



Good Thymes

Durango Natural Foods Co-op
Monthly Newsletter
October 2020



- Give Thanks to Farmers Month
- Fair-Trade Month
- Non-GMO Month



National Co-op
Month | Cup O' Joe |
Coffee Discount |
Welcome to the
Table: Co-op Recipes

Black Farmers | Mes-
sage from the Board
| What's Happening |
New Round-Up
Recipient

Ways to Save at the
Co-op | Staff Cookins
| Equity Drive | Give
Thanks to Farmers



Joe Z., GM

Are Co-ops Political? Part 2

12 locations. 116,000 members. \$82 million in yearly sales. A hardware store. A gas station. A bookstore. An arts & crafts store. Even a burial society.

That was the Berkley Co-op at its peak. It was the largest Co-op in this country and other than the PCC food Co-op in Washington, none other even currently come close. It was a model that most of the Co-ops that started in the '70s emulated. It was admired in countries around the world. Born in 1939, this old wave Co-op died in 1988: just shy of 50 years old.

What the heck happened??

While it was a zillion things that all went wrong at once, it truly was politics that brought it down. But perhaps not in the way you're thinking.

To be sure: the Berkley Co-op developed into a hotbed for progressive thought. They had child-care for shopping parents, a large education arm that focused on food nutrition and economics. They were an activist organization that championed (and won) many consumer reforms in California. They were consumer advocates and espoused their views through their monthly newsletter.

None of that was a factor in their downfall. As a matter of fact, those qualities helped them grow to the behemoth that they became.

Now there were skirmishes about boycotts and farm worker's rights which frustrated some shoppers but those were workable situations over time.

No, it wasn't the Co-op standing up for things or advocating for a better world that brought them down.

Rather it was the internal politics that destroyed it.

Right after the first Co-op principle of "Voluntary Open Membership", the very people-oriented Co-ops declared that the second principle should be "Democratic Control: one member, one vote".

Now we all love democracy. Yay Democracy! At the same time, at least in my life-time and experiences, there have been folks elected to political office that maybe didn't serve the needs of the people. For whatever reasons. In whatever country. Sometimes the vote of the people can lead you over a cliff.

In today's world, most of us do not get passionate about the local Co-op (thank you to those who do).

But folks in the '60s and '70s were passionate (no video games or internet to distract them). While Co-ops today struggle to get folks to run for the Board, back then every seat would have 2 to 3 contenders. Folks at the Berkley Co-op separated into two vague progressive-minded groups: those that pushed conservative business and those that highlighted ideological principles. That rift is evident in Co-ops around the

world to this day.

Now really – these are all progressive-minded people so they all felt bad whenever whichever side had the upperhand. Gimme a break. These fair-minded folks devised a system that challenged the understanding of human nature: when an elected member of the board could not make a meeting, the losing candidate could take their seat for that meeting.

Perhaps you can see where that was going. Yep. Things would get passed and reversed meeting after meeting depending on who showed up. Managers could not manage as they were constantly overridden by the Board. Top managers came and went. In the Co-op world, as much as they were admired, revered, and emulated, the Berkley Co-op was also known as the biggest Co-op S**t-show around.

Now one would think that a Co-op embraces harmony and peacefulness. And yes, that is what the brochure says. But when it comes to politics and trying to get one more vote than the next person, things can get nasty.

Over 116,000 members of the Berkley Co-op. The population of Durango is around 20,000. Of La Plata county around 57,000 people. That's quite a few people in a Co-op and they cared (in the aggregate) for their Co-op and each had a valid opinion.

But successive Boards grew secretive. A lot of their expansion was ill-conceived and lacked realistic vision. They kept cutting back on the "people" aspects of the Co-op (such as education and child-care). They started to operate as a corporate business driven by profit and growth (okay – there is necessary growth and profit needed in today's world but they were empire building).

Eventually, over-extended with a base that lacked loyalty or even an understanding of what a Co-op was, the Co-op collapsed. The Co-op world was stunned. Surely they would figure out a way forward because even though they were all insanely passionate and had divergent ideas, they were all good folks and would come to a common understanding..... Wrong.

One bad business decision after another. They even tried at the end to make it into a workers collective but they couldn't agree on how to do that either. Their demise ushered in around a 15 year period where food Co-ops around the country started to fail. By the early 2000s, most American co-ops were no more or in dire straits.

