

May 2022



# Good Thymes

DNF CO-OP'S MONTHLY NEWSLETTER





We are a Co-op. Our first principle is that we are open to everyone. Isn't that nice?

Actually, yes it is. That principle has been handed down with a bunch of others from the first successful Co-op in the 1850s located in Rochdale, England. More or less. The principles have been modified over time but the first 2 have remained the same: first is open voluntary membership and the second is democratic control. Everyone is welcome and we are all equal. That's really good stuff.

It may seem quaint today but at the time it was revolutionary. Really. Get this: not only did the Co-ops accept women as members it also accepted them to run for the Board of Directors and govern. Crazy. What were they thinking? As I said – revolutionary. It was “only” 70 years later that women would be “allowed” to vote in this country. And any realistic assessment of today's situation shows that we still have not achieved equality. Co-ops lead by example but there is still much work to be done – or are we just passive bystanders?

Open Membership – “Everyone welcome” means just that: everyone. People of color and LGBTQ – and all people of distressed economics -- still struggle for “acceptance”. I put acceptance in quotes because it's really a matter of human rights whether a specific individual or group “accepts” it or not.

I hate labeling people and putting them into categories and yet most of us do it to ourselves. “I'm a this. I'm a that. My friends are this and that. Opps – we're missing a group – we better pursue them so we can be “diverse”.

I do not like the word “diversity” because it does imply that we are different from each other. Yet – in general – it is necessary because left to our own devices, we do not integrate, we do not merge, we do not meld. Sometimes the issues must be forced to achieve the concept of “one world” (let's not debate that right now).

Back when I was in first grade, we had a little show put on by those worldly third graders (whoa – those older kids were so cool). It was at Thanksgiving time and it highlighted many different kinds of people bringing their own special attributes to the dinner and putting them into a large kettle with someone stirring it. When everyone contributed, the stirrer reached in a pulled out a big heart. The melting pot. The result was love. For whatever reason, that stuck with me. A great concept.

In the ensuing years, I heard many TV commentators talk about the melting pot with disdain. “We don't want assimilation! We are more like a salad – each component keeping their individual identity” they would bark. Of course the melting pot is not assimilation where one culture is subsumed by the dominant one. No – it's a fusion, where aspects from each make a new entity.

No matter what – there will always be differences in groups and as many have said, “we must be respectful of each culture”. To which I say, “no we don't”. I do not need to be respectful of a culture that doesn't allow women to go to school; or celebrates torture of animals such as bull and dog fighting; or represses (even kills) those that identify as LGBTQ; or gets joy from the repression of others; or invades other countries systematically destroying innocents; or... well, you know what I mean.

Aspects of cultures that we might not understand must always be respected as long as they are not harming others. That's a given. But many who have been repressed and beaten down over the centuries (and currently) harbor pain, anger and resentments. There is so much healing that must be done.

Of course, I'm just exploring and defining the situation, not necessarily offering solutions. There are 2 Co-ops (the Merc in Kansas and the Erie Food Co-op in Pennsylvania) that have opened Co-ops in food deserts. There are many obstacles that they are facing. One is that they are viewed (partially) as white elitists pushing their organic and natural foods agenda onto those that prefer “conventional foods”. This drives me nuts.

150 years ago, conventional foods were what we are selling now. There were no processed foods that have been denuded of their nutrients providing empty calories. Many individual's health in a lot of these deserts are not very high yet they crave the junk that is contributing to that situation. How do they overcome this disconnect? My answer is usually increased education but that is difficult when the trust is lacking. Another Co-op (Park Slope in Brooklyn) has been trying to do this for years but is constantly rejected by the communities in the deserts they want to assist. Everyone is proud. No one wants charity. Yet they do not have the means to do it themselves, banks won't lend dollars, capitalistic businesses are not interested because there is little profit and concerned local governments are strapped for cash.

Depending on how it's measured, it's reported that between 13.5 million and 39.5 million people in this country do not have access to healthy foods. Even the low number is unacceptable and the higher number is downright scary.

Our own Co-op is still struggling with profitability so it is questionable what we can do directly to help the situation.

But I do know this: We are a Co-op. Co-op's are love. Everyone is welcome and accepted. It's a start; a planted seed. And if we nurture it, we can and will make a difference.





