



April 2023

Good Thymes

DNF CO-OP'S MONTHLY NEWSLETTER

**HAPPY
EARTH
Month**



**Board Election
Info Inside!**

**10% OFF Bulk,
Discounted
Reusable Items**



I don't know what to say. I know, I know – that is kinda unbelievable considering I always have a lot to say about everything to the point where folks wish I'd shut-up. But this time, I just don't know.

It's about our Board Election coming up later this month. Oh, don't get me wrong: I believe that Board Elections are very important, that everyone should vote and I think it is a great example of member/owner empowerment. Usually, I'm a great big cheerleader for the yearly Co-op election. And I still am. I mean, Rah! Rah! Vote! It's a Co-op thing! You have a Voice! What other business asks you to take part in how it's governed! You earn that right (and responsibility) by simply joining our Co-op! It's a Good Thing! It's a Great Thing! Do it! Vote! Of course, previously hardly anyone listened to me and voted. About 10% of our Co-op voted in the last election and actually, that's not bad for a Co-op election in general.

The Board we currently have is great! I'd hate to lose anyone who is on it. There are 2 incumbent seats open and an additional seat from a Board Member who got a great job on the east coast. And one of our incumbents is not running because life suddenly got busier. Life does that sometimes. Get a load of this: there are 9 people running for 3 seats on our 7 member Board. What?? That never happens unless a Co-op is in trouble which we are not. There are no pressing issues and we do not have a lot of surplus cash to go explore new ventures. Which brings up the question: What does the Board do anyway?

Co-op Boards have struggled with this for decades. In some Co-ops, such as the one I was part of (both on the Board and a Staff Member) in the '80s, the Board did all the hiring and made every policy for the store. They also met weekly from 7pm to 10pm but often went long way past after midnight. And that was a 16 Member Board – wow! (It got cut down to 12 and eventually to 9).

Co-op Boards continued to struggle. The turnover was often great. Policies would come and go creating very unstable Cooperative businesses. That Co-op I was part of in the 80s eventually failed mostly because of horrible Board decisions. The same can be said about the mega Berkley Co-op (the largest food Co-op in the country at that time) which collapsed in 1988 after 50 years. One terrible Board decision after another with an ever-changing cast of characters.

After the Berkley demise, most Co-ops started to wise up and separated running the business from other Board decisions. Now-a-days, a Co-op business is generally run by the GM and the Staff.

But the Board is responsible for the Co-op and that power is translated into hiring the GM, keeping an eye on the finances and firing the GM if they don't like what is happening in the Business. Our Board also has committees which are updating the bylaws, contemplating future direction as well as helping with our annual Harvest Fest.

Nine folks running for three seats: how do we choose? All the folks running seem great! I know I'm having a problem choosing who I'm voting for. In my mind, an important aspect of Co-ops that we lack is historical perspective and knowledge so I look for that. By this I mean, well, I've been here as GM for 3.5 years. There are 2 Board Members and one Staff Member who have been here longer than myself and not by much.

Lots of Co-op Boards are a mix of folks who have been around for 10 years or more, newcomers and those in-between. It leads to continuity and stability. But we almost collapsed a few short years ago so the old guard is gone. It's difficult to build community with folks constantly going and coming. So one of my criteria in choosing is trying to discern who might be here for a while. But that doesn't necessary mean that person would be a good Board Member.

9 people for 3 seats and they all seem great! Maybe we should go back to a 16 member Board so I can work with all of them! But no – that wouldn't be good long term and learning from the past, it's a bad idea. So I don't know what to say. Nor do I know who to choose. Do you? Read about these 9 folks and help us all decide. What do you think is best for our Co-op? Which of these folks can help propel us forward? Who can help with stability and longevity? Who do you think can help with creating community?

Do it! Vote! Make it so! It's a good thing! It's a great thing!

And don't forget about our Great Big Bonanza Equity Dive 2023!! – It has nothing to do with the Board Election but it's something I know what to say about (yes, grammatically incorrect but I'm being word creative here). Ask any Staff Member about the Drive!

LET'S MEET JACK!

Jack started working as our produce manager in January. Jack began growing organic vegetables at 19 and has worked at Twin Buttes Farm.



