



GOOD THYMES

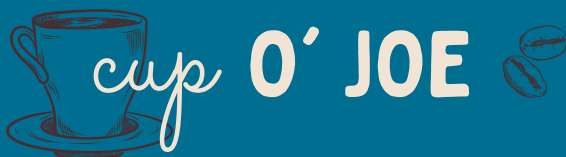


DNF CO-OP'S MONTHLY NEWSLETTER



KEEP IT LOCAL FOR EARTH MONTH!

Save 20% OFF Select LOCAL Brands all month long!



If I were to tell you that I was on a diet, what would you think? Just about everyone would think that I'm trying to lose weight by eating less. Yet diet also means a particular combination of foods that are designed to give you an advantage. So you can have a vegetarian diet or a Keto diet or an Ayurvedic diet, to name a few of the more popular ones.

While most are about a personal perception of health – gaining an advantage – even the “I’ll Eat Anything” diet gives the advantage of a momentary hedonistic pleasure. The other commonality is that they are also about food in general.

So if I used the term “Road Diet”, what would you think? It’s perfectly understandable that you might think that a Road Diet consists of eating roadkill and some plants found along the edges of the road. However, this would not be correct.

A Road Diet is actually a thing. A world-wide thing regardless if we heard about it before. According to Wikipedia, a Road Diet is: “... a technique in transportation planning whereby the number and/or the width of travel lanes of the road is reduced, often to achieve a reduction in crash rates”.

This is important to us and to all who visit us because our Co-op is about to experience a Road Diet! Coming to a road near us, we will reap the benefits of a Road Diet!

Actually, not at a road near us but rather our direct roads: College Drive and 8th Ave. The mind can run wild thinking about the implications of this.

The goal of this Road Diet is to make these two roads safer. That’s a great goal because these streets do get too much fast traffic and the intersection at College and 8th can be challenging at times for both vehicles and

people – despite the light.. I know I’d love to see our corner safer.

Planning for this Diet began in 2016 and after delays and false starts, it will be happening this summer starting in May and going through to Nov.

There will be improvements for pedestrians, bicyclists and more turn lanes. The roads will also be repaved. What’s not to love?

This is a big project though which is why it will stretch through the Summer. It will start at 3rd Ave on College and extend to 8th Ave. Where we are located.

8th Ave will see the Diet start right as State Highway 3 comes into town at 2nd St. It will then proceed to College Drive. Where we are located. Our Co-op is at the pivot point of this project, which means we have to pay very close attention through the construction.

Here’s the good news: they will be doing the project in sections so not everything will be impeded all at once. Maybe you were around in the summer of 2021, when these streets (and many others as well as alleys) were massively ripped up to put in new gas pipes. That was a mess.

But you know what? Our Co-op actually grew that Summer despite the road construction. This time, we will have advanced notice as to where the construction will be. Using the tools we have available including this Newsletter as well as emails and social media, we will keep everyone up-to-date and how best to navigate any obstructions.

The construction phase is one thing. The other thing is what we are left with when the project is complete. We should have slower traffic and a

KEEP IT LOCAL FOR EARTH MONTH!



Each week for the
whole month of April,
you can save

✦✦ **20% OFF** ✦✦

on select local brands
throughout the store!

Just look for the Earth to
find your local deals! ↗





Renee Rudolph



Julia Fisher



Tomas German-Palacios



Jackson Hart



Patricia Spak



Kim Estes McCarty



Tessa Chesser



Kimberly Montoya



Lauren Czaplicki

2025 BOARD OF DIRECTORS ELECTION

MEET YOUR CANDIDATES!

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Election Period:
April 21st - 30th

Find the full booklet
in-store or on our
website here:



A MONTHLY LETTER FROM YOUR DNF BOARD:



Hadley Bevill
Board Member

A Heartfelt Than You to DNF & a Call to Action

Dear Durango Natural Foods Co-op Community,
As my term on the board comes to a close in May, and with my first baby arriving around the same time, I've decided not to seek re-election. I'm looking forward to taking this time to focus on this beautiful new chapter in my life, and I wanted to take this opportunity to express my deepest gratitude for the incredible experience I've had over the past several years serving on this board.

