



Good Thymes

Durango Natural Foods Co-op
Monthly Newsletter
September 2020



Cup O' Joe | M.A.D.
September | Welcome
to the Table: Co-op
Recipes

Deli Updates | Message
from the Board | What's
Happening | Staff Col-
umn | New Round-Up

Outside the Office
| New Cheeses |
September
Department Sale



O' JOE



Joe Z., GM

Are Co-ops Political? Part 1

“Stick to Sports” is a new show by veteran former ESPN hosts/commentators Jemele Hill and Cari Champion, that does not “Stick to Sports”. Stick to Sports is what was said when each would riff about political situations such as Colin Kaepernick taking a knee or the situation with the white supremacist’s racism at the incident in Charlottesville, NC. Hill was even reprimanded by ESPN at one point for calling the President a white racist. “Just stick to sports!” Political expression is bad for business.

You heard this before directed at others such as singers and actors. They should just stick to entertaining and not engage in political discussion or actions. “Shut-up and just sing!” is a true reaction that singers reported have heard from their audiences when they brought up some political thoughts.

Perhaps their detractors have a point. After all, if I was at a restaurant, I won’t want the food service workers suddenly spouting off about this or that. Or at the Co-op: you won’t expect the cashier to make political statements as you check-out.

Now, of course, entertainers and celebrities have a more personal connection with their followers. And in today’s environment, the seriousness of the social disorder allows them to take a stand with more impunity than the waiter. Unless of course, you frequented the establishment and developed a rapport with them. Or maybe the restaurant is called the “Socialist Summer Café” in which one might expect a comment or two.

But in general, in the business world, mixing political thought/commentary is not considered a good thing. You have all read recently how Starbucks banned BLM shirts and hats (huge backlash and they reneged). Some places would not allow folks wearing MAGA hats even coming into their stores. When I first started working at REI in ’89, we wore store issued vests which we all adorned with buttons of all kinds – especially environmental ones and save wilderness, save animals, use a bike, no nukes, etc., etc.

That changed because headquarters stated that hunters, off roaders and pro nuke folks were offended so the new rule was only company issued buttons may be worn on the vests and no political statements visible. The company was becoming more and more “corporate” and it’s only in the last few years that they began returning to their Co-op roots.

Wait! What in the world could I mean by the statement “returning to their Co-op roots”?

REI wasn’t the only Co-op that went “neutral” – most food Co-ops followed suit. But Co-ops have a very long history of being political. The very creation of a Co-op was in itself a political statement.

Most of us are familiar with the writings of John Locke (1632–1704

father of liberal democracy), Karl Marx (1818–1883 father of communism) and Adam Smith (1723–1790 father of capitalism). There was also another dad that most never heard of by the name of Robert Owen (1771–1858 father of cooperation). Owen was also the founder of Utopian Socialism and the concept of Cooperation was tightly bound to it. He attempted a number of communities along these concepts, the most famous being New Harmony, Indiana in 1824. It failed along with many other communities that sprang up with the same concepts. Many independent Co-ops were started and failed.

In the 1840s, the Rochdale Co-op was formed. Learning from the failures of others, they developed a broad set of principles which were very revolutionary in those times. The first was Voluntary Membership that was open to everyone including women (scandalous in those days – and not only open but allowed all into power via the Board of Directors). The second was Democracy. And the third was equal investment by all members with limited return – money investment would not run the Co-op.

These principles still are at the heart of the current Co-op movement. The Rochdale Co-op itself continued as it were until 1976 when it started a series of name changes to 1991 when it started merging with other Co-ops. Today, all those merged Co-ops are called The Cooperative Group. It has 4.6 million members across the UK with incredibly diverse services.

In this country, consumer Co-ops took hard hold in the 1920s and they were deeply entwined with the Communist party. I’ve previously wrote about how their Red Star label sported a hammer and sickle and remained like that until the 1930s when they broke from the Party and replaced it with the twin pines.

Those “Old Wave” Co-ops faltered in the 1950s and 1960s with a few notable exceptions. The most prominent being the Berkley Co-op.


The Berkley Co-op was political... and huge. They took stances and had an activist arm which championed workers and people’s rights. Many say they were too political. They were fiercely against the Vietnam war. They supported farmers and workers’ rights. They fought amongst themselves too.

As the war died down, many activists banded together to create the current Co-op movement in this country including this Co-op in 1974. Many, if not most, were modeled on the Berkley Co-op. They were incredibly political and saw themselves as part of a revolution that will change this country into a fairer and more just society.