The remaining larger Co-ops banded together and created a national organization called the National Co-op Grocers Association. Without going into details – of which there are many – this group espoused good business operations at the expense of ideology. Internally, they pushed what is called Policy Governance which placed most of the business dealing with the Managers instead of with the Boards, separating internal politics from management.

Co-ops started to gain strength and grow again. But with a changing world today, many Co-ops, and even the NCG are realizing that without their ideological side, there is hardly anything to differentiate them from all the other grocers – natural foods or otherwise.

Nowadays, people are looking for genuine and honest businesses that they can feel good supporting. Co-ops fill that niche and many, if not most, are relooking at their values, identities, and purpose. Co-ops may just be what our country – and our world – need right now.

Next month – Are Co-ops political?, Part 3.



THE GOOD FOOD COLLECTIVE Presents The 12th Annual **APPLE DAYS FESTIVAL**

COMMUNITY APPLE HARVESTS
10/2 - 10/8

APPLE DAYS FESTIVAL
10/10, 9-12

Durango Farmers Market
Featuring the freshest cider around.
Live Music, Farm Veggies,
Food Vendors, and Kids Activities!

COOKING MATTERS
STAY GOLD
LA PLATA COUNTY
DURANGO FARMERS MARKET
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Manna
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INDIVISIBLE DURANGO
LOCAL FIRST

PRE-ORDER JUICE, REGISTER TO HARVEST, AND MORE INFO AT
goodfoodcollective.org
or (970) 403-5347



20% OFF

DESERT SUN
★ COFFEE ROASTERS ★
DURANGO • COLORADO

Desert Sun Coffee

During the entire month of October



**COMING IN OCTOBER!
STAY TUNED FOR...**



**Build-Your-Own
RICE & SALAD
BOWLS**



Manna Soup Kitchen & NINA present:

WINTER SUPPLY DRIVE

SATURDAY • OCTOBER 17TH • 9 AM TO 12 PM
Drop off items at Manna Soup Kitchen:
1100 Avenida del Sol

Accepting:
Camping Supplies:
Tents, sleeping bags, sleeping pads | Tarps minimum size 10' x 12' (black dark green, brown or camo only) | Fleece blankets | Folding Chairs | Lanterns (white gas) | Goal Zero Crush Light Solar Powered Lantern | LED Lanterns | Gasoline powered stoves | Buddy propane heaters, propane bottles 20 lb | Reusable silverware (forks, knives, spoons) | Snow shovels | Garbage bags | 5-gal water jugs | Backpacks | Cooking (mess) kits

Winter Clothing:
Jackets, wool socks, thermals, snow pants, thermal underwear, winter shirts | Boots and Gloves | Hand warmers | Beanies

Toiletry/Food Supplies:
Soap, shampoo/conditioner | Towels | Razors and shave cream | Ground coffee | Peanut butter



Look for Fair-Trade & Non-GMO labels while shopping!





Welcome to the Table: Co-op Recipes

SPOOKY EDITION!



Halloween Very Veggie Skeleton

Ingredients

1 jicama, peeled	1 orange pepper, sliced	5 broccoli florets	1 cup hummus (for dipping)
1 head of cauliflower florets	1 yellow pepper, sliced	1 mushroom, sliced	1 medium pumpkin (optional)
1 red pepper, sliced	24 green beans	2 black olives, 1 sliced, 1 diced	2 cherry tomatoes, halved
	1 carrot, sliced	1/4 cup arugula	1 zucchini, sliced

Preparation

Skull: Pick a platter for the background. Cut peeled jicama in half. Using the peeler, peel the sides of the jicama until it is pear shaped. The wider end will be the top of the skull. It should be full and rounded. Start narrowing the sides about half way down and round off the bottom. This will be the jaw. The narrow end is the jaw of the skull. Carve a flat spot near the bottom for the mouth. Carve two flat spots near the top for eyes. Place the skull at the top of the platter.

Spine: For the spine, arrange cauliflower florets in a row under the skull. Pile red, orange, and yellow pepper slices on either side of the cauliflower for ribs.

Arms and hands: Stack 3 beans on each side for upper arms. Stack 3 more on each side for lower arms. Put a cherry tomato half on each side between the upper and lower stacks for elbows. Add zucchini slices for palms. Make fingers out of carrot slices.