Being a part of this Co-op has been an absolute privilege. From my time as Marketing Manager at the Co-op to my years on the board, I've witnessed firsthand the people, food, passion, dedication, and unique spirit that makes Durango Natural Foods so extraordinary.

This Co-op isn't just a store; it's a vibrant, bustling hub of community, filled with enthusiasm and genuine care. It's a powerful illustration of what can be achieved when people come together with a shared vision. I've been consistently impressed by the Co-op's resilience, adaptability, and the sheer joy it brings to our employees, members, and the Durango community.

I'm particularly proud of the cohesion and collaborative spirit of our current board. We've accomplished so much together, and I truly cherish the camaraderie and mutual respect we've shared. It's been a pleasure to work alongside such dedicated and talented individuals.

As I prepare for this exciting new chapter in my life, I'm filled with a mix of gratitude and anticipation. It's amazing how life evolves. Reflecting on my time here, I realize how much I've grown alongside this Co-op. From my introduction to the Co-op, to the busy days in marketing, to navigating a pandemic, to the strategic discussions in the boardroom...I've learned invaluable lessons about community, collaboration, and the power of shared values. And now, I'm looking forward to the beautiful chaos of motherhood, a new adventure that promises its own unique rewards. I'll miss being a part of the strategic oversight and future-oriented discussions that guide our Co-op, but I know it is in great hands.

I've learned so much during my time here, and I'm confident that Durango Natural Foods will continue to thrive and serve our community for many years to come. Who knows, maybe when life settles down (if that's even possible with a little one!), I'll find myself back in the board room.

Lastly, I want to emphasize the importance of our Co-op's democratic process. As a cooperative, we're guided by the seven principles, especially Democratic Owner Control. This means your voice matters! With elections coming up, I urge you to vote and get to know your candidates. Your participation is vital to ensuring our Co-op continues to reflect our shared values and meet our common needs and aspirations. To Durango Natural Foods, and especially to the board: thank you for the privilege of serving with you. I'm so grateful for the experiences, the camaraderie, and the shared commitment to our co-op's mission. You all hold a special place in my heart.

With heartfelt gratitude,

Hadley Bevill
DNF Board Secretary

DNF DELI PRESENTS:

PIZZA

NIGHTS!

**THE DNF DELI
NOW HAS FRESH
MADE PIZZA
DOUGH READY
FOR YOUR
WEEKEND PIZZA
PARTY EVERY
FRIDAY AND
SATURDAY!**

**CHECK OUT OUR PIZZA
OF THE MONTH FOR
APRIL!**

- DNF DELI PESTO
- BELIGIOSIO MOZZARELLA
- WOODSTOCK FIRE
ROASTED PEPPERS
- ORGANIC ARUGULA



**MADE WITH
ORGANIC
COLORADO-
GROWN WHEAT!**

\$3.99

**PER DOUGH
BALL**

(MAKES 1 - 12" PIZZA)



MEET JACOB!

JACOB IS
OUR
ASSISTANT
FRONT-END
MANAGER
AND TELLER
OF BAD
JOKES!

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



Q: So, where are you from?

A: A small village in Wisconsin called New Glarus

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

A: All the cool outdoor stuff I get to do – hiking, biking, and the like

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

A: See above

Q: Anything that might surprise shoppers about you?

A: While I may make tasty salads, I can make a mean pizza, too!

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

A: The fact that Co-ops are a big part of maintaining our decentralized food system!

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

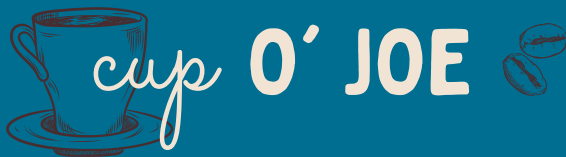
A: Positive Attitude, Good Vibes, and really bad dad jokes

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

A: Simple Mills Cinnamon Thins, Taza Dark Chocolate Discs, Mojave Mallows for s'mores!

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

A: Durango's grooviest grocery that caters to some of the coolest...(see Jacob for the rest)



CONTINUED FROM PAGE 2...

more pleasant people oriented experience.

