



GOOD THYMES

FEBRUARY
2025

DNF CO-OP'S MONTHLY NEWSLETTER



it's M.A.D. month!



"I was a little surprised of some reactions to my last column- some folks wanted to hear more about my evolution from my early diet to current (available on our newsletter archive page: durangonaturalfoods.coop/newsletter Jan 2025 issue. This month's column is kinda a part 2.

Now I like food. That might not sound like a big revelation but it really was a long time ago. I mean, I always liked to eat but what I ate, I would not now classify as actual food.

As a kid, a typical breakfast (typical being defined as 90% of the time) was a cereal followed by a glass of milk with four heaping teaspoons of Nestlé's Quik (a chocolate milk powder) eaten with a couple of Yankee Doodles, Ring Dings or Devil Dogs (I think you had to be from the east coast to know what those were - essentially knock-offs of Hostess snacks - Cupcakes, Ding Dongs and Suzy Qs). Now I did like Cheerios, which is one of the more nutritious commercial cereals. But get this: I'd have it - not with milk - but with whipped cream - Lucky Whip. I remember my Dad teaching me to do this when I was just a tyke. Thought people who ate it with milk were weird. After all - father knows best - right? (sheesh).

Lunch was a peanut butter sandwich (no jelly) made on white bread and store generic PB - the cheapest there was. --- followed by the fore-mentioned brown milk and snacks. Typically there would be two more glasses of that milk concoction - one after school and one before I went to bed. Kept our dentist in business as I faithfully had at least 2 cavities every 6 months for years - - and future dentists too as in my 30s, all those mercury filled, over-drilled teeth started to crack needing crowns and some root canals.

Now dinner was different. This consisted of meat and potatoes. My Mom was an amazing cook. She could take the most fantastic (or mundane) piece of meat and change it into something quite horrible and inedible. Her technique was deceptively simple: Put whatever it is in the oven - turn it up to the highest setting and wait until the kitchen filled with smoke. You didn't eat your meat as much as gnaw at it. The baked potatoes needed a hack saw to open them up. She had many cookbooks that might have taught her this skill but since none of them ever looked like they've been opened, I have my doubts. She did admit later in life that she never enjoyed cooking. What a surprise....

After dinner there was the usual gorging on ice cream and potato chips (as explained in my last column).

Vegetables were a foreign entity that existed only as cans of peas that my Dad seemed to like while the rest of us gagged and refused to eat them.

As you can see, it was no wonder that I had massive digestive issues as a kid. That stuff I consumed certainly wasn't food. Mostly processed stuff and tortured meat and potatoes.

My discovery of real food was slow. We did not eat out so fast foods (and anything else) was foreign to me. As I ventured out of the house more and more, I discovered pizza, burgers, milk shakes and french fries. Ah -- now THAT was food -- flavors that I hadn't experienced before! But, the digestive problems never abated - I just figured it was normal.

Going off to college didn't help at first. To my

it's
M.A.D.
month!

members can save

10% OFF

one entire purchase all month!



A MONTHLY LETTER FROM YOUR DNF BOARD:



Ryan Lazo, Board Member

Board Elections Are Here—Run for the Board!

Nearly every time I'm in the Co-Op, I discover something new that makes this place so special. Sometimes it's a new variety of produce from a local farmer, sometimes it's a new item in the bulk bin (chocolate hazelnut spread, anyone?), and sometimes it's interacting with the incredible people who keep the store running. Thanks to all of our members, staff, and community supporters, we had a record revenue year in 2024—proof of what we can accomplish together as a community!

Speaking of what makes the Co-Op so unique, the Board of Directors elections are happening soon! We're looking for passionate people who care deeply about the Co-Op and want to help keep it thriving for years to come. Whether you bring prior board experience, a knack for finances, or grant-writing expertise, there are many ways to make a meaningful contribution as a board member.

What to Expect as a Board Member

Sitting on the DNF Board of Directors (BOD) is both a responsibility and an opportunity. Directors need a strong belief in the Co-Op's mission and the time to help shape its exciting future.

