



# GOOD THYMES



**DNF CO-OP'S MONTHLY NEWSLETTER**



**CHEESE**

**JOIN US FOR MADNESS ALL MONTH!**





# cup O' JOE



As you study human history, it is found that it is not a pretty picture. From the very first clans/tribes living in caves (actually, even before that), existence was brutal. Not only did they need to fight the elements and carnivorous critters but they tended to fight each other. Of course, early on, we can only mostly tell this by archeological findings.

But as folks started to group together for common purpose, the question was, "How do you coordinate a group of people so they all work together?". Ideally, everyone would want to but there are always some who just want to do things differently.

The first solutions to this was "bash their heads in". The first iteration of bashy thingies were just sticks and rocks. And it did not take long until sticks broke and had pointy ends and rocks shattered with sharp edges introducing pointy/sharp thingies that performed better than the bashy thingies (although bashy thingies were popular for thousands of years more).

For people to get together and produce amazing works such as the pyramids, there needed to be a system that synced everything up. That system probably wasn't voluntary and was maintained by the bashy principle. Sure, some thrived and others, well, not so much.

There are zillions of variations on the bashy principle but it created incredible societies ranging back thousands of years ago all over the world. And actually, the bashy principle still seems to be a dominant force in today's world.

Along with all this, there was always "the resistance". Small at first and usually snuffed out but it is evident throughout our evolution. The study of history is also the study of the average dude fighting for control of their lives

and having equal shared responsibilities in the societies they create. That struggle still goes on today.

There's the macro view of armies and conquest and the micro view of small groups of folks trying to figure out how they can get more of their share. Usually they were squashed if they became too loud but some broke through to important drivers of this struggle. Early Christianity (a resistance group) is probably the best example of this but there are many more.

The concept of cooperation is old and was certainly the base of early societies. It just becomes more difficult the more folks join the group.

After years by many folks experimenting with cooperative utopias, it refined its concept to narrowing the scope and focusing on small attainable necessities. Necessity one is food.

While there were many attempts, in the 1850s, one group attained success: The Rochdale Society of Equitable Pioneers in England.

They put down a number of principles that should govern a successful Co-op and while those have changed over the years the commonality between Co-ops are these principles. Some of the "dropped" principles were things like honest weight and measures, the best products available, non-political and no credit.

But listen: in 50 years, the number of Co-ops in the UK swelled to 1,439!

To be clear: these Co-ops were started by poor workers from the Industrial Revolution's factories. Corporations had grown big and were now controlling many aspects of daily life and finances as well as these companies. The exploitation of



**Join the DNF Board of Directors!**

**ELECTION TIME IS ALMOST HERE!**

**WE WANT YOU TO JOIN THE DNF BOARD!**

We have 3 seats to fill for this election, so spread the word! Candidate Applications are available in-store or on our website. Applications are due March 15th



**Sheryl McGourty**  
Board President



**Weston Medlock**  
Vice President



**Ryan Lazo**  
Board Member



**Daniel Kurzendoerfer**  
Board Member

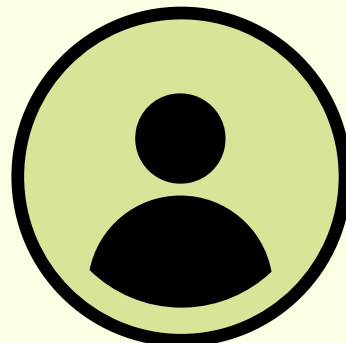
**Open Seats**



**Ryan Erickson,**  
up for Re-Election



This could be you!



This could be you!

# A MONTHLY LETTER FROM YOUR DNF BOARD:

## **A Great Year to Get Involved!**

As the days get longer and signs of spring begin to appear, it's the perfect time to plant new seeds—both in your garden and in your community. One of the best ways to cultivate meaningful change at Durango Natural Foods Co-op (DNF) is by getting involved with our Board of Directors! This year we have three board spots open, so we may have many new faces at our table following this election.

## **Elections Are Here: Run and Vote!**

Board elections are happening soon, and we're looking for engaged, passionate members to step up and help guide the future of our co-op. Whether you have experience in finance, event planning, grant writing, or simply love being a part of the DNF community, your voice and skills matter.

