



MARCH 2021

Good Thymes

DNF CO-OP'S MONTHLY NEWSLETTER

NEW!
Immune Boosting
Shots From The
DNF Deli





Joe Z., GM

With the exception of a few weeks at the end of 1969, I spent my seven, teen years in the 1970s. “This is my decade”, I thought as High School, College, and beyond laid before me.

Somehow, in the course of the previous two years, I had become “woke”. Enough brain synapses connected in the right order to understand how the ‘60s changed our society. The ‘50s were black and white. Color dominated the 60’s. The ‘70s would be psychedelic. Many books have been written about how societal changing the 60’s were. I mostly watched it instead of participating but the energy of the 60s would propel the 70s and I was now to be part of it.

And there was much to do. The war still raged in Viet Nam, the women’s rights movement (women’s lib) was underway and the environmental movement was just getting started. There was intense racism to be fought. Poverty needed to be addressed. By the end of the 70s, I was sure, all these problems would be solved.

Why not? Our history through the 60s showed us problems and then we created solutions. Not perfect but that was the trajectory of things. To my young political mind, that was the truth. The good folks win. Peace, equality, and justice will prevail. Exciting times and I would join the cause to make the world a better place. Wow! (I was a pretty nerdy kid - never really grew out of that).

I didn’t have a sense of history at the time. I liked the old stories about how things were but I saw no relevance to what was happening now. Everything was new and the old stuff just didn’t matter.

I did not realize that the struggles that faced our society were known for decades (centuries) and what I saw in the 60s were just the latest iterations. For example, I thought something like Women’s Rights or Racial Equality were new thoughts that no one really considered before. Through that decade, as I read more and more, I started to understand the connectivity of the past but I was also confident it was all solvable in this modern age.

In the middle of the decade, I discovered the Co-ops – or rather – the New Wave Co-ops. Funky little storefronts that stood for many of the values I had and some that I didn’t. Such as natural foods and alternative health methods.

My brain kept absorbing all this new info and formulating ways to get this info to everyone. After all, once folks saw the truth as I saw it, my logic would convince them that they needed to change their ways and proceed down the path I was on. Yeah, I was an arrogant, self-righteous teenager too.

I had heard about the “old wave” co-ops but figured they were just dumb folks who could not figure out how to make their Co-ops last or prosper. We were smart people and their Co-ops had no relevance to today’s world – or so I thought.

One of the things that were quite common in the New-Wave Co-ops was that they were Member-Work Co-ops. To be a part of the Co-op, you had to work a few hours a month at the business. Really.

You would come in and stock some shelves or cut some cheese or fill re-pack bags from the Bulk Department. If you could work a few hours a week, you became a “core-worker” and ran registers or a myriad of other projects for a larger discount. It kept labor down which generated low prices. And why not? The Members were actually Owners and they were working in their own store. That was one of the Co-op advantages and gave us a competitive edge economically.

But there was more. Having all those people working together created shared experiences and friendships. Co-op meetings could bring out hundreds of people and there were always pot-lucks where we all learned about foods that are rather common place today (tofu anyone?). The Co-ops were real community centers.

Even the government kicked in and the Carter Administration created the National Consumer Co-operative bank, a quasi-government bank designed to give Co-ops loans as regular banks would not lend to Co-ops because of their ownership structure.

Life was good. My early imaginations of what the ‘70s would be like were right on. To my view, we were all making great strides to create a fair and just society. The Co-ops were playing a large role in this.

My illusions of progress were met with a brick wall that was the ‘80s and the election of Ronald Reagan in this country. The clock started to go backward. And one of their priorities was to shut down that Co-op Bank. A massive letter-writing campaign ensued – one of the largest in the country – and the bank was saved. Kinda.

Without going into details, there were structural changes to the Bank which caused it to operate more like a traditional bank. Every Co-op that had a loan with them was reanalyzed. They called many of those loans collapsing a myriad of Co-ops. The Bank is still around but it dropped the “consumer” part of its name and its prime function – to lend specifically to consumer co-ops.

To many of us, the 80s were regressive in very many ways. At the same time, there were more distractions as computers started to enter our imaginations and spaces. Co-ops struggled. It was difficult to find the Member-workers necessary to keep the businesses running.