All the information I've read on Road Diets is that they are very effective and, for the most part, folks are happy with the results. That's a good track record and something to look forward to.

At the same time, there is one possible sticking point after completion: the ability to turn left into the Co-op or out of the Co-op may become difficult.

There is a theoretical solution though: If the lights at 8th Ave and 6th Ave are timed in sync, without going into details, this issue could be mitigated perhaps 90% of the time or more!

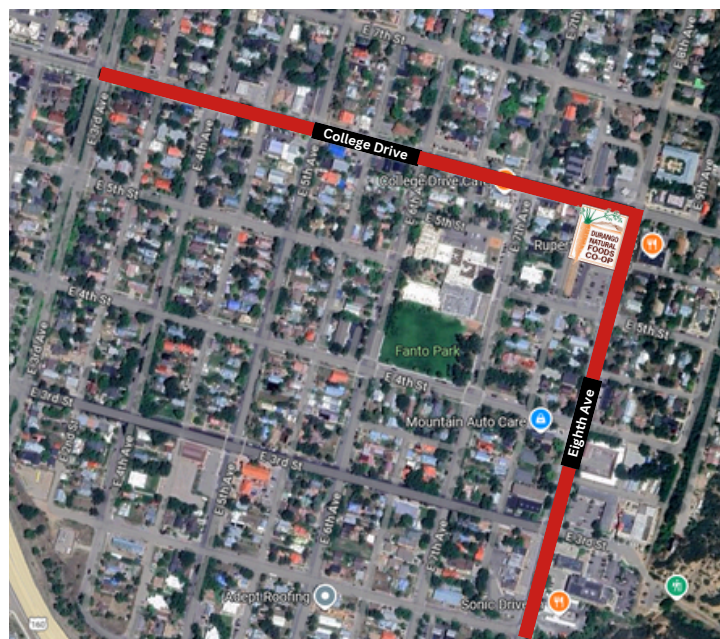
City traffic representatives are open to looking into this further. There are guidelines that must be met for the timing to be accomplished. At the same time, as someone who crosses College daily for the last 5 years, I've witnessed the timing sequence that would be of benefit to us – as well as – I believe – make this corner safer. It might need to sequence a couple of times right now instead of being always in sync but we know the suggested timing works.

There is always the chance that the timing issue cannot be worked out with the regulations. In that case, we will need to address alternative routes into our Co-op – certainly using our alley more. But that is neither here nor there right now.

Maybe, as a point of celebration with the Road Diet, we should each adopt a focus on our own personal diet – whatever that means. Maybe it's a "More Pie" diet – no judgement. For me though – it would be mostly a clean-up – I do well with my preferred diet but can do better. I'm also planning on increasing physical exercise so that in 6 months, at the end of the Road Diet, both of us will be in great shape! You?



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



**EXAMPLE OF ROAD DIET
AFFECTED AREA**



NEW PRODUCTS

in store now!



NEW NOPALERA SOAP

You've seen Nopalera on our shelves, now meet their Noche Clara Cactus Soap! Infused with naturally exfoliating charcoal and cactus fibers and enhanced with a rejuvenating blend of eucalyptus and sage, this luxurious formula cleanses both body and spirit, transforming your shower into a spiritual retreat! Indulge yourself on all of our Nopalera products in our Body Care aisle now!

HAIRCLIPS BY JENNY LEMONS

Founded by artist Jennie Lennick in 2015 in San Francisco, Jenny Lemons is a fun lifestyle brand here to bring a smile to your face! We've got their namesake food inspired hair clips, ready to have your hair looking delicioso... I mean, fabulous. We've got fun foods to choose from, like rainbow chard, all colors of citrus, and even purple broccoli! Snag one today for yourself, maybe even grab one for a friend!



ITALPIZZA

Coming fresh from Italy to our freezer, Italpizza is a delicious new favorite that makes for an easy meal! Since 1991, Italpizza has been making traditional Italian pizza that is naturally leavened for 24 hours, rolled out by hand, and cooked in a real wood-fired oven. Grab one today - They're large enough you can even share with a friend!

