



APRIL 2021

Good Thymes

DNF CO-OP'S MONTHLY NEWSLETTER



Spring has
sprung!

Flowers are here!



Joe Z., GM

Moving forward (continued from last month)

Co-ops at the turn of this century were in trouble. Many have failed and others were on the ropes. With the collapse of the Co-op Warehouses, the new IRS rulings about Member Workers at Co-ops, and difficulty in raising capital, the future looked bleak.

One of the distributors whose stark capitalistic maneuvers caused the collapse of many of the Co-op warehouses (directly and indirectly), came to a Co-op Conference and in a speech to the group, said that the Co-ops need to unite into one company if they were to survive.

That didn't fare well with most Co-ops but with competition on the rise and the demise of the Co-op warehouses, it was realized that there was some truth to what was being said. Instead, the Co-ops came up with a compromise solution that turned the tide.

They created a "virtual chain" by pooling resources together and establishing the National Cooperative Grocers Association (NCGA – the "A" was dropped a few years later and is now called the NCG).

It worked. The new company was able to leverage the buying power of the Member Co-ops and negotiated a deal with that main natural foods distributor that allowed them to buy products at wholesale prices comparable to what the competitors were able to do, leveling the playing field.

The Co-ops were back! The next 15 years saw growth in many of the Co-ops across the country. But also growing were the other outlets that sell similar products. In the last few years, Co-ops started to struggle again.

A few Co-ops failed in the last 3 – 4 years. The latest was the Mountain View Co-op in Las Cruces, NM which closed their doors this past Dec. They started the same year we did and grew to a pretty big size. But new competition caused them to decline and the Covid situation became too much. And of course, our beloved Co-op here almost collapsed in Dec of 2018. We're doing much better now.

The Natural Food industry has changed a lot in the last 6 – 7 years. Small companies have been bought up by multinational corporations and Amazon buying Whole Foods is a huge game-changer. Maybe it's not noticeable that much on a consumer level but on a wholesale level, it's huge.

Our main distributor, the one that suggested 20 years ago that Co-ops merge into one company, has grown to an enormous size. Not only are they our main distributor, but they also supply the other natural food stores in town as well as Whole Foods. Really.

So the question becomes, "In today's economy and zeitgeist, why should folks shop at a Co-op?"

Well, for our little Co-op, I can list quite a few reasons. My guess though is that if you are reading this, you have a list of your own why you love shopping here. But the question isn't just about us but rather Food Co-ops across the country in general.

And it becomes a question of identity: what do we stand for as Co-ops?

To be fair, Co-ops have always been different from each other as they reflect their specific community. The Co-op model is still cool overall: we are owned by the Members. But is that enough?

Co-ops used to be the only place in town where you can buy natural/organic and specialty foods. Not anymore.

Co-ops used to be the only place in town where you can buy bulk products at great savings. But not anymore.

If we only use the Co-op model to collect equity to capitalize the business, that's okay but not enough in my opinion.

First and foremost, our Co-ops need to stand for healthy foods and farming systems that are fair and equitable. That may seem obvious but many Co-ops have abandoned that and will carry many "conventional" products such as Diet Coke or regular heavily sprayed produce (no lie).

Production and regional distribution systems could be explored. Have you heard of AppHarvest (<https://www.appharvest.com>)? This is an amazing attempt to rethink production as well as distribution. The future is greenhouse and vertical farming. We may not love that concept but in terms of sustainability on a rapidly heating planet with an out-of-control population – it will become reality. My thought is "why aren't the Co-ops leading the way on this?" Small local and regional greenhouses around Durango can supply much produce even through the winter months instead of relying on products from California.

Our first two Co-op Principles of Open Membership and Democracy must be extended to fundamental human rights and protection (and expansion) of our voting systems in our communities, our country, and worldwide. It's okay for the Co-ops to take a strong stance here.

Continuing Education is another Co-op Principle and must be expanded to raising the consciousness of destructive farming and distribution systems, unfair labor practices, and global warming.

We must commit to compensating and treating our Staff well. We must commit to new technologies that ease labor costs and are empowering to the individual Staff Member.

When people think about organizations that are helping our planet globally and individually (and everything in-between), our Co-ops should be at the top of the list.

If we do not do things such as this, then we are mostly the same as every other food store.

