



GOOD THYMES

JANUARY 2025

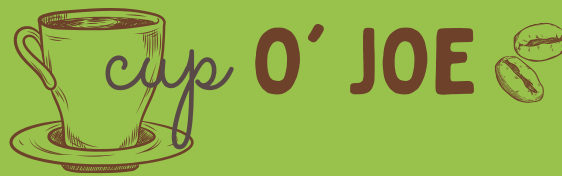
DNF CO-OP'S MONTHLY NEWSLETTER

JANUARY IS
Wellness
MONTH!



20% OFF

ALL SUPPLEMENTS, BODY CARE, AND WELLNESS ITEMS ALL MONTH LONG!



"I will eat better! I will work-out more". There we go – New Year's Resolutions. Truth be told, these have been my New Year's Resolutions since my very early 20s. The good news is that I accomplish them every year.

It's been said that you should give yourself resolutions that can be attained lest you feel like a loser at the year's end if they're not accomplished. Eating better and working out more is always easy for me in January – mainly because no matter how well I do on these two goals through the year, it all gets wiped out in November and December.

It starts innocently enough at the end of Oct. A little bit of Halloween candy here and an orange and black sprinkled sugar cookie there. One or two – no big deal. Oh well, what's one or two more? Hey, it's Halloween – indulge a little!

We start to head towards T-day and on the way, we pass my B-day. What better cause to celebrate! And I've been working out all year so taking a little time off is good to regenerate. Then we fly to the Dec 25th and Jan 1st holidays. Well, everything fell apart in Nov so no sense feeling guilty in Dec.

Now January. The parties are over. Days can be frigid and there could be ice and snow. Nothing to celebrate. Time to focus inward.

Of course, I'm not the only one. This pattern is not uncommon to many. January is for rejuvenation.

As I have related in past columns, I grew up with an atrocious diet of sugar and burnt meat in many forms. My Mom wasn't actually a bad cook: she was a food torturer. Which of course, poisoned us. Our escape was into packaged cookies and pies and chips and ice cream and

cakes and anything else that tons of sugar can be poured into. And no limits. Eat as much as we can with maybe 15 to 20 different choices at any time. We were actually encouraged to eat this stuff because then she would not have to prepare anything.

This was not a good diet. While my body rebelled in real time, I just thought the digestive pains it caused were normal. I had them as a kid, I had them as a teenager. In my 20s, it was too much and the pain literally knocked me off my feet and into bed for a couple weeks.

What to do?!? What to do!!!? I won't relay my doctor experience but it was not good. So I turned to folks who talked a lot about health and diet. Those are folks I met at our Co-op which I had recently joined.

Today, a lot is known about alternative health processes but it was all pretty new in the mid to late 70s and 80s. I learned a lot. I experimented even more. I found out more about my colon and digestive tract than I ever wanted to know. It's not pretty. As a matter of fact, I found a lot of the techniques I pursued quiet disgusting and gross.

Pain is a wonderful motivator though and these new procedures that I put myself through had a positive effect. I was feeling better. I was on my feet again. Who knew that changing how and what I eat would make such a difference in how I felt?

But the changes weren't overnight. I spent over 20 years feeding my body horrible things so a few changes, while making a big difference, wasn't really healing the damage. That took life style changes and time. A lot of time. I would guess around another 10 years before I was "normal" (which. I defined as being pain free).



JANUARY IS

Wellness

MONTH!



20% OFF

ALL SUPPLEMENTS, BODY CARE, AND WELLNESS ITEMS ALL MONTH LONG!



A MONTHLY LETTER FROM YOUR DNF BOARD:



Sheryl McGourty, Board Co-President

Joyous New Year DNF Community,

The New Year presents an opportunity to reflect on what has been, while we move forward into what's to come. As we step into 2025, it seems natural to be curious how we will move forward individually and collectively in the midst of uncertainty, excitement, despair and hope.

There is a tangible empowerment when we shut down news apps and open our eyes to the community that is right in front of us, shifting our focus from the overwhelming macro, towards our micro movements, efforts and innovations.