In 1988, the venerated Berkeley Co-op collapsed throwing a morale shock through the movement.

The early 90s brought an IRS ruling that the Member-Workers were actually Staff and must be paid accordingly. The Member-Worker Co-ops were already having issues and the ruling pretty much ended that business model (with a few exceptions).

As the ‘90s progressed, other conventional businesses sprang up targeting the market the Co-ops enjoyed.

Co-ops looked at the new millennium with foreboding. Things seemed bleak. It seemed us smart people were no smarter than the dumb people and their Old Wave Co-ops. There were tons of humble pie to go around. But what were we going to do? How were we to move forward?

Next month: Moving forward.



MARCH DEPARTMENT SALES!

SAVINGS FOR EVERYONE:

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
MARCH 1 – 7 15% OFF DELI GRAB N' GO						
7	8	9	10	11	12	13
MARCH 8 – 14 15% OFF FROZEN						
14	15	16	17	18	19	20
MARCH 15 – 21 20% OFF SUPPLEMENTS						
21	22	23	24	25	26	27
MARCH 22 – 28 20% OFF BODY CARE						
28	29	30	31			
MARCH 29 – APRIL 4 15% OFF BULK						



STOCK UP NOW!

coop deals

MAR 3 - MAR 16, 2021

choose your flavor

Health-Ade offers kombucha in a variety of flavors, making it easy to create the perfect mocktail. Try their bubbly kombucha today — on sale now at the co-op.



2/\$5
Health-Ade
Organic Kombucha
16 oz., selected varieties



4/\$5
Siggis
Icelandic Style
Yogurt
4.4-5.3 oz., selected
varieties



3/\$4
Topo Chico
Mineral Water
25.4 oz.



2/\$4
Boulder Canyon
Potato Chips
5 oz., selected varieties



2/\$6
Equal Exchange
Organic
Chocolate Bars
2.8 oz., selected varieties



2/\$7
Yogi
Herbal Tea
16 tea bags, selected
varieties



2/\$8
Coolhaus
Ice Cream
1 pint, selected varieties



Find refreshing drinks at the co-op.
**Enjoy the season with
spring flavors.**

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

What customers answered when asked, "What do you love most about DNF Co-op?"



Shannon

"The healthy food and nice people!"



Reid

"The produce quality!"



Danielle

"The location to my home,
It's small and I can get
fresh and prepared food
quickly."



Nikolle

"Organic and local!"



Debbie

"I Like everything, but it
Specifically felt like home
after moving from California
and is similar to my old co-op."

MeSSSage From the Board



Cody Reinheimer
DNF Co-op Board
President

Greetings, fellow
Member-Owners!

With a new year upon us and Spring around the corner, your elected Board is looking forward to elections taking place (on schedule) in mid-April. We have 3 seats opening up, including mine. It has been quite the adventure since beginning board service in early 2019 when we were on the brink of closure. The DNF Revival is real and has been proven to be an impressive team effort amongst Board and Staff and Member-Owners. I am so happy to see that everyone's hard work is moving us into a state of thriving! With a lot of the challenges to move us out of crisis mode behind us, I am happy to announce I will seek a second term of board service to continue the good work in stewarding our beloved Co-op.

If you are interested in becoming a community leader, earning experience, a discount, and professional development, consider joining our Board. We are looking to increase the diversity of our board, so please look into it if you are interested. The BOD candidate packet is available on our website and in-store with more info, and feel free to reach out to board@durangonaturalfoods.coop with any questions!

We are happy to have recently found a way to integrate our Strategic Plan into our Board Schedule and be regularly including our stated goals in our decision-making

processes. The Strategic Plan was co-created by Board and Staff and identifies our greatest aspirations, along with our greatest challenges, helping us to find paths forward towards meeting our Mission.

We are happy to celebrate January 2021 as being one of our busiest months ever! At the same time, we are happy to be re-investing in our staff and infrastructure and finding more ways to pass on savings and great service to all of you. Thank you to everyone for your support and your commitment to organic, ethically sourced, and local food from your community-owned local Co-op!

