



GOOD THYMES

DNF CO-OP'S MONTHLY NEWSLETTER

July
2023





I used to pretend I was Batman. No – not last year but rather years ago. Batman was different than most heroes – you didn't have to be born that way or exposed to nuclear radiation or come from another planet (though many suspect that I do). He just didn't think that bad dudes should roam free and personally ensured that they didn't. His real identity, Bruce Wayne, was pretty cool too. He had a lot of money but used it to help others and support the Arts. I would sit in school and watch the bullies ply their skills all while administering justice to them in my mind.

There are a lot worse "role models" one could have. And at the time, there seemed to be evil everywhere – especially in our government and institutions. We were fighting a terrible war, riots were not uncommon, almost every day new lies from our "leaders" and military were being exposed, injustice to blacks, women, hippies and anyone "different" was rampant and so many people hated the music we would listen to (Jefferson Airplane be praised!). Joe "Batman" Z to the rescue!

Of course reality is nothing like our fantasies. When confronted with a real live bully focusing on me, my immediate natural response was to run away screaming and flapping my arms. Or when an authority figure would challenge me, my defense was to cry and babble incoherently. Neither were a good strategy for effective change.

As fate would have it, I did age and the persona of Batman left my imagination but the underlying themes stayed with me. Soon, though in my early teens, I would find myself at local antiwar rallies and volunteering for the ill-fated McGovern campaign (Democratic Presidential Candidate in 1972). As the war died down, I would pick up the No Nukes banner and focused ardently on environmental concerns.

I learned to stand my ground and hold my head high while it got bashed in. Didn't cry. But soon it got pretty old (with lots of headaches) and the advances were just not coming at the speed one would hope. Big money corrupted everything and I watched many who inspired me cut their hair, put on a tie and settle down to corporate jobs. Well maybe they'd do more good on the inside, I would speculate grasping at straws.

Somewhere along the line, I got introduced to the Co-ops. Seemed like an interesting endeavor and I started volunteering. The people were very passionate and while they talked about peace and brotherhood, they still managed to fight and scream at one another. And yet at the end of the day – we'd have a pot-luck dinner and all laugh together. People are weird.

The energies of the antiwar movement, the environmental movement, the women's movement, the equal rights/anti-bigotry movement, the back-to-the land movement and the great new music movement all converged to build something new. Well, not quite new in the sense that Co-ops have been around since the mid 1800's to varying degrees of success. But certainly new for the times and certainly new in the promotion of natural foods, Member and Economic Democracy, anti-big corporate business sensibilities and a "do-it-ourselves" reality.

Suddenly, my old alter ego of Batman started to swim in my head. But now, I replaced it with a new pretend persona – Co-op Man! Though instead of operating alone, I was joined by my fellow Co-op Men and Co-op Women and we would link arms and change the world battling the forces of greed and repression! The pretend world is great: success is only predicated on determination; evil forces wither and die when confronted with wholesomeness and niceness; the future turns into a utopia.

But as Batman learned over the years, the other side is relentless, powerful and moneyed. Up sprung corporate entities such as Malmart (Two-Face) and usurpers such as Whole Fraud (The Joker) and Traitor Joe's (The Riddler). The Government turned even more to the dark side in the '80s with the installation of President Raygun (Mr. Freeze) and the take-over of the NCCB (the National Consumer Co-operative Bank – a huge story in and of itself and which has eventually regained its bearings though now called the National Co-operative Bank).

The mighty young Co-op Teams were knocked down as we tried to shout our message to the populace though it was really just a whisper under the corporate cacophony. Wounded but still hopeful, the survivors banded together in a shaky alliance called the NCGA – the National Co-operative Grocers Association.

Food cooperatives started a resurgence in the early 2000's and it continues to this day. Here in Durango, not only have we grown but so has, La Montanita in Albuquerque (& Santa Fe) and the Los Alamos Co-op. Also "close" to us, the Tucson Food Conspiracy is flourishing and a new Co-op was birthed a few years back in Sierra Vista, AZ. (the next closest Co-op is in Wheatsville, TX and there is a very small – but great – one in Fort Collins, CO.)

