



GOOD THYMES

DNF CO-OP NEWSLETTER

JULY 2020



MESSAGE FROM THE BOARD

Cody Reinheimer, President

Greetings fellow Member-Owners, As summer unfolds and more and more fresh local produce makes its way into our Co-op, we welcome a new season of abundance, while also welcoming your newly elected Board of Directors! We are happy to have had such a positive response to the call for Directors and appreciate everyone who stepped forward to run. We also appreciate everyone who took a moment to vote. And remember, to have your vote count (and support our Co-op's success), please be sure to stay current with your member equity contributions. Elections are an annual tradition.

We are happy to be welcoming back a few Directors who have DNF Board experience and are looking forward to working with those that are new. As this leadership group is charged with oversight of our General Manager and important decisions regarding the direction and financial health of the Co-op, it is important that our Board of Directors receive proper orientation and professional development.



CODY REINHEIMER | TERMS ENDS 2021



WESTON MEDLOCK | TERMS ENDS 2023



ELIZABETH SHEPHARD | TERMS ENDS 2023



DON LEWIS | TERMS ENDS 2023



MARY KATHERINE | TERMS ENDS 2022



THEO REITWIESNER | TERMS ENDS 2022



VICTORIA MORDAN | TERMS ENDS 2021

DNF Co-op's new Board of Directors: (Left to right) Cody Reinheimer, Weston Medlock, Elizabeth Shephard, Don Lewis, M. Katherine, Theo Reitwiesner, and Victoria Mordan.

We are happy to offer our new Directors an orientation process that includes written and conversational training, as well as consultation from former Directors. We also utilize help from CBLD (Co-op Board Leadership Development) which is a national organization. Their assistance includes a dedicated consultant available for calls and resources as well as an annual working retreat. Last year's retreat was focused on creating a Strategic Plan which identified our strengths, weaknesses and paths moving forward. We have created

committees with specific charters to help us move toward a bright future. We are happy for DNF to be experiencing positive growth this year and look forward to doing more to serve our community! If you are interested in helping DNF move forward towards greater abundance, please consider joining a committee. Simply reach out with interest and/or any questions to the email below.

Happy Summer Everyone!

DNF Board of Directors
board@durangonaturalfoods.coop

NEW ROUND-UP AT THE REGISTER RECIPEINT

This quarter we are hosting Planned Parenthood Rocky Mountains as our Round-Up at the Register receipt. If you would like to be part of supporting this local, not-for-profit organization, be sure to ask your cashier to “Round-Up” to the nearest dollar every time you checkout. Each quarter we choose a local, non-profit to support.

If you have any suggestions for future Round-Up recipients, please email them to outreach@durangonaturalfoods.coop.



RoundUp at the Register

A GREAT WAY TO SUPPORT LOCAL NOT-FOR-PROFIT ORGANIZATIONS

MISSION STATEMENT:

We provide education, advocacy, and patient-centered sexual and reproductive health care, including abortion care.



THANK YOU!

New Round-Up at the Register Receipt, Planned Parenthood Rocky Mountains

WHAT'S NEW AT THE CO-OP?

You may have noticed our beautiful hanging baskets at the entrance of the Co-op. We want to give a HUGE THANK YOU to Michelle Hanington for volunteering her time to put them together, to Tegre for donating the flowers, and to Sandy Kowalski for the baskets.



(Left) Alex, Front-End Manager hanging outside with our new flower baskets.
(Left) Michelle Hanington, one of DNF's garden volunteers.

As a Co-op, our #1 Principle is Voluntary, Open Ownership: We are open to all without gender, social, racial, political, or religious discrimination.

WEEKLY MEMBER COUPON

Check your emails for Weekly Member Coupons and what's happening at the Co-op! If you are not receiving our emails you can subscribe by visiting our website www.durangonaturalfoods.coop.

DNF DONATES 10% OF SALES TO BLM

Thank you to everyone who shopped the Co-op on Juneteenth. We donated 10% of our sales to the organization Black Lives Matter. It was one of our biggest sales days yet.

Juneteenth is an annual holiday commemorating the end of slavery in the United States. This year it took place on Friday, June 19th.