1. Where are you originally from?
 - a. I was born in Chestertown NY, but you mostly grew up in Woodstock VT. I moved to Durango for Highschool, go Demons!
2. When not working at DNF, how do you spend your time?
 - a. When not working at DNF I like to brew my own beer, wine, and more using of all sorts of seasonal/cheap ingredients. Winter is for skiing Hesperus, summer is for mountain biking and gardening. I enjoy working at my home garden with my three-year-old. I'm planning to grow green beans, cucumbers, broccolini, cherry tomatoes, and more!
3. Why is supporting the local economy important to you?
 - a. Supporting local is the most efficient way to move money between our friends and neighbors involved in our local commerce. A dollar spent at locally owned businesses strengthens Durango's working class.
4. What is one of your favorite things about working at the Co-op?
 - a. I love the access to the awesome food! I love big shops on Member Appreciation Days Discount (MAD) and flash sales. I like my role providing a retail outlet for local producers.
5. What are your favorite products currently being sold at DNF?
 - a. Local mushrooms, but I can't pick favorites. Humble Fungi and Leaf Cutter Farms bring us great oyster and chestnut mushrooms. I also like any bulk item covered in chocolate.
6. Why do you support local, organic, and healthy food?
 - a. Because working on a local farm for six years taught me the importance of a decentralized food system.
7. What is your favorite food at the deli?
 - a. Tommy Pastrami sub horseradish aioli for Russian dressing.



VEGAN TEMPEH FAJITAS

TEMPEH FAJITAS, BY NATIONAL COOP GROCERS (NCG)

[HTTPS://WWW.GROCERY.COOP/RECIPES/TEMPEH-FAJITAS-WITH-AVOCADO](https://www.grocery.coop/recipes/tempeh-fajitas-with-avocado)

Celebrate earth day with a yummy vegan meal! Plant-based foods have a much smaller footprint than animal agriculture. Tempeh is made from soy beans and has a chewy texture with a nutty flavor that is perfect for Mexican dishes. Smoky chipotle and sherry infuse it with satisfying sensations. Top fajitas with your favorite salsa, sour cream or cheese (sub vegan), if desired.



TOTAL TIME:
30 MIN
SERVES 6

INGREDIENTS

- 8 ounces tempeh, thinly sliced (Luv Tempeh for local)
- 1 cup spring mix (many local options at DNF)
- 6 6-inch whole tortillas (Tortilla de Flour for local)
- 1 large onion, slivered
- 1 large red bell pepper, slivered
- 1/4 cup dry sherry
- 1/4 cup chopped cilantro
- 1 avocado, thinly sliced
- 1/4 small red onion, thinly sliced
- Salsa (Blond Bomber for local)
- Optional vegan sour cream, yogurt, or grated cheese.
- 1 teaspoon cumin
- 1 teaspoon ground chipotle powder
- 1 teaspoon salt

Preparation:

1. Preheat the oven to 400 F. In a large bowl, toss the slivered tempeh with cumin, chipotle powder, salt and olive oil. Spread on a sheet pan and roast for 20 minutes. When the tempeh is crispy and browned, remove it.
2. Wrap the tortillas in foil and warm in the oven for 10 minutes. In a large skillet over medium-high heat, heat oil and sauté the onions and peppers. When the onions are limp and golden brown and peppers are soft, add the sherry to the pan. Stir and cook until the liquids have evaporated. Add the tempeh and toss, just to re-warm the tempeh. Sprinkle the cilantro over the tempeh and take off the heat.
3. Arrange bowls of salsa, sliced avocado, and sour cream or yogurt on a tray. Wrap warmed tortillas in clean cloth napkin. Serve tempeh filling out of skillet or in pre-warmed serving dish.

MESSAGE FROM THE BOARD



Kate Randall
Board Member



Hey there, fellow Co-op members,

It's DNF Election time! Please vote to select your new Co-op board members during the voting period of April 20-April 30!! On April 2, candidate info will be available in-store or online at durangonaturalfoods.coop.

We have three open positions on our 7-member board of directors. Two openings are due to board terms expiring and the third is due to board member Elise Boulanger leaving for a fabulous new job back East. We will miss her very much, but at the same time are thrilled she has such an amazing opportunity unfolding. We're also very sad to lose Chrissy Mosier, whose term is expiring. Our Co-President Wes Medlock, whose term is expiring, will be running for another term.