And while thoughts such as these are easy to write about, they are more difficult to make real. Certainly, we can't do everything at once but these conversations must be had and plans need to be developed.

Our DNF Co-op is doing well right now and our future is bright. What are your thoughts about our future direction? And don't forget, we have a Board election starting this month!

Democracy starts at home for a Co-op. There's more info on the candidates in this issue of our newsletter. We have a great slate of 7 candidates for 3 seats (candidate profiles are in this newsletter)! Which of these folks do you think can help us move forward? These are exciting times for our Co-op!

CELEBRATING EARTH MONTH!



15% OFF OVER 200 ITEMS
AROUND THE STORE THE
ENTIRE MONTH OF APRIL!



JUST LOOK FOR
THE EARTH!



coop deals

MAR 31 - APR 20, 2021

discover fair
trade coffee

GOOD MORNING!

A more equitable and sustainable world is possible — one cup at a time. Make your favorite brunch items and sip on Equal Exchange's new ¡BioRevolution! Dark Roast — available only at your co-op — and know you're supporting organic, regenerative agriculture and fair trade farmers.



6.99

Equal Exchange
Organic Coffee
12 oz., selected varieties



2/\$5

R.W. Knudsen
Simply Nutritious
Juice
32 oz., selected varieties



2/\$7

Immaculate
Organic
Cinnamon
Rolls
17.5 oz.



3.99

Bonne Maman
Preserves
13 oz., selected varieties



Visit the co-op for organic and fair trade options.
The perfect start to the day.

Save BIG & visit www.durangonaturalfoods.coop for the full list
of Co-op Deals + Weekly Member Coupons!

WHAT IT TAKES TO RUN A 100% GRASS-FED OPERATION

Tied to the Land and the Cows Who Graze It Why Chaseholm Farm pivoted to 100% grass-fed

by Marie Burcham, Cornucopia's Policy Director

In 2013, Sarah Chase took over the day-to-day operations of Chaseholm Farm, the third-generation farm she'd worked on since childhood.

At the time, Chaseholm was a small conventional dairy whose cows ate corn silage, corn and soy grain, and dry hay. The cattle grazed on pasture in the summer and fall.

The true costs of production were not reflected in grocery store prices, and tight margins threatened the operation's long-term viability.

Chaseholm pivoted in 2015, completely eliminating grain from the cows' diet. Two years later, Pennsylvania Certified Organic certified the operation as organic and 100% grass fed. Today, the farm's 100% grass-fed milk is sold at local farmers markets, Chaseholm's farm store, and local stores; yogurt and grass-fed beef made from the culled dairy herd are sold direct to consumers.

With a dairy barn intentionally positioned next to the farm store, and popular burger nights that feature cattle grazing within eyesight of the grill, the goal is to tell a story about the food and the farm where it originated. "We are using animals for food and we provide a place to talk about it firsthand," Sarah says.

A key theme of that narrative is the people who make this farm possible. Chaseholm is truly a family operation. Sarah's parents, a constant source of advice and guidance, live on the farm. The bulk of Chaseholm's milk goes to Sarah's brother, Rory, to make cheese.

And Sarah's partner, Jordan Schmidt (they married on the farm!), embodies Chaseholm's vision for a "stronger, more just, and more ecologically supportive food system" in her work as the food program director at the North East Community Center. This community initiative in Millerton, New York ties support for a "sustainable regional farm system to work on increasing food access and community health," Jordan says.

Chaseholm's own contribution to the regional food economy is rooted in its decision to choose 100% grass-fed dairying, a practice that Sarah says is "good for the cows, good for human health, and good for the land."

It's also one that requires a substantial amount of patience and problem solving.

The original motivation for raising dairy animals on an all-grass diet was a desire to reduce inputs and long-term expenses. When the farm first stop-

ped feeding grain, immediate benefits followed, but so did some challenges.

"There was a mismatch between the cows we had and a 100% grass-fed diet," Sarah says. "It was very difficult to make any money at first because those cows were not thriving on pasture alone. It pushed us to really research genetics and breeding. Now we keep our own bull and manage our herd strictly for those that do well on a 100% grass-fed diet."

