

GOOD THYMES

DNF CO-OP'S
MONTHLY NEWSLETTER

SEPTEMBER 23

HARVEST SEASON!



SAVE THE DATE FOR HARVEST FEST ON SUNDAY, OCT. 1!



cup O' JOE



He had long stringy white hair and a straggly beard. Nice guy. I met him a few days previous when he first appeared at the Co-op and had a couple of very interesting conversations with him. He was into Co-ops. Traveled amongst them in his beat up van. Said they were filled with "friendlies". "Don't bother with the others -focus on the friendlies." I was still in my twenties at the time and it seemed like wise advice. I really liked him.

But I was quite surprised when I walked into the Co-op one day and he was there in the front of the store wearing only a loin cloth and doing a bizarre pantomime/dance kinda sorta thing. Loin cloths serve their purpose I suppose but his movements challenged that purpose greatly. It was a truly a sight to behold even though one might not want to behold such a sight.

I motioned to him to stop and come talk to me. "Clear," I said, "what the heck are you doing?" (his name was Clear Marks - he authored and self published a book back in the 70's called "Friendly Shared Powers: Practicing self-mastery and creative team work for earth's community". I still have my copy. Amazingly, you can actually find used ones on Amazon).

"Joe - I'm doing a performance depicting the plight of humans and their struggle for identity and life"

"Um, Okay. But why the loin cloth?"

"Well, it gets people attention."

"That is sure does. Do you think you could wear something under it? Some folks may not be comfortable seeing such a bare display." And then he uttered the words that I had heard so many times before and a zillion times since: "But Joe, it's a Co-op!"

Oh, whatever does that mean? Let's be clear (um - sure - pun intended): Co-ops are capitalistic entities (essentially) where the equity (capital) is equally invested by each member entitling them to part ownership and one vote. It is an alternative way of raising money and creating a business (it's the original crowd-funding) and to have that business in the hands of those that use it. There's nothing about dancing. There's nothing about loin cloths. And there's nothing even about food although the food co-ops have become synonymous with the term.

Co-ops were started in the mid 1800s by poor oppressed people struggling for some control of the monies that swirled around them. There have been several "waves" of Co-operative success across time. What we refer to now as "Old Wave" Co-ops raised to great numbers in the 1920s and 30s. They started to dwindle in the fifties and only a few were left in the 60s.

Then, as part of the counter culture, the awakening of whole food consciousness and an anti-corporation sensibility, the "New Wave" Co-op were born in the late 60s and 70s (of which, we are one).

While they shared the same basic structure of the Old Wave stores, they introduced many new concepts that have become identified with Co-ops. If you study the history of the Co-ops, you'll find the majority followed very similar paths. They were started by a small dedicated group usually first forming a buying club in someone's basement or church and then opening a small storefront as the means became available. They practiced consensus decision making often leading to very long contentious meetings. Members usually volunteered at the stores in place of paid staff. Items were bought in bulk and repackaged. Small local entrepreneurs were given a venue to sell their wares. Many different personalities were accepted and new ideas and expressions were embraced. They grew to the thousands. But most failed. Today there are still over 300 left and more are being created - the "Third Wave" Co-ops.

The IRS and insurance companies put a stop to members working directly in the stores (mostly - a few Co-ops still are fighting on this issue). As the Co-ops grew, they adopted more successful ways of running a business.

But many of the ideals that fueled these Co-ops are still evident today: an openness and acceptance of all people, personalities and ideas. A deep concern about health, the environment and humanity. An embracing of artistic expression. A striving for consensus and collaborative decision making. And a focus on peace, non-violence and goodness.

This is what Clear was referring to. Weren't the Co-ops the obvious place for his type of art? Aren't the Co-ops based on people and acceptance rather than money? Where else could alternative type people go if not the Co-ops? And he was right.

Sometimes though, the words, "It's a Co-op" are said rather ruefully by folks who don't fully comprehend the values deeply seated in the organization. They lament that decisions can take a long time, that different personalities are worked with rather than eliminated and that people centric policies are created rather than business oriented ones. What they see as deficiencies are actually strengths that mainstream businesses are just now starting to understand and emulate.