DNF is more than a natural grocery store, it stands for something. DNF represents and perpetuates a cooperative, independent spirit- an entity that cares for people and the planet and is mission-driven.

As we turn the page on 2024, the Board of Directors is proud to have served the membership this past year, while guiding important decisions that will markedly make it easier for future boards and the cooperative as a whole. We are pleased to announce that the revision to our By-Laws was passed with your membership vote. Phew! The Governance Committee started the revision years ago, a tireless and tedious endeavor, yet important to revise to bring into greater relevance.

The Board of Directors also completed a very productive and successful annual board retreat this November. We were fortunate to have been graciously offered a beautiful venue, Rancho Sendero Correo, in which to get down to business. The BOD hired Terryl Peterson of CFO Services LLC to help us create a new and actionable strategic plan centered on improving the financial health of DNF while staying true to our mission.

As the voice of the co-op's membership, the Board often discusses ways that we can further engage our members. Did you know that there is a specific line item on our monthly agenda dedicated to member comments, questions and concerns? There are many ways to share your voice: emailing the board, placing your comments in the most adorable suggestion box in town, attending a board meeting and/or running in this year's board election! We want to hear from you.

On behalf of the Board of Directors, we wish you a new year that is full of connection and community. We can make an impact in 2025 at the local level through our generosity, efforts to build and maintain collaborative relationships, and with our dollars.

Thank you for choosing DNF as your trusted, committed and mighty grocery.

Warmly,

Sheryl McGourty
BOD Co-President





NEW PRODUCTS

in store now!

BETTER WITH BUCKWHEAT MAINE CRISP CRACKERS



Buckwheat - a naturally gluten-free seed that's flavorful, nutritious, and sustainable! The BWB's founder, Karen, started making delicious gluten-free crackers from buckwheat to pair with cheese when she realized she needed to cut gluten from her own diet. Not finding anything on the market with the right mix of taste, texture, and healthy ingredients, she decided to make Maine Crisp Crackers! Find their cranberry almond and savory fig & thyme flavors on our shelves now!

NEW FROZEN LOCAL MEAT CUTS!

Meet our new frozen local meats! We have James Ranch Beef Brisket and Red Cliffs Ranch Leg of Lamb in store now and ready for all your cozy winter cooking. Plan ahead and grab a brisket to make your own corned beef at home this St. Patty's Day, or pick up a leg of lamb for a hearty weekend roast to share with others!



SOSI'S ARMENIAN YOGURT DIP



Based in Colorado, Sosi's Armenian Yogurt Dip was started by Sosi and her husband, Joe at the Denver Farmer's Market. It has since grown out of their kitchen to store shelves nationwide, and now they're here at DNF! We have a couple of their flavors that have quickly become a favorite around here! Try some with some fresh cut veggies, or spread on a sandwich to add the perfect zest you need in your life!

FIND THESE PRODUCTS AND MUCH MORE IN STORE NOW!



MEET TEO!

TEO IS OUR BREAKFAST BURRITO BARON IN THE DNF DELI!

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



Q: So, where are you from?

A: Durango!

Q: What's your favorite part about Durango?

A: The accessibility to the outdoors

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

A: Skiing, skateboarding, and anything outside

Q: Anything that might surprise shoppers about you?

A: Nah, I'm pretty average

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

A: I like all the people, the coworkers and customers, and I like that everybody has a voice within the co-op. Lots of fun changes happening around here, and I'm excited for that.

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

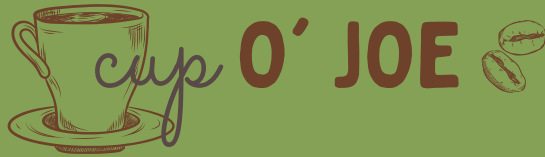
A: Fun, fresh ideas in the Deli

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

A: Yerba Mate, Amy's Pizza Bagels, and Spinach Balls from the Deli

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

A: It's different from other stores and I like that a lot.



CONTINUED FROM PAGE 2...

