



April 2022

# Good Thymes

DNF CO-OP'S MONTHLY NEWSLETTER

## EARTH MONTH SALE!!!

ALL OF APRIL

GET OUTSIDE!

LOVE YOUR MAMA!



## 15% OFF OVER 200 ITEMS! LOOK FOR THE EARTH!



# MESSAGE FROM THE BOARD

**ELIZABETH SHEPHARD,  
BOARD MEMBER**

Dear Community,

At last, spring has arrived! The winter brought a bundle of hearty snows and long nights; time to play and time to go within. While we could not return to growth without a time of rest, many of us are deeply elated to herald the beginning of a new season. The light is returning, and the days are growing longer, hurray! With this shift, our thoughts turn toward the opportunities that are only available during this precious time of year. Sprouting sunflowers to plant on the fence row and glowing evenings on the porch are two of the many things I look forward to. Watching the DNF produce and flower section swell with sequential offerings, reflecting our local harvest cycle, is always a joy to witness and be nourished by. I gleefully anticipate the rivers beginning to rise and seeing local produce in May!

The Board of Directors (BOD) is enthusiastic about the upcoming election as well. We hope each of you take a moment to cast your ballot. For some, the BOD may be unfamiliar. If this is you, I get it!). I was a member-owner for over a decade before I dove into understanding how our co-op functions. The BOD is a volunteer leadership team comprised of local professionals who oversee the governance of the organization. In exchange for their time participating in monthly meetings and ongoing communication around DNF strategic objectives, BOD members receive benefits such as professional development opportunities and product discounts. The individuals who are running in our current election seek your vote, to provide DNF with their expertise and gifts in stewardship of our collective goals.

Why vote? In co-op life, much like a garden, the annual election is a process of renewal for the organization. The BOD is intended to mirror member-owner interests. Each candidate represents a demographic in our community with a unique background and skill set. Your vote allows you to voice confidence in the candidates of your choice, which affects the co-op's future sustainability and direction. If you have concerns about the election or access to voting, please inquire directly in the co-op or email the BOD at [board@durangonaturalfoods.coop](mailto:board@durangonaturalfoods.coop). With a cheers from the porch, we hope to see a healthy voter turn-out! As always, the BOD welcomes inquiries around co-op affairs and member-owners are encouraged to reach out with interests and offerings at any time.

One of the projects we have been working on is the Bylaws Revision Project. The Bylaws are the articles which describe how the BOD and the member-owners cooperate to create the co-op. Issues such as meetings, requests, dividends, BOD requirements, and other tenants are outlined in this document. Our current ByLaws are an eleven page document, last updated with a change in May of 2019. To change the ByLaws, member-owners must approve changes by a vote. We have been working on edits that will bring the ByLaws up to date with industry standards, while remaining aligned with the DNF mission. We have been working diligently since August of 2020, and had aimed to complete the work in time for the 2022 Annual Election. Despite our best efforts, we have found the work to take longer than expected. Due to these constraints, we will be working on the project into 2022. While there is a delay on completion, I know this work will support the co-op's smooth function into the future and is well worth the time and consideration.

With all the best in heart, we wish you a peaceful and bright start to spring!

Sincerely,  
Elizabeth

## BOARD ELECTION SCHEDULE

**Sunday, March 27:** Applications due in-store or received digitally

**Monday, April 4:** Candidate information for voters is available in-store & online at [www.DurangoNaturalFoods.Coop](http://www.DurangoNaturalFoods.Coop)

**Monday April 18 – Thursday April 28:** Ballots available to vote in-store or online (10 day voting period)

**Monday May 2:** Election verified and results announced

**Wednesday May 18, 5:30 – 7:30pm:** First board meeting of new Board





# 2022 BOARD MEMBER ELECTION CANDIDATE INFORMATION PACKET

**VOTE APRIL 18 - 28 | BALLOTS AVAILABLE AT DNF OR VOTE  
ONLINE AT [DURANGONATURALFOODS.COOP/ELECTION-2022](https://durangonaturalfoods.coop/election-2022)**



## LET'S MEET THE CANDIDATES!



### Elise Boulanger

**Occupation:** Curatorial Fellow, Center of Southwest Studies, Fort Lewis College

**Education:** Bachelor of Art in Studio Art from Fort Lewis College

**Previous Board of Directors or related experience:** Produce Assistant /  
Produce Lead at DNF August 2019 - January 2021

Dear Durango Natural Foods Board of Directors,

I would love to represent owners by bringing my interpersonal skills of empathy, motivation, and gratitude; and professional abilities of organization, creativity, and adaptability to the Board. I am a passionate advocate of equitable public systems, and so I would first and foremost provide my expertise in collaboration for fair decision-making. As a former employee of DNF, I am knowledgeable of its inner workings and have deep care for the team. I strive to maintain relationships with employees and come to DNF with enthusiasm for positive growth and change. Since I first moved to Durango in 2017, I have been fierce about being involved in many parts of the community so that I can understand the people, lifestyles, and landscape that make up this community – my home. Since I left DNF, I have served on two Boards: the Animas City Night Bazaar, where I became Market Manager for the 2021 season, and the Collections Ambassador on the Leadership Team for Sustainability at the Center of Southwest Studies Museum. I also have volunteered for the Durango Arts Center and The Hive. I believe my community connections could be of benefit for the Board and I could help strengthen neighborhood bonds.