Co-ops are always experimenting with these ideals and trying to find the right balance. It's not easy. Where are the lines drawn? Are those lines flexible depending on the situation? When is a very different personality a too difficult personality? How many standard business practices are justified? Where is too far and not far enough?

"It's a Co-op" certainly doesn't mean "anything goes". Yet, there is a distinct difference between a Co-op and a conventional business. We celebrate people and healthy foods. There is always space for folks like Clear at our Co-ops.

- Joe Z.



DNF CO-OP'S 3RD ANNUAL

HARVEST FEST

Music | Food | Beer | Games

SUN, OCT 1 • 3-7PM
ROTARY PARK

FREE ENTRY • HARVEST DINNER \$15

Music by:

HARO
&
THE DARK

LOCAL SUPPORT FROM:

Leaf Cutter Farms, Luv Tempeh, Turtle Lake, Good Food Collective, Farm-to-Summit, Omni Bagel, Solavita, Sarvaa, Bread, Local First, Nomad, Local Farmers



NEW PRODUCTS ON OUR SHELVES NOW!



BITE

A personal wellness company specializing in **Zero waste toothpaste tablets** + other sustainable self-care products.

Los Angeles, CA

NEUTRAL MILK

Neutral Organics offers Certified **Carbon Neutral milk products** sustained by intensive emission reduction + elimination practices.

Portland, OR



BIM BAM BOO

"Trees belong in nature, not our bathrooms." Check out this **bamboo-based, tree-free toilet paper** on a mission to reduce deforestation.

Minneapolis, MN





MEET CAITLIN

**SAY HELLO
TO A BELOVED
MEMBER OF
OUR DNF
MANAGEMENT
TEAM**

**LET'S
CHAT**



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

1. So, where are you from?
 - a. Dexter, Missouri
2. And how did you end up in Durango?
 - a. My current partner lived here when we got together six years ago, and after moving around a bit we landed in Durango.
3. When you're not at DNF, what are you getting up to?
 - a. Sewing my own clothes, experimenting with fun foods in my kitchen, and playing with my dog Lily who is the sweetest dog on the entire planet -- no matter what you think of your dog.
4. Anything that might surprise shoppers about you?
 - a. I've illustrated all of the chalk boards/deli menu around the store! #artsy
5. Favorite things about working at the co-op?
 - a. It's surprisingly my most favorite job after working in the veterinary industry for ten years!
6. What is something you are excited to bring to the store?
 - a. Fun perspectives about food and colorful attire.
7. In preparation for an outdoor adventure, which three DNF products would you bring?
 - a. Dehydrated pineapple rings, Cajun sesame sticks, and lemon berry kombucha.
8. In ten words or less, how would you describe our Co-op to an out of town visitor?
 - a. My second home that is also a natural grocery store :0)



PACHAMAMA
COFFEE FARMERS

Say hello to Pachamama Coffee Farmers.

A coffee co-operative working to create a sustainable model serving future generations of both producers and consumers.