Batman would be proud. But the struggle to bring our message to more people is still just that: a struggle. The forces of "evil" and corporate greed still dominate the landscape. Our story is not just of good wholesome foods but also of community, people, health and ownership. Together, we are the super hero who strives for the impossible and never relenting until success permeates our world. Our great Cooperative – an incredible story in a small town – is poised for even greater good. Our whisper is becoming a voice in our community.

I never actually claimed to be Batman (...heh,heh,heh) but I still pretend that we can make an impact despite overwhelming odds. If we are ever to achieve anything, it begins with pretending and a steadfast belief that we can persevere. Our Co-op is proof of what can be accomplished. Personally, while my cape and cowl don't really exist, I still wear them proudly. The Durango Natural Foods Co-op is not a cartoon character but as real as you and me. Together, we can and will create a better community and a fantastic world! Believe it!

-Joe Z





MEET WHISKERS

**SAY HELLO TO
OUR BELOVED
PRODUCE TEAM
LEAD + PLANT
GURU OF OUR
CO-OP**

Lets Chat!



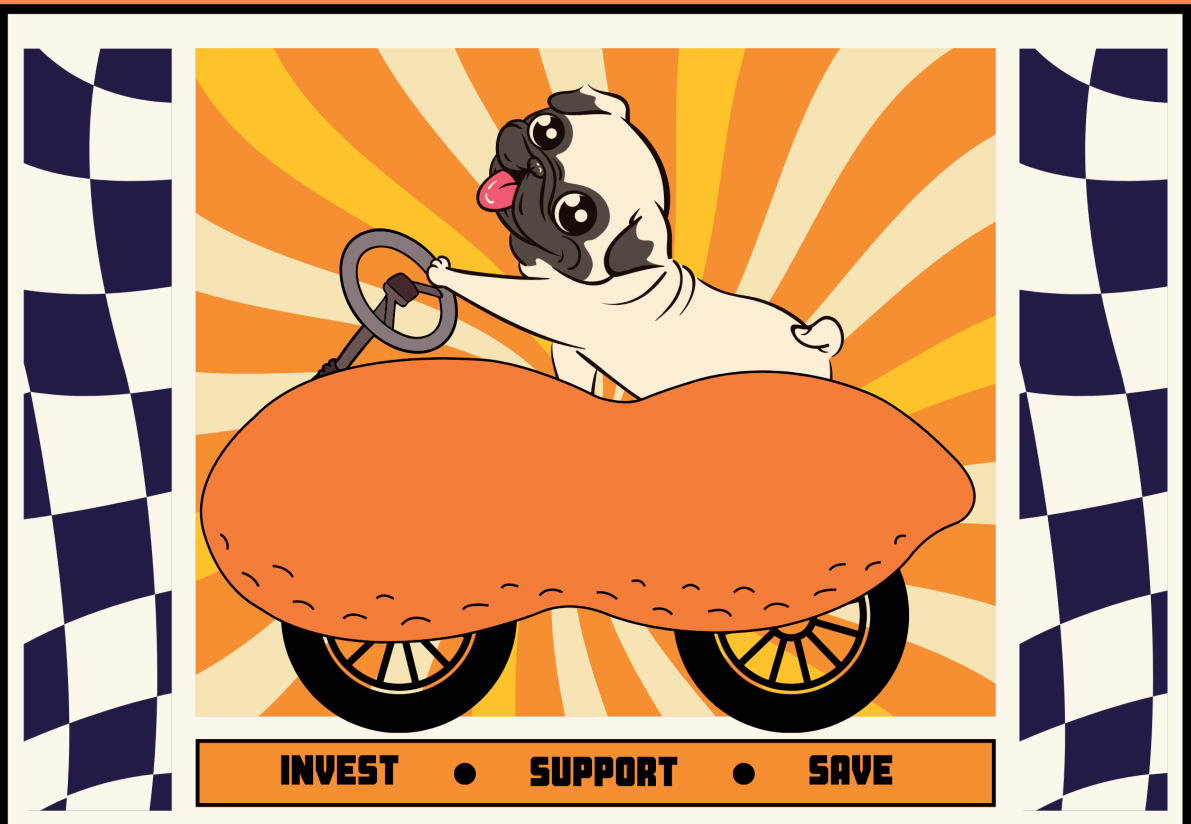
Check in every month for a DNF
feature celebrating the people
who make our Co-op run

