



November 2022

Good Thymes

DNF CO-OP'S MONTHLY NEWSLETTER



Turkeys Are Here!

**Local, Organic, and
Free Range Options**



O' JOE



Hi. My name is Joe. I am a Co-op-aholic.

Yes. It's true, as difficult as it is to admit it. My friends noticed it first as they would say, "Hey Joe, let's get some nachos and guacamole with salsa. Maybe some tequila and we'll laugh and dance all evening!" To which I'd reply, "mumble, mumble, cough, mumble, Co-op, Co-op, mumble, Co-op." They'd shake their heads and say, "something's not right with that dude".

We have to step into the way-back machine to understand how I got here. First, I had developed as an obsessive child and had a constant frenetic, yet focused, energy as a teen. When I think about all I was involved in back then on a daily basis, it exhausts me. You know those annoying type of teens: good at school, involved with a bunch of clubs, photographer, volunteered in the community, went to political rallies (starting with McGovern in '72), did all the yardwork at home, helped neighbors, had a paper route and other odd jobs and found time to play chess and tennis. Don't you think they're a little obsessed?

So when I discovered our local Co-op (Oswego, NY) at age twenty, most of that energy got focused on this single entity. The funny part is that I was not alone. The Co-op was made up of similarly and equally focused individuals who all had an ideological and entrepreneurial spirit.

Co-ops at that time were a focal point of grass-roots people/organizations that had previously been anti-war and now were steadfastly devoted to "doing it ourselves". That manifested in many ways but overall the Co-ops became pro natural foods and anti-corporation/government domination.

Things are pretty bad in our country now – on a lot of different levels. But my memories (young as I was) say that things were worse back then. Young men – boys really – were being snatched out of their beds and sent across the world to kill for a cause that was unclear and dubious. There were massive demonstrations and race riots. The civil rights movement was met with violence. Seems like monthly, crimes and lies were exposed from the Government. There was a social revolution in thought, dress, music, identity and purpose. The Co-ops represented the way forward. Organizations for the people and by the people. Then sprang up around 30 Cooperative Warehouses around the country which supplied the growing network of Co-ops.

Those were pretty heady times. We were changing the world and showing how heart based businesses can work! No wonder someone like myself saw a natural fit. In many ways, we were at the forefront of the progressive movement mostly because of the people the Co-ops attracted with their ideology and food.

Times have changed. Listen: the Co-ops that I was involved with back then were "work co-ops". In order to be a member, you had to work a certain number of hours per month – usually 2 to 4. Our Durango Co-op was like this. In many Co-ops back then, if you worked a certain number of hours per week (in my Co-ops, it was 4.5 hours per week), you would receive a discount (20% in my Co-ops). All our cashiers and front-end folks were these "core workers". Others were scattered everywhere around the business. As Staff, our main duties revolved around coordinating all this member energy.

As I said, times have changed. The Co-op warehouses are all gone. The work Co-ops are mostly gone. The 3000 storefronts are only about 300 now but today's Co-ops are bigger, and in many ways, us survivors are stronger. Nationally, we are still trying to define our focus. Indeed, the push is to relax our natural/organic/local foods and bring in other brands that you would find in any other conventional market.

I got hooked on Co-ops in my 20s and after years of studying history and observing our world in real time, Co-ops still provide at least a direction we can be heading so there is still a lot of work to be done if we are to have any impact on today's communities and world (hmm - that's a pretty long sentence...).

While we are seeing an impressive number of start-up Co-op, we are also seeing a number of older co-ops fail and collapse as we almost did at the beginning of 2019. Just as things are questionable in our country at large, the direction the Co-ops are going – overall in the very big picture – is away from the values I still hear from the Members who join and own our Co-ops.

And that's why I'm still obsessive about our Co-ops: we have a great capacity to be a force of good in this world and struggle to survive in a society that doesn't see the Co-ops as exactly the right focal point to rally the forces of democracy, human rights and magic. But we are that point. Or if not "thee" point. At least one of the top 10.