The rest of the body: Arrange 5 broccoli florets at the bottom of the spine for hips. Make upper legs by stacking 3 green beans on each side of the broccoli. Make lower legs by stacking 3 green beans on each side below the upper legs. For knees place half a cherry tomato between the stacks on each side. For feet cut a mushroom slice in half.

Face and hair: Put round slices of olive on jicama for eyes. Add diced olive for the nose and teeth. Arrange arugula under the jicama for spooky hair.

Serving Suggestions

Hollow out a pumpkin and put a bowl full of hummus inside as a tasty dip. Arrange leftover veggies in a dish on the side.



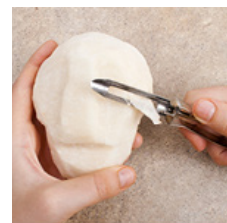
Peanut Butter & Jelly Spiders

Ingredients

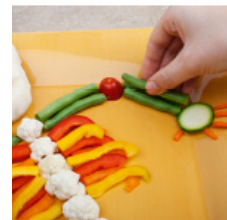
6 whole wheat English muffins
3/4 cup crunchy peanut butter
6 tablespoons strawberry jam
48 small pretzel sticks
12 chocolate chips

Preparation

Have a platter ready for the finished "spiders." Split and toast the English muffins, and spread each with about 2 tablespoons of peanut butter and a tablespoon of strawberry jam. Arrange 8 pretzels, 4 on each side radiating outward, on the bottom half of each English muffin to make 8 legs. Top with the other halves of the muffins. Make eyes on top by placing two chocolate chips on each English muffin; they should melt a little and adhere to the muffin. Serve warm.



Step 1



Step 3



Step 5



Find more recipes at www.welcometothetable.coop



Unearthing the Legacy of Black Farmers

By Sytonia Reid and Asher Weinstein

In Durham, North Carolina, a young man rakes a dirt path in between rows of leafy soybeans. In Alabama's Black Belt, a woman rolls a feathery ball of cotton between in her fingers, inspecting it for pests. In eastern Mississippi, an older woman, scissors in hand, kneels into a nest of leaves and uses a spade to harvest a sweet potato.

The year is 1910 and 14 percent of the nation's farmers are Black Americans. Living before the times of widespread mechanization, their labor is physically intense and intimate with the earth. Purchased only two generations after emancipation, these plots of land represent the resilience and dignity of the communities they serve.

Since then, America's agricultural landscape has changed, and not only where big machines have replaced hands and feet. Today, fewer than two percent of the nation's farmers are African American, according to the 2017 USDA Census of Agriculture. What happened in the past 110 years are vital parts of our nation's story in which seeds of innovation, regeneration, and communal stewardship are planted throughout.

The African Roots of Regenerative Agriculture:

Conventional agriculture accounts for 23 percent of human-created greenhouse gas emissions. "Regenerative agriculture" is a set of practices for restoring soil health and maximizing the soil's ability to draw down carbon from the atmosphere. Regenerative practices have gained popularity as more farmers recognize that dependence on pesticides, chemical fertilizers, and machinery robs the land of its natural organic matter.

But even members of the regenerative movement may not know that Black agriculturalists have long innovated in soil stewardship. In the 1890s, Dr. George Washington Carver developed a series of experiments proving that nitrogen-rich legume like peanuts could be used for more than a tasty spread, but also replenish soil when used in crop rotation. Centuries before Carver's research, agriculturalists on the African continent sustained civilizations with regenerative techniques.

"Right now I'm working in a polyculture where we have blueberries, junberries, apples, and medicinal herbs. This idea of growing a bunch of perennial crops together comes from different parts of sub-Saharan Africa," says farmer Leah Penniman.

Penniman and her husband Jonah Vitale-Wolff founded the nonprofit Soul Fire Farm in 2010— an organization based in Grafton, New York, with a mission to end racism and injustice within the US food system.

"I'm also walking through rows of raised beds, which comes from Namibia's Ovambo people who built mounds in order to control water flow and increase soil fertility," says Penniman.

Penniman is part of a new generation of Black farmers using regenerative practices to pursue food justice and reverse climate change simultaneously. Soul Fire Farm provides immersive training to Black, Indigenous, Latinx, and other farmers of color. It also advocates for policies that expand access to crop and technical insurance, non-GMO seeds, guarantees living wages for farmworkers, and increases markets for farmers of color.

Seldom-Told Stories:

Part of the reason why organizations like Soul Fire farm teach new generations of Black farmers about their ancestral roots in agriculture is many people still don't know about this part of our country's history.

