



March 2023

Good Thymes

DNF CO-OP'S MONTHLY NEWSLETTER

peculiar
produce
sale!

20% Off Unusual Produce



Food. Good food. Great food! That's why I'm here. Isn't that why you're here? We all like food!

But is that it? I mean, lots of stores have food and often they have bigger selections and are easier to navigate than our tiny corner market. So really, why are you here? Readers of this column know that I'm here exactly because we are a Natural Food Co-op – with emphasis on the Co-op part. And I know quite a few folks who feel the same way. But everyone probably has a slightly different reason why our Co-op attracts them.

Many people mistake us for a grocery store. Well, we do have groceries and by many measures, it's exactly what we are. But looks can be deceiving.

While we sell products to everyone, well over 2,000 individuals and families actually pay money to join us. And yeah, they get extra discounts and stuff so we're actually a club, right? Umm, actually no, we are not a club although I guess there are similarities so it's an understandable confusion.

At this point, here's where all the Co-op devotees (such as myself) breathlessly exclaim that by joining the Co-op, you are actually an owner and you can vote for the Board of Directors! Wow!! Of course, not many Members vote for the Board – around 10%. Many don't even know we have a Board and other's don't really care. But it is important and a distinction between us and other types of Businesses and it's a good thing. I hope I'm not putting you to sleep here.....

What we actually are is a Cause. We stand for something. We promote things. We bring about change. We are a good cause. A really, really good Cause.

The environmental movement is a Cause. Equal rights for all is a Cause. Eliminating hunger is a Cause. Protecting and promoting fair elections is a Cause. Finding a cure for cancer or Alzheimer's are Causes. Protecting animal rights is a Cause. You know what I'm getting at.

Our issue is that often people don't see us as such. They see a grocery store with a Membership gimmick. And truthfully, we stand for so much, it's often difficult to explain ourselves.

So let's start with food. Did you know that our American food Co-ops paved the way for the Organic and Natural movement? Recent statistics say that 30% of Americans now purchase Organic foods. When the "New Wave" Co-ops started in the early 70s, that number was closer to 0%. As a matter of fact, the founder of Whole Foods got his inspiration from being a Member of a Co-op. Now-a-days, Organics is a big thing and the fastest growing sector of the food market. Almost all grocery stores now carry Organic foods. The main difference between us and them is that they sell it because people buy it and they can make money. We sell it because it's better for the health of both ourselves and the planet.

Is that a distinction without a difference? Nope. We believe in healthy foods while others just sell healthy foods. Without the Co-ops, there probably would never have been the Organic Movement and Whole Foods would never have happened.

We are not perfect and we do sell a lot of non-organic foods in our store. That's mostly because there just aren't enough Organic products out there for a store to be 100%. And because Organics are usually more expensive, we offer lower priced items too. But it's part of our Cause so we will continue to carry as much Organics as we can. We carry the best products we can find. We are the Member's buying agent to vet out the destructive products (that's a huge conversation that books are written about – too big for this little column but you know what I mean).



Did you know that the Co-ops were the first to scream against GMOs? Okay, we didn't actually scream, we kinda just whispered. Co-ops aren't necessarily the best at communications. We're working on that. But it's true, Co-ops were anti GMOs before just about everyone else.

Okay, wait a minute. GMO's aren't necessarily bad. If something can be grown better in poor growing conditions and eliminate hunger – that's a good thing, right? Or create a product that is more nutritious – another good thing. But that's not how the majority of GMOs are used. Rather, they are created so that the plants are more resistant to the chemicals that are being sprayed upon them so more profit can be had. Yuk. Another topic that takes much to explain and explore.

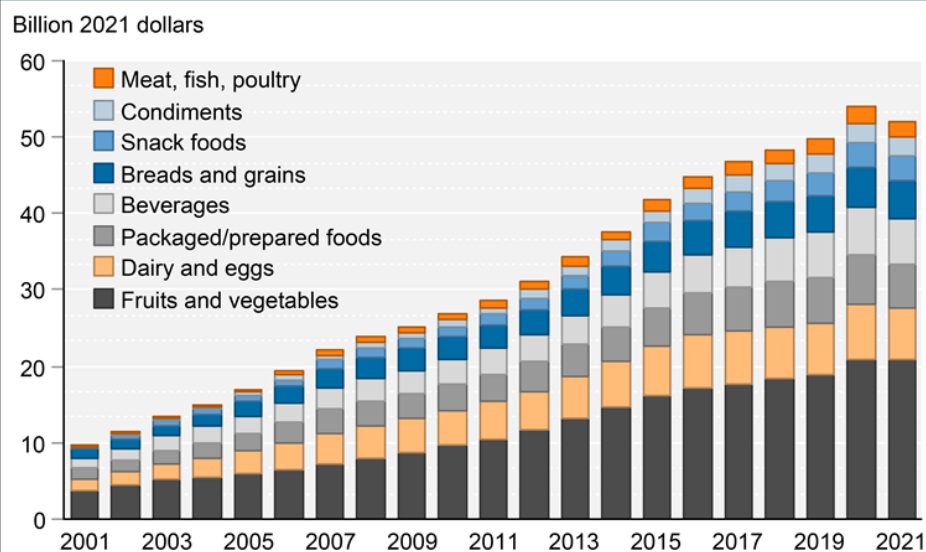
Darn it! I'm running out of room and I'm just getting started about what we stand for. It's a lot more than only Organics and GMOs (by the way – Organics can't use GMOs so there's another reason to support Organic).