Every Co-op is quasi-independent. We do what we want but often the capitalistic market forces dictate paths we must take or be rendered irrelevant ("out-of-business" in the colloquial vernacular). I hate it when that happens.

But it does happen and we must be flexible and refocused on current realities without forsaking the values and drive that we evolved from. This is what we strive for today in our Co-op. We've come three years from a complete melt-down; we've over doubled revenue; Staff are paid a very competitive wage; we have over doubled our Membership; we offer more local food products than other outlets; our prices are very competitive on most items and we're working on better deals (while retaining quality) to lower costs.

I am no longer frenetic and hyper. I am calm, quiet and focused. But still have the same drive I had back in the hinter years – but alas, fewer allies as back then. Some would say I'm a Co-op-aholic....

Next month – More of the same – I'm just going to ramble on about all this...



TURKEYS ARE HERE!

LOCAL, ORGANIC, AND FREE RANGE OPTIONS



Local Jake's Farm Free Range Turkeys

Jake's Farm is a local, family owned farm in Hesperus. They specialize in Produce, Jams, Pickles, Pork and Poultry.



\$5.99/lbs



Organic Prairie Turkeys

Our birds are raised according to the strictest organic production and humane treatment standards, by family farmers who are serious about the health of the land, the animals, and you.



\$4.29/lbs



Ferndale Free Range Turkeys

All Ferndale Market Thanksgiving turkeys are free-range, antibiotic-free, and naturally processed – with no added salt, water, or fillers of any kind.



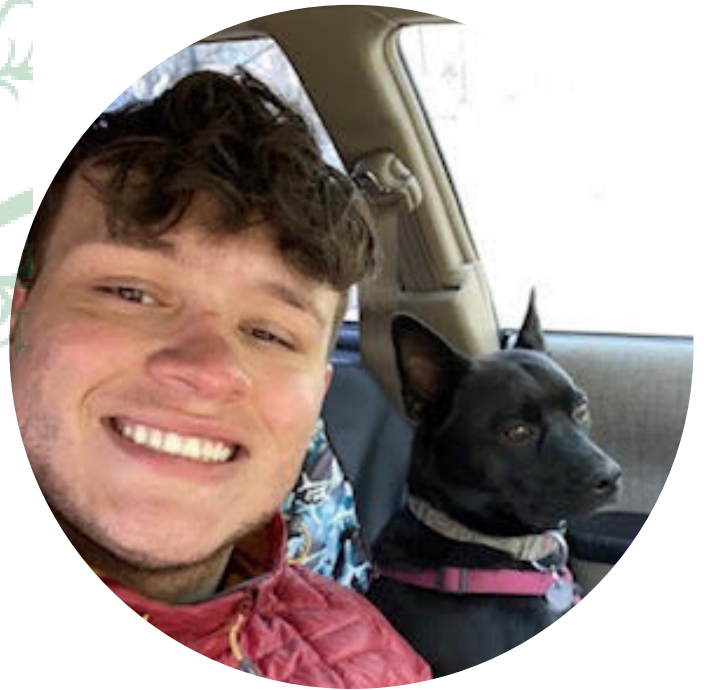
\$1.99/lbs

8 - 20 LBS. AVAILABLE

**GET YOURS TODAY - FIRST COME FIRST SERVE
PLEASE ASK A CASHIER FOR ASSISTANCE**

LET'S MEET NASA!

Nasa is our new Assistant Deli Manager! He started in September.