Director Responsibilities Include:

- Attending monthly board meetings (~2 hours)
- Contributing 5–15 hours a month to board work
- Participating in the Annual Meeting & Celebration (Harvest Festival)
- Engaging with the community and promoting the Co-Op in your circles
- Serving a 2- or 3-year term

More detailed expectations will be available in the election packet, which will be available starting February 7. You can find the packet on our website, pick one up at the register, or request it by emailing the board directly. Board votes are open to all Co-Op members, and we encourage everyone to get involved! If you have questions about running, don't hesitate to email the board.

Board Members Whose Terms Are Ending in 2025:

- **Hadley Bevell** – Secretary, Special Events Committee Member
- **Ryan Erickson** – Chair of the Finance Committee, Feasibility Committee Member
- **Jennifer Northrop** – Special Events Committee Member

If you're interested in running for the board, now's the time! We'd love to hear from you. Let's keep building a bright future for Durango Natural Foods Co-Op together.

Warmly,
Ryan L.



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 will be available Friday, February 7th



Sheryl McGourty
Board President



Weston Medlock
Vice President



Ryan Lazo
Board Member

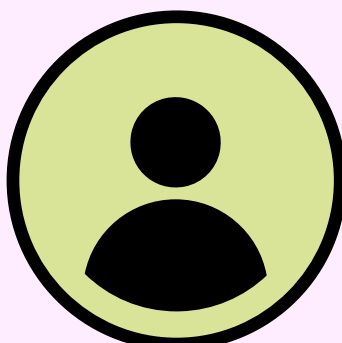


Daniel Kurzendoerfer
Board Member

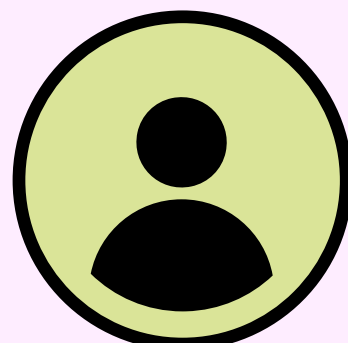
Open Seats



Ryan Erickson,
up for Re-Election



This could be you!



This could be you!



Snowdown 2025 Re-Cap!

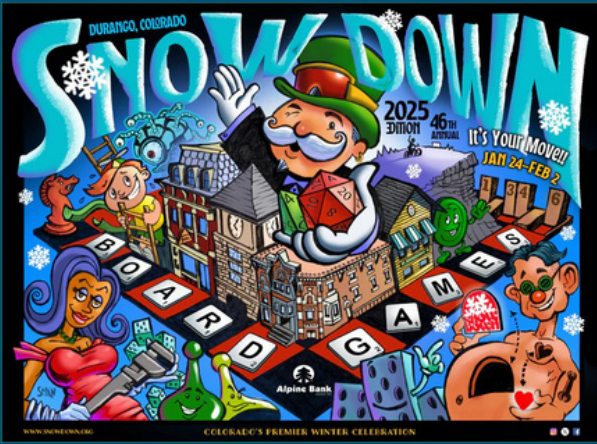
DNF took part in the 2025 Snowdown Parade as the Hungry, Hungry, Hippos! Tons of fun was had, and a big thank you to our community for showing up!



The hungry, hungry, hippo!



Jack, our Snowdown Float Captain and Produce Manager, trying to avoid getting eaten by his own hungry, hungry, creation



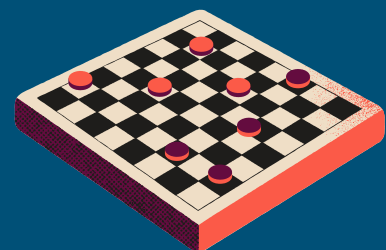
Kaia (Apple) – Head Receiver
McKenna (Corn) – Front End
Jes (Strawberry) – Grocery Manager

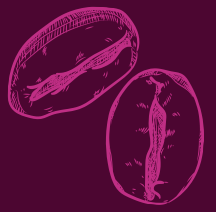
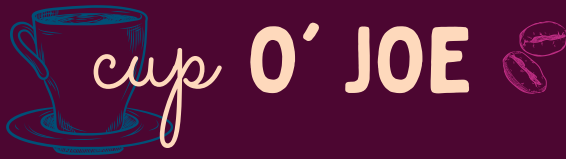


Whiskers (Tomato) – Asst. Produce Manager
Quinn (Cowboy Frog) – M.O.D.
Matt (Hippo) – Deli Manager



Hard to capture the action while in motion, but we had such a blast and are already planning for next year!