Co-op Deals

Click [here](#) for this month's Co-op deals or visit www.durangonaturalfoods.coop.

We stand for
~~food~~ justice.



Enter to win this Pranarom gift basket - the entire month of July

SUPPLEMENTS & BODY CARE

During the entire month of July, spend \$25 or more at the Co-op and enter to win a Pranarom gift basket! The basket includes: facial cleansing oil, radiant facial mist, treatment moisture oil, Good Samaritan essential oil, and Lavender essential oil. The winner will be chosen July 31st.

PRODUCE: Your Farmer's Market 7 days a week What's Local??

Sol Vista Farm | Mancos, CO

- Butterhead Lettuce
- Hakurei Turnips
- Baby Bok Choy

Banga's Farm | Mancos, CO

- Bagged Carrots
- Spinach
- Arugula

Cedar Hill Farm | Aztec, NM

- Living Butter Lettuce

All Seasons Farm | Bayfield, CO

- Red Kale
- Green Kale

Outlier Farm | Mancos, CO

- Green Leaf Lettuce
- Red Leaf Lettuce
- Romaine Lettuce
- Spinach
- Easter Egg Radishes

Twin Buttes | Durango, CO

- Cilantro
- Beets
- Spearmint
- Green Onions
- Garlic Scapes
- Spring Mix

All Seasons Farm | Bayfield, CO

- Red Kale
- Green Kale

Turtle Lake Refuge | Durango, CO

- Sunflower Sprouts
- Rosemary



Living Butter Lettuce from Cedar Hill Farm in Aztec, NM

FRESH FROM THE DELI

Self-serve coffee, SolaVita Kombucha and Oh Hi sparkling CBD are back!

Grab n' Go

- > Breakfast Burritos:
 - > Veggie burrito
 - > Potato,bacon, cheese burrito
- > Coffee
- > Green Goddess Juice
- > Turmeric Shots IMMUNE BOOSTING!
- > Vegetable Curry
- > Kale Superfood Salad
- > Seaweed Salad
- > Beet Salad
- > Vegan Potato Salad
- > Orzo & Arugula Salad
- > Tofu Salad
- > Tuna Salad
- > Chicken, Walnut & Pear Salad
- > Curry Turkey Salad **(NEW!)**
- > Roasted Garlic Hummus
- > Beet Hummus
- > Vegan Lemon Ricotta
- > Vegan Pesto
- > Olive Tapenade
- > Dolmas
- > Green Chile Chicken Posole
- > Baked Chicken
- > House-Smoked Salmon
- > Baked Lemon Dill Salmon
- > Sliced Turkey
- > Oatmeal Raisin Cookies
- > Vegan Chocolate Chip Cookies
- > Raw Banana Almond Fudge
- > Chocolate Almond Oat Bars **(NEW!)**
- > Strawberry Rhubarb Crisp **(NEW!)**
- > Apple Crisp

Updated deli grab n' go menu.

The deli case has been growing each and every week as we bring back old products and show off new ones. The deli is set to re-open for full counter service around late July. We deeply appreciate your patience and continued support of the deli throughout this pandemic and are confident that our new deli experience will have been worth the wait.

That's a lot of local produce...

Behind the Mask!

Try matching the masked person to their name. If you get them all correct, you will be entered into a drawing to win a \$50 gift card to the Co-op! Simply turn in your response by replying to this newsletter. All responses are due by July 15.



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Siun

Brian

Hannah

Whitney

Alex

Holly

Marisa

Mads



CUP O' JOE

Joe Z. , GM

Have you heard of the A&P Grocery stores?

I've been a little surprised by how many folks I've asked who never heard of them.

The Great Atlantic & Pacific Tea Company was born in 1859 and rather swiftly grew to over 70 stores by 1890. They were exactly what their name indicated: a Tea and Coffee house. Along the way, they started adding other products to their stores and by 1900, now with over 200 stores, became the country's first chain store.