This year is an especially exciting time to get involved. With DNF's continued growth and financial stability, we have an opportunity to build on past successes and shape a thriving future. Our Board of Directors plays a vital role in keeping the co-op strong, ensuring that we stay true to our mission while adapting to the evolving needs of our community.

## **Why Join the Board?**

Serving on the board is a unique opportunity to connect with fellow members, contribute to impactful decisions, and help sustain the cooperative spirit that makes DNF so special. Board members commit to:

- Attending monthly board meetings (~2 hours)
- Dedicating 2–10 hours per month to board projects
- Participating in the Annual Meeting & Harvest Festival
- Engaging with the community to help promote the Co-op
- Serving a 2 or 3-year term

If you're a member-owner who cares about the future of DNF, we encourage you to run! Election packets were made available on February 7 and are due March 15. You can pick one up at the register, find it on our website, or request one via email.





Daniel Kurzendoerfer  
Board Member

Even if you're not ready to run, your vote is just as important! As a cooperative, we're powered by our members, and your participation helps shape the direction of DNF. Look out for election details soon, and make your voice heard.

Let's continue building a strong, sustainable, and community-driven co-op together!

### **My Experience on the Board**

I joined the DNF Board last year and have gained invaluable insight from the returning members. Wanting to make a meaningful impact on the future direction of the co-op, I stepped up to join the Feasibility Committee—and was honored to be entrusted with leading it. Through this role, I've seen firsthand the dedication and hard work that go into sustaining and growing DNF. Every board member brings their time, energy, and passion to support current operations while strategically planning for the future.

Coming from a finance background, I often don't feel that I fit in among a Durango community largely made up of individuals deeply involved in local businesses, sustainable food systems, the outdoors, etc. However, instead of feeling like an outsider on the board, I quickly realized how much my perspective could contribute. The strength of our board comes from its diversity—each member brings a unique skill set, and together we create a well-rounded team that helps guide the co-op forward.

If you've ever thought about getting involved but wondered if you have the "right" experience, I encourage you to reach out. No matter your background, your voice and skills could be exactly what the board—and the co-op—needs. We'd love to have you on this journey with us!

Warmly,  
Daniel Kurzendoerfer  
317-709-0071  
DNF Board of Directors

GET READY FOR

# CHEESE MADNESS



ALL MONTH LONG!

Starting March 5th, we'll be sampling  
4 of our best cheeses every  
Wednesday and Friday from 11AM-2PM  
to see which one will go on to become the  
DNF Cheese Champ!

Follow along with our bracket in-store to see if your  
favorite cheese is the winner!





## NEW PRODUCTS

*in store now!*



### ROCKY MOUNTAIN SODA

Rocky Mountain Soda was founded in 2009 from childhood friends in Golden, CO. Still family owned and handmade in Denver, Rocky Mountain Soda crafts each flavor in small batches and packages each bottle by hand the day it's made. With several flavors to choose from in-store, you're bound to fall in love at first sip!

### DRIFTLESS PROVISIONS

Starting out in a root cellar while learning the art of salami, owner and founder Ryan has honed the profiles of each salami to pay homage to their European roots while being distinctly American. Inspired by the Wisconsin Driftless region's rolling landscape, trout streams, and small family farms, Ryan began planning how to best share this place with people near and far. Crafting salami from harvested wild game and local hogs, Ryan found a way to combine place and experience with those around him. That love of food and connection through sharing and storytelling has led us to where we are today.



### EM'S HERBALS

Emily Mitchell created Em's Herbals in 2015 out of her love for using plants to help people heal. With her training in clinical sciences, holistic medicine modalities, and plant chemistry; her experience in the herb business; her deep roots in the green Pacific Northwest; and her passion for plants in their natural environment - all inspire the unique perspective behind Em's Herbals. Check out her Calendula Salve, Arnica Salve, and Comfrey Oil on our shelves now!



**CONTINUED FROM PAGE 2...**

the workers was massive.

The Co-ops were a thorn in the side of the Corporations and there was a mighty blow-back from them. You see: even though one of the principles was “non-political” – just by being a member of a Co-op was a political statement.

They thrived in the US and Europe until after WWII. Supermarkets were starting to be built and there was a flow of folks out of the Cities to the Suburbs, There were a number that survived and are still in operation.

Most of the Co-ops around today came about in the 1970s and are termed the “New Wave Co-ops” – of which we are one. Focused on community and health foods, they also were anti-corporation domination, pro-workers and democratic control. They actually ushered in the Natural Foods Movement which spawned companies such as Whole Foods.