After emancipation, Jim Crow laws enabled states to lock up Black people for petty crimes and returned previously enslaved people to plantations at correctional facilities. In the share-cropping system, Black farmers rented land and equipment from white owners who received a share of the Black farmer's harvest with interest. Unaffordable interest rates led to perpetual debt for Black farmers, many of whom tried and failed to pay off their debts with their own free labor.

The experiences of Black farmers received little attention until recently, with investigative pieces like Vann R. Newkirk II's "The Great Land Robbery" published in *The Atlantic* in September 2019 and Penniman's book, *Farming While Black*. These writings detail the history of discrimination against Black farmers, including by USDA officials who routinely denied loans, technical assistance, and disaster relief funds to Black Farmers, especially to those who were active in the civil rights work.

In 1995, Virginia farmer Dr. John Boyd Jr. founded the National Black Farmers Association and increase access to public and private loans. In 1997, Boyd and 400 others successfully sued the USDA in the case *Pigford v. Glickman*, which confirmed that the USDA had turned a blind eye to hundreds of civil rights complaints filed by Black farmers, including Boyd, who had filed six complaints.

“All these farmers were coming out of the woodwork saying, ‘You think what happened to you is bad? You should hear my story!’” said Boyd in a 2019 interview with *The Guardian*. “I was just trying to save my farm. But then I saw this was a huge national issue.”

Pigford v. Glickman exposed the USDA but fell short of achieving justice. The government awarded \$50,000 each to approximately 16,000 plaintiffs but there were many eligible farmers who didn’t know about the lawsuit’s application deadline. In 2010, the Obama administration re-opened the case and delivered more awards, but systemic racism and its effects still linger.

One of the NBFA’s newest projects is *Regenerating Our Farms*, which partners with organizations including the USDA, North Carolina State University, and Farmer’s Footprint to provide information and support to Black Farmers across North Carolina, South Carolina, and Virginia for adopting new soil health practices.

The Fight for Food Justice:

The systemic denial of access to farming means that many African Americans and other people of color depend largely on retailers like grocery stores to get fresh foods, but too often retailers fail to show up in lower-income neighborhoods. Lack of access to healthy foods has had profound health effects, with 21.2 percent of Black households and 16.2 percent of Hispanic households experiencing food insecurity—the USDA’s measure for decreased access to healthy and varied food. Meanwhile, only 8.1 percent of white households are food insecure, according to 2018 USDA data.

Holes in food access go beyond hunger—a lack of fresh food exacerbates other health issues. According to 2019 CDC data, although obesity is a nationwide issue, Hispanic and Black adults are ten percent more likely to be obese than white adults and experience diabetes at roughly double the rate of white adults.

Community organizer Karen Washington was first driven towards gardening as she sought to fix one of the trash-filled empty lots that had become a blight in her neighborhood.

“It was one of over 1,000 empty lots that were plaguing mostly low-



Leah Penniman on Why Farming Is an Act of Defiance for People of Color

income neighborhoods and neighbors of color in New York City,” Washington says. “And in 1988, with a group of people in the community, we were able to turn that empty lot into a community garden.”

In 2014, she co-founded *Rise & Root Farm*, an organization dedicated to promoting regenerative practices and increasing access to fresh produce. Washington considers it her responsibility to give Black farmers a space to recognize their role in the food supply. She co-founded *Black Urban Growers*, a group which brings Black farmers together to meet each other in an overwhelmingly white industry with annual conferences since 2009.

“In doing some research and looking at the census, finding out back in 2008, that of the 57,000 farmers in New York State, only 116 were Black. Fast forward that to now—57,000 farmers in New York State, still only 139 still are Black,” Washington says. “We have this conference every year where we bring people from all over this nation to come in and see a face, where it reflects who they are, and for them to have a buy-in in a system that for so long has negated them.”

The urban gardening and farming movement that has taken off in cities shaped by large Black communities like those in Chicago, Baltimore, and Newark, show that empowering people to grow their own food can be part of the solution.

“I grew up detached from the food movement, because as an African American, my relationship to food was always around the narrative of slavery,” says Washington, who is now one of Penniman’s mentors. “We’re now telling young Black and Brown people in urban and rural areas that their connection to food is powerful and that we do have a place in agriculture.”