Now that in and of itself is noteworthy enough to possibly win a trivia contest somewhere. But listen to this: in 1912, they introduced a competitive strategy of pricing below their competitors. While this might be met with a "yeah – so?" nowadays, this was not how it was done back then. The manufacturers set the price of products, not the stores. The trigger product was Cream of Wheat.

Cream of Wheat was sold to groceries at 11 cents per unit. They wanted their product to sell for 14 cents but A&P decided to sell it for 12 cents. This might sound funny now but what ensued were massive lawsuits, legislation attempts, and a change in the grocery landscape that set the stage to where we are now.

A&P won the battle and soon became known as an "economy" grocer. By 1915 they had over 1,600 stores and continued growing. At their peak, they had over 16,000 stores and from 1915 to 1975 were the largest grocery retailer (and until 1965, the largest retailer in the country). In an authoritative book on grocery, it is stated that "A&P was the country's largest coffee importer, the largest wholesale produce dealer, and butter buyer and the second-largest baker", with sales twice as much as other retailers.

A&P created and occupied the niche that Walmart has now. From the early 1900s till after WWII, there were many serious attempts to stop chain stores, such as imposing taxes by each State based on the total amount of stores nationwide. Anti-trust laws were developed.

The reason? It was said that the chain stores destroyed small communities and bankrupted local businesses. A New York Times headline from July 8 1928 said, "Huge Corporations, Serving the Nation Through Country-Wide Chains, Are Displacing the Neighborhood Store". Has anyone heard of such a thing recently?

Here's a bit more trivia: Up until 1916, grocery stores were much different than now.

They were more like auto parts stores where you go up to a counter and order what you need from a clerk who fetches the items. The first self-service grocery store was opened up by Piggly Wiggly in Sept of 1916.

Everyone followed suit as now labor was cut and the race to the bottom price-wise was well underway.

Grocery chains were popping up all over and the competition was fierce. Another concept was introduced in the early 1900s by Bernard Kroger. He decided to incorporate a bakery inside his grocery store cutting costs for bread in half.

People flocked to his stores while the independent bakery stores fumed, threatened, and eventually went out of business.



A 1951 A&P store in Fairfield, Connecticut.

CUP O' JOE (continued)



A 1942 A&P advertisement

He later added a butcher shop and other in-house shops. One-stop convenience.

The Kroger stores kept multiplying too and in the late 1930s, they were sold of the infamous Lehman Brothers (see the 2008 Great Recession). Kroger then grew not as much with innovation but rather through acquisition. That is why you will today see Kroger stores under many names of which our City Market is one.

Kroger is now the 3rd largest grocer in the US behind Costco and Walmart. Forth is Albertsons which also attained its size through acqui-

sition. A&P is nowhere to be found. The last vestiges of it were closed in 2015. It was a long 40-year decline that took out this massive giant.

Can you imagine that 40 years from now hardly anyone remembers Walmart – replaced by Amazon Go stores and Starbucks?

A&P was not only a grocery store but also a huge manufacturer and importer for its private brands. Eight O'clock Coffee was their world-renown coffee brand. I remember their commercials from the 60s as well as the A&P stores. They were smaller than most of the other groceries and a bit dingy. And at the end of every register stand was a coffee grinder as Eight O'clock only came in whole bean.

The history of grocery stores is fascinating and tightly entwined with agriculture, manufacturing, and distribution businesses.

Also with greed, exploitation, manipulation, crime, and the lowering of quality. There are certainly advantages in play here but the negatives are quite concerning.

Co-ops have long fought this trend but we lack the size (money) to operate as equal competitors or even on a level playing field.

Millions of folks around our country and the world are seeking out Co-ops to say “no” to big business.

Across the country, Co-op's focus on local and the highest quality products at a fair price is legendary. Want an honest experience? – Go to a Co-op!

The grocery landscape changes by the week. The large manufacturers gobble up the small natural and organic companies. New high-quality companies struggle to get a foot-hold. Acquisitions of smaller chains continue. Our main distributor, formerly a small Natural foods distributor recently purchased one of the largest conventional distributors in this country.

A shocking surprise move that many speculate was done as a hedge from Amazon buying them as they are a major supplier to Whole Foods too.