CONTINUED FROM PAGE 2...

normal fare, I added hot dogs - quick and easy.

Then something happened. The digestive issues became so severe that I went to a doctor. He gave me "little yellow pills that will make you feel good" and scheduled me for a barium enema. Even way back then (mid 1970's), and even with my lack of knowledge, this sounded off so I called my older sister who was into nutrition and medical stuff.

After a bunch of ridicule expected from older sisters to dumb younger brothers, she lectured me on food - the real food - and how we should sue our parents for child abuse because of what they fed us.

I called the doctor back and asked him about the possibility of diet having an impact on my problems. His response sticks with me to this day (along with the little yellow pills quote). He said ruefully after a slight delay, "Diet has nothing to do with these problems". I hung up, never got the tests and stopped the little yellow pills (they weren't helping anyway).

As luck would have it, I had just discovered our local Co-op and - amazingly - they had the foods that my sister was talking about. The food - at first - became my medicine. I learned about colon cleanses and amazing gut rebuilding products such as yogurt.

After a few months, the issues I have had since I was a kid had mostly disappeared. Not only that, but I experienced new flavors and textures that I never knew existed. While my Sister got me started, it was the people at the Co-op - sharing experiences and educating ourselves about new possibilities that bettered my life.

I learned to cook. I learned about spices. I learned about food combining. I was making my own fresh juices. I made my own yogurt, sprouts and almond milk. Somewhere along the line, mostly for personal reasons, I became primarily vegetarian and again discovered new combinations and food possibilities.

I still have weaknesses for potato chips and ice cream - especially the fantastic ones we have here at our Co-op. It takes a lot of will power to limit myself and must always be on guard of a relapse. But eating well makes it easier and those things are now just a treat instead of a diet.

Today, you can find many of the foods I discovered over 45 years ago in conventional stores - if you know where to look. But you don't find the knowledge base that is provided by the Members and patrons of the Co-ops. Many of us - if not most of us - have similar stories to tell. What's yours?

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



We love to hear from you!

You asked, We answered!

Check out some of our recent customer suggestions with responses from our Grocery Team!

Customer Suggests:

Would love Hummus made with only olive oil. NO sunflower or safflower oils!

Customer Suggests: There should be a way to have digital receipts so we don't have to use paper! Save Momma Earth!

Jes, Grocery Manager:

Thanks for the inquiry! We **DO** offer emailed receipts! Just ask your cashier or the Manager on Duty the next time you're in the store.

Dan, Asst. Grocery Manager:

We recently brought in a new brand, Hummus Goodness, and they use only olive oil in all of their products. ALSO - the DNF Deli has a great Hummus with olive oil that is very tasty and made fresh in-house!

Customer Suggests:

Please bring back milk chocolate bars!!

Jes, Grocery Manager:

We have lots of milk chocolate options! Some brands that offer it are Tony's Chocolonely and Milk Boy. Those are my favorites! Ask an employee next time if you need assistance finding them.

Leave us a suggestion and you could see yours answered in the next newsletter feature!



NEW PRODUCTS

in store now!

NEW CALENDARS AND PLANNERS!

Organize your plans and hope for the future with new calendars and planners from Good Tuesday - a certified B Corp and Female Led brand from the UK that creates stationery for all types of life, in style. We've got meal planners, cute shopping list pads, and cool art calendars to make your space awesome!



CYMBIOTIKA SHILAJIT RESIN

Cymbiotika Shilajit Black Gold Live Resin is a complex mineral nutrient sourced from high elevations in pristine parts of the world. Containing 84+ minerals, our pure Shilajit Resin is rich with fulvic acid, humic acid, vitamins, enzymes, tocopherols, bioflavonoids, antioxidants, and metabolites that combat free radicals in your body. Pure Shilajit extract has a positive effect that counters cellular damage and increases muscle strength, making it an excellent dietary supplement. This is the most powerful adaptogen on the market, and contains the highest gold content in the world.



