



May 2023

# Good Thymes

DNF CO-OP'S MONTHLY NEWSLETTER







Do you listen to your Body? Yeah - well, don't (kinda-sorta). The problem is that we really don't listen to the Body but to it's mouth. Now mouths are great and provide many positive aspects to being human. I'm pro-mouth.

But they are also notorious liars. And those lies really manifest themselves when it comes to the subject of food. "Oh Joe, eat that stuff - it's fluffy and sweet and full of creamy chocolate!! I'm ready! I'll chew and swirl and swallow! - Oh So Good!" Mouths are like that. Brain says "8527 calories per bite! No nutritional value! Ingredients that wreck havoc on the organs!" Yet the mouth is very convincing, "Shut up Brain! Eat, Joe! Go for it! It's YUMMY!

My mouth led me down a very questionable path as a kid. My Mom was the world's worst cook. In this part, my mouth was correct, "Don't eat that, Joe. No! No! No! I can tell! The flavor is not fit for humans! Back away, quick!" Now, this was offset by having an abundance of sugar, oily and fatty products available to me with no limits. Mouth says, "Eat this instead!!" This is a tricky situation because while mouth helped me avoid one poisonous path, it led me into another. Of course we were force fed my mom's noxious fare under the threat that the processed packaged products would be withheld so the result is that we ate both.

Brain was of no use at this point because it was young and ignorant and didn't even know what to ask. But there is another loud-mouthed part of the Body (besides muscles - they are always complaining for goodness sake. "Oh - use me! Let's climb that mountain! Oh, hey wait - it all hurts! Let's go back to the comfy chair!" Muscles are so annoying....)

Yet there is another part of the body that we avoid listening to but probably is the wisest of them all. That's the Gut.

Gut's are usually quiet unless they are under distress. And we often don't listen unless it's extreme. My guts were actually screaming when I was a kid but I just thought that it was normal. That's the thing: the mouth keeps saying, "just ignore the crybaby gut and take another bite".

It was in my early 20s that my guts screamed so loud, it knocked me off my feet. Concerned, I went to see a doctor who poked around and said I needed a barium enema to reveal what could be wrong. Talking it over with some friends from the Co-op, they said, "Stop listening to your mouth and listen to your gut. You need to change your diet." They went on to describe what was wrong and what I needed to do. I called the doctor back and told him what I had heard and what he thought about it. What he said changed my life. He said, "food has nothing to do with your gut's health".

That turned me away from the medical profession knowing he was full of poop, I listened to my friends and my condition cleared up. Well, at least at first but, as I said, the mouth is a great persuader so I still went back and forth through pleasure (eating) and pain (digestive distress).

Through my 20's, my body argued with itself and me. I listened and studied and found my diet affected things that I never thought were connected, such as my back. Here was my big discovery: it's all connected. Finally I understood the term "Holistic".

To explain all the arguments and experiments that pursued between the body parts and myself would take volumes but the end result was that as I entered my 30's, things were pretty under control and I felt the best I ever did. And still do.

It's all about food... and exercise (shut up muscles!). We have the food part covered here at the Co-op but you're on your own for the exercise.

Listening to your body and how it reacts to what you ingest is not an easy quest. And there are so many theories about what to do and what to listen for. My first endeavor took over 10 years but I had to undo 20 years of a horrible diet and no exercise. It still takes modification over the years but what I learned still applies.

I can't give advice to anyone because we are all different. For me, my real progress was when I went on cleanses, fasts and working to clean the colon. Over and over.

Pain is a wonderful motivator. And when I conquer the pain, I fall back to bad practices until it all reoccurs. I have the luxury of being constantly surrounded by foods that return my body to strength when I relapse.

And some things that I found that my Body actually likes are terrible for others. Such as Coffee. Every part of my body gives a thumbs-up (even the muscles!). But someone else: well, their guts rebel. Solution: Don't drink coffee if any body parts complain even if the mouth is encouraging it. It's all so confusing....

I use every May to semi-cleanse this old body. This means eating lower on the food chain - a lot more raw and simple foods. I might do a day or two of just juicing. Usually adding some herbs to move things along. What do you do? Do you listen to your body parts? What are they saying to you? And what are you going to do about it?