1. So Whiskers, where are you from?
 - a. Kaunas, Lithuania
2. And how did you end up in Durango?
 - a. After graduating from university in Scotland, I took a trip to Durango on a whim and ended up meeting my future spouse.
3. When you're not at DNFC, what are you getting up to?
 - a. I enjoy film photography, being surrounded by and creating art, outdoors time, and cooking.
4. Anything that might surprise shoppers about you?
 - a. Well, that I'm from Lithuania. And also that I can develop black and white film using instant coffee.
5. Favorite things about working at the co-op?
 - a. The democratic nature of the building, working somewhere that supports local, and getting free food of course.
6. What is something you are excited to bring to the store?
 - a. An enthusiasm for food -- I have a lot of it. And the same for plants, I like getting to talk to people about my little worlds.
7. In preparation for an outdoor adventure, which three DNFC products would you bring?
 - a. Bobos bars, cosmic crisp apples, and cashews from our bulk section.
8. In ten words or less, how would you describe our Co-op to an extraterrestrial?
 - a. Good place for delicious and beautiful, local things to buy.

HELP US GROW OUR CO-OP

DURING...

**THE GREAT BIG
BONANZA
EQUITY DRIVE**



**INVEST \$100 TO YOUR
EQUITY ACCOUNT**

TALK TO OUR STAFF!

**RECEIVE
MAJOR
SAVINGS**

ONE CO-OP

THE OLD FORT



The Fort Lewis College program dedicated to helping grow the next generations of local farmers + producers

They're finally here! Colorado cherries (and soon peaches) are filling our shelves this month and beyond. The small pocket surrounding Palisade, Colorado has the perfect combination of climate, soil, and river water, to grow some of the earliest and best stonefruits in the high-desert west. We are fortunate to be so close that the farmers themselves show up at our loading dock first thing in the morning after a good harvest day to deliver the weeks crop. We wait all year for this time when road side pull-offs are suddenly occupied by pick-up trucks, laden with peach and sweet corn boxes, garnered in plywood signs, advertising the bounty from the north. Growing up here, summer road trips were always fueled by a flat of peaches shared across the laps in the back seat of the family van.

While Mesa and Delta counties hold legendary status as producers of Colorado's sweetest bounties, our own corner is also remarkable for its concentration of small farms cranking out year-round produce. The origin of many of our farms here can be traced to a single spark (or should I say nest): the Old Fort at Hesperus, managed by Fort Lewis College.

In 2013 FLC professor Beth LaShell founded the Farmer Training program and Incubator plot at the Old Fort. It is a year-long intensive program that educates and trains aspiring agricultural entrepreneurs. Anyone with a desire to create an ag enterprise is welcome to apply.

If accepted they attend classes in early spring and then are provided an affordable lease on a small portion of Old Fort land to manage as their own for the entire growing season. From the Incubator have hatched the likes of Mountain Roots, Fields to Plate, Outlier, Sol Vista, and Long Table farms to name a few.

In 2016, LaShell along with then Educational Garden Manager Elicia Whittlesey created the "Farmer-in-Training" (FIT) program. Its goal is to bring in interested individuals to work and learn in the Old Fort Educational and Market gardens for an entire season. FITs also receive in-class learning, while getting hands-on experience with all aspects of vegetable production. From planning and planting, to harvesting and delivering produce. The FIT program supplies the Old Fort's on-site country store, Durango Farmers Market, local vendors (DNF co-op included) and the Fort Lewis dining hall. One of the FIT program's greatest benefits is providing a field-ready work force. Past graduates are working in every string of our food web, managing private farms, working in local non-profits, educating, and even going full circle to return as employees at the Old Fort.