Genetics is a critical piece of any grass-fed operation. Modern conventional dairies that push their cattle for high yields often use animals breeds that cannot meet their energy demands on forage alone, necessitating a diet high in concentrated feed like grain.

Sarah credits the farm's current success to growing their own stored forage feeds. Chaseholm efficiently mows and wraps the feed in one 24-hour period—a practice referred to as "hay in a day"—resulting in stored feed that contains more energy for the cattle to utilize because the forage is fresh when baled. "Our own hay is much higher quality [than outside sources] and the cows flourish—even in the winter when they can't be out in pasture," Sarah says.

As the farm has evolved, so has an appreciation for the importance of soil health to the farm ecosystem. "Higher quality forage comes from good soil," Sarah emphasizes.

Improving soil quality takes years and is more difficult to manage than other grass-based dairying concerns, Sarah notes. Guided by holistic management principles, Sarah works to encourage an active and healthy soil microbiology, so that soil can support healthy plants that can be grazed by cows, who happen to play a starring role in this production.



Images courtesy of Chaseholm Farm (Pine Plains, New York), our newest addition to the five-cow category in Cornucopia's Organic Dairy Scorecard.

Using moveable electric fencing, cows are grazed and hay is harvested in a rotation that allows for periods of rest and recovery. This cycle of stress and rejuvenation attempts to mimic the grassland ecosystems where vast herds of wild herbivores constantly moved onto fresh grass—but on a much smaller scale.

This has all benefitted Chaseholm's cattle, too. Vet bills and costs for health inputs are now nearly nonexistent. It comes as no surprise: When cattle are able to express their natural behavior and live in a low stress environment, health will almost always improve.

Ensuring that cattle continue to thrive on their 100% grass-fed diet requires continual culling of the herd for optimal genetics. Often, cows they plan to cull are finished on pasture, destined to become 100% grass-fed beef available at the farm store (along with steers born on-farm).

Selling the cattle for meat when their time is done on the farm further supports this farm system and completes a cycle that's helping to sustain and nourish the community.

MeSSSage From the Board



Don Lewis
DNF Co-op Board
Treasurer

Calling all
Member-Owners!!!

The season is upon us!
Spring has sprung.
With flowers popping
up all over town and
snow beginning its long
journey from the high

country, down through our local waterways and onward, the feeling of change and possibility emerges from the darkness of winter. Globally, we find ourselves emerging from a long series of challenges that surrounded the pandemic.

One of the foremost chapters of the previous year was the highly polarized election cycle that confronted us. What a tragedy it was to have our political discourse broken at its foundation. Due to the pandemic, lockdowns, and social-distancing, many Americans were prevented from having conversations with others outside of their 'pod'. Instead of having nuanced conversations face-to-face with others who may hold different points of view, sharing, listening, and attempting to communicate in a way that creates further understanding, social-media platforms defined the social discourse. Differing opinions became politicized and long-standing friendships were threatened by the inability to communicate simply and gracefully. For many, algorithms further polarized groups and the narratives they were exposed to, while the dominant voices of the mainstream media were burdened with the suspicion of many who no longer trusted their offerings. As a people, we witnessed the on-going and blatant influence of big money in our elections cycles, and were forced to watch a somewhat pathetic display of political leadership, backed by millions of campaign dollars, step onto the national stage to attempt to debate serious issues without inspiring faith in the voting population. The time eventually came and we checked the boxes, folded up the ballots, and hoped for the best. We walked away, turned down the volume on our media feeds, and waited for the proclaimed dark winter to pass.

Well, all things do indeed come to pass and seasons change. With the changing of winter into spring comes new hope and new beginnings. The seeds we plant now will bear fruit in the future. And just like a perennial flower emerging from the soil, a smaller and more beautiful possibility arises for the membership of Durango Natural Foods. The opportunity to directly participate in a small-scale, meaningful election cycle has again arrived for our cooperative community!