-Joe Z



# RESULTS ARE IN!

## MEET YOUR 2023 BOARD OF DIRECTORS!



Cody Reinheimer  
Board Member



Weston Medlock  
Co-President



Sheryl McGourty  
Co-President



Hadley Bevill  
Board Member



Kate Randall  
Board Member



Ryan Lazo  
New Board Member



Ryan Erickson  
New Board Member

**WANT TO PARTICIPATE IN DEMOCRATIC GOVERNANCE?**

**MEETINGS OPEN TO THE PUBLIC**

**THIRD WEDNESDAY, 5:30-7:30 @ 848 E 3RD AVE**

**BOARD@DURANGONATURALFOODS.COOP**

# WHY I LOVE OUR 'FUN' CO-OP

BY CHRIS COTTRELL

A woman came into the store the other day with a small child in tow. The girl, wide-eyed, skittered from one side of the aisle to the other like a pinball, touching everything.

"She calls this the 'fun' grocery store," the mother told me at checkout.

That little girl was onto something. After all, that's why I applied for a job here too. In the two months that I've worked as a cashier and stocker, the novelty of our quaint, quirky grocery store has yet to wear off.

Anyone who's left the co-op with a full basket thinking, "Wow, I just came in for eggs," knows what I'm talking about. Sooner or later everyone falls under the co-op's spell.

And who can blame them? I defy any foodie to walk through our aisles and not be enchanted by the living rainbow that is our produce section or words like "fizzy and gutsy" (Culture Pop soda) or "salty-sweet crunchy clusters" (Purely Elizabeth ancient grain granola).

The best part, in my opinion, is leaving with more than I came in for and feeling good about it. Not only are most of the things in our store healthy - or at least not super UNhealthy (I'm looking at you vegan cookie dough) - the brands we carry genuinely care about their consumers, their employees and their impact on the planet.

"The team of buyers here is passionate about taking the pressure off the consumer to make the right decision," says assistant general manager Mads Root. "By shopping at the co-op you can rest assured that the product you're buying is the best in its class."

Take all those new Klean Kanteens by the bulk section. Did you know that Klean Kanteen is a family/employee owned B Corp.? And that it's a Climate Neutral Certified Brand and a member of 1% for the Planet?

Or how about Once Again, makers of those tasty nut butters with the adorable raccoon on the label? (Located across from the freezer section.) That company's completely employee-owned and -operated, meaning they're a co-op too. Also, the raccoon in their logo is apparently an homage to four baby raccoons who were orphaned on their property and grew up loving their nut butters. (Swoon.)



There's also Lundberg, the family farm that makes those delectable rice cakes, available next to the chips. (Pro tip: Try the ginger seaweed minis.) Not only have they been in the business of sustainable agriculture since long before it was cool - 1937, to be exact - they're working to become Regenerative Organic Certified, a pretty huge deal for a company of their size.

And speaking of colorful, eye-catching displays - their packaging is a work of art - Fishwife makes the best tinned seafood I've ever had, hands down. It's pricey, but you get what you pay for. (I put their smoked salmon with Sichuan chili crisp on soba noodles - same aisle, 6 feet to the left - with scallions and shiitakes.) Plus, they're women-owned and certified by the Marine Stewardship Council.

I could go on, but I think you get my point. It's a privilege to come into work and feel like I'm doing something impactful, even if I'm just stocking shelves. The same is true for customers: Literally every dollar you spend at the co-op goes to a good cause. And in return, you get the best food in town.

How fun.

-Chris Cottrell





# MEET KEVIN

Kevin, cashier stocker extraordinaire has been at DNF since August 2022.

Let's meet Kevin:



1. Where are you from?
  - a. South Hampton, New York
2. How did you end up in Durango?
  - a. I had a dream about mountain biking and heard a lot about mountain biking in Durango and wanted to give it a try!
3. When not working at DNF, how do you spend your time?
  - a. Mountain biking, photo editing, and video editing.
4. What is one thing that might surprise shoppers about you?
  - a. As much as I have a passion for being outside I can get lost at times! I don't have a great sense of direction in the wilderness.
5. Why is supporting your local food Co-op important to you?
  - a. The amount of local products that we give a platform for is important.
6. What is one of your favorite things about working at the co-op?
  - a. Unique products, I love to try new things.
7. What is something you are excited to bring to the store?
  - a. A really fun, positive energy ultimately.
8. What are your three favorite products currently being sold at DNF?
  - a. 1. Straus Milk 2. Japanese Everything Omni Bagels 3. Fishwife Canned Salmon!
9. How would you describe your diet - vegetarian, carnivore, etc.?
  - a. Mostly vegetarian, some fish, local meat only.
10. Share your favorite meal with us.
  - a. My partner makes these amazing salmon burgers on the Japanese Everything bagel from Omni with Toadie's Tartar sauce, with local microgreens!