And starting back then, I started taking supplements. My research at the time (and always continuing) convinced me that if you eat a healthy balanced diet, there are really no reasons to take supplements. But that's in a perfect world, where you eat your foods fresh off the vine, where there is no pollution and life is but a breeze. In the real world, foods are generally shipped (many days since being on the vine), pollution is rampant, stress levels are high and we are bombarded with pathogens from others.

This is a huge topic and there are many theories. In brief, supplements are NOT medicine where you have a headache, take a pill and the headache goes away. Supplements are long term. It's a building process. Maybe they work or maybe they don't. Some folks actually achieve quick results with some and with others, never see any benefit. Unless you're severely missing a vitamin, mineral or amino acid, supplements are usually invisible.... depending on many factors.

Now the flip side of eating better is keeping the body fit. This is a lot harder than eating better because the comfy chair calls to us all relentlessly. For years, I practiced a vigorous form of yoga called Kundalini. Now that caused many profound and positive effects on me. But I've modified many of my workout regimes over the decades - mostly due to boredom but also because it's just hard work. And of course, Comfy chair (with encouragement from Beer) and its siren call is often very difficult to resist.

We go in cycles. We do bad stuff. We stop doing bad stuff and do good stuff. But then bad stuff beckons and round and round we go.

January and its resolutions can be hokey. But

after the holidays, it's uniquely positioned for us to take notice as to where our life-styles could use a boost. And to help out, we've established that January is our Wellness Month with a HUGE sale on ALL Supplements, Body Care products and then select products from our other departments (look for the mushroom tag)!

This is a whopping 20% off! Couple that with the Co-op Deal items and Member Sale items and the savings are very significant!

We follow up in Feb with a Member Appreciation Day (MAD) month where you pick a day and get a 10% discount off your ENTIRE purchase. Okay - not as whopping but, again, if you couple that Co-op Deals and Member Deals, the savings are still significant. And you're not limited to select items!

You don't need January to begin changes - it's just convenient. Birthdays, Anniversaries, Equinoxes and July 4th (sure - why not?) are also good times that may intersect with your life better. None-the-less, after the holidays, January is a great choice to begin things fresh so we're helping you out NOW with the Wellness Sale!

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



MEET THE FERMENTATION CLUB!

There's something bubbling in the Produce Department this winter...

Managers Jack Leggett and Whiskey Staciokaite have joined experiences and tastes to create the DNF Fermentation Club. Every week or so they are putting on display a fermenting jar of produce with an accompanying recipe so we can follow along. Good Thymes caught up with them to see what it takes to join the club!

GT: How did you come up with the idea?

J.L.: A couple months ago we had some local Kohlrabi delivered that was disrespectfully huge, like 5 pounds each! We had to come up with a way to show people its potential so we put out a demo ferment jar with some raw to sample and had some kohlrabi dill pickles in a week. Going into the winter we were looking for something to do regularly for an interest point in Produce. We'd already been bringing ferments to work to have the other try so it seemed like a good way to share our outcomes and expand peoples imaginations as to what can be created with a little salt, spices, and some good veggies!

GT: What's the right environment for fermenting vessels?

W.S.: Far away from direct sunlight! Think a cool dark place. The colder the temperature, the slower the fermentation, which is good for developing complexity of flavours. Generally, you probably don't want to go outside of 65F-75F.

J.L.: Yeah, summertime kraut has a different...aura.

GT: What can I ferment?

W.S.: Virtually anything!

J.L.: There's fermented fish sauces out there...

W.S.: Beans...

J.L.: Dairy...

W.S.: Fruits...

J.L.: Although it's probably best to start with something more tame. Basically anything in the Cruciferous family, i.e. cabbage, broccoli, radish, kohlrabi, turnips etc. work great. Green beans, cucumbers, zucchini also do well in basic salt brine.

W.S.: Starchy veggies will have mushy texture so maybe stay away from those.



Quinn Kuntz
GT Interviewer and
Club Member



Whiskey Staciokaite
Asst. Produce Manager



Jack Leggett
Produce Manager

GT: Will it smell bad?