1. Where are you originally from?
 - a. I grew up in Durango! I stay because I'm family oriented.
2. When not working at DNF, how do you spend your time?
 - a. I spend my time with my two dogs, fishing and hiking! My dogs are Raven and Maverick, both Collie mixes. Their favorite activities are either hiking or playing Frisbee.
3. Why is supporting the local economy important to you?
 - a. Being a local, I always want to support Durango businesses. I think that spending my money here helps my community.
4. What is one of your favorite things about working at the Co-Op?
 - a. I enjoy the diversity in the staff! The range of ages and personalities allows me to work with a wide array of people.
5. What are your favorite products currently being sold at DNF?
 - a. Mushrooms! DNF is the only place that you can find a wide selection.
6. Why do you support local, organic, and healthy food?
 - a. Growing up in Durango, there wasn't good access to healthy food. For a while it was just DNF! Getting natural food options to my community and especially the youth and is super cool!
7. What is your favorite food at the deli?
 - a. Dolmas for the deli case and the chicken pesto sandwich for fresh items.

co-op deals

NOV 2 - NOV 15, 2022

create traditions together

ADD SOME SPICE

Bake up some memories of time well spent in the kitchen by working together on a delicious seasonal recipe. Warm your home with inspired baking using King Arthur All-purpose Flour — sourced from non-GMO ingredients and essential for creating delicious results.



4.99

King Arthur Baking Company
Unbleached All-purpose Flour

5 lbs., selected varieties



2/\$5

Farmer's Market
Organic Pumpkin Puree

15 oz., selected varieties



2/\$6

Kerrygold
Butter

8 oz., selected varieties



6.49

Lily's
Baking Chips

9 oz., selected varieties



The co-op has delicious ingredients for your holiday baking.
The holiday season made easy.

VISIT OUR WEBSITE FOR MORE CO-OP DEALS!

HEALTHY FOOD FOR ALL! OUR EFFORT TO SUPPORT LOW INCOME RESIDENTS

No health food store can match the prices of giants like Walmart. While Durango Natural Foods is always looking for ways to cut prices, sourcing local and organic food is not currently the cheapest option. Market manipulation has created a scenario where foods that cause widespread pollution and untold human health problems are available on shelves for low prices. While these foods are 'cheaper', direct large-scale agriculture subsidies and passing off costs of pollution (e.g. its free to dump CO2 into the atmosphere) means that society as a whole pays the cost. Durango Natural Foods will not sell the cheapest foods because we care about your health and ecosystem sustainability. Sadly, our commitment to quality products means that our store might be inaccessible to those without discretionary cash.

Luckily, new and innovative programs are helping us expand our reach beyond those who can afford buying premium foods. The Supplemental Assistance Program (SNAP) provides a monthly food stipend for those below a certain income thresholds. However, this program often provides only enough funds to buy the absolute cheapest products – not the sustainable products we sell. Double Up Food Bucks (DUFEB) is a new program that builds on SNAP. It matches up to \$20 per day for SNAP recipients to spend on fruits and vegetables. Historically, this program was only available in farmers markets, but DNF is proud to offer DUFEB year-round for our shoppers. Other similar programs are in the works and will be available in our store soon. Food vouchers like DUFEB are an essential step in providing healthy food for all.



Regardless of outside assistance, we will continue to expand our cheaper options. Try shopping in bulk to buy the exact amount of food you need. National Cooperative Grocers – a cooperative owned by member cooperatives – offers a private label Field Day. Field Day cuts out the need for a supplier and this enables us to offer cheaper products than brand name. Another option is special orders, an opportunity for member-owners to buy a large quantity of an item for 20% off. Lastly, make sure to keep an eye on our substantive sales. You might be surprised with how much you can save at DNF.

Government programs and careful buying practices make our store more accessible. But we need systemic change to make healthy and sustainable food a right for all humans. We need to redefine our national priorities. Food not bombs, community not ultra-wealthy tax cuts, and people over profit. DNF continues to hope for a day where all people can obtain the healthy food they need regardless of the size of their wallet.