Many of us have been blessed to shop at our member-owned food co-op and recognize familiar faces, while also welcoming new ones who also value supporting local and resilient food systems. We are grateful for the leadership of our General Manager and Department Managers, who alongside of supportive decisions from a Board of Directors, have managed to navigate our store, which struggled for survival less than two years ago, through a pandemic, and into its present state of fullness and health. The ongoing leadership of the Co-op relies on a Board that oversees the decisions of Management, and this Board is chosen from among member-owners, who themselves decide which candidates best

represent the interests of their beloved store. The ability to directly contribute your voice to a political process at this scale is refreshing, far removed from the illusions of representative government at the national level. You can easily decide to step up and participate, by choosing to run for a Board seat, or you can simply vote from among those in the community who are running that you feel best to serve your views. The power of direct, democratic processes relies on active voter participation, especially at the local and micro-local levels. With several Board seat openings, this year's election cycle is no exception. We are calling on member-owners to support our store and vote for the next cycle of Board leadership. We are not out of the woods yet, and strategic plans, which were put on the back burner throughout the pandemic, need to be revisited and the Board of Directors needs to work towards charting a course forward. Your voice matters in shaping who will help lead our food cooperative into a brighter tomorrow. Thank you so much for taking the time this election cycle to vote!

Sincerely,

Don Lewis, Board Treasurer.

Visit our website www.durangonaturalfoods.coop and
follow us on social media!  



LEARN ABOUT YOUR 2021 BOARD OF DIRECTOR CANDIDATES



Cody Reinheimer

Your occupation: DJ, Event Organizer, Ski Instructor

Your education: B.S. Speech Communication, Cal Poly SLO

Previous Board of Directors or related experience:

Served as DNF Board Chair March 2019 - current • Worked closely with Durango Farmers Market BOD as Market Manager 2014-18

As the chair of the Board of Directors since March of 2019, I have been a key force in orchestrating the DNF Revival and getting our Co-op to a stable state, now coming into a condition of thriving! Of course it has been a team effort, but I must also acknowledge that I have personally devoted a lot of time and effort to do the work that was required on the heels of a financial crisis that nearly closed our beloved Co-op. I worked with NCG and our Board to land subsidy money, get a qualified interim GM and permanent GM hired and directed towards a business model that works in Durango's competitive grocery landscape. I worked to get us enrolled in the Double Up Food Bucks program, new strategies to lower prices, carry more local, and provide significant discounts to Member-Owners, and now students. In addition to keeping our BOD functioning and GM on course, I helped develop our Strategic Plan, created a plan for its integration into our decision making, and am a key player in our By-Laws revision process. All of this service to our community owned Co-op I give with a positive attitude and a smile on my face. In the next 3-5 years we need to continue to invest in our staff, stay relevant as we transition out of the pandemic, and creatively diversify our business model, all while staying true to our values of fresh, local, and organic. I believe in everything that DNF is about and humbly ask for your vote in this election so that I may continue to serve as a steward of the Co-op, doing my best to work with our team towards a brighter future!



Victoria Mordan

Occupation: Teller

Education: B.A. International Management & French

Previous Board of Directors or related experience:

Current DNF Board Member (Secretary)

I am currently on DNF's Board of Directors, serving as the Board Secretary. It has been such a

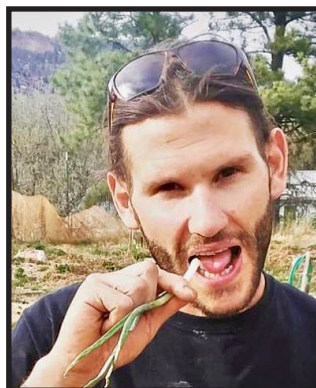
Mordan continued

rewarding experience, and I am incredibly grateful to be part of the team working on improvement and growth for DNF. I still believe that the Co-op would benefit from additional outreach to the community through different mediums for several reasons: to increase expression and input from members (but also non-members) for ways to improve and keep the community at the forefront; to increase education and enrichment opportunities and participation therein; to better promote the Co-op's mission, ongoing efforts, and its products; and to increase visibility and membership. This is an initiative I would like to further develop if re-elected to the Board of Directors, in addition to focusing on implementation of our Strategic Plan.

I moved from Philadelphia to Durango in 2019, and I have so much love for my new home. In Philadelphia, I was a member of Weavers Way Co-op in Chestnut Hill and really enjoyed being part of that community. I was also a member of Philadelphia Community Access Media (PhillyCAM), a non-profit, community media center, encouraging local participation, expression, and equitable access to programming opportunities. I believe organizations that involve the neighborhood and call on locals to voice their opinion can better represent their community, aptly address issues, and confront the challenges specific to the area and the organization.

