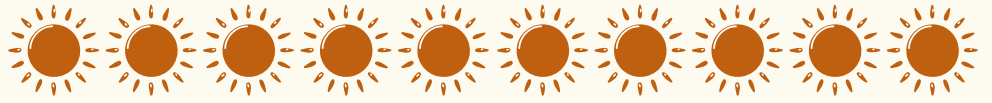
FIND THESE PRODUCTS AND MUCH MORE IN STORE NOW!



## MEET DENNIS!

Dennis is a long-time DNF regular turned into one of our star front end employees!

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



### **Q: So, where are you from?**

Born in Nebraska, but raised in Durango!

### **Q: What's your favorite part about Durango?**

The River Trail

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

I sing in choir at the Unitarian Universalist Church and also with the Durango Chamber Singers, and I also love to spend time with my dog

### **Q: Anything that might surprise shoppers about you?**

I worked in Antarctica for 6 years, not all at once, but over all

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

The fact that it's a co-op! I love that its a community based grocery store that's mission is to serve the community and not make money!

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

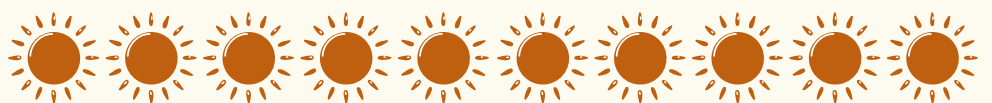
A good sparkling personality!

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

I'd probably bring dried mango, honey sriracha cashews, and peaches when they're in season!

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

A membership owned grocery store serving the community!



# In Honor of Co-op Month, here's a Local Co-op Spotlight!



Just as Durango Natural Foods Co-op is comprised of individual members with shared values, farmer co-ops are made up of individual farmers with a shared passion and vision for their farming operations.

This past month, we had the pleasure of getting to know the folks over at Grasshopper Collective in Mancos, CO. Grasshopper Collective is a farmer based co-op that started in 2021 consisting of three local farms: Sol Vista Farm, Banga's Farm, and Mountain Roots Produce. They specialize in culinary and seed garlic of several varieties including: Chesnok, Duganski, Susanville, Montana Zemo, Rosewood, Inchelium, Transylvanian, Romanian, etc.

Formed following a few dry seasons and an onslaught of a particular flying pestilence, the Grasshopper Collective grew out of a revitalized realization about the resilience, reliability and potent prominence of the garlic crop. Furthered by the shared bountiful belief in small farmers supporting each other in their success, these farmers chose to move forward and adapted to a cooperative model of producing.

I first met up with Duke Jackson, the owner of Sol Vista Farm and also part of the Old Fort Farms. With the beautiful backdrop of the Mancos Valley on a sunny day, we ventured over to the barn where he hangs all of his garlic (see picture on right). What appeared to be massive amounts of



beautiful bulbs hanging from the ceiling, Duke let me know that this was only a small part of what was left. There were bins of bulbs that had already been removed, and those bins were fully stacked and went all the way to the back of the room!



After a short time visiting and learning about Duke's varieties of hanging garlic, we crossed over the fence to the Mountain Roots Produce property right next door. MRP is owned and operated by Mindy Perkovich and Mike Nolan. This is where the main facility is located, and where the cleaning, sorting and processing is done for all of the garlic for the collective. Mike started the Old Fort Farm incubator program and has been growing crops on this property north of Mancos for the past 12 years.



Just a few moments later, Dave Banga had come up the road from Banga's Farm to complete the collective congregation in the MRP fields and share insight into his side of the season's bounties. Banga has been tending and reaping harvests on his acreage for more than a decade as well.



Collectively, of course, the four farmers gave a fun and informative timeline of how a bulb of how a garlic seed makes it into one's favorite dish. The garlic planting usually starts in October, after they disc their buckwheat cover crops into the soil. This provides soil nourishment with the great addition of phosphoric potassium to aid the early stages of the incoming garlic. The actual garlic harvest usually starts in June.



A beautiful bulb of garlic may be the logo for the Grasshopper Collective, but don't think this allium is all they are allowing their lands to produce! The co-op also cultivates such crops as squash, onions, beets, potatoes, carrots, kale, arugula, lettuce, cabbage, various flowers, and Mindy also crafts beautiful and charming, decorative (and edible) garlic braids. Together, they're helping make our community more beautiful in more ways than one!