Today’s Co-ops are certainly different than our earlier versions. None-the-less, the values that we share span that 175 year time-line to now. Don’t you think that’s cool?

We are a store that puts our Members first. From Members electing (and/or serving on the Board of Directors) to many Member Specials as well as our quarterly MAD discount! We carry as much local product as we can! Our Deli’s positive reputation keeps growing, our Bulk Department is growing (sneak peak: liquid bulk!) and our produce is organic and/or local where we can. Other than the Farmer’s Market, we are the only place in town where you can receive and redeem Double Up Food Bucks if you use EBT!

There are many different takes on what is happening on the political front both Nationally and Globally right now. Personally, what I see happening is the mega-rich, multi-national

corporations and out-of-control financial systems gaining dominance on the mechanisms of our government that prevent them gaining unreasonable power. We went through this in the late 1800’s – to the depression – of which the mega rich, corporations and banks were a major factor in it occurring.

This is what the Co-ops were/are fighting. It’s not easy and there are often no clear cut boundaries or scope. We are part of the capitalistic system in a highly competitive arena whether we like it or not. We need to know how to function in this environment so that we are continually economically healthy and viable

Joining and being part of your local Food Co-op probably won’t change the world or even make a dent (hey, ya never know). But slow steady growth of Cooperatives – even as it rolls over generations – is a good thing and a growing thing.

To be totally honest, being part of our Co-op – whether as a Member or Shopper, is more about solidarity than making immediate political change.

And solidarity is important in these checkered times. We are all in this together. We are drawn together for the love of natural foods. Our 2,500 Members also love our place with its small parking lot and too often long lines. We are the Corporate alternative in today’s manipulative world.

Our Co-op is a beacon to those who want to say no to Corporate Domination and the Billionaires that are directing our lives and society. Now, more than ever, let our Co-ops shine!



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





## MEET MCKENNA!

HERE TO  
MAKE YOUR  
DAY WITH A  
SMILE AND  
SILLY DAD  
JOKES!

CHECK BACK EVERY  
MONTH FOR A SPECIAL  
FEATURE CELEBRATING THE  
HEART OF DNF--  
OUR STAFF!



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

A: Farmington, NM

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

A: The amount of people out walking their dogs and I get to pet them!

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

A: Snowboarding and doing homework

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

A: I'm biochemistry major!

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

A: I like how friendly everyone is.

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

A: Really bad dad jokes!

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

A: Booda Butter Deodorant, Righteous Felon Beef Sticks, Clean Cause Lemonade Mate

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

A: A store with fun people and fun products!

# Grow your own!



By: Jack Leggett  
Produce Manager

Seed buying season begins in the mailbox of late December with a flurry of catalogs depicting sunny days and bountiful harvests. By January, the mind has generally eased out the painful memories of last year's garden stress and failure and the pages begin to turn. February sees the carts fill with every imaginable shade of string bean or eggplant and whatever else "might work this year, if just given more attention!". Right about now the boxes are landing on doorsteps, the rusty, tinkling sound of bits in paper emanating from with-in. Finally, the hardest thing to do is not sow them all, especially when it's T-shirt weather and the scent of thawed ground hits as soon as the door opens. Be not fooled, sub-zero nights will return and persist, maybe even later than they should, but there is a small group of fruit bearers that should be focused on starting.

The last frost in Durango is generally out of the way by Memorial day, so counting backwards 7 weeks will give the right time to start peppers, tomatoes, and eggplants (tomatillos and ground cherries only need 5). Start too early and they will be leggy and rootbound, a disservice to the potential growth that happens as soon as the real soil and abundant nutrients of the garden bed are made available.

The hardier hoard of Brassicas (cabbage, broccoli, kale, collards) can go out early in May and only need a month's headstart indoors.







Fall-planted garlic will start to break through the crust in April, indicating it's okay to plant out the onion sets started 8 weeks prior (or bought the day-of, like most) and sow peas directly.

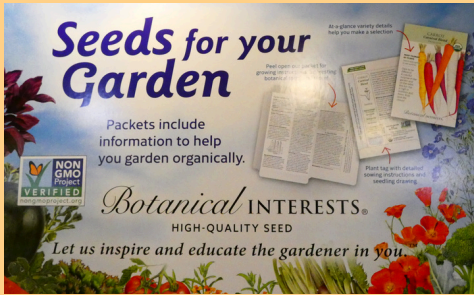
Most importantly: starting roots, leafy greens, and pod producers inside ahead of time is more often than not, an act of futility and a misuse of space.