# WELCOME YOUR 2022 BOARD OF DIRECTORS!



Cody Reinheimer  
President



Weston Medlock  
Vice President



Sheryl McGourty  
Board Member



Hadley Bevill  
New Board Member



Elise Boulanger  
New Board Member



Kate Randall  
New Board Member



Chrissy Mossier  
New Board Member

**THANK YOU TO EVERYONE WHO PARTICIPATED! OUR BOARD MEETINGS  
WILL TAKE PLACE EVERY THIRD WEDNESDAY OF THE MONTH FROM  
5:30 - 7:30 PM AT ROCKY MOUNTAIN RETREAT (848 E 3RD AVE)  
\*OUR JUNE MEETING WILL TAKE PLACE ON THE SECOND WEDNESDAY, JUNE 8**



# MESSAGE FROM THE BOARD

**CODY REINHEIMER,  
BOARD PRESIDENT**

Greetings fellow Member-Owners,

A new season is upon us we turn the corner, here at mid-Spring, into our warm season... hooray for sunny days and summer fun! I know I am already enjoying cold green goddess juice and refreshing deli items on the regular, along with all the staples, and the unmatched local offerings that our produce department is beginning to swell with.

With the new season comes newly elected Member-Owners to our Board of Directors! We want to give a warm welcome to Hadley Bevill, Elise Boulanger, Chrissy Mosier, and Kate Randall. And we want to extend a heart-felt thank you to all the candidates who ran this year and to all of our former Directors for their service. The new Directors will be joining current Board members, Sheryl McGourty, Weston Medlock, and Cody Reinheimer. We are glad to have some experienced Directors familiarizing the new ones, so as to provide continuity to the leadership team as well as a clear understanding of the governance structure of our Co-op, its current challenges, and its strengths to build on.

With the new season and new board also comes a significant transition in the Co-op. I, Cody Reinheimer, will be passing on the torch as President of the Board of Directors. I will still be on the Board as an active Director but see that it's time to pass on this important role while I am still available to offer mentorship to the new President. I took on the role in early 2019 after just a few weeks of being on the Board. At the time, the Co-op was hanging on to its existence by a thread. We had almost closed completely, were practically bankrupt, had no GM, and a brand new Board. It was one of those moments where you learn to swim or your sunk (along with our 45 year old Co-op) amidst rumors that Directors would be financially liable for default on our overwhelming debt. There was a lot to do for the team that formed from the new Board and committed Staff to get ourselves out of a financial and energetic disaster, but we got right to work on a vision for DNF to Thrive, and we completed the myriad of actions to make it so. Luckily there was a lot of support from within and around DNF to get back on track. Through team-work, clear communication, practical action, and a positive attitude, we defied the odds and have nurtured DNF into its current state, a world better then where we were. Big Gratitude to our current GM and Staff and to all who have been part of this journey of revitalization, including every single member and shopper who has supported the Co-op!

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The new President will be announced at some point after our first Board meeting, happening May 11 th . We are switching to the second Wednesday of each month from 5:30 – 7:30pm at the Rocky Mountain Retreat. Members are always welcome to stop in and listen and/or provide input at the beginning of each meeting.

We look forward to continuing to maximize our potential in our beloved funky fun store and to also develop a path forward in expanding our business model in a way that is smart and sustainable.

We will continue to invest in our staff by raising wages and finding other ways to increase staff retention. We will also invest in our current infrastructure as is financially feasible, addressing needed maintenance on the roof, and in our aging refrigeration units. Please excuse any outages as the weather gets warmer. These machines are temperamental and extremely expensive to repair and replace.

And, please be prepared for a road construction project affecting College and 8 th Avenues this summer. We will indeed be open for business and thank you in advance for navigating your way into our store. The good news is that the result of the project will make riding your bike to the Co-op much safer! Bike commuting is always a good idea during peak hours as our parking lot can fill up quickly. And speaking of our parking lot, we are working with the City of Durango on how to create the best flow in and out of our property with the new road diet construction project. And with all these changes, this means we are holding off on painting in new parking space lines until we have a clear plan with the City. In the meantime, thank you for being efficient with the space and parking snugly next to other vehicles so that we can allow for others to also park and enjoy all the benefits that the Co-op has to offer!

Thank you for choosing into good health for yourself and the community!

It's a joy to own a grocery store that is committed to excellence with you all.

Sincerely,  
Cody Reinheimer  
DNF Board of Directors

**CONNECT WITH US!**  
**BOARD@DURANGONATURAL**  
**FOODS.COOP**



THE  
DURANGO  
FARMERS  
MARKET IS  
BACK!

OUR DELI  
WILL BE  
THERE EVERY  
SATURDAY  
WITH HOT  
FOOD, GRAB  
N' GO ITEMS,  
& MORE!