Scan here to learn more about Grasshopper Collective on their website!



**CONTINUED FROM PAGE 2...**

Consumer Food Co-op, The Rochdale Society of Equitable Pioneers in England, gained traction and begot a movement. They had a number of values and principles that they published and others copied and Consumer Food Co-ops began a long climb. They came to this country via immigrants and flourished in areas not served by other business. They became very common in the mid-west and were expanding into the 1930s.

It was not simply that Co-ops flourished because of need. It was also the values and principles that Co-ops adopt reaching back to that Rochdale Co-op. Open Membership and Democratic control are the first 2 principles which in the mid 1800s was radical (there was still slavery in the US and women were decades away from even "the right" to vote but were all included in the Co-ops).

Co-ops put the needs of it's Membership – who are the actual owners (as a class) of the business –because that's it very purpose built into their identity and DNA.

The International Co-op Values says a lot about Co-op organizations: Self-Help; Self-Responsibility; Democracy; Equality; Equity; Solidarity. Good stuff.

In 1948, the Governor of Minnesota, Orville Freeman, proclaimed October to be Co-op Month. It became a nationally recognized celebration in 1964, when Orville was US Secretary of Agriculture. And it's been that way ever since. Party time!

Really though: we are about to enter our 51 st year in business. We are doing well right now and there are many good reasons to celebrate. Co-op Month in 2024 actually has a theme:

a "The Future Is Cooperative". That's good for us as we embark on our next 50 years.

As 2024 moves into its final quarter, we complete a year of celebration of what we have accomplished in the past 50 years. 2025 points us to the future as we decide what we need to do to reach more people and grow at the necessary rate to keep us viable. That's a tricky one due to our tiny physical size.

I'm sure Orville didn't mean it this way, but Co-op month being in October is a perfect antidote for Columbus Day. The Cooperative values and principles are at a polar opposite how folks in the Columbian era thought

But wait! There's more! Just when you thought the excitement of Co-op Month can't possibly be topped --- brace yourself and take a breath -- 2025 has been declared to be the "UN International Year Of Cooperatives". Can you believe it? All Year!!

And that's perfect for us! Co-ops are not just another form of business. They are real life excursions into empowering people instead of being dominated by faceless and exploitative corporations seeking more dollars to make a just few folks disgustingly wealthy with little (or no) accountability.

We're 50 years old. Born out of ideological musings, our community co-op has grown and prospered to where we are now poised to do great things in our next 50 years. The journey will be extraordinary and our 2,400+ current Members will power us forward, together.

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

# WEST AFRICAN PEANUT SOUP WITH CHICKEN



## INGREDIENTS

- 1 TABLESPOON EXTRA VIRGIN OLIVE OIL
- 1 LARGE ONION, CHOPPED
- 1/2 POUND BONELESS, SKINLESS CHICKEN BREAST, CHOPPED
- 1 POUND SWEET POTATO, CHOPPED
- 3 CLOVES GARLIC, MINCED
- 1/2 CUP SMOOTH PEANUT BUTTER
- 4 CUPS CHICKEN STOCK
- 1 TEASPOON PAPRIKA
- 1 TEASPOON GROUND CORIANDER
- 1/4 TEASPOON CAYENNE PEPPER
- 1 14-OUNCE CAN DICED TOMATOES, WITH JUICE
- 1 BUNCH COLLARDS OR KALE, CHOPPED
- 1/2 TEASPOON SALT

## PREPARATION

- IN A LARGE POT, HEAT THE OLIVE OIL. ADD THE ONION AND SAUTE OVER MEDIUM HEAT UNTIL SOFT AND GOLDEN, ABOUT 5 MINUTES. ADD THE CHICKEN, SWEET POTATO AND GARLIC AND STIR UNTIL THE CHICKEN IS BROWNED, ABOUT 5 MINUTES.
- IN A MEDIUM BOWL, WHISK THE PEANUT BUTTER AND A LITTLE OF THE STOCK TO MAKE A SMOOTH PASTE. BLEND THE REST OF THE VEGETABLE STOCK INTO THE MIXTURE.
- ADD THE PAPRIKA, CORIANDER AND CAYENNE TO THE POT AND COOK, STIRRING UNTIL FRAGRANT, ABOUT 1 MINUTE.
- ADD THE PEANUT BUTTER MIXTURE, THE DICED TOMATOES, COLLARDS OR KALE AND SALT. BRING THE SOUP TO A SIMMER AND COOK FOR ABOUT 5 MINUTES, OR UNTIL THE GREENS ARE SOFTENED AND DARK GREEN.