It was an incredible time for Co-ops and the estimate was that there were over 3,000 Co-ops by the early 1980s. Some started to falter but the movement was dealt a severe blow in 1988 when the Berkley Co-op collapsed. The heart and soul of the movement was dead. Co-ops started to retreat from politics.

As the ‘90s developed and the competition from companies such as Wild Oats and Whole Foods increasing, the Co-ops developed a new mantra: “Just Stick To Groceries”.

Part two next month.



YOU CHOOSE THE
DAY YOU SAVE! | DURING THE
MONTH OF SEPTEMBER

ONE-TIME
USE FOR
MEMBERS

M.A.D. DISCOUNT!
MEMBER APPRECIATION DAYS

10%
OFF

DELI UPDATES:

New Hours: The Deli's new hours of operation are now Monday-Saturday, 8 AM - 3 PM, closed on Sundays. We apologize for any inconvenience. We are still making Grab n' Go burritos, sandwiches, and salads daily!

New specials:

James Ranch beef is back! We love our local farmers and the wonderful food they produce. We are now roasting and slicing our favorite Animas Valley beef in-house. Grab some from our Meat & Cheese case!

Grab n' Go meals are back! This month we are featuring our Mediterranean-inspired Baked Chicken dish with roasted sweet potato, tomato, and brussels sprouts, our Baked Lemon Salmon dish with wild rice and yellow squash & zucchini, and our vegan Brown Rice Pizza slices with our own house-made cashew mozzarella and sweet roasted veggies.

Thank you for your patience with our baked goods. We will admit that the much-beloved Vegan Chocolate Chip Cookies we had been selling for the last few years were a pre-made item that we received frozen to bake off daily. Unfortunately, as of June, we are no longer able to get this product from the manufacturer. We took this as an opportunity to not only develop our own recipe but a gluten-free version as well! We are glad to provide you with organic baked goods from scratch - Be on the lookout for more new (and old!) baked recipes on our shelves.

Soups and rice bowls will be making their return this fall! Due to COVID-19 restrictions and safety precautions, we will not be offering self-serve soup. We apologize for any inconvenience. However, we will be offering our soups hot from the deli during service, as well as in jars on our shelves and frozen in our freezer section. We are excited for the new season and we are excited to play with the produce that comes along with that change!

New Staff: We have some lovely new faces in The Deli - Welcome to new staff members Jordan, Gabby, Arissa, and Antonio! Come stop by and say hi at the counter, they're ready and eager to meet you and make you a sandwich! Congrats to Chris Green as he joins our deli management team as sous chef along with executive sous chef, Lauren Hammond, and head chef Gab Kaplan.

Farmers Market: Catch us at the Durango Farmers Market on Saturday, September 12th! We will have all kinds of delicious options from our Deli, including breakfast, juices, and more!



Tofu Pad Thai

Ingredients

3 tablespoons canola oil
1 teaspoon crushed chiles
1 package tofu, firm
2 cloves garlic
1 tablespoon chopped fresh ginger
1/2 pound rice noodles, cooked

2 large eggs, whisked
5 tablespoons soy sauce or fish sauce
1/4 cup lime juice
2 tablespoons sugar
4 scallion, chopped
1/2 cup peanuts, dry-roasted, chopped
1/2 cup cilantro, coarsely chopped
1 large lime, halved and thinly sliced

Preparation

Put on a large pot of water to boil for the noodles.

Wrap tofu in a kitchen towel and put a weight on it. Press to remove excess water and make the tofu firmer. Cube the tofu. Prep vegetables and reserve, piling each on a plate separately. Mix soy sauce, lime juice and sugar in a cup, and reserve this sauce.

In a wok, heat oil, and add tofu and chilis. Over high heat, fry tofu until browned.

Cook noodles according to package directions, drain. Add eggs, garlic and ginger to the tofu, stir, and quickly add noodles, scallions and reserved sauce. Stirfry gently until egg is cooked and the noodles look dry. Serve immediately, topped with chopped peanuts, cilantro leaves and lime slices



Avocado Chimichurri Sauce



Ingredients

- 2 large ripe avocados, pitted and diced
- 1 lime, juiced
- 1 tablespoon olive oil
- 1/2 small red onion, diced
- 1/4 red bell pepper, diced
- 3 jalapeno peppers, minced
- 1 tomato, seeded and diced
- 1 tablespoon fresh cilantro, chopped
- 2 cloves fresh garlic, minced
- Salt and pepper to taste

Preparation

In a medium bowl, toss the diced avocado with the lime juice and olive oil.
Stir in remainder of ingredients.
Season with salt and pepper to taste.