Why vote, you ask? Thanks for the question! As a co-operative, DNF is governed by all of us, its member-owners. We very much want your input in deciding who will help guide DNF over the next several years. Who, in your opinion, will be best suited and most committed to maintaining the quality of DNF and its financial stability, to expanding its mission of education and service, and to planning for its future? You can read up on all the candidates on our website. Please Vote! :)

Also, **Happy Earth Month!** April brings not only the gift of Spring but also our celebration of this amazing planet and all strides we humans have made towards sustainability and environmental stewardship. You are a member-owner of a Co-op whose 50 year commitment towards a just and green planet is written right into our Ends Statement. Our store manager and staff members keep environmental responsibility at the forefront of their minds as they make decisions every single day.

And we, as members, demonstrate our own care for the planet by putting our dollars and our energy towards a co-operative that supports local farmers, small producers, organic products, and fairly traded goods. It's an absolute honor being a part of this community with you.

Join us at **Durango's Earth Day Parade and Celebration** on Saturday, April 22 from 10AM-3PM. It is going to be fabulous. You can dress up as an animal, a tree, a mushroom... or a human, if you prefer! Come say hi at our booth at Buckley Park. More info @ earthdaydurango.com

co+op deals

MAR 15 - APR 4, 2023

choose your
toppings

DELICIOUS, EASY BREAKFAST

Shop the co-op for all your favorite yogurt bowl toppings like nuts, granola and fruit. With Siggi's Vanilla yogurt cups, it's easy to make a nutritious and delicious breakfast.



4/\$5

Siggi's
Skyr Yogurt
4-5.3 oz., selected varieties



4/\$5

Annie's
Mac & Cheese
5.25-6 oz., selected
varieties



2/\$6

Nature's Path
Organic Waffles
7.4 oz., selected varieties



4/\$5

Larabar
Fruit & Nut Bars
1.6-1.7 oz., selected varieties



From breakfast to dinner, save with Co+op Deals.
Make your favorite meals.

WE COOPERATE!

HOW DNF WORKS WITH OUR COMMUNITY TO PROMOTE DEMOCRATIC GOVERNANCE, EQUITABLE FUNDRAISING, AND SUSTAINABILITY.

Durango Natural Foods is unique. Our member-owners shape the direction of the store as well as provide the funding required to operate a business. We vote democratically, raise money democratically, and attempt to spread sustainable options such as compost and healthy food to all. **Become a member-owner today. Vote for your board of directors today. Invest in your coop to today. Utilize your coop to make more sustainable choices today.**

Our approximate 2,000 paying member-owners supply necessary capital to our cooperative. DNF uses this money for critical building and equipment maintenance. Make sure your friends are Coop members. All members receive member sales, have access to member appreciation days, vote (or run) in board elections, and more. While every \$20 counts, its not enough when our store needs large improvements like new fridges or roof repair. **In order to raise capital in a cooperative, democratic manner, we are offering The Great Big Bonanza Equity Drive.** Up your equity by \$100 and receive a deep discount packet. If you complete your equity at \$300 you will receive 5% off every shop, every time. Like all good investments, increasing your equity is a win-win for all parties. You get steep discounts, we get upfront capital that your store needs. Invest in your coop today! Ask a cashier for more information.

DNF membership is not only an investment in local food and democratic governance, but it is a commitment to regional sustainability. Because a vibrant natural world is critical to our mission, DNF is proud to announce our upcoming partnership with Table to Farm Compost.



Almost half of La Plata County's landfill waist is food scraps that could be composted! These neglected food scraps contribute to a toxic waste pile and emit methane in the process – an extremely potent greenhouse gas. Instead, food scraps should be composted to create high quality soil and sequester carbon dioxide. To promote one of the most important sustainable actions an individual can take, **all DNF members who are not currently using Table to Farm will soon have access to a 3 month free compost trial. All DNF members who are currently utilize Table to Farm for their compost needs will get access to a discounted countertop compost bin**, details to be determined. Please keep your ears open for the details on our Table to Farm partnership.

Being a Cooperative makes Durango Natural Foods unique. While most store's membership ends at discounts, our members directly own the store and shape its future. Please vote in the upcoming election. Your vote, your equity, and your shopping trips will help shape our work to promote democratic governance, equitable fundraising, sustainability, and healthy food.