What's New in Wellness!



By: Madeline Silverstein
Wellness Buyer



Introducing:



We've had a lot of exciting changes in the store and specifically in our wellness aisle. One of which we are very excited about! SOLARAY is a large name vitamin brand that's been around since 1973 and led the vitamin industry in clean sourcing and multi- testing their products for best potency. We brought them in to create a more cohesive option for all, and this allows us access to more affordable and high quality vitamins our community.

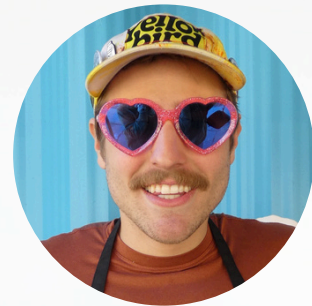
QR Codes

Something else you might start noticing in the Wellness Department are QR CODES!

We are so excited to introduce our new fun way to talk about our products! These fun little buddies will have information about the Brand, Product, and it's use! We take a lot of time curating products with lots of love and buy based not only on local but also sourcing, quality, and eco-friendly-focused brands! In our wellness aisle it can't be hard to know what things are for and why we love them, now you can too! Every month, we'll feature 3-5 products you can get to know a little better so make sure to check out all of our info. If you have any other questions on how to use them, please ask an employee!



Rye Resurgence Project



By: Zachary Keller
Bulk Manager

The Rye Resurgence Project was conceived by Sarah Jones of Colorado-based Jones Family Organics when she noticed an increased interest in Rye in her community. She saw the growing potential of Rye, a heritage grain and common winter cover crop that uses less water, improves soil health, and offers a versatile and flavor dense alternative to other grains. She noticed an increase in consumers who care about how and where the grains they eat come from. Wanting to capitalize on this new market and help her community of the San Luis Valley, which currently faces increasing dust bowl conditions and decreasing aquifer levels, Jones concocted the idea:

“What if we build on the relationships our farm and others have with rye consumers to grow the market and cause a resurgence in demand for San Luis Valley Rye?”

Jones teamed up with Heather Dutton, Manager at the San Luis Valley Water Conservancy District (SLVWCD), and together they birthed the Rye Resurgence Project.



Photos from the recently attend Colorado Grain Summit on March 8, 2025

Currently the San Luis Valley is facing a decline in access to water and restrictions to agricultural use as a result, in recent years dropping from 500,000 acres of agricultural use to 390,000. This is causing more acreage to be left fallow in order to conserve water for cash crops that allow multi-generational farms to continue to operate. This drastically increases dust bowl conditions which are not only hurting farmers through topsoil losses but the entire community, in the worst cases, causing shutdowns of many community operations. Enter rye. Rye is different from other grains, only requiring to grow an average height of 12 inches versus the 20 inches required by barley and oats. This would allow aquifer levels to be conserved while still having a winter cover crop to improve soil health by preventing erosion.

Rye is the obvious answer to saving the San Luis Valley but first a market for its sale must grow in order to incentivize farmers. This is where you can play a part. Currently the three major exports of the San Luis Valley are potatoes (french fries), alfalfa (food for cows that become hamburgers), and barley (beer). In order to make Rye a viable crop for farmers you can vote with your stomach by buying local Rye flour here at Durango Natural Foods. We offer packaged rye from Roaring Fork, a local stone mill located in Carbondale as well as bulk rye flour from Mountain Mama Milling, another local mill located in Monte Vista. We are also beginning to incorporate rye into our in-house pizza dough offered every Friday and Saturday.

Both of these local mills source their rye grain from the San Luis Valley and are a key part of connecting local food systems to local consumers. Once a larger market is established for rye flour and rye-based products, farmers will be able to grow this community-saving crop and continue to provide for themselves and their families.

We at Durango Natural Foods are always striving to empower our customers to have a greater impact in our local food systems and being a part of the Rye Resurgence Project is an excellent opportunity for this. If you would like to know about how you can contribute more you can visit their website at <https://ryeresurgence.com>.