Next time you're at the farmers market, or perusing local produce in the grocery store you're bound to spot something or someone who has a direct connection to the Old Fort and it's programs.

Produce Manager, Jack Leggett

More information about the Farmer Training programs can be found at:

www.fortlewis.edu/about-flc/initiatives-partnerships/the-old-fort/farmer-training

If you want to visit the Old Fort and see where the it all goes down, they have two tour dates coming up this month!

See them at:
alumni.fortlewis.edu/events/calendar



Say hi to Jack!

Our Produce Manager and resident expert on all things that grow from the Earth

DNF DELI SPECIALS ARE BACK

**SINK YOUR TEETH INTO THESE NEW SPECIALS
KICKING OFF FOR THE MONTH ON TUES., JULY 4**

TACO TUESDAYS

Slow roasted/shredded James ranch beef. Flavor: Chipotle, Citrus

Marinated/baked Tofu Flavor: Chili, Lime

All tacos served on Corn Tortillas with choice of Salsa Verde,
Born again Salsa, Mango Pico, Red Cabbage, Radish



RICE BOWL THURSDAYS

Get 10% off Asian Rice Bowls and Original Rice Bowls!

Asian bowl- Edamame, Carrots, Green Onions, Zucchini, Yellow squash,
broccoli, spinach, short grain brown rice, Teriyaki sauce

Original Bowl: Bells, Red Onion, Carrots, Broccoli, choice of sauce:
Turmeric Tahini or Chimichurri

SMOOTHIE SUNDAYS

All smoothies 10% off, including build your own!
Add on proteins, fruits, greens boosts not included in the discount.

Pro Tip: Ask the deli to try the PB+J smoothie on their "secret menu"



A MESSAGE FROM THE DNF BOARD

My hope is that you find yourself reading this with the summer sun on your face, wildflowers within reach, and the sound of a river in the background. While the June 21st summer solstice marks the beginning of a new season, at DNF, it means that our local producers have an abundance of fresh produce. Patrons of DNF know that this time of year means that our shelves are stocked with more locally-grown products than anywhere else in Durango. Among other things, this is what sets DNF apart from all other grocery stores. We put our money where our farmers are, and this is our commitment to you.

This year, the Co-op is spreading our local food love by partnering with the Good Food Collective and Mercy Hospital in the new Fresh to Flourish program. This unique program seeks to improve access to local food by providing up to 1,200 patients with vouchers to purchase fresh produce from DNF Co-op, Durango Farmers' Market, Fort Lewis Farmstand, and the Good Food Collective's farmstand at Mercy Hospital. Not only that, but the Fresh to Flourish program stretches further to provide services and support for other food resources like SNAP and the Double Up Food Bucks program.



Weston Medlock

Collaborations like this are critical for ensuring that communities have access to healthy food and that our local producers are supported with new market outlets. If you or someone you know is seeking support for food assistance resources, please visit goodfoodcollective.org/food-assistance.

While DNF is known to be a lighthouse for fresh, local food, we also take pride in our reputation of having a team of staff members that are dedicated, friendly, and attentive to our shoppers. To celebrate these awesome people, DNF will be closing at 6pm on Sunday, July 23rd, for a staff appreciation event. We want to thank our shoppers in advance for your understanding.

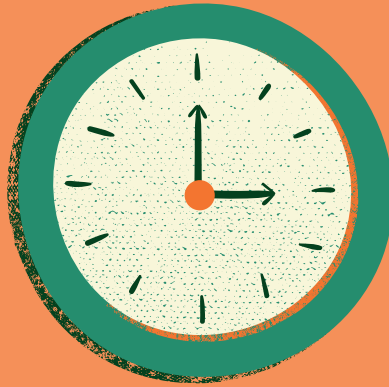
On behalf of the Board, we want to say thank you to our members, shoppers, local producers, staff members, and management for making the Durango Natural Foods Co-op a very special place.