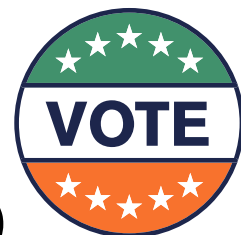
TABLE to FARM
COMPOST



BOARD OF DIRECTORS CANDIDATES



**Voting Open To All Member-Owners
Vote For Three Candidates
April 20th-30th
Online (durangonaturalfoods.coop/vote)
Or In Store**



Democratic governance makes Durango Natural Foods unique! Instead of a small number of owners making all decisions, our approximately 2,000 member-owners shape the future of this coop. All member-owners are eligible to run for our Board of Directors and these members have chosen to volunteer their time. It is now up to you to decide who should be elected to our board and shape our small but mighty store's future. Not a member? Ask a cashier to sign up today. You too can vote and own a small chunk of our grocery store! Do you have something you'd like the BOD to address at their next meeting? Please email us at Board@durangonaturalfoods.coop or attend a meeting (every 3rd Wednesday 5:30-7:30 - @ 848 E 3rd Ave Durango). Please take part in democratic governance by reading these statements and voting!

STATEMENT

I joined the DNF Board in 2019 because I have a passion for local food systems, sustainable economies (like cooperatives!), and the community that binds it all together. As a Board member of a cooperative, I have a duty to represent the interest of our member-owners. I am honored to have seen DNF grow and evolve over the past four years. I believe that I have the ability to offer a deep knowledge of where DNF has come from, what's worked and what hasn't, where it currently stands, and leveraging these experiences to create a brighter future for DNF. Over the next 3-5 years, I feel that the Board should prioritize:

- Completing the bylaws revision project and getting approval from member owners
- Identify solutions to diversify revenue streams (ex. satellite location, expansion, value-added food production, etc.) and support the GM with the resources needed to execute.
- Navigating the City of Durango's road diet construction that will likely take place on College in the next year or two. More specifically, to ensure that the needs of DNF and its patrons are accounted for and that the traffic flow doesn't negatively impact safety or the financial health of the Co-op.
- Secure the financial resources necessary for needed building repairs and new equipment (ex. leaky roof, new refrigeration units, updated kitchen appliances, refinished floors, etc.)

I'd be happy to have the opportunity to continue supporting our little, cozy, and MIGHTY co-op. I look forward to seeing you around the store!



WESTON MEDLOCK

Work: Program Specialist Sr. for New Mexico State University

Board Experience: DNF Board since 2019 in the capacity of Vice President and currently Co-President. Steering Committee/Board of Four Corners Slow Money. Sustainability Alliance of SW Colorado.

Education: Bachelors in Sustainable Development from Appalachian State University





MARYL WINTERSCHIED

Work: Personal Trainer

Board Experience: Four Corners Alliance For Diversity, 2018

Education: Undergraduate



STATEMENT

I'm interested in the 2023 Durango Natural Foods Board of Directors position. I have been a member of the Durango community since the summer of 2008, a customer at DNF since then, and most recently an employee from 2020-2022.

I have many valuable skills to bring to the position. I like to make sure that when someone else is talking, I am listening to understand and not just to let them finish their point. This kind of listening lends itself well to problem solving. In college, I was able to learn how to work in a group towards a common goal, using everyone's unique skills, to reach a common goal.

I value health and wellness. I love to cook healthy meals and share my pictures and recipes, online or as I'm checking out. I love that DNF is committed to helping their customers take control of their health, a mission that resonates with me as a health and wellness professional.

As a former employee (truck, deli, curbside, general) I made great connections with my fellow employees and management, the farmers and vendors, the customers, and even a few members of the Board. If elected as a Board member, I feel that this is an important resource to continue to cultivate. We need to create a connection between Board members, employees and customers, as we are all integral parts of the "working machine" that can help each other and DNF be the best run COOP it can be.

I would like to see the Board focus on community connection, to continue to pursue providing healthy, affordable options and hearing the voices of the owners and employees. By using all of our valuable resources, DNF will continue to see the support and success well into the future.

STATEMENT

As a skilled finance professional with a passion for sustainable agriculture and community involvement, I believe that I would make a valuable addition to the Board of DNF.