As a Partnerships Coordinator, I worked with the community and the city to bring about specific changes to tackle problems identified by the kids, parents, neighbors, and partners of Kensington. Some solutions included improving the school's organizational structure, introducing nutritional and educational programs for students and their families, and targeting known barriers with available resources.

My experience includes community engagement, development, and communications, social media marketing, non-profits, real estate, strategic planning, donor relations, organization, and volunteer management.



Mike Wagner

Your occupation: Staff Manager at Deer Hill Expeditions and Adjunct Instructor at FLC

Your education: Masters of Arts in Program Administration and Human Services

Previous Board of Directors or related experience:

Though I have never sat on a board, I have ample experience on various committees and with multiple

associations. I have worked closely with various non-profit boards as a paid employee.

I am a high level candidate for the Durango Natural Foods Board of Directors for a number of reasons. I have plentiful administrative experience in human resources, public relations, and strategic development. I have a close relationship with

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Wagner continued

the Durango community and I am well connected through Fort Lewis College, the Durango Creative District, the Durango Running Club, and Purgatory. I believe strongly in service, civic engagement, and community development, which I exercise daily as an educator and mentor. Over the next 3-5 years, DNF could benefit from continued partnerships in the community, continued philanthropic development and support for local farmers and food producers, and concise and consistent messaging to the community. I could be a valuable asset in these pursuits. I have the time and energy to offer, as well as advanced communication skills in terms of outreach, collaboration, and networking. Now more than ever, food security, access to healthy food, and a vested interest in organic, local, non-GMO products is a service our community cannot do without. DNF has long been, and will continue to be a hub in the community for these important issues. I would be thrilled to continue to support your mission, and ultimately serve our environment, which remains my primary motivation.

Thank you for your consideration,
Mike Wagner



Susie Rosenberger

Your occupation: Acupuncturist, Herbalist, Astrologer

Your education: Masters of Oriental Medicine

Previous Board of Directors or related experience:
N/a

Hi, I'm Susie Rosenberger. I am an Acupuncturist, Herbalist, Professor and an Astrologer. I began my adult life working for a Natural Foods

Distributor in New York City. I learned the importance of eating food with good energy back then. I would work with the farms in upstate New York and source the best products to sell in NYC. I became well versed in the natural food industry from a local perspective. From there, I found myself in the healing arts, which is my passion. As a doctor of Traditional Chinese Medicine, I fully understand the importance of what we eat. It's the first way to begin to heal the body, and having access to medicinal foods (locally grown, seasonal, organic) is one of the most important aspects of a healthy community. I am new to Durango but was instantly drawn to DNF as my primary place to shop. I have a lot of ideas on how to teach customers about the herbal selection at DNF to organizing workshops on how to brew kombucha.

DEMOCRACY RULES!
DEMOCRACY RULES!
DEMOCRACY RULES!



Jay Grob

Your occupation: Strategic Management Consultant

Your education: B.A., Rice University

Previous Board of Directors or related experience:

Board of Directors: North Hills Prep (charter school) 2004-2012 • Board of Directors: Nationsbuilders Insurance 2014-present • Partner, Bain & Company. Global management consulting firm 1987-2008, where I assisted boards and executive

teams to build, execute and monitor strategic and operating plans to meet organizations' missions. • Founder, Grob Management Partners (similar consulting practice)

My career over 30 years focused on assisting boards and executive teams build, execute and monitor strategies to meet organization goals. Helping to make hard decisions across complicated options and working with boards and executives to capture the opportunities.

After reading the February Good Thymes newsletter, I came away impressed with the co-op's recent successes but also appreciated growth opportunities and challenges; as the letter stated, "Where we are right now is profitable but not sustainable long-term."

The newsletter outlined several exciting options with at least 6 options for growth including building expansion, relocation, additional location(s), and separating operations. There are probably others. I do not know what makes the most sense, but my experience might help clarify and build the plan!

My approach and skills generally include:

1. Confirming mission and strategy and the core issues through listening to the values, beliefs and needs of stakeholders.
2. Gathering facts and analyzing relevant data/information so informed decisions can be made, with a focus on understanding customer needs.
3. Building consensus across stakeholders as to the goals, expected impact and monitoring approach.
4. Developing a plan to mobilize and provide resources to implement the plan.