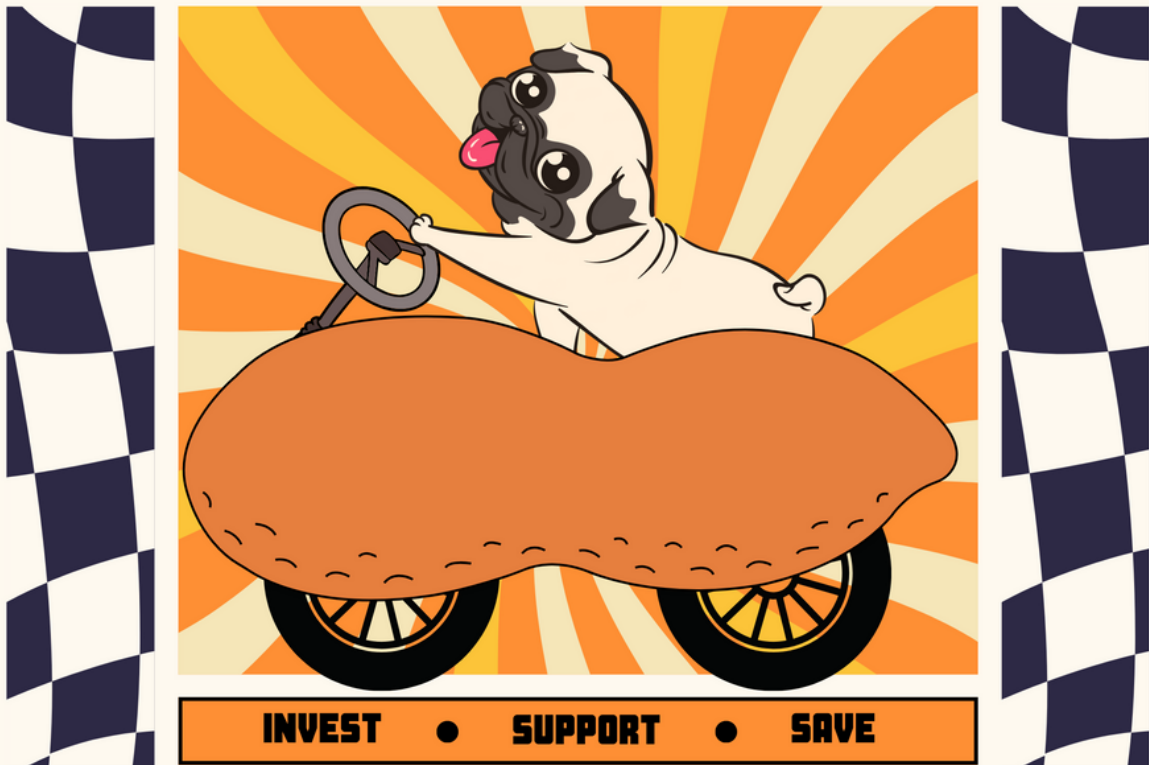
This **100% Farmer Owned Cooperative** is built on the Incan mythology of Pachamama -- **“Earth Mother”**. As such, all of Pachamama coffee is **100% certified organic and shade grown**. Plus, the coffee cooperative was recognized by the Specialty Coffee Association based on its **industry-leading work with small scale farmers**. *Did we mention the packaging is plant based and compostable?* The Columbia Center on Sustainable Investment notes, “Purchase coffee directly from the farmer. This is the most impactful action a consumer can take to ensure the farmer earns more of the final retail price.”

Pachamama has **owners all over the world**: Cocola in Peru, Prodecoop in Nicaragua, Manos Campesinas in Guatemala, La Union Regional in Mexico and Ocfcu in Ethiopia. Together, they elect a Board of Directors to oversee Pachamama and guide the “Earth Mother” mission. With board member representatives also from all around the world, *(Think: Nicaragua, El Salvador, and more)* Pachamama is best able to serve its community plus our environment through a **democratic coffee process**. Check it out in our store today!

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**

DNF CO-OP



LET'S TALK ABOUT

LOCAL VS. ORGANIC



IS ONE BETTER THAN THE OTHER? AND AM I BETTER OFF ONLY SHOPPING ONE COLOR OF PRODUCE TAGS? LET'S EXPLORE WHAT THE DIFFERENCE BETWEEN LOCAL AND ORGANIC PRODUCE IS AND WHAT IT MEANS TO OUR SHOPPERS.



YELLOW PRODUCE TAGS IN OUR STORE REPRESENT "LOCAL" GOODS. THESE FRUITS AND VEGGIES ARE COMING STRAIGHT TO DNF FROM FARMS GENERALLY 100 MILES OR LESS FROM OUR STORE! (SOME OF THEM ARE EVEN RIGHT HERE IN DURANGO!)

GREEN TAGS IN OUR PRODUCE CASES INDICATE "ORGANIC" PRODUCTS. THESE ARE FRUITS, VEGETABLES, ETC. GROWN WITHOUT THE USE OF SYNTHETIC PESTICIDES, FERTILIZERS, GMO'S, ANTIBIOTICS OR GROWTH HORMONES.