My experience in the financial sector, particularly in asset management and investment analysis, I believe would bring a unique perspective to the Board. In addition, my background could be advantageous to the Board as material discussions will need to be continued and decisions made even in the face of today's rapidly changing economic landscape. Furthermore, I have a genuine interest in sustainability, food production, and community-driven initiatives. Together, my understanding of the Durango community and some of the challenges and opportunities facing the natural foods industry, combined with my background, would enable me to contribute meaningfully to the Board's initiatives.

In addition to my professional and personal qualifications, I am an excellent communicator and collaborator. I value open and honest dialogue and am dedicated to finding creative solutions to complex problems. I would work to advance the mission and goals of DNF and foster a positive and inclusive culture.

Areas of focus for the next 3-5 years:

- Strategic Planning: Continue to drive, refresh, and share a comprehensive strategic plan. Such a plan should identify and prioritize the Co-op's goals and objectives in the short, medium, and long-term (for example, inventory management enhancements, new, additional services, and building enhancements). This process should involve input from Co-op members, employees, and stakeholders, and should result in a clear and actionable plan for the organization's future.

- Financial Sustainability: Ensure the Co-op's long-term financial sustainability. This may involve exploring new revenue streams, reducing expenses, and implementing sound financial management practices.

- Membership Growth: Grow the Co-op's membership base. This may involve targeted marketing and outreach efforts, as well as initiatives to increase member engagement and retention.



RYAN ERICKSON

Work: Investment Analyst

Board Experience: I've had Board/Committee experience as both a voting member and as an advisor in the financial sector.

Education: Fort Lewis College, Bachelor of Arts in Business Administration Northern Arizona University, Master of Business Administration



STATEMENT



DANIEL KURZENDOERFER

Work: Project Manager & Finance
Software Implementation
Consultant – Huron Consulting
Group

Board Experience: None

Education: Indiana University
Finance B.S. Healthcare Mgmt &
Policy Minor



Beyond my responsibilities as a technical consultant who does the software implementation development work on our projects, I am also responsible for the extensive project management and forecasting that is done before, during, and after the completion of projects. I have four years of significant experience building complex forecasts from both my previous job working in the pharmaceutical industry and in my current role at Huron Consulting. I also have two years of experience being the lead project manager on three separate \$1M+ implementation projects, which entails extremely detailed project planning, maintenance of project plans, and clear communication of progress to clients. If elected to the BOD, I will be able to use these cross-functional skills I have gained in my career to assist Durango Natural Foods in sustaining financial stability and to assist in providing strategic planning for its future. Specifically, in the next three years I would focus on working with my co-BOD members to refine and execute on a plan to achieve greater financial stability for DNF so that our organization may continue to thrive and prosper for many years to come - even in the face of adversity like needs for significant replacements or repairs to the property. My interest in joining the DNF Board of Directors stems from my love for how this town seems to provide for itself in its community, its culture, and even its groceries! This is a great opportunity for me to get more involved and to play a role in maintaining a small piece of what makes Durango special by giving back to the community via the skills I have to offer. Thank you for considering me as a potential member of your co-op's Board of Directors!

STATEMENT

I founded RadCraft as a cooperative to market the ways in which local and regional agriculture adds value in beverage products. Along the way I have become deeply ingrained in North American small grains food systems, something that I'm incredibly passionate about. Having built a 12+ year career as a liaison between farmers and consumers, I'm confident that my leadership, project management, marketing, and specific agriculture communications experience could support the work of DNF. I can't think of any better way to contribute to the place I call home than to invest time and energy into the co-op where I have found community, health, and inspiration. Thank you for this opportunity!



EMILY HUTTO

Work: CEO at RadCraft Instructor at
University of Vermont Business of
Craft Beer Program

Board Experience: None

Education: B.S. Journalism,
University of Oregon (2009)
200 Hr. Yoga Teacher Training (2021)



STATEMENT

While I have only been a member of Durango Natural Foods Co-Op since this past Summer, I have always been a member at the co-ops in each town I have lived in. I am passionate about local foods and the local food movement and see it as an incredibly powerful pathway towards environmental and social healths! I see the difference in the quality of food and community created because of our Durango co-op and I am passionate about helping foster this however I can! I have spent the last 5 years researching alternative and community economies and their impacts on local human and nature communities. Co-ops like ours are hubs for the community economy practices that help make our world more sustainable and just for humans and the non-humans out there. It would be really neat to expand on the programming that the co-op has had experience with in the past like community education classes, outreach to local businesses, and community rooted events to celebrate our local agriculture and producers! It would be really fantastic to bring in some funding to have a mobile market to bring the co-op goods to our local populations that are not able to readily access the co-op, perhaps a "pop-up" co-op around our surrounding rural areas! I believe my experience with non-profits, my consulting firm, and teaching/community outreach would be a strong contribution to the co-op community and future and would very much look forward to being involved in a more hands-on way. Thank you!