Co-ops support Local! We are an outlet for local farmers and producers. When available we have more Local produce than any other outlet other than Farmer's Markets. All the produce at our Co-op is either Organic or Local!

But wait – there's more! Co-ops believe in people and are safe havens for all humans! Co-ops believe that we need to protect our planet and are in the forefront of the environmental movement. We are anti-violence. We are pro democracy. We believe in community and education. We put people before profit.

We are many Causes wrapped into one! Did I tell you that you are actually an owner and can vote for our Board of Directors – that's actually happening next month! A lot more about that in next month's Newsletter.

U.S. organic food retail sales by category, 2001–21



Note: Nutrition Business Journal estimates of U.S. organic food sales are typically somewhat lower than Organic Trade Association estimates.
Source: USDA, Economic Research Service using data from Nutrition Business Journal, 2022. Values are adjusted for inflation (to 2021 dollars) using the CPI-U.

We're the good folks that care. Not the perfect folks and certainly not the most profitable folks. But we're one of the best Causes around. We are you and you are us together! Join us! Support us! Tell your friends! And thrive with us as we create a better world!

JOIN OUR 2023 BOARD OF DIRECTORS!

Help Your Coop Thrive!

Earn Experience and a 20% Discount

We Have 2 Open Seats

Email alec@durangonaturalfoods.coop



Peculiar Produce Sale

20% Off!

*Try something new with our
peculiar produce!*



MEYER LEMONS

MINNEOLA TANGELOS

KUMQUATS

GOLDEN NUGGET TANGERINES

PAPAYA

PASSIONFRUIT

GOLD KIWI

RUTABAGA

WHITE DAIKON RADISH

PARSNIP

PURPLE TURNIP

SUNCHOKES

LEMONGRASS

FENNEL

ROSE RADICCHIO

LEEK

ROMANESCO

RED CURLY KALE



PECULIAR VEGETABLE RECIPES

Try something new with us! All peculiar produce is 20% off! Follow the green cards in the produce section for inspiring recipes. Here are a few of these recipes.

ROOT VEGETABLE SOUP

PAPAYA BARS

- Papaya Puree
- All purpose flour
- Brown Sugar
- Salt
- Butter
- Eggs
- Lemon Juice
- Honey
- Powdered Sugar



<https://www.acozykitchen.com/papaya-bars>

- Mixed root vegetables (parsnip, turnip, rutabaga, potato, carrot)
- Leeks
- Celery
- Garlic
- Unsalted Butter
- Grated Parmesan or Pecorino
- Herbs and Spices



<https://cooking.nytimes.com/recipes/1015087-root-vegetable-soup>

GARLIC AND LEMON ROASTED ROMANESCO

- Radicchio
- Olive Oil
- Red Wine vinegar
- Balsamic Vinegar
- Dijon Mustard
- Gorgonzola
- Herbs and spices



<https://leitesculinaria.com/52527/recipes-grilled-radicchio-salad.html>

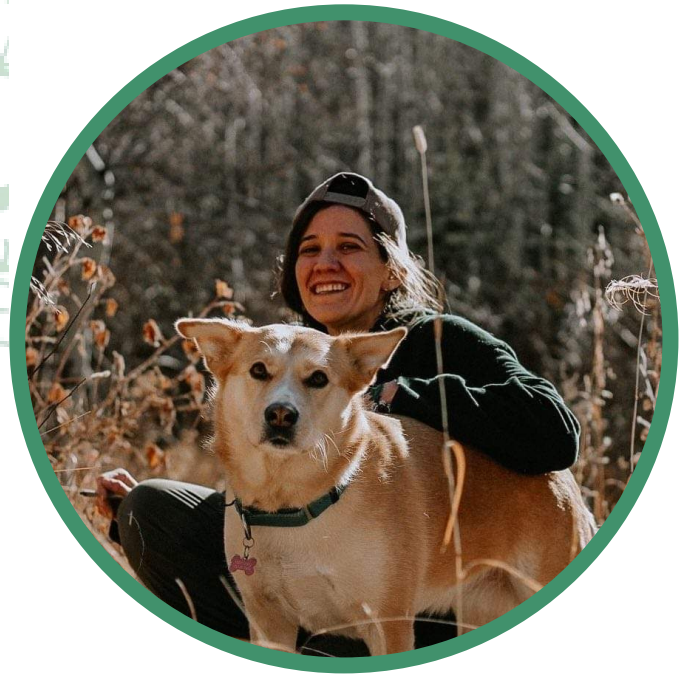
- Romanesco
- Olive Oil
- Garlic
- Lemon Zest
- Salt & Pepper



<https://itsavegworldafterall.com/garlic-and-lemon-roasted-romanesco-cauliflower/#recipe>

LET'S MEET MEELO!