# I BEG YOUR GARDEN?



This winter's snowbanks have finally released their holds on yards, gardens and sidewalk lawns, meaning it's time to break ground for spring planting! This year at the Co-op we have seeds from not 1, or 2, but 3 local companies specializing in resilient varieties bred in our short-season climate of cold nights and dry days. While much of what is available from national seed suppliers can be coaxed to produce here in SW Colorado, it is the varieties that can do it with less water, in fewer days, while fending off plague and pest, that win our time and investment.

While things are running about 2 weeks behind season-wise this year, with still-soggy ground and cooler-than-average temps in late April, May is shaping up to be ideal for getting right to direct sowings of peas, leafy greens and roots. Right around the first and second week of May, transplanting our hardy brassica crops like kale, broccoli, cauliflower, and cabbages outside is a safe bet. With some protection on freezing nights, especially if they are new to the outdoors, they'll be full-steam ahead come July.

I always take a good look at the 10-day forecast before planting out the heat-loving things around Memorial Day. A night-time low of 39 degrees a week away can easily turn into a hard frost by the time it gets here. Several years ago, we got a freeze on June 22nd, but there's not much you can do about that except drag out some extra drop-cloths and old sheets to get some more insulation on the babies. A full moon with clear skies can also bring a sharp dip in the night's low, this year there is one on June 4th, all the more reason to look ahead a week or so before planting out.

We've just begun offering locally-grown vegetable starts from Rainbow Springs Farm for your home garden. Early on you'll see mostly brassicas and hardy greens, then tomatoes, squashes, and peppers will start coming in mid-May, along with flowers and herbs. To help your garden grow we have finished Table to Farm Compost for-sale by the 5 gallon bucketful. You've surely seen their green buckets curbside with food scraps ready to be picked-up. Now they return with finished product, a great way to close the loop and help your soil and plants!

The Produce section is becoming more bountiful with local veggies, our farmers with greenhouses have been bringing in greens for months now. We've also started getting microgreens from a small family farm in Poncha Springs by way of the Taproot Collective, a wonderful organization that collects and delivers farm-fresh food through-out southern Colorado. Also Colorado asparagus and rhubarb are starting to pop up, and we're looking forward to seeing radishes, hakureis, and possibly beets, by early June. But as I said before, things are about 2 weeks behind this year and it's really up to Nature at this point.

Jack Leggett  
Produce Manager





# The \$100 Drive!!

INVEST \$100 TO  
YOUR EQUITY  
ACCOUNT  
AND RECEIVE  
INCREDIBLE  
SAVINGS!



ASK A CASHIER FOR  
EXCITING DETAILS!



# Mother's Day Special!

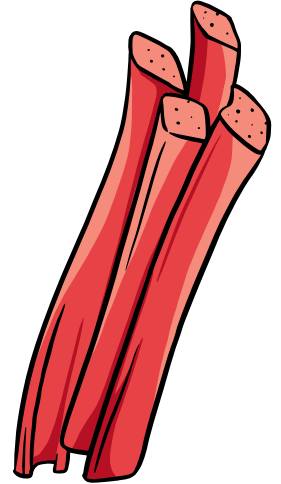
**CREDITED: ELSA ERICKSON  
(MOTHER OF ASSISTANT MANAGER MADS)**

## RHUBARB BREAD



## INGREDIENTS

- 1 1/2 cups packed brown sugar
- 2/3 cups sunflower oil
- 1 egg
- 1 tsp salt
- 1 tsp vanilla extract
- 1 tsp baking soda
- 1 cup buttermilk
- 2 1/2 cups all purpose flour
- 2 cups sliced rhubarb
- 1/2 cup cane sugar
- 1 tbsp softened butter



\*Replace all purpose flour with Bob's Red Mill 1 to 1 Baking Flour to make gluten-free!

## PREPARATION:

1. Preheat the oven to 325 degrees. Grease and flour two 8 inch loaf pans.
2. In a large bowl, beat together the brown sugar, oil, and egg. Add the vanilla and salt. Mix the soda with the buttermilk and add to the egg mixture.
3. Stir the flour into the wet ingredients just until combined. Fold in the sliced rhubarb.
4. Pour the batter into the prepared pans. Mix the cane sugar and butter together and sprinkle over the loaves.
5. Bake for 1 hour or until toothpick inserted near the center comes out clean.
6. Allow to cool in the pans for 10 minutes, then turn the loaves out onto a rack.
7. Enjoy! Vanilla bean ice cream highly recommended on the side.