How You Can Join The Fight For Food Justice:

1. Support non-profit organizations that are investing in Black farmers like *Soul Fire Farm*, *National Black Farmers Association*, *National Black Food and Justice Alliance*, *Black Urban Growers*, and *Rise and Root Farm*. You can donate, volunteer time, and/or share their work on social media.
2. Call on your Congresspeople to support progressive legislation like the *Endangered Black Farmer Act of 2007*, *Fairness for Farmworkers Act of 2019*, *Urban Agriculture Act of 2016*, and the *North American Agricultural Work Visa*.
3. Buy from Black farmers at farmers markets and *Community Supported Agriculture (CSA)* programs.
4. When possible, buy products that are *Food Justice Certified* with the *Agricultural Justice Project*. This certification addresses fair wages for farmworkers, fair pricing for farmers, safe and healthy working conditions, the rights of indigenous people and children on farms.



NEW OCTOBER ITEMS!

JACKSON'S HONEST
POTATO CHIPS



HONEYVILLE MIXERS
CHOKECHERRY LIME,
MOUNTAIN PEACH

LUV BOX
TEMPEH

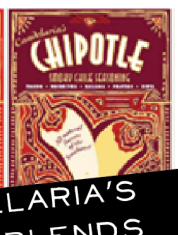
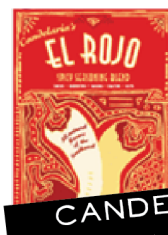


FARA
COFFEE

ROSA'S HIBISCUS TEA, POWER
SHOTS & ELIXIRS:
ORIGINAL, UNSWEETENED
AND GINGER



KARINE & JEFFS
VEGAN SOUPS



CANDELARIA'S
SPICE BLENDS

IF THERE ARE ITEMS YOU WISH TO SEE IN STOCK, PLEASE
EMAIL OUTREACH@DURANGONATURALFOODS.COOP

MeSSSage From the Board



Cody Reinheimer,
Board President

As the days shorten and the Autumn colors brighten, we are reminded that winter is approaching, a great time to go inward, as-

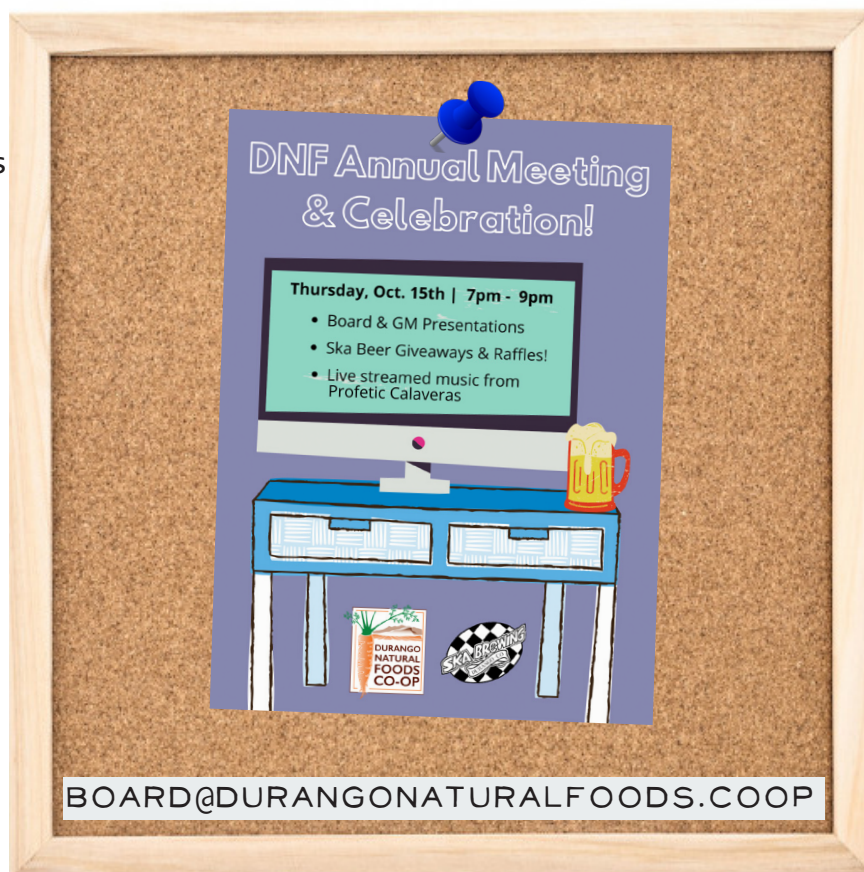
sess, and make plans for the new year around the corner. Your elected Board of Directors is doing just that. We are making plans for our Annual Meeting & Celebration, a perfect opportunity for our membership as a whole to take a look at ourselves as an organization, assess our performance over the last year and a half and receive feedback to help chart our course.