The DNF Crew at the
CO Grain Summit

From L-R:
Jack Leggett - Produce Manager,
Matt Leggett - Deli Manager,
Zachary Keller - Bulk Manager

FUN FACT

The taste commonly associated with Rye bread on Rubens and other sandwiches actually comes from caraway seeds also used in the recipe. Flavor notes of more pure Rye bread are earthy, slightly nutty, and malty.

Start a Staple Garden!



By : Jack Leggett
Produce Manager



Painted Mountain
Flour Corn

Most people like to have a garden for the incomparable freshness and flavor of homegrown produce in the height of summer, but once the first frost turns those cucumbers and tomatoes to withered, brown vines, the bounty once had, ceases. Canning and dehydrating helps preserve some essences of the summer harvest, though never quite the same as eating in the moment. For those interested in growing more for the winter diet, a staple garden can provide numerous options that don't require any more preservation than being allowed to grow to maturity. Everyone is familiar with the "Three Sisters" planted by the indigenous people of the Americas: corn, beans, and squash. Add potatoes and a four year rotation is formed that can be used to reclaim land for growing food and restore soil health while also providing a complete diet.

Winter squash packs sweet, nutritious, and colorful meat into a hard shell impervious to decay for months, even at room temperature.

Dried flour and flint corn can be ground to make a variety of breads and cakes, or treated with pickling lime to make hominy (posole) and thus tortillas, tamales, pupusas etc.

Dried beans come in a multitude of colors and shapes that have different culinary strengths, providing a protein source for as long as the stored supply lasts.

Potatoes won't store indefinitely like corn and beans, nor as long as some winter squash, but their heavy yields and versatility in the kitchen are enough reasons to include in the staple garden.



Stella Blue Squash



As crops, each plays a role in the garden rotation. Squash plants grow well clustered in “hills” that are spaced apart 6’ or so, allowing new ground in between to be sheet mulched for the season to smother weeds and/or turf grass. Only the soil in the hills needs to be amended to give the squash its season’s worth of fertility. Beans can be planted 2-4” apart in rows 12-18” apart in clean beds. They are easy to keep weeded and can survive on very little water, leaving fertility in the ground for the following crop. Corn is a heavy feeder and needs the nitrogen left in the soil by beans to produce a tall stalk with 1 or 2 ears. Spaced 12” apart they can be staggered in rows 2’ apart. Seeding corn 3 weeks ahead in medium cells to transplant after frost gives the head-start needed in our climate to fully dry down ears before harvest.



Zuni Gold Beans



Purple Majesty Potatoes

Potatoes are good at scavenging nutrients left behind by previous crops if given enough water to spread out. They can also be planted sooner than the rest as a light frost will just nip some leaves but the plants will bounce back. Seed pieces only need to be planted 3” deep if enough mulch material is available to build-up around the plant stems and cover the beds, blocking any light from reaching the tubers.

The staple garden requires less work in the long run as by the time all the plants have been established and weeds are mulched over it just requires intermittent watering until everything senesces, indicating time for harvest. No baseball bat zucchini surprises or split tomato overload!

At the end of the year nothing is more reassuring than squash crowning the cupboards, potatoes in the cellar, and buckets of beans and corn lining the pantry.



coop deals

APR 2 - APR 15, 2025



2/\$5

Westbrae
Organic Beans
15 oz., selected varieties



6.99

Simple Mills
Baking Mixes
9-12.9 oz., selected
varieties



5/\$6

KOYO
Ramen
2-2.1 oz., selected varieties



7.99

Rao's Homemade
Pasta Sauce
24 oz., selected varieties



2/\$6

Annie's
Organic Mac &
Cheese
5.5-6 oz., selected varieties



2.69

Stahlbush Island
Farms
Frozen Vegetables
10 oz., selected varieties



4.99

Bonne Maman
Fruit Spread
13 oz., selected varieties



6.49

Acure
Shampoo or
Conditioner
8 fl. oz., selected
varieties



2/\$6

Muir Glen
Organic
Tomatoes
28 oz., selected varieties



7.99

Woodstock
Organic Filled Pasta
20 oz., selected varieties



Scan the QR code to learn more about the quality and values represented by these symbols.