HUMMUS GOODNESS

On April 19, 2019 Hummus Goodness was started in small church kitchen in Birmingham, Michigan. Initially, owner Hannah Awada, sold directly to consumers, but quickly pivoted to grocery stores in order to keep up with the demand. Hummus Goodness has since outgrown that church kitchen, but they are so proud to stay true to their commitment to ingredient transparency and flavors that live up to their names. Find them in our fridge now, and try to decide which flavor is your favorite!





MEET BELLA!

BELLA IS A
DNF STAR
WHO
SHINES
BRIGHTLY
WHEREVER
SHE GOES!

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



Q: So, where are you from?

A: Chandler, Arizona

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

A: The nature and the beauty that surrounds us!

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

A: Going for walks, I love getting into photography, and listening to music

Q: Anything that might surprise shoppers about you?

A: I like collecting vinyl records

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

A: I love the sense of community with everybody, and the fun food options!

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

A: I'm excited to bring more open mindedness and have a fun time!

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

A: Orange Guayaki Yerba Mate, DNF Deli Turkey Cheddar Sandwich, and Boulder Salt & Vinegar Chips!

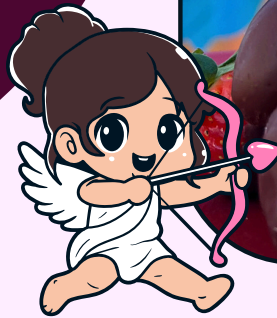
Q: In ten words or less, how would you describe our Co-op to an out of town visitor?

A: Great place to find unique items and great people!

WHAT'S HAPPENING IN THE DNF DELI?

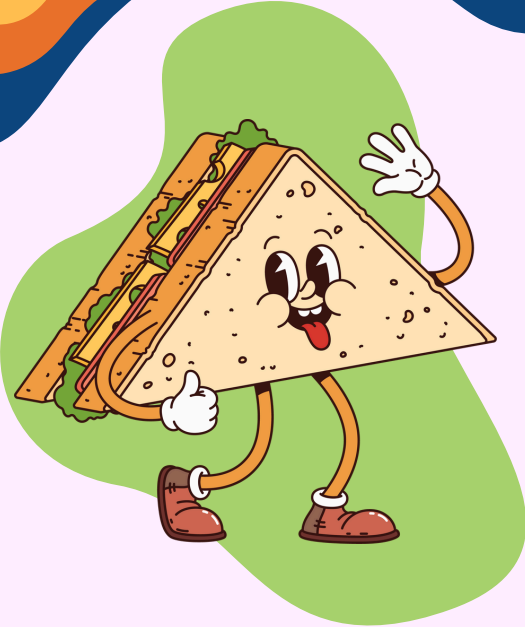
Valentine's Week Special!

Juicy, organic strawberries hand-dipped in milk chocolate and white chocolate, all ready to treat that special someone, even if that's yourself! They'll only be available 2/10-2/14, so get 'em while you can!



The DNF Deli has revived their menu offerings and it's all available to enjoy now! There's some brand spankin' new items never seen before, and some of the classics have been remastered and renamed to make them better than ever!

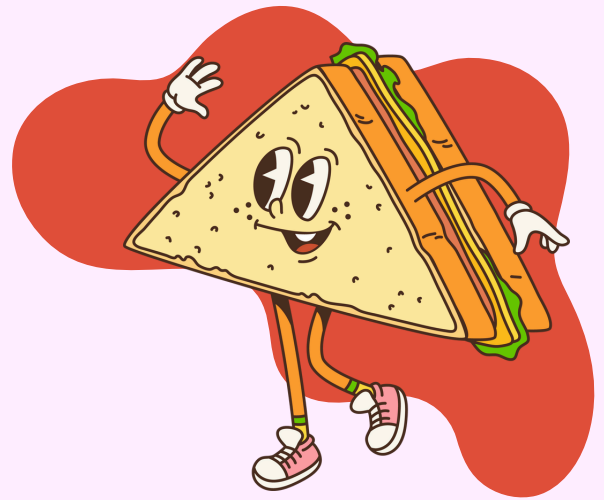
SNEAK A PEEK AT NEW MENU ITEMS!



The Cubano
A classic favorite of many!



The Banh Fire
the DNF Deli take on a Vegetarian Banh Mi!