This year's seed selection at the co-op has numerous early-start varieties bred and grown in Colorado to hold-up in cold nights and dry ground. Peacevine and Sunrise Bumblebee cherry tomatoes continue to be staples in farmers' pints at market, while newcomers Mountain Roma and Nyagous promise to produce as well. The curious Groundcherry is present this year in the rack. A cousin of tomatillo, it's the one sweet fruit that can be grown from seed in a season.

For peppers there is the mythical Chimayo of New Mexico red chile fame, and exceptionally large King of the North. Black Cardinal and Shishitos fill out the offering of shapes, colors, and applications.

While few choose to tend the humble eggplant, having both a globe and long type is essential in any seed collection. More people should grow eggplants, if not only to have more filler for the required weekly garden curry or stir-fry in late summer.

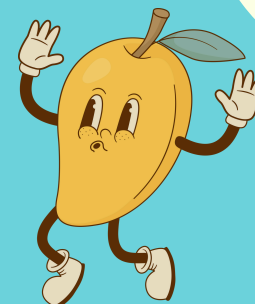
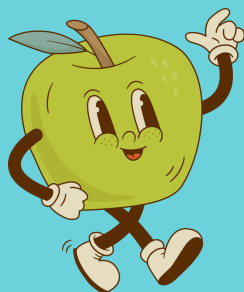
Check back in next month for a primer on growing staples at home!



# WHAT'S HAPPENING IN THE DNF DELI?

We're bringing you more new items from our recent menu rollout! Try them all now!

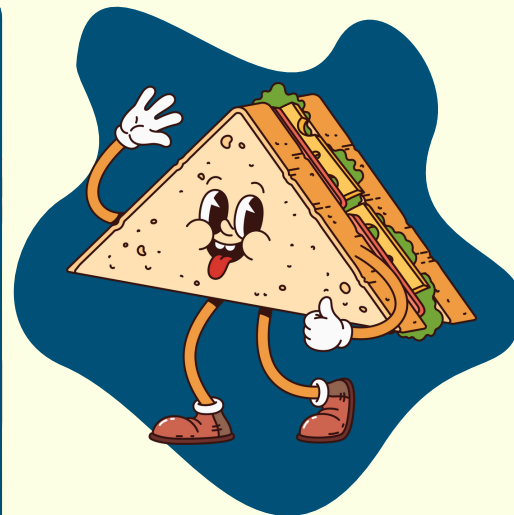
Meet the  
Apple Mango Tango!



Simply delicious with juicy mango, peaches, and apple juice

## the Hot Shot

Turkey, Green  
Chile, Red Onion,  
Provolone,  
Sriracha Mayo



Catch the full new menu in-store or online!



# CHECK OUT EVEN MORE OF OUR NEW MENU OFFERINGS!

**Not feeling bready?**

**Try any sandwich on our menu as a salad or a rice bowl!**



## **The ABC Bowl**

**Avocado, Bacon, Chicken, Raw White Cheddar, Arugula, and Sriracha Mayo on top of brown rice.**



## **Turkey Cheddar Salad**

**Mixed greens, Turkey, Cheddar, Onions, Tomatoes, topped with Basil Garlic Aioli**



**A sandwich as a salad?! A sandwich as a bowl?! That's incredi-bowl!!**

# Tater Topics

On the 17th of this month millions of Americans will gather and carouse in observance of St. Patrick's Day. Though for many it may be an excuse to swig Guinness on a weekday, for many more it's a time to pay homage to Irish roots with a hearty meal of corned beef, cabbage, and potatoes.

While corned beef was adopted by Irish immigrants mainly after arriving in America, cabbage was relied on heavily for nutrition during the Great Famine in the mid-1800s, when year after year potato crops were decimated by disease. Before *Phytophthora infestans* (late blight) made its way to Ireland from North America in 1845, an average farm family would consume 8 pounds of potatoes per person per day, making for 80% of their total daily calories. The dietary reliance on potatoes stemmed from the export of almost all cereal grains, dairy, and meat produced in rural Ireland to the wealthier British market.