Find more recipes at www.welcometothetable.coop

MESSAGE FROM THE BOARD



Mary Katherine,
Board Member

When you walk into Durango Natural Foods (DNF), do you feel like the world has given you a safe haven break? That is one of the unwritten goals of DNF

established in 1974. The co-op belongs to its members, and that defined means it is owned by its members thus your haven belongs to you. If you are not a member, we invite you to join us. Knowing you shop locally at a store that purchases locally/regionally whenever possible allows you a sense of pride and well-being.

One thing that I have learned lately is that people are not into the history which is fine; they are into the present, the here and now. The natural in our name is a "tall order" to follow, however, each and every day, natural is what DNF strives to present for the benefit of everyone.

Learn more about your co-op by visiting our website www.durangonaturalfoods.coop. Members are invited to join our BOD meetings, generally at present, over Zoom to allow safety during the COVID 19 pandemic, and shopping at the coop are just a few methods to learn about your coop.

Durango Natural Foods has some of the safest protocols in place that I have witnessed in our town specific to shopping for the grocery needs we have for our families. I am referring to commercial grocery stores including our "big box" as well as other establishments that offer natural/organic items specifically produce.

After a recent board meeting truly "in the park" so to speak, I stopped by DNF directly before store closing. My impression was, "wow, this appears better than when I see the store earlier in the day." The closing crew established a warm, welcoming, clean inviting environment for those shoppers venturing in the next day to

shop. Durango Natural Foods is open seven days per week.

As I attended my first Farmers Market this August, my impression of the staff present, Gab, Laura, and Hadley as well as BOD director Theo was of dedicated individuals with learned knowledge about DNF. Marketing (Hadley) assisted with my education specific to presenting the coop principles to the customers and potential customers. The number one principle that I absorbed is that we are member-owned, which means primarily local with each and everyone's ownership, plus the bank.:}

The pay-off for all of this is the ability to help ourselves enjoy nutritional meals especially through as many region-wide local growers and distributors as I noted initially. Thank you for selecting our co-op.



What is currently your favorite produce at DNF?

Staff Answers:

Lauren - Purple Daikon Radishes

Joe - Crimini Mushrooms

Holly - Local Eggplant

Hadley - Local Dino Kale

Siun - Pluots

Caroline - Local Yellow Squash

Gab - Local Peaches

Mads - Purple Sweet Potatoes

Marisa - Ataulfo Mangoes

Brian - Local Carrots

Whitney - Local Carrots

Alex - Nectarines

Emma - Asian Pears



A colorfully filled produce basket at DNF.

PRODUCE: LOCAL HIGHLIGHT



Alfred, Front-End Cashier Lead, showing off beautiful carrots and gold beets from Outlier Farm in Mancos, Colorado.

WE ARE STOCKED WITH LOCAL GOLDEN
BEETS AND CARROTS FROM OUTLIER
FARM – LOCATED IN MANCOS,
COLORADO!



WHERE THE FIELDS MEET THE FOREST



VISIT US
AT THE
FARMERS
MARKET!

SEPTEMBER 12
&
OCTOBER 3



STAFF COLUMN



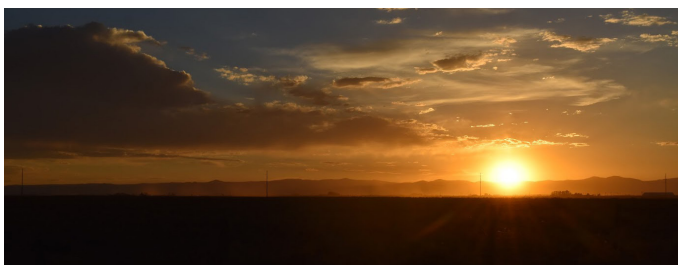
Wake Me Up When September Ends

By Gab Kaplan

Much has been born out of the last nine months. We have given life to a new version of what normalcy used to be. We have displayed our adaptability and persistence in the face of the adverse unknown. We have awoken to the calls we have been silencing for far too long. A global shift of awareness is on the rise. We are united as humans, and that unity is what will bring about change. It is the only constant, for change is the natural order of the Universe.

In this everlasting flow, we have no choice but to surrender ourselves to letting go of what does not serve us. We have no choice but to embrace the love around us. And we have no choice but to be as authentic as we are meant to be. We have chosen to exist on the side of history we truly believe in. Whatever it may be, stand for something. Stand with your feet planted firmly on the ground and your whole heart ready to dive in. Nevermind what this new era was supposed to be because it is what it is, and it will be what it will be.