Sincerely,
Cody Reinheimer
Board President

Call for Candidates!



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

JOIN OUR 2021 BOARD OF DIRECTORS!

Earn experience, professional development, and a discount!

Visit our website for an application or ask a friendly cashier!

We have three open seats on our seven-member board.



The Mighty Women of the Cooperative Movement

By: Kat Johnson

March is Women's History Month, a celebration that can trace its roots back 100 years. What started as just one day (International Women's Day), became a week-long celebration in the 1970s (National Women's History Week), and then expanded to Women's History Month in 1987.

To celebrate Women's History Month, take a moment to learn a little about five women who have been figureheads in the Cooperative Movement, whose work spans from the 19th to 21st century!



Alice Acland: Founder and President, Co-operative Women's Guild (UK)

Alice was a figure in the UK Co-operative Movement. Her husband, Sir Arthur Dyke Acland, was an advocate for educational opportunities for working-class men. She traveled with him on speaking

tours which led to her own involvement in providing more opportunities for working-class women, who held purchasing power for their households.

Acland began writing articles about women's lives for Cooperative News. Her column's popularity led to coordination of the Co-operative Women's Guild, which also advocated for Women's Suffrage, and successfully lobbied for Maternity benefits in the National Insurance Act 1911.



Elizabeth Lee: Co-founder, Ocean Spray

Did you know Ocean Spray is a cooperative of cranberry growers? It was started in 1930 when three independent cranberry growers found the key to expanding the super-fruit's success: a single cranberry-growing family. One of

those founders was Elizabeth Lee. It's also claimed she was the originator of cranberry sauce, which she sold under the name "Bog Sweet."

Once Lee joined forces with Marcus Urann and John Makepeace, they released their first product, jellied cranberry sauce. They continued to grow the cooperative, which now includes over 700 grower families across North and South America!

Mary E. Arnold: Founder and GM, Consumers Co-operative Services in New York City



Prior to 1950, few women had attained executive leadership in cooperatives. One who did was Mary E. Arnold, founder and general manager of Consumers Cooperative Services in New York City. The CCS was founded in 1920 by a group of socially minded women as a white collar consumers cooperative in New York City which ran a chain of cooperative

restaurants, bakeries and grocery stores.

CCS was a progressive consumer cooperative, which took "the larger view in things cooperative". It was active in consumer and cooperative education and took a lead in establishing new consumer cooperatives on the East Coast. CCS used part of its accumulated profits (patronage funds) to build a 12-story cooperative apartment complex in Lower Manhattan with 66 apartments which was opened in 1935.

Beryle E. Stanton: Director, Farmer Cooperative Service information division (USDA)



After serving as the Director of the Farmer Cooperative Service information division, Stanton became editor of a monthly magazine called News for Farmer Cooperatives. She also joined the American Institute of Cooperation staff as editor of the AIC's Yearbook, American Cooperation. She transformed the yearbook from a proceedings publication into a complete almanac of cooperative happenings covering major cooperative

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milestones. She served as the national coordinator for National Co-op Month as she truly believed in the concept of a nationally celebrated observance that allowed U.S. cooperatives of all types to join hands and observe their commonality as people's institutions. Stanton guided Co-op Month from its inception in 1964 to prominence as a national event.



Theresa Marquez: Mission Executive & Chief Marketing Executive, Organic Valley

A pioneer of the natural foods movement, Marquez moved to rural Wisconsin in 1995, where she spent more than a quarter century growing Organic Valley into what consumers know today. She served 17 years as the co-op's

Chief Marketing Executive, and the last six in the Mission, Messaging and Media Department.

As Mission Executive, she ensured Organic Valley stayed true to its goals – including encouraging a farming future emphasizing ecological and economic sustainability, producing the best tasting, most nutritious and wholesome food possible, and respecting the diversity, dignity, and interdependence of human, animal, plant, soil, and global life.

<https://www.bushwickfoodcoop.org/blog-log/2019/3/8/the-mighty-women-of-the-cooperative-movement>

Celebrating International Women's Month!



March 8th is International Women's Day!