It's crazy. And it's been like this for 150 years. It's a game of how many pennies you can gather. It's cutthroat and impersonal.

Despite our small size, Co-ops stand for integrity, fairness, openness, and value. We do fine running amidst the ankles of Big Biz. We are part of all that history and yet we are the sane alternative to the depersonalizing and greedy corporate giants that try to dominate our lives.

WELCOME TO THE TABLE: Co-op Recipes



Blueberry Pie

Ingredients
Pie Crust:
1 cup flour
6 T butter

2 1/2 T cold water

Pie filling:

4 cups frozen blueberries (thawed and drained), when in season, use fresh!

1/4 cup flour

1/2 cup sugar

Preparation

Pie Crust:

Cut very cold butter into tiny pieces and combine into flour. (I usually use my fingers to break down the butter into “pea sized” pieces). Add water a tablespoon at a time — mixing the ingredients with a fork or by hand until dough is combined but not sticky. (Note: pie crust dough doesn’t need a lot of kneading, so as soon as the ingredients are combined, dough is ready). Form the dough into two balls, cover in plastic wrap and refrigerate for 30 minutes. Lightly flour a surface for rolling out the dough. Roll out one dough ball into a very thin circle and place into a 9” pie tin. Dough should overhang the edge of the pie tin by 1/2”; trim away any excess dough. Roll out the remaining dough ball and cut into 1/2-3/4” lattice strips.

Filling:

Combine berries in large bowl. Mix in flour and sugar and let stand for 20 minutes. Pour into pie tin. Lay on the lattice allowing strips to overhang the pie tin by 1/2”; trim away excess dough. Fold the bottom crust over the ends of the lattice and pinch to seal the dough together. Bake at 450°F for 10 minutes, reduce to 350°F and bake for 40 minutes or until golden brown.



Red Sangria with Strawberries

To serve this to a group, mix 6 times the juice and fruit and a whole bottle of red wine. When shopping for wine, look for a Spanish wine, like Rioja. If you want to substitute a medium-bodied red, like Pinot Noir, that would be delicious, too.

Ingredients

1/4 cup orange juice

1/2 cup apple juice

1/2 cup red wine

1 slice orange

1 strawberry, sliced

1 cinnamon stick and 1 mint sprig, for garnish

Preparation

In a 12- 16-ounce juice glass, combine the orange juice, apple juice, red wine, orange and strawberry. Stir with a cinnamon stick and garnish with mint sprigs. Serve cold.

Biryani Rice with Cauliflower and Peas

Ingredients

1 tablespoon ghee or canola oil

1 small onion, chopped

1 tablespoon fresh ginger, chopped

1 teaspoon ground cumin

1 teaspoon turmeric

1/4 teaspoon cayenne

2 tablespoons brown sugar

1 teaspoon salt

1 1/2 cup basmati rice

2 cups water

2 cups cauliflower florets

1 large carrot, chopped

1 cup frozen peas

1/2 cup raisins

2 tablespoons lemon juice

1/4 cup fresh cilantro, leaves

Preparation

In a 2 quart pot, heat the ghee or oil. Add the onion and sauté until clear and soft. Add the ginger, cumin, turmeric and cayenne, and stir until fragrant. Add the brown sugar, salt, rice, water, cauliflower and carrots. Bring to a full boil, then turn the heat to low. Cover tightly and simmer for 15 minutes. Take off the lid and tilt the pan, all the water should be absorbed. Quickly toss in the peas, raisins, and lemon and fluff. Re-cover for about five minutes. Serve sprinkled with cilantro.



National Co+op Grocers/Welcome to the Table

New curbside hours! | Wednesday - Saturday

Staff Picks!



**Barbara's
Jalapeno Cheese Puffs**



Alex



**Teakoe
Pear Garden Mint**



Brian



Marisa



**Alaffia
Lavendar Body Wash**



Mads



**Forest Coffee
Black Cold Brew**



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575 E. 8th Ave. Durango, CO 81301



HOURS: Mon-Sat 8:00am - 8:00pm

Sundays 10:30am - 6:00pm

PHONE: (970) 247-8129