J.L.: *shrugs*

W.S.: Define bad? Generally, it should smell pretty funky but still like something you want to eat. If it's really bad, like rotten, then something must've gone wrong. Always trust your nose.

GT: How long does it take to get used to the taste?

W.S.: Just one bite!

GT: How long does it take?

J.L.: A brine will get things fizzy in a couple days, packed things like kraut and kimchi need at least a few weeks in my opinion. Depends how much tang you like. Try it til you like it and then put it in the fridge to keep.



GT: What are the benefits? Will it cure disease?

W.S.: Kind of! Regularly eating fermented foods is a great way to diversify your gut biome and make your intestinal walls stronger! If you're taking antibiotics, a serving of fermented food a day will help you avoid gastrointestinal side effects.

GT: Can I use seasoning salt?

W.S.: Sure? As long as it's non-iodized, like sea salt or kosher salt. Iodized salt turns ferments into brown mush.

GT: Can I use any kind of jar?

J.L.: As long as it's non-reactive and non-porous (glass, stainless steel, glazed ceramic). Food grade plastic (HDPE2) buckets work great in lieu of traditional glazed ceramic crocks.

GT: How many different things are you fermenting at home?

W.S.: Three. Four if you count sourdough.

J.L.: Since sourdough counts, just one. My fridge has a major kimchi backlog right now.

GT: Where can someone learn more about fermenting?

J.L.: I got the best start from reading Sandor Katz's *Wild Fermentation Handbook*. I think his second, bigger, book *The Art of Fermentation* is for sale on our book rack at DNF.

GT: What's the biggest mistake ferment you've made?

J.L.: I had a bumper crop of collard greens once that I layered flat in a 5 gallon bucket with salt hoping it would come out like kraut. Came out just stringy, but mushy, and tasting reeeaaally awful.

W.S.: I recently let my husband make kimchi with chipotle chile powder.

GT: What are you excited to try next?

J.L.: Years ago my friend had a Pakistani neighbor who passed along this amazing blend of slightly fermented onion and bell pepper pieces with a curry-like spice mix that I am to this day trying to replicate.

W.S.: Fruit! I'm really curious to try fermenting limes. When they're done, they're best paired with savoury dishes, like tacos, although I've heard they also go well on a rim of a pint of beer.



Current experiment with Carrots and Daikon

IT'S

Wellness



MONTH!

Moon Valley Organics

Moon Valley Organics is dedicated to creating organic personal care products using sustainably-sourced botanicals, with a focus on nourishing the skin while supporting pollinator habitats through their commitment to pesticide-free farming practices. We've got their lotion bars, shampoo bars, and lip balms ready for you to try today!

Nopalera

Nopalera was founded by Sandra Velasquez while visiting her family in 2019. There, she learned to make soap. Most recipes called for aloe vera, something she didn't have on hand. Her mother's yard was full of Nopal cactus instead and from there, Nopalera was born! We've brought in her lotion bars, shampoo bars, and body exfoliants to leave you feeling clean and refreshed, all with the power of cactus!



SAVE **20%** OFF
ALL WELLNESS ITEMS!

Check out some of our new
wellness brands to love!

Crystal Star

Crystal Star, established in 1978 by Dr. Linda Page, are all-natural herbal blends based on ancient principles. In 1996, Dr. page received six of the first-ever patents in the US for her female hormone balancing formulas. We now carry a wide variety of her blends, like Estro-G Balance, Adrenal Support, Bladder Support, and more!



Complete Natural Products

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 will continue to deliver effective, natural solutions to help people live healthier lives!



★ ★ *New!* ★ ★
IN THE DNF DELI!



Red Curry Potato Salad

A flavorful new take on an old classic - Red Curry Potato Salad! Featuring the DNF Deli's house-made red curry paste, this vegan potato salad is sure to excite your taste buds with the flavors of lemongrass, ginger, and shallots all mixed up and ready to party!

Falafel Bites & Tzatziki

TWO New additions to the grab & go case - Falafel Bites & Tzatziki! These herby bites pack a great flavor with zesty garlic and cilantro, and they pair perfectly with the cool & refreshing house-made Tzatziki. Have them as quick snack on the go, or pack them in a pita with veggies for an easy meal!