Josephine, Bulk Manager

**Our Bulk
Department
is undergoing
lots of good
change and
re-arranging!**

**Thank you for
your patience
as we switch
things around
on you.**

UPDATE!

CURBSIDE HOURS



**NOW OFFERING CURBSIDE
WEDNESDAY-SATURDAY!**

Visit www.durangonaturalfoods.coop for more info!

**OUR
BAKED
GOODS
HAVE
MOVED!**

**YOU CAN
NOW GRAB
THEM AT THE
REGISTER!**

**Order your groceries curbside every Wednesday - Saturday!
Visit www.durangonaturalfoods.coop for more info!**

MEET OUR NEW GROCERY MANAGER, RACHEL!



RACHEL, NEW GROCERY MANAGER, HAS BEEN AT THE CO-OP SINCE MAY 5, 2020. SHE RECEIVED A BACHELOR'S DEGREE IN ANTHROPOLOGY FROM FORT LEWIS COLLEGE. LET'S MEET RACHEL...

WHERE ARE YOU FROM?
THE FRONT RANGE - LITTLETON, CO

WHAT IS ONE OF YOUR FAVORITE THINGS ABOUT WORKING AT THE CO-OP?
SPENDING TIME AROUND LIKE-MINDED PEOPLE AND HAVING ACCESS TO GOOD FOOD.

WHAT IS ONE OF THE CHANGES YOU ARE EXCITED TO BRING TO THE GROCERY DEPARTMENT?
I AM EXCITED TO BRING IN FRESH, NEW PRODUCTS THAT ARE HARD TO FIND ELSEWHERE IN DURANGO.

WHAT IS YOUR FAVORITE PRODUCT CURRENTLY BEING SOLD AT DNF?
THE CHILI OIL BY CHILI BEAK

WHAT IS ONE THING THAT MIGHT SURPRISE SHOPPERS ABOUT YOU?
I HAVE DUAL CITIZENSHIP IN SWITZERLAND.

WHEN NOT WORKING AT DNF, HOW DO YOU SPEND YOUR TIME?
OUTSIDE WITH MY DOG AND FRIENDS!

HOW WOULD YOU DESCRIBE YOUR DIET - VEGETARIAN, CARNIVORE, ETC.
I'LL EAT JUST ABOUT ANYTHING.

SHARE YOUR FAVORITE MEAL WITH US.
PROBABLY A MUSHROOM-ONION RISOTTO WITH OUR DELI SMOKED SALMON ON TOP OF A SALAD.

WHAT SONG WOULD YOU CHOOSE TO SING AT A KARAOKE NIGHT?
IN SPITE OF OURSELVES BY JOHN PRINE

IF YOU WERE AN ANIMAL, WHAT ANIMAL WOULD YOU BE?
A LEMUR.

IF I HAD A MAGIC WAND, I WOULD...
USE IT TO MAKE TRASH DISAPPEAR.



Welcome to the Table: Co-op Recipes

Golden Turmeric Miso Soup

- | | |
|------------------------------------|---|
| 8 cups water | |
| 1 piece kombu | 1/4 teaspoon red pepper flakes |
| 1 large carrot, chopped | 1 tablespoon rice vinegar |
| 2 tablespoons fresh ginger, minced | 1 tablespoon low-sodium tamari soy sauce |
| 3 cloves garlic, chopped | 4 cups broccoli florets |
| 1/4 cup white miso | 14 oz. extra-firm tofu, drained and cubed |
| 1/2 teaspoon ground turmeric | 6 oz. soba noodles |
| 1/2 teaspoon ground black pepper | |



Preparation

1. Put a medium pot of water on to boil to cook the soba noodles.
2. In a large pot, place the water and kombu on low heat. Let the kombu infuse for 20 minutes before raising the heat to medium and bringing to a low simmer. Remove the kombu with tongs and discard.
3. Add the carrot, ginger and garlic to the simmering stock and cook for about 4-5 minutes. In a small bowl, stir the miso, turmeric, black pepper, red pepper flakes, rice vinegar and tamari to make a paste, and whisk into the soup.
4. Add the broccoli and tofu and stir in gently, letting cook for 2 minutes until broccoli is tender. Cook the soba according to package directions, about 4 minutes. Divide soba evenly among four bowls and ladle soup over the noodles.