I am easy to work with, have a good sense of humor, love to cook and am passionate about the roles I take on. If not elected, I would be interested in working with DNF to help any way I can. I am committed to Durango (my partner has been here for 17 years and she owns a local business) and want DNF to be a part of my long-term experience.

Thanks for your consideration!
Jay Grob

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Flip the page to read about the last two candidates!



Sheryl McGourty

Your occupation: Founder/Owner of Yogadurango

Education: B.S. Outdoor Education/Women Studies, BS +40 in Education, certified yoga teacher, Ayurvedic Health Practitioner, certified mediator, graduate of Leadership La Plata

Previous Board of Directors or related experience:

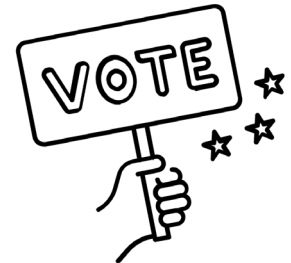
I currently sit on the city's Durango Organic Parks Task Force.

I first stepped through the doors of the Co-op during the Fall of '97. I was young, had no money began subsisting off of DNF's whole wheat tortillas and dried hummus mix in bulk. DNF generously agreed to sell my homemade sage bundles wrapped in hemp with a calligraphy label. Suffice to say, it was not very profitable but an important experience that began my love for the spirit of Durango Natural Foods.

Fast forward to being a committed member-owner for many years. I care deeply for the success of our Co-op. I want to continue to bring forth a long-term valued-based vision and assist in DNF's continued evolution and growth. Sitting on the DNF board feels like a big "yes" to me as I am a consistent regular and adore the folx who work there. I'm connected in many sectors of our town and genuinely invested in all of our well being.

I am the founder and owner of Yogadurango and have navigated the highs and lows of sustaining a small business for the past 15 years. I possess an ability to effectively communicate and to honor multiple perspectives while generating and actively manifesting ideas. I am a fantastic and efficient worker and can be trusted to show up. I am professional, empathetic and do what I say I am going to do.

I'm here to help serve DNF into the future, 40 more years! 40 More Years!



Alyssa Rainbolt

Your occupation: Membership and Events Manager at Great Old Broads for Wilderness

Your education: B.S. in Journalism from the University of Kansas

Previous Board of Directors or related experience:

N/a

Hello, fellow DNF owners! I moved to Durango in April 2020 and joined the coop the next day. I believe access to healthy food is a right, not a privilege, and I'm excited about the work that DNF is doing to make access to healthy food a reality for all in this community. From social justice work to outdoor education to environmental advocacy, my career has taken a windy path through various nonprofits, and most recently I landed at Great Old Broads for Wilderness as their Membership and Events Manager. My work has been centered around developing community engagement strategies for constituent groups of 2,000 to 20,000,

and I've developed a passion and skill for building relationships and growing communities around shared experiences and values. I'm so impressed with the member engagement at DNF and would love to apply my expertise to help cultivate and sustain a robust membership. As a yoga teacher and a lifelong student of Ayurveda, health and wellness are central to my lifestyle and I'm proud to live in a place that values local and organic food. While I've only seen them masked, the faces of the staff at DNF are some of my favorites in town! I'd be thrilled with the opportunity to contribute to the mission of this wonderful coop through participation on the board.



DON'T FORGET VOTING STARTS APRIL 16TH!

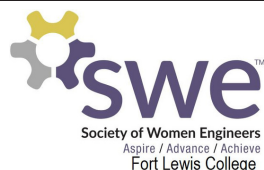
**THERE ARE THREE SEATS AVAILABLE!
PLEASE ONLY VOTE FOR THREE CANDIDATES.**

Visit www.durangonaturalfoods.coop for more information!



Onda Body Spray is lovingly crafted here in Durango by Brady Wilson. Brady is a 23 year Durango resident, Herbalist and Lab Manager at Dancing Willow Herbs, Production Manager at Sarvaa Superfood, and Yoga Teacher at Yogadurango.