Kindly,
Weston Medlock | Co-President

IT'S STAFF APPRECIATION MONTH

Here's what celebrations are cooking up...

**WE'RE
CLOSING OUR
STORE EARLY
SO WE CAN
CELEBRATE
ON JULY 23!**



**BUT ONLY BY
A FEW HOURS!**

**STORE HOURS
ON JULY 23:
8AM-6PM**

**NOW, HERE'S WHAT'S
IN IT FOR YOU...**

**AS A THANK YOU FOR
UNDERSTANDING,
WE'VE GOT BIG SALES!**

**COME IN TO
SHOP ON THE
23RD AND SAVE
25% ON ALL
STAFF PICK
ITEMS!**



**WANT TO
FIND OUT
WHAT'S
GOING ON
SALE?**



**READ ON, LOOK
FOR A HANDOUT
AT THE FRONT OF
OUR STORE, OR
ASK A STAFF
MEMBER!**

JULY STAFF PICKS

Here's what's 25% OFF on July 23rd

Quinn – Graza Drizzle Extra Virgin Olive Oil

Harper – Impossible Foods Plant-Based Wild Nuggies

Kevin – embodygreen CBD + CBDA Drink

Scarlett – Evolution Fresh Vital Berry

Klara – From The Ground Up Cauliflower Stalks

Naomi – Fossa Honey Orchid Dancong Hongcha Tea Chocolate

Ty – Bachan's Hot and Spicy Japanese Barbecue Sauce

Dan – Bubbies Spicy Kosher Dill Pickles

Ayden – Clean Cause Raspberry Organic Sparkling Yerba Mate

Jordo – Kalona Super Natural Organic Whole Chocolate Milk

Drew – Nelly's Organic Peanut Butter Quinoa Bars

Caitlin – Durango Natural Foods Co-op Dried Pineapple Rings

Chris – Fishwife with Fly By Jing Smoked Salmon with Sichuan Chili Crisp

Joe – Durango Natural Foods Co-op Salsa Verde

Cody – Lundberg Wild Rice Blend

Zoe – Uncle Matt's Organic Orange Juice with Pulp

Ryan – Durango Natural Foods Co-op Dried Mangoes

Deb – Leafcutter Farms Mixed Oyster Mushrooms

Jes – Barbara's Cheese Puffs Jalapeno

Whiskers – TRUFF Original Hot Sauce

Nasa – Mi-Del Ginger Snaps

Rode – EPIC Provisions Smoked Salmon Snack Strips

Marisa – Annie Chun's Shiitake & Vegetable Potstickers

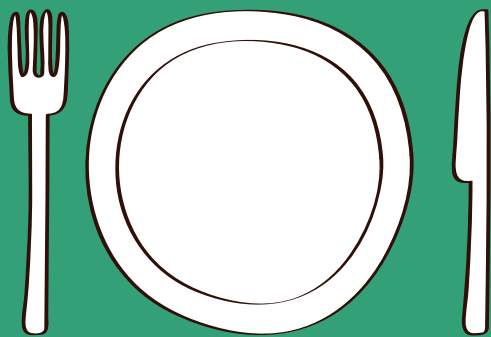
Tess – Talenti Black Raspberry Chocolate Chip

Haley – Honey Mama's Oregon Mint Chocolate

Bridget – Hippeas Organic Vegan White Cheddar Chickpea Puffs

**Find an aisle by aisle
map of our staff pick
products in-store on
the 23rd!**





WELCOME
TO OUR
TABLE

**OUR FAVORITE
SPACE TO SHARE
PRODUCTS +
RECIPES OUR
TEAM SIMPLY
CAN'T GET
ENOUGH OF**

Lets
Cook!