**MUIR GLEN FIRE  
ROASTED DICED  
TOMATOES**  
\$3.99  
14OZ

**SMART CHICKEN  
ORGANIC CHICKEN  
BREASTS**  
\$12.99/LB



**ORGANIC GARNET  
SWEET POTATOES**  
\$2.49/LB

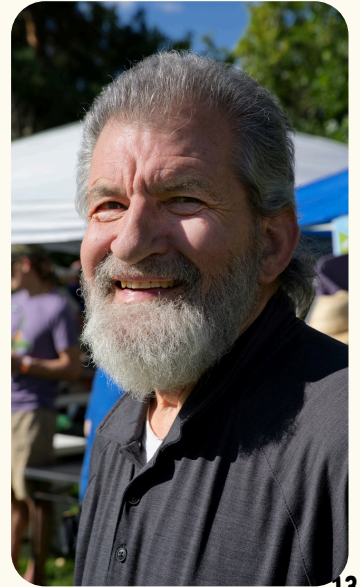
**SERVING SUGGESTION:**  
SERVE THIS SAVORY  
SOUP WARM WITH  
COOKED RICE OR  
FLATBREAD.  
FOR EVEN MORE  
PROTEIN, STIR IN A CAN  
OF DRAINED  
CHICKPEAS.

# Harvest Fest Re-Cap

Photos by Bob Spencer



**A huge THANK YOU to everyone who came out and made this year's Harvest Fest better than ever! We love our DNF community!**



Check out the NEW & IMPROVED

EXCLUSIVE

# Student Deals!

Sign up for a Student Account today!

Students save an additional  
**10% OFF!**  
over 200 items!



With a valid Student ID,  
you can sign up for a  
**FREE Student Account\***

Students receive 5% off  
every purchase, and can  
now save an additional  
10% on over 200 items!  
Ask a cashier for a sign-up  
sheet and start saving  
today!



Look for the symbol!



\*Student Accounts do not receive full co-op membership benefits until \$20 equity is paid. Speak to a cashier if you'd like to become a Student Member

# coop deals

OCT 2 - OCT 15, 2024



Aura Bora  
Sparkling Water

**\$1.69**

12oz, all flavors



Noosa  
Yoghurt

**\$2.29**

8oz, all flavors



Liquid IV  
Hydration Singles

**\$2.00**

2oz, all flavors



Kevita  
Kombucha

**\$2.50**

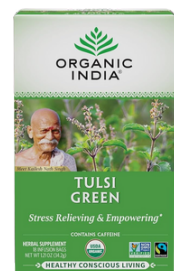
16oz, all varieties



Amy's  
Canned Soups

**\$3.99**

14oz, all varieties



Organic India  
Assorted Tea

**\$3.79**

20ct bags, all flavors

Buy One, Get One

**FREE**



shop and save throughout the store with **COOP** deals.

**\*BOGO runs 10/16-10/29\***

# Lotus Foods

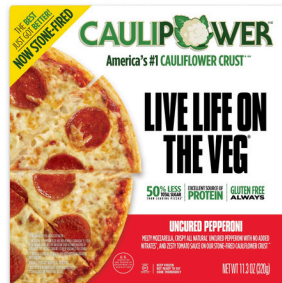
## Ramen

**2 for  
2.29-3.49**

2-2.8oz, All Flavors



**Beyond  
Breakfast Sausage**  
**2 for \$6.99**  
7.4oz



**Caulipower  
Frozen Pizzas**  
**2 for \$10.99**  
11.6oz



**Herban Cowboy  
Deodorant**  
**2 for \$7.49**  
2.8oz, all varieties

# Little Northern Bakehouse

## Gluten-Free Bread

**2 for \$6.49-7.99**

11.3-19oz, All  
Varieties