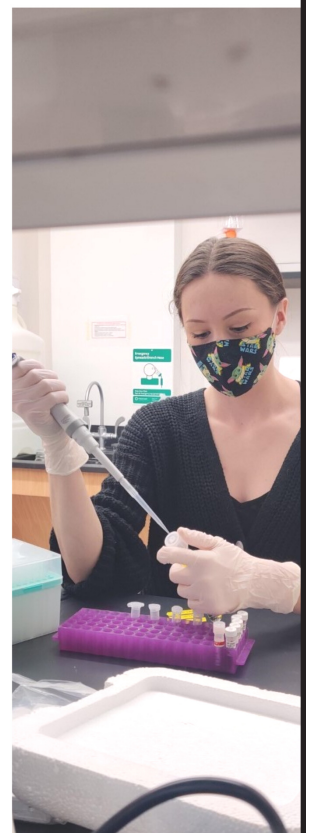
NEW!
RoundUp
 at the Register



The Society of Women Engineers (SWE) at Fort Lewis College aims to inspire and empower women and girls to achieve their full potential in careers as engineers and leaders. Specifically, we host monthly meetings to build community and support for women in engineering and related fields; travel to conferences where we learn from successful female professionals; and support local K-12 programs by conducting demos, sharing how engineers can be a positive force in improving the quality of life, and demonstrating the value of diversity and inclusion.

Mission Statement:

Empower women to achieve their full potential in careers as engineers and leaders, expand the image of the engineering and technology professions as a positive force in improving the quality of life, and demonstrate the value of diversity and inclusion.



MEET GABBY, OUR DELI MANAGER!

GABBY, DELI MANAGER, HAS BEEN AT THE CO-OP SINCE SEPTEMBER 2020. SHE WAS THE GENERAL MANAGER AT DOMINO'S PIZZA FOR THE PAST FIVE YEARS. LET'S MEET GABBY...

WHERE ARE YOU FROM?

I WAS BORN IN CHINLE, ARIZONA, BUT I WAS RAISED IN SHIPROCK, NEW MEXICO AND WENT TO HIGH SCHOOL AT NAVAJO PREP SCHOOL. I NOW HAVE BEEN IN DURANGO FOR NINE YEARS!



WHAT IS ONE OF YOUR FAVORITE THINGS ABOUT WORKING AT THE CO-OP?

I GET A LOT OF FREE, HEALTHY FOOD AND I GET TO EXPERIMENT AND CHANGE A LOT OF RECIPES IN THE DELI TO VEGAN AND GLUTEN-FREE! I ALSO GET TO WORK WITH A LOT OF AWESOME PEOPLE!

WHAT IS ONE OF THE CHANGES YOU ARE EXCITED TO BRING TO THE CO-OP DELI?
SEASONAL MENU CHANGES AND ADDING MORE GLUTEN-FREE/VEGAN OPTIONS.

WHAT ARE YOUR THREE FAVORITE PRODUCTS CURRENTLY BEING SOLD AT DNF?
I REALLY LIKE THE VYBES STRAWBERRY LAVENDER CBD DRINK, THE EVERYTHING CASHEWS IN BULK, AND THE DELI JUICES.

WHAT IS ONE THING THAT MIGHT SURPRISE SHOPPERS ABOUT YOU?
THAT I AM HALF NAVAJO AND LIKE TO GIVE PEOPLE AROUND ME A TASTE OF MY NATIVE FOODS.

WHEN NOT WORKING AT DNF, HOW DO YOU SPEND YOUR TIME?
I GO MOUNTAIN BIKING WITH NALA {MY PUPPY}, I GO ON A LOT OF HIKES, SKIING, BACKPACKING, AND CAMPING.

HOW WOULD YOU DESCRIBE YOUR DIET – VEGETARIAN, CARNIVORE, ETC.
I EAT EVERYTHING...EXCEPT FOR JACKFRUIT.

SHARE YOUR FAVORITE MEAL WITH US.
I LIKE GRILLING RIBEYE STEAKS THAT HAVE BEEN MARINATED IN MY DAD'S SPECIAL RECIPE FOR AT LEAST 48 HOURS WITH SEARED POTATOES AND QUINOA WITH GREEN BEANS AND LOTS OF GARLIC!

IF YOU WERE AN ANIMAL, WHAT ANIMAL WOULD YOU BE?
I THINK I'D BE A RICH PERSON'S CAT.

IF I HAD A MAGIC WAND, I WOULD
MAKE EQUALITY POSSIBLE!