ULTIMATELY, WE SUPPORT A DIVERSE MIX OF LOCAL AND ORGANIC GOODS! WHILE WE ALWAYS PREFER TO SUPPORT OUR LOCAL FARMERS, CERTAIN PRODUCE JUST DOESN'T GROW AS CLOSE TO DURNGO AS WE WISH IT COULD -- SO WE SOURCE THE BEST ORGANIC ALTERNATES FROM AS CLOSE BY AS WE CAN.

A MESSAGE FROM THE DNF BOARD

Hello Co-op goers and lovers and Welcome September!

We are ONE MONTH OUT from getting to celebrate with you all DNF's 3rd Annual Harvest Fest! As a Co-op, we are upheld by our bylaws to have an annual meeting regarding the state of the Co-op...and what better way to host this than in the form of a party for YOU, our community.

This year it will take place on Sunday, October 1st from 3-7 pm at Rotary Park. We will have live music by Haro & the Dark, an abundance of some of our favorite local vendors, food made from our in-house deli, refreshments, information about the Co-op, and more!

The idea of this annual event started around three years ago when we were thinking of ways that we could celebrate our local food outlet, our community, and foster an event that provides fun for all ages. Our vision is that this event turns into a tradition and that more and more of Durango becomes involved. We hope that you can be present, dance with us, eat good food, make new connections, and learn more about your Co-op that has been around and community owned since 1974. (That makes next year our 50th anniversary!)



Hadley Bevill

In addition to our Harvest Fest, October is a special month for co-ops. Every October, cooperatives of all sorts from all across the country celebrate National Cooperative Month. The

purpose of this annual celebration is to recognize the cooperative difference and remind you, the members of the co-op, of our unique business model. Co-ops have a business model based on the Seven Cooperative Principles: Voluntary and Open Membership; Democratic Member Control; Members' Economic Participation; Autonomy and Independence; Education, Training and Information; Cooperation Among Cooperatives; and Concern for Community. So let's take next month as an opportunity to celebrate, support, and learn about our local food co-op that we know and love as Durango Natural Foods.

Wishing you much joy and happiness in these next few months!

Hadley Bevill
DNF Board Secretary

coop deals

AUG 30 - SEP 12, 2023

sweeten the season

As the summer days begin to wind down, let that be your excuse to grab some delicious Cosmic Bliss pints from the co-op. They're on sale and out-of-this-world good. Ice cream on a warm evening is the perfect plan.



5.49

**Cosmic Bliss
Organic Frozen
Dessert**

14 fl. oz., selected varieties



**Buy One, Get One
FREE**

Field Day
Organic Crackers
4.4-8 oz., selected varieties



**Buy One, Get One
FREE**

Field Day
Organic Peanut Butter
18 oz., selected varieties



**Buy One, Get One
FREE**

Field Day
Organic Macaroni & Cheese
6 oz., selected varieties



**Buy One, Get One
FREE**

special offers inside!





Buy One, Get One
FREE

Field Day
Organic Cereal
13-14 oz.



Back-to-School Fuel
Buy One, Get One FREE



Buy One, Get One
FREE

Field Day
Organic Granola
12 oz., selected varieties



Buy One, Get One
FREE

Field Day
Organic Multigrain Bars
7.9 oz., selected varieties



Buy One, Get One
FREE

Field Day
Organic Original Applesauce
4 pk.-4 oz.

Head into fall with great BOGO offers!



Buy One, Get One
FREE

Field Day
Organic Pretzels
8 oz., selected varieties



Buy One, Get One
FREE

Field Day
Flavored Sparkling Water
6 pk.-12 fl. oz., selected varieties



Buy One, Get One
FREE

Field Day
Organic Instant Oatmeal
11.29 oz., selected varieties



Buy One, Get One
FREE

Field Day
Creamy or Crunchy
Almond Butter
16 oz., selected varieties



Buy One, Get One
FREE

Field Day
Organic Diced Peaches
4 pk.-4 oz., selected varieties



Buy One, Get One
FREE

Field Day
Organic Jumbo Red
Seedless Raisins
15 oz.

Back-to-school BOGO sales are at the co-op.

More Co-op Deals + ways to save on our website!
www.durangonaturalfoods.coop