NEW JUICE FOR JANUARY!



Winter-Ade 🍷

If you need a good cleansing tonic to get you freshened up for the year, check out the new Winter-Ade! Full of juicy Pink Grapefruit, Fuji Apples, Ginger, Turmeric, and a dash of Beet Powder - this new elixir will have you feeling revived and ready to take on anything!



WINTER CITRUS SALAD

The winter citrus harvest is a gift of sunshine in the middle of a cold, dark winter. Just in time for your post-holiday reboot, juicy, colorful citrus of all kinds appears at the co-op to save the day! If you can't find blood oranges, substitute tangerines.

Ingredients

Salad

- 1 large red grapefruit
- 2 large Cara Cara oranges
- 2 large blood oranges
- 1 small romaine heart, torn
- 2 cups radicchio, thinly sliced
- 1/2 cup toasted pistachios, coarsely chopped
- 1/2 cup pomegranate arils (optional)

Dressing

- 1/4 tablespoon extra virgin olive oil
- 2 tablespoons white wine vinegar
- 2 tablespoons orange juice, freshly squeezed
- 2 tablespoons honey
- 1/2 teaspoon salt
- freshly ground black pepper

Preparation

- For the dressing, in a jar or small bowl, combine the olive oil, vinegar, orange juice, honey and salt. Add a few grinds of pepper and whisk to mix. Reserve.
- Using a sharp chef's knife, cut off the stem end and the opposite end of each piece of citrus to make a flat surface. Place on the flat, cut side and pare away the peel and pith, leaving just the flesh of the citrus exposed. Place each trimmed fruit on its side and slice thinly. Remove any seeds and reserve.
- Spread the romaine on a large platter or in individual bowls. Arrange the radicchio and citrus sections on top of the romaine, with the blood oranges on top. Sprinkle with pistachios and, if desired, pomegranate arils. Drizzle with the dressing. Serve immediately.



FIND YOUR INGREDIENTS AT THE CO-OP!



ORGANIC CARA
CARA ORANGES
\$3.19
PER LB

LOCAL HORVATH
HONEY
\$13.99
11.50Z



ORGANIC
ROMAINE
\$3.49
EACH

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

CHECK OUT OUR MEMBER SALES

15% OFF FOR ALL MEMBERS!

JAN 6 - JAN 14

15% OFF!

Beeler's
Pork Chops,
Tenderloin, and Bacon
orig. \$12.49-17.99
16oz



Feel Good Foods
Frozen GF Snacks
Orig. \$7.99-12.49
8oz-17.8oz, All flavors



Montebello
Organic Pasta
Orig. \$5.99
16oz



Zoup!
Assorted Soups
Orig. \$6.49
16oz

15% OFF!

Loacker
Quadratini Wafers
orig. \$6.49-6.99
7.76oz-8.82oz



coop deals

JAN 1 - JAN 14, 2025



2.79

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

COOPERATIVELY OWNED



2/\$6

**Blue Diamond
Nut Thins**
4.25 oz., selected varieties



5.49

**Zevia
Zero Sugar Soda**
6 pk.-12 fl. oz. cans, selected varieties



2/\$5

**The Ginger
People
Ginger Chews**
3 oz., selected varieties



2/\$6

**Wasa
Crispbreads**
4.9-9.7 oz., selected
varieties



2/\$6

**Hippeas
Chickpea Puffs**
4 oz., selected varieties



2/\$7

**Terra
Vegetable Chips**
5-6 oz., selected varieties



2/\$7

**Van's
Frozen Waffles or
Pancakes**
8-12.4 oz., selected
varieties



2/\$9

**Annie's
Organic Fruit
Snacks**
7 oz., selected varieties



2/\$10

**Nixie
Organic Sparkling
Water**
8 pk.-12 fl. oz. cans,
selected varieties



14.99

**Ultima
Replenisher
Electrolyte
Drink Mix**
3.2-3.8 oz., selected
varieties