Welcome to the Table: Co-op Recipes

Mango Coconut Smoothie

Ingredients

- | | |
|----------------------------|------------------------------|
| 1 can low-fat coconut milk | 1 tablespoon flax seeds |
| 2 cups frozen mangos | 1/4 teaspoon ground turmeric |
| 1 large frozen banana | 1/4 teaspoon black pepper |
| 1 tablespoon fresh ginger | |

Preparation

1. Place all the ingredients, in order, in a blender and secure the lid.
2. Blend, increasing the speed to high, until ingredients are very smooth. Serve immediately.



For this rich and satisfying smoothie, a can of coconut milk is preferable to the cartons of coconut-based nondairy milk that are typically found in refrigerated sections at co-ops. For a thicker, richer version, substitute regular coconut milk for low-fat.

Nutritional Information: 320 calories, 13 g. fat, 0 mg. cholesterol, 15 mg. sodium, 50 g. carbohydrate, 6 g. fiber, 3 g. protein



Tempeh Cacciatore

Ingredients

- 8 ounces tempeh, cut in 4 pieces
- 1 1/2 cups vegetable broth
- 1/2 cup red wine
- 1 tablespoon tamari
- Pinch of Italian seasoning

Sauce

- 2 tablespoons vegetable oil, divided
- 1 yellow onion, peeled and diced into 1-inch pieces

- 1 green bell pepper, seeded and diced into 1-inch pieces
- 2 cloves garlic, peeled and minced
- 1 cup fresh button mushrooms, sliced
- 1 teaspoon Italian seasoning
- 1/2 teaspoon crushed red pepper flakes
- 1/2 cup reserved wine broth from simmering the tempeh
- 1 1/2 cups diced tomatoes
- 3 tablespoons tomato paste
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup Kalamata olives pitted and halved

Preparation

1. Place tempeh, vegetable broth, red wine, tamari and a pinch of Italian seasoning in a large saucepan; bring to a boil. Reduce heat and let tempeh simmer for 15-20 minutes. Remove the tempeh and set aside. Reserve the broth.
2. In the same saucepan, heat 1 tablespoon of oil over medium-high heat. Add onions, peppers and garlic and sauté for 5-10 minutes. Add mushrooms and spices and sauté for a few more minutes. Add 1/2 cup of the reserved wine broth, diced tomatoes and tomato paste. Stir well. Reduce heat to a simmer.
3. While the cacciatore is cooking, heat the remaining tablespoon of oil in a skillet over medium-high heat. When oil is hot, crumble the tempeh into bite-sized chunks, add them to the skillet and sauté for 5-7 minutes, stirring frequently, until nicely browned. Add tempeh to the cacciatore along with salt, pepper and olives and simmer for another 15-20 minutes.

Nutritional Information: 175 calories, 3 g. fat, 0 mg. cholesterol, 566 mg. sodium, 16 g. carbohydrate, 3 g. fiber, 10 g. protein

Find more recipes at www.welcometothetable.coop

What's New In the Deli!

NEW BAKED GOODS:

- MUFFIN OF THE DAY (VEGAN OPTION)
 - OUR DELI WILL BE MAKING A DIFFERENT MUFFIN OF THE DAY 7 DAYS A WEEK!
- BANANA BREAD COOKIES (V,GF)
- BLUE CORN CHOCOLATE CHIP COOKIES (V,GF)
- COOKIE DOUGH (V)
- POWER BITES

NEW GRAB N' GO SANDWICH:

- HAM SANDWICH

NEW GRAB N' GO SALAD & DRESSINGS:

- MEDITERRANEAN CHICKEN SALAD (GF)
- GINGER DRESSING (V,GF)
- CREAMY DILL RANCH DRESSING (V,GF)
- RAZBERRY CHIPOTLE DRESSING (V,GF)
- LIME CUMIN DRESSING (V,GF)
- NUTTY LIME DIP (V,GF)

NEW SALSA:

- BORN AGAIN SALSA (V, GF)

* WE ARE PHASING OUT OUR HOT SOUPS &
STARTING TO SERVE COLD SOUPS FOR SUMMER!
FOR EXAMPLE: GAZPACHO SOUP



HAPPY EARTH DAY!

APRIL 22ND

10% OFF

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STORE**

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