Here's what's cooking in the
kitchens of the DNFC staff and
community

GRILLED STONE FRUIT SALAD

Inspired by our seasonal bounties + goodies from
the greater Palisade area



PRO TIP:

All of these ingredients
can be found at the co-op!
And lots of them come
from local providers.

PREPARATION

1. Heat gas or charcoal grill. Brush cut sides of peaches, plums and apricots with melted butter. Place fruit cut sides down on grill over medium heat. Cover grill; cook 2 to 3 minutes or until grill marks form; turn 90°F, and cook 2 to 3 minutes longer to make perpendicular grill marks.
2. Transfer fruit to cutting board; let cool 5 minutes or until cool enough to handle. Cut fruit into wedges.
3. Meanwhile, in large bowl, beat olive oil, honey, lemon juice, salt and pepper with whisk. Reserve 1/4 cup of vinaigrette in container; set aside. Add arugula to large bowl of remaining vinaigrette; toss to coat. Transfer to serving platter. Return reserved vinaigrette to large bowl; add grilled fruit, and toss to coat.
4. Top arugula mixture with grilled fruit, cheese and almonds.

INGREDIENTS (FEEDS ~8)

- 2 firm ripe peaches, halved, pits removed
- 2 firm ripe plums, halved, pits removed
- 2 firm ripe apricots, halved, pits removed
- 2 tablespoons butter, melted
- 1 /4 cup olive oil
- 2 tablespoons honey
- 2 tablespoons fresh lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 container (5 oz) baby arugula
- 4oz crumbled feta cheese
- 1/4cup chopped roasted, salted almonds

Recommended Picks:

- Local Field to Plate Greens Mix
- LaClare Family Creamery Feta Goat Milk Cheese
- Honeyville Colorado Wildflower Raw Honey
- Palisade + other local Stone Fruits

coop deals

JUL 5 - JUL 18, 2023

time to gather

INCLUSIVE TRADE PARTNER

Siete Family Foods is a Hispanic-owned and mission-based company passionate about making and sharing real food. Their grain-free tortilla chips are the perfect addition to your summer outing.



3.79

Siete
Grain-free Tortilla Chips
5 oz., selected varieties



2/\$6

Tasty Bite
Organic Entrees
8.8-10 oz., selected
varieties



3.99

C2O
Coconut Water
33.8 fl. oz., selected
varieties



2/\$8

Silk
Almondmilk
64 fl. oz., selected
varieties



4.49

Udi's Gluten Free
Hot Dog Buns
12.9 oz.



5.99

Hodo
Organic Tofu
Nuggets or
Burgers
8 oz., selected varieties



11.99

California Olive
Ranch
Extra Virgin Olive
Oil
25.4 fl. oz.



Shop for your camping, BBQ or poolside event.

The co-op has snacks you love.



4/\$5

Fage
Greek Yogurt
5.3 oz., selected varieties



2/\$4

Mountain Valley
Spring Water
33.8 fl. oz., selected varieties



4.99

Organic Valley
Cheese Slices
6-8 oz., selected varieties



5.29

Bitchin' Sauce
Almond Dip
8 oz., selected varieties



5.29

Forager Project
Organic
Cashewmilk
Yogurt
24 oz., selected varieties



5.49

Bizzy
Organic Cold
Brew Coffee
48 fl. oz., selected varieties



7.99

Bubbies
Pickles or Pickle
Chips
33 fl. oz., selected varieties

see what's new at Hope

Hope Hummus is now certified plastic neutral! Plus, we have added plant-based omega 3s, with no change to our homemade texture or fresh taste. Spread good things.



2/\$7

Hope
Organic Hummus
8 oz., selected varieties



INCLUSIVE TRADE PARTNER

Wild Tonic is a woman-owned company. We ferment Jun — a kombucha made with honey — and brew living culture to create delicious beverages with probiotics, prebiotics and amino acids.

3.79

Wild Tonic
Organic Kombucha
12 fl. oz., selected varieties



Check out the DNF website for more BOGO deals + sales going through the end of the month