We hope you will join us on October 15th from 7-9 pm in our online Meeting & Celebration, to hear concise reports from your BOD and GM on DNF's performance over the last year and a half, and have a chance to ask questions and give feedback. We will also hear from Staff who have some fun giveaways planned. And we will hear from our very own staff who just so happen to be talented musicians! That's right, Profetic Calaveras will be providing their original music to us as well!!

Of course, we normally hold this annual event in person and in the Spring but COVID has changed all that. Many things have changed as a result of COVID, including our approach to developing and directing strategies for DNF's ongoing Revival process. We are looking forward to our Annual Fall Retreat and are taking the opportunity to focus on two big needs for DNF. First, we plan to re-assess our Strategic Plan developed last year, in light of COVID, and integrate that plan into our policy monitoring tools to help ensure, decisions are being

made in alignment with our short and long term goals. Second, we are also excited to be pouring in a lot of work into assessing our by-laws to bring them into the 21st century, provide much-needed clarity, and make sure they are legally sound. We are developing carefully considered changes that will be presented to the membership for a required vote of approval. More on that next year...

I am happy to say that we have a fabulous Board of Directors coming together in real synergy with one another on the continuation of bringing DNF into a state of thriving! We are all stepping up to provide a very respectful arena for decision making and effective leadership for our beloved Natural Foods Co-op!





**Big Brothers
Big Sisters.**
OF SOUTHWEST
COLORADO

RoundUp at the Register

NEW!

A GREAT WAY TO SUPPORT LOCAL NOT-FOR-PROFIT ORGANIZATIONS

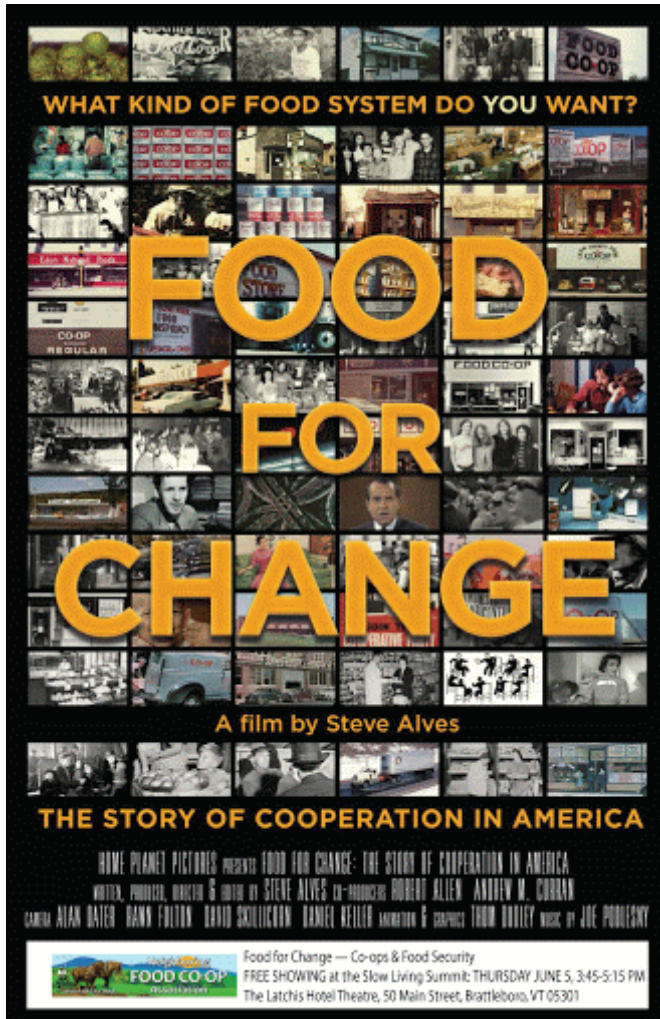
Big Brothers Big Sisters (BBBS) provides one-to-one mentors for children facing adversity in their personal, social, and academic lives. Our mission is to provide children facing adversity with strong and enduring, professionally supported one-to-one relationships that change their lives for the better, forever! Our measurable goals are focused in areas that have a positive impact in a child's life: increased self-confidence, improved academic performance, increased interest in learning, and stronger, positive relationships with humankind.