**"MY MOM AND GRANDMA MADE THIS FOR ME GROWING UP AND I'M EXCITED TO SHARE IT WITH YOU! IT'S ONE OF MY FAVORITE DESSERTS AND PERFECT FOR THE SEASON." - MADS**

**\*FIND LOCAL RHUBARB IN-STORE IN THE MONTH OF MAY!\***



# MESSAGE FROM THE BOARD



**CHRISSY MOSIER,  
BOARD MEMBER**

Hello Everyone,

Your DNF Board of Directors has been busy developing a Fundraising Committee, keeping the Governance Policies up to date, and supporting the recent election. Let's welcome our new Board Members! Our meetings have been productive and joyous, and I feel honored to sit around the table with so many Powerhouses.

With Spring in the air and the ground revealing itself after a long hibernation, I'd like to highlight a local farmer, Dave Banga. If there is anyone I know who is committed to true nourishment and a sustainable future, it's Dave. He has been planting fields of vegetables for 17 years and providing them to DNF's Produce Department for just as long. In 2012 & 2013, I commuted from Durango to Mancos to work on Banga's Farm because I wanted to be part of a well-oiled machine. I can attest to the quality of the food he grows and the integrity of his practices. On Road G, there was the 1,2,3 rhythm for forking carrots, there was quiet time in the cilantro patch, the palpable ancestral connection in the wash barn after harvest, weeding on hands and knees, treasure hunting for potatoes, and firelining Kabocha squash down the rows. To this day, when I make dinner with spinach, beets, and squash from Dave's farm, I often reach out to him with some words of gratitude because it's so easy to feel connected to local food.

When I spoke with Dave about his experience with DNF, he said that DNF has the best Produce Department in town. He said consistency over the years has been key. He gave props to the Managers responsible for maintaining relationships with growers, giving farmers something they can count on. Of farming, Dave shared that he works with people he loves. He gives to plants that in turn feed him and others, that no week, month, or year is the same. "What's not to love about my job?!" His response is filled with purpose, symbiotic relationship, belonging, and the spice of life.

Hats off to Dave Banga, a steward of this land.  
& Cheers to DNF for supporting local farmers.

All the Best,  
Chrissy Mosier







**15%  
OFF**

**CHOCOLATE  
AND  
FLOWERS**

**TO TREAT  
YOUR MOTHER  
ON HER  
SPECIAL DAY**

**MAY 13TH &  
14TH**



# coop deals

MAY 3 - MAY 16, 2023

*enjoy the sunshine*

## EXPLORE THE OUTDOORS

Heading outdoors and enjoying the warm weather is a must at this time of year, but remember to protect your skin against sunburn with Alba's Sheer Mineral sunscreen. You'll love that this sunscreen has no parabens, phthalates or sulfates, and is on sale at the co-op.



**7.99**

Alba Botanica  
Mineral Sunscreen  
3 fl oz., selected varieties



**2.29**

Vita Coco  
Coconut Water  
16.9 fl. oz., selected  
varieties



**2.79**

The Good Crisp  
Company  
Potato Crisps  
5.6 oz., selected varieties



**3.99**

Tony's Chocolonely  
Chocolate Bars  
6.35 oz., selected varieties



Enjoy refreshing beverages from the co-op.

**The warm season is here!**

**VISIT OUR WEBSITE FOR MORE CO-OP DEALS!**

# coop deals

MAY 17 - MAY 30, 2023

## flavorful crunch

With all the picnics and backyard grilling, be sure to grab a delicious snack like Boulder Canyon's thickly sliced kettle chips. The sea salt flavor perfectly enhances the smooth avocado oil texture. Crunch away!



**2.79**

**Boulder Canyon  
Potato Chips**  
5.25-6.5 oz., selected varieties



**2/\$6**

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



**2/\$6**

**Health-Ade  
Organic  
Kombucha**  
16 fl. oz., selected varieties



**3.49**

**Field Day  
Organic Tomato  
Ketchup**  
24 oz.



**3.79**

**Madegood  
Organic Granola  
Bars**  
6 pk.-.85 oz. bars,  
selected varieties



**3.99**

**Daiya  
Deluxe Mac &  
Cheeze**  
10.6-10.9 oz., selected varieties



**8.99**

**Nature's Path  
Organic  
Cereal**  
26.4-32 oz., selected varieties



Fill your days with delicious food from the co-op.  
**Shop for summer days ahead.**