The fact that a single tuber, brought from another continent, could sustain an entire agricultural class is truly amazing. In today's world the potato is present in more ways than meets the eye, as there are 4 classes recognized by the processing industry. Ultra-high density types (highest in carbohydrates) are generally dried in some form, like flour. High density potatoes become french fries, tots, and chips. Middle density ones have all-round use (think Yukon Gold). Low density, or "waxy" potatoes have the highest moisture content of all, but are firm and are used in salads, and other applications where the shape of the potato needs to hold up in a mixture.



For all its diverse forms and uses, the potato in America has just one Nutritional Facts Panel. That's right, one.

It is based on the Russet Burbank potato, the most prolific yielder and champion of growing regions like Idaho's Snake River plain, and Colorado's own San Luis Valley. While sustaining the nation's french fry habit is no small feat, a white potato is lacking in the nutrition that its more colorful siblings are naturally endowed with. Potatoes that are yellow and red inside contain 2 to 10 times the amount of carotenoids. Purple potatoes are high in anthocyanins - the same antioxidants found in blueberries - but up to 5 times as much! Where and how a potato is grown can also greatly improve its nutritional value too.

DNF is proud to sell a spectrum of potatoes grown regionally in rich organic soils without the use of chemical fertilizers, pesticides, and herbicides. From Hesperus to Hermosa, the San Juan river to the San Luis valley. Whatever variety you choose to eat in honor of Irish ancestors this year, may it sustain you!

-Jack Leggett,  
Produce Manager



# SPICY CORNED BEEF HASH WITH CHORIZO



**Use up your St. Patty's Day leftover corned beef to make this delicious, hearty breakfast!**

- 3 tablespoons unsalted butter
- 1 cup onion, finely chopped
- 2 cups cooked corned beef (1/2 pound), chopped
- 3 cups cooked potatoes, cubed (Shortcut: use frozen potatoes)
- 1/2 cup cooked chorizo, casings removed, chopped
- 4 eggs (optional)
- Salt and pepper

1. Heat butter in a large (14-inch) cast iron or non-stick skillet over medium heat. Add the onion and cook a few minutes, until translucent.
2. Mix in the chopped corned beef, chorizo and potatoes. Stir and spread evenly over the pan. Turn heat to medium low and press down on the hash mixture with a spatula.
3. Shake, but don't stir, the hash mixture. Let it brown like a giant potato pancake, being careful not to burn the butter.
4. Once browned, use the spatula to flip over sections in the pan so they can brown on the other side, pressing down with the spatula as needed. (Add more butter to the pan if the hash is sticking.)
5. Continue to cook in this manner until the hash is nicely browned and looks lightly crisped.
6. Remove from heat, stir in some freshly chopped parsley. Add plenty of freshly ground black pepper, and salt to taste.

FIND WHAT YOU NEED AT  
THE  
CO-OP!



**Gosar Sausage**  
Tequila Chorizo  
\$8.99  
16oz

**Vital Farms**  
Unsalted Butter  
\$4.49  
8oz



**Organic**  
Yukon Gold  
Potatoes  
\$8.99  
per LB



**Organic**  
Yellow Onions  
\$4.49  
per LB



# coop deals

MAR 5 - MAR 18, 2025



**2/\$7**

**Blue Diamond Almondmilk**  
59-64 fl. oz., selected varieties



**6.99**

**Lakewood Organic Pure Aloe Juice or Gel**  
32 fl. oz., selected varieties



**2/\$6**

**Kettle Brand Potato Chips**  
4.25-5 oz., selected varieties



**2/\$7**

**Stacy's Pita Chips**  
6.75-7.33 oz., selected varieties



**4.79**

**Good Culture Organic Cottage Cheese**  
15-16 oz., selected varieties



**6.49**

**Wildbrine Organic Sauerkraut**  
18 oz., selected varieties



**4.99**

**Newman's Own Sandwich Cookies**  
13 oz., selected varieties



**21.99**

**Mad Hippie Vitamin C Serum**  
1.02 fl. oz.

*chef created, delightfully delicious*

TERRA® real vegetable chips are culinary inspired and artfully crafted. These non-GMO, gluten-free chips are thoughtfully paired and creatively seasoned for an elevated snack worth savoring.

**2/\$6**

**Terra Vegetable Chips**  
5 oz., selected varieties



**2/\$8**

**Simple Mills Cookies**  
4.25-5.5 oz., selected varieties