Nutritional Information: 420 calories, 10 g. fat, 0 mg. cholesterol, 1140 mg. sodium, 61 g. carbohydrate, 11 g. fiber , 31 g. protein



Avocado Bread

Ingredients

- | | |
|--------------------------------|-------------------------------|
| 1 cup whole wheat pastry flour | 1 cup brown sugar |
| 1 cup unbleached flour | 2 large eggs |
| 1/2 teaspoon salt | 1/2 cup fat free Greek yogurt |
| 1 teaspoon baking soda | 1/4 cup vegetable oil |
| 1 cup avocado, mashed | |

Preparation

1. Preheat the oven to 350 degrees F. Lightly oil a loaf pan. In a large bowl, whisk together the whole wheat and unbleached flours, salt, and baking soda.
2. In a measuring cup mash avocado to make one cup, reserve any extra for another use. Put the avocado in a food processor or blender and puree. Add the brown sugar and egg and puree, scraping down the mixture and repeating until smooth. Add the yogurt and oil and process until smooth and well mixed.
3. Scrape the avocado mixture into the flour mixture and gently stir just until combined (do not overstir). Scrape the batter into the prepared pan and smooth the top.
4. Bake for 55-60 minutes, until a toothpick inserted into the center of the loaf comes out with only moist crumbs attached. The bread will be very moist. Let the bread cool in the pan for 10 minutes, then tip gently out of the pan onto the rack to cool completely.
5. Store in the refrigerator tightly wrapped for up to a week.

Nutritional Information: Calories: 189, Fat: 7 g, Cholesterol: 35 mg, Sodium: 213 mg, Carbohydrate: 28 g, Dietary Fiber: 2 g, Protein: 5 g

Find more recipes at www.welcometothetable.coop



Exploring Bulk

DNE's Bulk Department has hundreds of hidden gems for baking, cooking, brewing, snacking, and wellness!

To name a few...



Teff Flour



Vanilla Bean



**Negro Chili Peppers,
Dried**



**Candied Pineapple
Rings**



Baking Yeast



Ceylon Tea

Reduce. Re-use. Shop Bulk.



WE BROUGHT BACK A NEW & IMPROVED STUDENT DISCOUNT!

SIGN-UP AS A STUDENT & RECEIVE
5% OFF EVERY SHOPPING TRIP!

STUDENT DEALS!
VOLUME 1 - EXPIRES ONCE VOLUME 2 BEGINS

Milkadamia Macadamia Milk 32 oz, all varieties \$3.99 original price \$4.99	Hi Ball Energy Sparkling Water 16 oz, all varieties \$2.29 original price \$2.99	Simply Organic Simmer Sauces 8 oz, all varieties \$2.49 original price \$3.49	Rao's Homemade Salsas 16 oz, all varieties \$4.49 original price \$5.49
GoMacro Plant-Based Protein Bars 2.5 oz, all varieties \$2.49 original price \$2.99	Late July Tortilla Chips 11 oz, all varieties \$3.99 original price \$4.99	Green Mountain Gringo Salsas 16 oz, all varieties \$4.99 original price \$5.99	Mike's Ramen 1.8 oz, all varieties \$1.99 original price \$2.99
Red's Frozen Burritos 4.5 oz, all varieties \$1.99 original price \$2.99	Cappello's Frozen Pizzas 12 oz, all varieties \$7.99 original price \$9.99	Van's Frozen Waffles 9 oz, all varieties \$2.99 original price \$3.49	

SALE ITEMS ARE AVAILABLE AT DURANGO NATURAL FOODS CO-OP WHILE SUPPLIES LAST

Student Benefits

- 5% off every shopping trip
- Student deals on over 50 items around the store (see student deals flyer)
- *Checkout our Co-op Students page on our website for more info!

DURANGO NATURAL FOODS CO-OP

PLUS: RECEIVE STUDENT DEALS ON OVER
50 ITEMS AROUND THE STORE!

ASK A CASHIER FOR MORE INFO!

WE  LOVE OUR STUDENTS!