SOLANA KLINE

Work: Geography Professor and Grants Consultant

Board Experience: I am currently building an outdoor recreation non-profit and have a non-profit based consulting firm specializing in grants, sustainable event planning, DEI incorporation, editing, etc.

Education: PhD Geography, MSc Anthropology, BA INTL Studies and Anthropology



STATEMENT

I am interested in joining the DNF board as a way of becoming part of the community and sharing my interest in healthy foods and diet. My husband and I moved here last April from Santa Rosa, CA.

There is a nice variety of food available at DNF. I would like to engage with customers by presenting recipes and food samples. Perhaps unique options that are not often thought of as a way of making the store more unique and engaging with its patrons.

I could also assist with marketing materials as my background is working as a visual brand director.

The focus over the next 3-5 years is simply keeping the price point of foods available to everyone and engaging people in healthy choices.



TRACY MARTINI

Work: Artist. Previously, Director of Brand for Easter Seals in the San Francisco Bay Area.
tracymartini.com/resume

Board Experience: No previous board experience

Education: BFA from University of Wisconsin-Oshkosh: Graphic Design and Photography



STATEMENT

My name is Ryan Lazo, and I moved back to Durango with my family in the fall of 2021. I am excited to submit my application for the DNF board because I enjoy being involved in the community and care deeply about the mission of DNF. With over ten years of nonprofit and board experience, I am confident I would make a good addition to the DNF board. In recent years, my volunteer experience has centered around serving organizations in the food realm. Before moving to Durango, I served as a Commissioner for the City of Moscow, Idaho's Farmers Market, a board member for the Council on Aging and Human Services (COAHS), an active member of both the Palouse-Clearwater Food Coalition and Whitman County Food Coalition, and a member of the Moscow Food CoOp's Sustainability Committee. My experience as a committed volunteer on several boards will help guide me if I'm selected. For example, the DNF board hires and evaluates the GM. I have experience evaluating and hiring staff in my professional career and volunteer board experience. Additionally, the DNF board of directors must help guide the GM on addressing deferred maintenance. While on the COAHS board, we ensured regular building upkeep and oversaw numerous building upgrades. Last, I would make a good board member because I have a history of helping build strong relationships between people and organizations. In my previous work with the Whitman County Food Coalition, we brought together local elected officials, community leaders, non-profits, and farmers to address the county's food insecurity and economic challenges. I enjoy working with organizations like Food CoOps because of their commitment to local community members and the environment. Furthermore, I strongly believe in creating spaces that are welcoming and accessible for all, and I appreciate that about DNF. Thank you for considering me for the DNF board.



RYAN LAZO

Work: Director, FLC Alumni Engagement Office

Board Experience: Council on Aging and Human Services (2015-2021), Moscow Food Coop Sustainability Committee (2019-2021), City of Moscow Farmers Market Commission (2020-2021)

Education: Master of Education (M.Ed.)

STATEMENT

I am a rational candidate for the Board of Directors because I share DNF's values, will contribute needed abilities, and will support DNF's mission.

I share DNF's values of financial and environmental sustainability, education that helps us choose health, and honesty.

I will not only bring the ability to listen and learn to the board, but also the ability of sound judgement. In addition, I am organized and reliable.

I would like to help the board communicate to member-owners and the community both what DNF can contribute to our community, and what it needs from the community to thrive.

I believe the board should help maintain DNF's independence and democratic control. DNF serves us all more accurately as a community-controlled cooperative versus an institution controlled from far away or high up.

Thank you for considering me as a board member.



HAYLEY CUNNINGHAM

Work: wife, mom of 5 children, homemaker, home educator

Board Experience: None

Education: Bachelors and Masters degrees in Viola Performance, Suzuki Teacher certifications