We do not have all of the answers, nor will we ever be able to please each and every one of the masses, but we will try our best to do what is right. We will grow through mutual understanding and acceptance. We will grow through sacrifice and selflessness. Be grateful for what is today, for it might not be tomorrow. And as we postpone that tomorrow with more nostalgia, we will look forward even farther, bigger, and better to the future and what it holds for us. So keep holding on, we're going to make it.



Sunset over the San Luis Valley, July 2020. Photo by Gab Kaplan



79%

MORE THAN LAST YEAR!

RoundUp at the Register

We are looking for a new Round Up at the Register recipient for October - December. Each customer has the option every time they checkout to "round up" and support the local not-for-profit that we have chosen. We are open to suggestions as to which local businesses we should host as our new recipient.

Please email all suggestions to
outreach@durangonaturalfoods.coop.

Thank you!
DNF Team

**Order online & pick-up ypur groceries
curbisde Wednesday- Saturday**

Visit www.durangonaturalfoods.coop/online-order

Outside the Office:

When not at the Co-op, we like to....



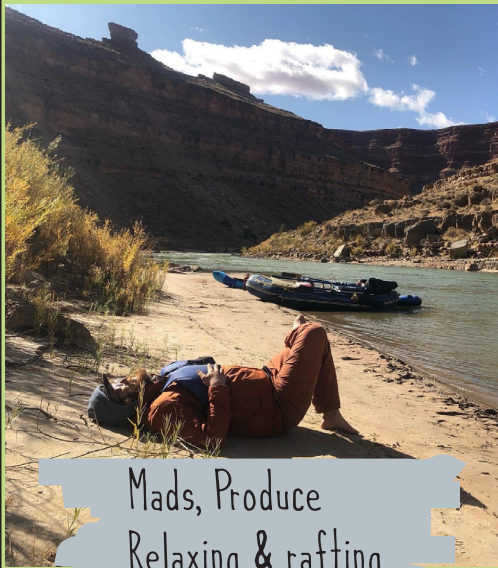
Rachel, Buyer
Enjoying the outdoors
with her puppy



Emma, Cashier
Boating at Lake Powell



Alex, Front-End Manager
Performing at IAM Music Festival



Mads, Produce
Relaxing & rafting



Siun, Deli
Fly fishing on the Animas



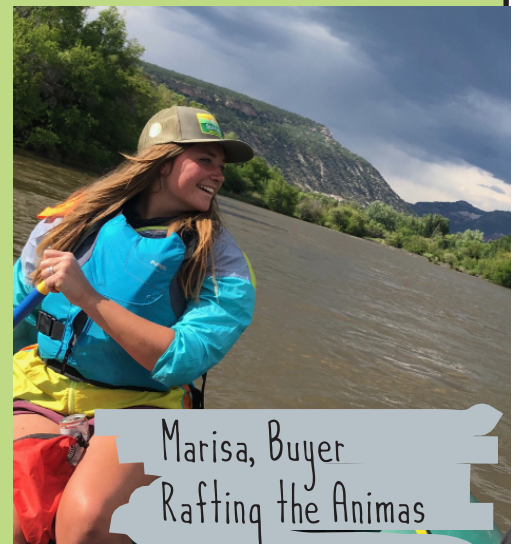
Gab, Deli Manager
Playing trumpet and drums



Emily, Curbside Queen/Deli
Playing at Yarmongrass Festival



Hadley, Marketing
Hiking Hope Lake



Marisa, Buyer
Rafting the Animas



BelGioioso Asiago



BelGioioso Parmesan



*BelGioioso Thin Sliced
Mozzarella*



*Holland Ewephoria
Sheep Gouda*



Belletoile Brie



Papillon Blue Roquefort



Cypress Grove Humboldt Fog



El Trigo Manchego 1 Year

**WE'VE ADDED NEW CHEESES
TO OUR SELECTION!**

SEPTEMBER DEPARTMENT SALES!

SAVINGS FOR EVERYONE:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	AUG 31 – SEPT 6: 10% OFF DELI GRAB N' GO					
6	7	8	9	10	11	12
	SEPT 7 – 13: 10% OFF FROZEN					
13	14	15	16	17	18	19
	SEPT 14 – SEPT 20: 20% OFF SUPPLEMENTS & BODY CARE					
20	21	22	23	24	25	26
	SEPT 21 – 27: 10% OFF BULK					
27	28	29	30			

MEMBERS SAVE UP TO 20% – 30% WHEN
PAIRED WITH M.A.D. DISCOUNT | MEMBER
APPRECIATION DAYS



575 E. 8th Ave. | Durango, CO 81301
Phone: (970) 247-8129

Hours: Mon-Sat 8:00 am - 8:00 pm
Sunday 10:30 am - 6:00 pm