**This is just a tiny taste of what's in store!
With all new sandwiches, smoothies, and bowl
options, you'll be coming back to try them all!**

Catch the full new menu on our website, or see it for yourself in-store now!

White Chocolate Raspberry Mousse



Ingredients

Sauce

- 10 ounces frozen raspberries, thawed
- 1/2 cup sugar
- 1 teaspoon cornstarch
- 1 tablespoon orange juice
- 1 teaspoon vanilla

Mousse

- 1 cup white chocolate chips
- 1 3/4 cups cream

Preparation

- For the sauce, in a medium pot, add the raspberries and sugar and place over medium-high heat. Stir as the berries begin to break down and come to a boil. When the berries are soft and bubbling, reduce the heat to low. In a cup, add the cornstarch and orange juice and mix to make a slurry. Stir the slurry into the hot berry mixture, stirring constantly until glossy and thickened. Stir in vanilla. Transfer to a container and refrigerate until completely cold.
- For the mousse, bring an inch of water to a simmer in a pot, then place a metal bowl on top (or use a double boiler). Combine the white chocolate and 1/4 cup of the cream in the bowl over the hot water and let the chocolate melt, gently stirring every minute or so. When the chocolate is melted and the mixture is smooth, transfer to a large bowl and let cool to room temperature.
- Pour the remaining cream into a bowl or a stand mixer bowl and use an electric mixer or the balloon whisk attachment to whip the cream to a firm peak. When the beaters are removed and turned upright, the cream should hold its shape and not flop over.
- Scoop the whipped cream into the bowl with the room-temperature white chocolate, and gently fold the chocolate mixture into the cream. When mixed, drizzle 1/2 cup of the raspberry mixture over the mousse and fold it in to create swirls of red, but don't mix completely.
- In six one-cup serving bowls or large goblets, scoop about 3/4 cup of the mousse mixture, then drizzle with about three tablespoons of the remaining sauce. Serve, or cover and refrigerate for up to 2 days.

Find your
ingredients at
the Co-op!

Lily's
White
Chocolate Chips

\$9.99
9oz



Organic Valley
Heavy Whipping
Cream

\$8.99
2oz



Field Day
Vanilla Extract

\$8.99
2oz



Cascadian Farms
Organic
Raspberries

\$6.99
8oz

Buy One, Get One

FREE



BOGO Deals
Feb 5 - Feb 18

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



Buy One, Get One

FREE

Miyoko's Creamery
Organic Plant Milk Butter
8-12 oz., selected varieties



*delicious game
day snacks*

The Good Crisp Company Crisps, Crinkle Cut Chips and Cheese Balls — classic favorites with minimal ingredients. Snacks for all occasions! All taste, no guilt.

Buy One, Get One

FREE

The Good Crisp
Potato Crisps
5.6 oz., selected varieties



Buy One, Get One

FREE

Bitchin' Sauce
Almond Dips
7-8 oz., selected varieties



Buy One, Get One

FREE

Against the Grain
Gluten & Grain-free Pizzas
15-24 oz., selected varieties



Buy One, Get One

FREE

Jeff's Garden
Pickled Peppers
12 fl. oz., selected varieties

coop deals

FEB 5 - FEB 18, 2025



3/\$5

Nixie
Zero Sugar Soda
12 fl. oz. can, selected
varieties



2/\$8

Simple Mills
Crackers
4-4.25 oz., selected varieties



2/\$6

LesserEvil
Organic Popcorns
3-6.4 oz., selected varieties



5.99

Grillo's
Dill Pickles
32 fl. oz., selected varieties



4.49

Loacker
Wafer Cookies
7.76-8.82 oz., selected
varieties

COOPERATIVELY OWNED



4.29

Organic Valley
Shredded Cheese
6 oz., selected varieties



4.99

Talenti
Gelato or Sorbetto
1 pt., selected varieties



2/\$7

Back to Nature
Crackers
3.5-7 oz., selected varieties



3.99

Back to Nature
Cookies
7.5-9 oz., selected varieties

tasty snacks
since way back

Since 1960, **Back to Nature** has been crafting remakes of your faves. Our cookies and crackers are made with honest-to-goodness ingredients and are always Non-GMO Project verified, free from synthetic colors and artificial flavors, and contain no high-fructose corn syrup.