Mello started working as our assistant produce manager in November. She has worked on various farms and produce departments throughout the country, mostly in CA, NC, and OR.



1. Where are you originally from?

a. I'm originally from Los Vegas NV and I spent ten years in the Ashville NC area before moving to CO. I moved to Durango because it's a unique gem of a place. It's out there, but good vibes and the slower pace is appealing.

2. When not working at DNF, how do you spend your time?

a. I like to go on hikes with my dog Delliah and be outside. I also like to play folky type music on my guitar and ukulele. And I am a crochet artist!

3. Why is supporting the local economy important to you?

a. Time, energy, and money can go farther when you spend locally! You're supporting your neighbors as opposed to big companies and corporations.

4. What is one of your favorite things about working at the Co-op?

a. I love being plugged in with local farmers, vendors, and people. Working in produce at DNF is being the middleman in the farm to table process! I also like working at DNF because I love being involved in the community. I'd be crocheting if not for the community .

5. What are your favorite products currently being sold at DNF?

a. Oooooooh that green chili and pepita Bitchin sauce is really good! Also the chocolate covered golden berries by Hu is so good.

6. Why do you support local, organic, and healthy food?

a. Because healthy food is a necessary ingredients to a healthy lifestyle!

7. What is your favorite food at the deli?

a. The red chicken posole and the shishito potato salad.

MESSAGE FROM THE BOARD



ELISE BOULANGER
BOARD MEMBER



Hello Durango Natural Foods members, employees, lovers, and beyond!

Happy month of March. Spring is nearly upon us again! In the spirit of the transitions from hibernation and coziness to blooming and frolicking, I wanted to highlight a continuously flourishing staple of our co-op: the Produce Department. The vibrantly glowing corner of the store with rows upon rows of delightfully stacked brussels sprouts, apples, cucumbers, and all things that grow. The endless possibilities in produce coupled with the changing seasons can bring us abundant ideas on how to enjoy our sustenance, can bring in new cravings, and can remind us of our seasonal food traditions. In the liminal space between winter and spring, I'm still affectionate toward hearty soups, and start branching out to refreshing salads and fruit bowls. No matter the season, DNF Produce provides the inspiration and supplies for any veggie-rich dish ideas and luscious dessert creations to feed your friends and loved ones.

How many farmer friends do you have? I wouldn't be surprised if you had a few, or at least know some neighbors growing their own food in the yard. Here in Durango, I have been awestruck about how passionate folks are about having their hands in the dirt, a personal connection with their nutrition, and thoughtful forms of food sovereignty driving their everyday labor. When I was an employee at DNF, Produce was my palace, and my favorite day to work was Saturday when I got to connect with growers who were bringing in their goods right after the Durango Farmers Market. Knowing the producers personally gave me such gratitude for their work, and for their products. At DNF, we pride ourselves on the close-knit community we cultivate, especially when it comes to our special hand in the stewardship of local produce and empowerment of local food.

As my fellow Board member Wes Medlock once said, "DNF is a lighthouse for local food." It's true, we tower out of the rural landscape to provide an excellent selection of fresh and organic herbs, sprouts, mushrooms, fruit, and vegetables – in fact, the best in town and for hundreds of miles. We have as many as 140 products in the Produce Department, support between 20 and 30 local and regional farmers each year, and are the only store in Durango to offer Double Up Food Bucks, which provides free fruits and vegetables with SNAP-and-EBT-benefited customers. By being a local food leader, we promote food security through ecologically sustainable methods of growing and distribution, provide a reliable market, and foster responsible business. We hope you take full advantage of what we have to offer in Produce, and let its magic spark your creativity for a new recipe or tradition.

All the best from the Board,
Elise

co+op deals

MAR 1 - MAR 14, 2023

protein on-the-go

It's easy to pack Wild Planet's tuna to take with you for a quick and convenient meal that's rich in protein. Enjoy delicious tuna salad wraps on a busy spring day.



2/\$7

**Wild Planet
Tuna**

5 oz., selected varieties



4/\$5

**Muir Glen
Organic
Tomatoes**
14.5-15 oz., selected
varieties



2/\$6

**Pacific Foods
Organic Soup**
16.1-16.5 oz., selected
varieties



2/\$7

**Blue Diamond
Nut Thins**
4.25 oz., selected
varieties



2/\$8

**Vita Coco
Coconut Water**
33.8 fl. oz., selected
varieties



4.29

**Kite Hill
Almondmilk
Yogurt**
16 oz., selected varieties



10.99

**Napa Valley
Naturals
Organic Extra
Virgin Olive Oil**
25.4 fl. oz.



Dip into great savings at the co-op.

Spring forward with delicious deals.

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, MARCH 15TH
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