THANK YOU!



(Above) Big Brothers Big Sister of Southwest Colorado is DNF's Round Up at the Register recipient for October - December 2020.

(Right) Free Screening of the film Food for Change. Find the link in this email or visit our website.



WAYS TO SAVE AT THE CO-OP:



Order online & pick-up your groceries curbside Wednesday- Saturday
Place orders before 10 am for same day pickup

Visit www.durangonaturalfoods.coop/online-order

Hey Good Lookin' Look What Our Staff's Been Cookin'!

All meals were homemade by our staff using ingredients from DNF

Email outreach@durangontaturalfoods for the full recipes



Salmon, Rice, & Veggie Dinner



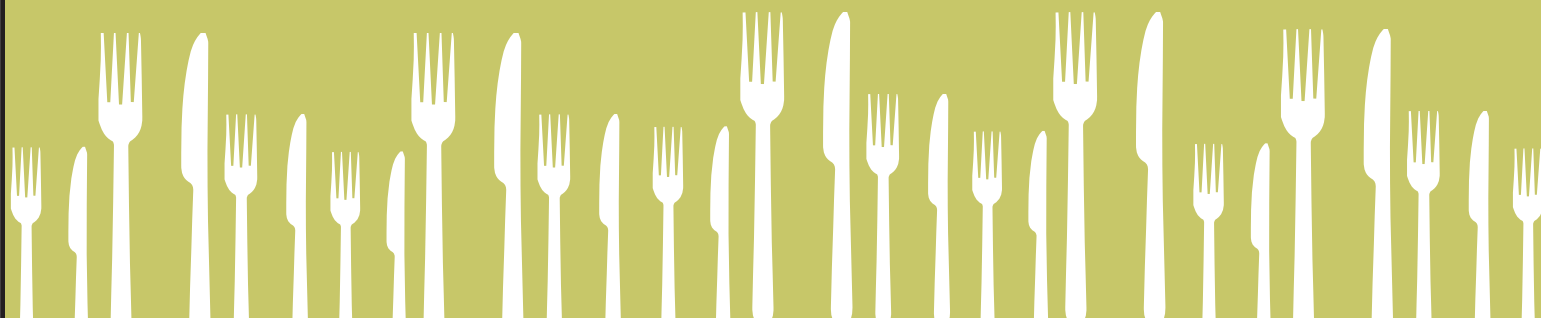
Salvadoran Quesadilla Dessert



French Dip Soup



GF Shepherd's Pie





Member-Owner Equity

- OR -

\$20/year
until \$300 is reached

**\$300 in
full**



Co-ops are alternative businesses with YOU as the owners!

• • •

Equity provides capital funds for maintaining and reviving the assets we own, collectively.

JOIN US!

What you get & what you give back:



Connecting urban
and rural
communities



Contributing to
a healthier, local
economy



20%
discount on
special orders



Member
Appreciation
Days (MAD) discounts



Weekly member
coupons



Empowering local
producers



Promoting
environmental
stewardship



Participation in Co-op
democratic governance
and elections



Member sale
prices on specific
products

We are the original
crowdfunders!

Co-op Month Equity Drive

Spend \$150 or more & we will
buy your next years' worth of
equity (\$20)!!

Not a member?
Spend \$150 or more and we will
buy your first years' worth of
equity!

Reached the \$300 equity pay-
ment?
Spend \$150 and we will take \$20
off your purchase!



PLUS:

- ★ We will enter you into a drawing for a \$50 Co-op gift card!
- ★ You will receive a Co-op bag & sticker!
- ★ Check your email for a treat from DNF Deli!



Give thanks to farmers!

Together we do better!
We are All-One!

Your fair trade purchase supports farmers who care for our planet while growing ingredients for Dr. Bronner's Pure-Castile Soap! Cover cropping, conservation tillage & dynamic agroforestry are regenerative organic practices that enrich and stabilize soil, draw atmospheric carbon dioxide back into the ground, improve the ground's ability to hold water, and foster biodiversity!

DR. BRONNER'S IS CERTIFIED



575 E. 8th Ave. | Durango, CO
Phone: (970) 247-8129

Hours: Mon-Sat 8:00 am - 8:00 pm
Sunday 10:30 am - 6:00 pm