EVERY  
SATURDAY  
8 AM - NOON



**DNF DELI**  
FARMERS MARKET

*Menu*

**BURRITOS \$10**

GF Tortilla  
+1.00

\*MADE - TO - ORDER\*

*Veggie* OR *Bacon*

TWO LOCAL EGGS, ROASTED POTATOES, SAUTEED  
BELL PEPPERS + ONIONS, HATCH GREEN CHILE  
BLACK BEANS, MILD CHEDDAR

*Vegan*

DNF DELI TOFU SCRAMBLE, ROASTED POTATOES,  
SAUTEED BELL PEPPERS + ONIONS, HATCH GREEN  
CHILE BLACK BEANS, VIOLIFE VEGAN CHEESE

**GRAB-N-GO!**

*Sandwiches \$10*

*Cali-Luv*

LOCAL TEMPEH, LOCAL TOMATOES, RED LEAF LETTUCE,  
AVOCADO, VEGANAISE, LOCAL SOURDOUGH

*HAM & MICRO GREENS*

HUMANELY RAISED HAM, LOCAL SPICY MICRO GREENS,  
PEPPERONIS, LOCAL SHREDDED CARROTS, MILD  
CHEDDAR, DIJON MUSTARD, LOCAL SOURDOUGH

*Vegenator*

LOCAL BELL PEPPERS, RED ONION, LOCAL SUNFLOWER  
SPROUTS, LOCAL CUCUMBERS, AVOCADO, SUN DRIED  
TOMATOES, LOCAL SPINACH, DNF DELI TOFU, VEGANAISE

*Born Again Salsa \$8*

LOCAL TOMATOES, YELLOW ONION, JALA PENOS,  
ROASTED HOT HATCH GREEN CHILES, CILANTRO  
GARLIC, CUMIN, SEA SALT, LIME JUICE

**JUICE \$9**

*Goddess*

SPINACH, DINO KALE, CELERY, CUCUMBER, FUJI APPLE, GINGER

*Carrot Sunshine*

CARROTS, FUJI APPLE, ORANGES, GINGER, TURMERIC

*Ginger Kick*

FUJI APPLES, LEMON, GINGER, CAYENNE, TURMERIC

*Beet Sunset*

GRANNY SMITH APPLES, HANNAH SWEET POTATOES, LEMONS,  
ORANGES, CARROTS, RED BEETS

**DRINKS**

*Hot Tea \$2*

*Lemonade \$3*





**RECIPES ARE FROM  
GROCERY.COOP  
FIND MORE YUMMY  
RECIPES!**

## **TAHINI STUFFED DATES WITH CINNAMON CHOCOLATE**



### **INGREDIENTS**

- 8 large Medjool dates
- 2 teaspoons tahini
- 1 ounce semisweet chocolate
- 1/2 teaspoon vegetable oil
- 1/2 teaspoon ground cinnamon
- 1 pinch sesame seeds, toasted (optional)

### **Preparation**

1. Using a paring knife, cut a slit the length of each date and slide out the pits. Scoop 1/4 teaspoon tahini into the hollow of each date where the pit was, closing the date to contain the stuffing. Place the dates on a plate or in a tub.
2. Melt the chocolate in a bowl in the microwave or over-simmering water on the stove. Stir in the oil and cinnamon. Drizzle a little bit of the chocolate mixture over each date and sprinkle with toasted sesame seeds, if using.
3. Serve at room temperature or refrigerate until firm.

## **JAMAICAN BEAN BURGERS**



### **INGREDIENTS**

- 2 tablespoons vegetable oil
- 2 teaspoons minced garlic
- 1 1/2 cups diced yellow onions
- 1 cup chopped button mushrooms
- 2 tablespoons minced jalapeño pepper
- 1 teaspoon ground allspice
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon chili powder
- 1 15-ounce can black-eyed peas, rinsed and drained
- 2 tablespoons freshly minced peeled ginger
- 1 cup cooked brown rice
- 1 1/2 cups panko bread crumbs

### **Preparation**

1. Heat 1 tablespoon of oil in a skillet over medium-high heat; add the diced onions and saute for 2 minutes. Add the garlic and the chopped mushrooms and saute 3-4 minutes, until onions begin to lightly brown. Add the jalapeño pepper, allspice, nutmeg, ground ginger and chili powder and saute one minute more.
2. Remove the mixture to a large bowl, and add the beans, fresh minced ginger, bread crumbs and rice. Using your hands, squish, mash and mix all the ingredients together; the mixture should be slightly chunky and somewhat sticky. Form the mixture into 6 equal balls, then flatten them into patties. Heat a tablespoon of oil in a wide skillet and gently pan-fry each burger over medium heat, approximately 3-4 minutes on each side until browned and crispy.

# TACO TUESDAYS ARE BACK!

**TACO TUESDAYS ARE BACK AT DNF AND BETTER THAN EVER!  
EACH WEEK WE WILL FEATURE TWO NEW TACOS, ONE MEAT  
OPTION, AND ONE VEGETARIAN (CAN BE MADE VEGAN).**



**DON'T WORRY, THE BELOVED FISH TACOS WILL ALSO BE  
MAKING AN APPEARANCE THIS SPRING**