**VEGETABLE CURRY
DURANGO NATURAL FOODS DELI
FEATURED AT OUR ANNUAL
HARVEST FEST**

**VEGETABLE CURRY AS SERVED AT OUR ANNUAL HARVEST FEST
ALSO FIND SERVED ON ROTATION IN OUR DELI**

INGREDIENTS

- Red or white onion, sliced
- Bell peppers, sliced
- Broccoli, cut into florets
- Carrots, sliced half moon
- Sweet potato, diced
- Cremini mushroom, sliced
- Safflower oil
- Roasted garlic
- Yellow curry paste
- Sea salt and black pepper
- Ginger powder, Turmeric powder, Amchur powder
- Liquid Aminos
- Cane Sugar
- Coconut milk



Preparation:

1. Heat oil on medium low in large soup pot. Add spices, yellow curry paste, garlic and sea salt.
2. Add coconut milk, aminos, and sugar. Bring to boil and reduce to simmer for 10-15 minutes.
3. Add all vegetables and simmer with lid on for about 15 minutes or until sweet potatoes are soft.
4. Let cool and eat!

Searching For Historic DNF Photos!



email photos or written history
alec@durangonaturalfoods.coop

MESSAGE FROM THE BOARD



Sheryl McGourty
Board President

Greetings Durango Natural Foods Coop Community,

If you missed our Annual Harvest Celebration at Rotary Park, there is always next year. We experienced a typical, variable fall day: sunshine to crisp cloud-covered sky, wind that seeped into our bones, rain running down our cheeks, and happy smiles. We filled our bellies with delicious food from our very own DNF deli, the curry soup was a hit with descriptive words such as “yummy, so-good, delicious and is this available at the store?”. Yes, yes, yes and YES!

Our annual celebration is a time to gather as member/owners and remember what it means to be part of a cooperative business model. This event allows us to offer accountability and transparency by timing our annual meeting with publishing our annual report. Our annual gathering allows the DNF board to connect to the community knowing that we are linked by a sense of belonging to a truly democratic model of business practices.

With an altruistic business there is great reward and autonomy as well as risk and challenges. DNF is stable, but we are not quite in a place of resting on our laurels, so to speak. We have to be ready, adaptable and anticipate these unpredictable times in our economy and supply chains. Stability and sustainability are foundations on which we hope to thrive. Our sense of thriving will never compare to a much larger grocery chain or even much larger cooperative, nor do we want it to, it is not apples to apples. Our thriving this upcoming year is to keep our revenue at or above where it is, continue to pay down our mortgage and loans, retain staff, keep our refrigeration units up and running, tend to infrastructure repair like our roof and be in a financial position to handle the unforeseen. This is no small task in this time of inflation, challenges with maintaining competitive wages and working with the increase in cost of goods.

As a member/owner what can you do to help?

- Keep shopping at DNF, do what you are doing!
- Connect with the staff, add to the conscious climate we are trying to promote.
- Smile at a shopper!
- Take a couple breaths when you are waiting to check out.
- Continue adding your suggestions to our box, this is your store!
- Attend a Board Meeting (we appreciate fresh perspective).
- Turn your friends onto the benefits of shopping at our cooperative.
- Contemplate volunteering or serving a term on our board.
- Sharing your skill sets that could be of service (like you are a grant writer or you have a knack for organizing million dollar capital campaigns and have some time on your hands :-).
- Save a little plastic and try shopping our bulk filling up your own containers (BYOC).
- Take an extra minute to absorb the exterior of the building as it is hard not to smile when you look at all those colors!

Thank you for turning up to the Harvest Fest, thank you for being a member/owner and thank you for helping sustain our bright gem of a store in Durango.

See you in the aisles,
Sheryl McGourty
Board President



DNF'S SOUNDING BOARD



WE WANT TO HEAR FROM YOU!

DO YOU HAVE SOMETHING YOU'D LIKE THE BOD TO ADDRESS AT THEIR NEXT MEETING? PLEASE EMAIL US AT BOARD@DURANGONATURALFOODS.COOP!

**OUR NEXT MEETING IS WEDNESDAY, OCTOBER 19TH
FROM 5:30 PM - 7:30 PM**



Sheryl McGourty
President



Weston Medlock
Vice President



Elise Boulanger
Secretary



Kate Randall
Board Member



Chrissy Mosier
Board Member



Hadley Bevill
Board Member



Cody Reinheimer
Board Member

YOUR VOICE MATTERS!

BOARD@DURANGONATURALFOODS.COOP