DNF is bursting out of its tiny building. I think over the next 3 to 5 years, the Board should focus on a few things: creating innovative solutions for new locations or community partnership for satellite locations, initiate more consistent staff-appreciation programs, and dedicate more funds / resources to bear greater incentives to the community such as returning and promoting a student discount.

It would be an honor to serve on the DNF Board and to become a part of the team again. I greatly appreciate your time in reviewing my application and considering me for an open seat.

Elise Boulanger



### Isa Vasanti

**Occupation:** Healing and awakening facilitator and teacher

**Education:** Belgian equivalent of a Master degree in Science of Psychology,  
University of Liege, Belgium

**Previous Board of Directors or related experience:** No board experience, but 12  
years of experience in team work (heartwood co-housing)

**Vasanti continued.**

I lived at Heartwood community until two years ago, in Bayfield, where I acquired 12 years of experience in working with others. Team work, collaboration, and participation to a greater good are the skills I bring as well as the vision I hold for the betterment of the world.

To elevate consciousness is my passion. In regards to the food-coop, I believe increasing awareness in our community for local food is important as we see the quality of "organic" food decreasing greatly in our profit oriented society.

Over the last two years, since I moved to Durango, I have been impressed by the shopping experience the food co-op offers: a very friendly and pleasant store with "real" people rather than employees doing their job. I am very grateful for the food co-op and wish to participate in its life in a more extended way. I will always serve with an open heart, which is already, I believe, the philosophy of DNF!

Kindly,  
Isa

**Hadley Bevill**

**Occupation:** District-Wide Substitute Teacher for Durango 9-R in pursuit of teacher's license (2022)

**Education:** B.A. in Mass Communications - Public Relations from Louisiana State University

**Previous Board of Directors or related experience:** No board experience, however,

I was the previous Marketing Manager for DNF and one of my roles was to act as the liaison for the board of directors.

The Co-op is a place that I will always hold close. When I first moved to Durango about three years ago, I was curious about what the (then red) metal building on the corner down from my current home was. I didn't have a job, didn't know more than a handful of people in town, and definitely didn't know I would be walking into what my life would consist of for the next two and a half years. After having many chats and coffees with the, then new, GM, Joe, I started working as the Marketing Manager for DNF. This began my understanding of the world of Co-ops and my love for what they stand for, not to mention the amazing people I was introduced to through working/living there.

No longer as a DNF employee, I want to continue to aid in the Co-op's success and have many skills I believe would assist me in doing so. I have extensive knowledge of the ins and outs of the Co-op from having previously worked there. I am a great team player, communicator, and have a love and background for sustainable and organic foods (Previously to the Co-op, I produced all of the public relations work for the LSU AgCenter Botanic Gardens - events, education, community outreach, etc.)

A few areas I think the board should be focusing on over the next 3-5 years include growth/expansion, fundraising, community outreach, education, and more customer/Co-op interaction. I think these some of the core values of a Co-op and only lead to continued success. I would love to be a part of the planning and implementation of these focuses.

I want to help Durango Natural Foods Co-op thrive, gain more success, and grow its community for many more years to come!

Sincerely,  
Hadley

**Megan Gavin**

**Occupation:** Director - Strategic Partnerships

**Education:** B.A., Texas A&M

**Previous Board of Directors or related experience:** Currently work closely with the BOD and board level committees at the non-profit/trade association I work with and have regularly volunteered for non-profits like the SPCA.



### Gavin continued.

I recently moved to Durango and happy to have found a place to put down roots and enjoy a beautiful community. It was actually a shooting star with a green tail that brought me to this unique town and as I've settled in, it will be the people and lifestyle that will keep me here. Currently, I work for a nonprofit/trade association and my role is to work with all our members, grow membership and work directly with our BOD. I've worked in the finance world for 18 years, lived in NYC for 8 of those. My career focused on raising capital and managing strategic relationships. I have a knack for engaging members and a decent business acumen that would be helpful in this role as a board member.

Another part of my life is less of a suit and tie situation and more backpack and sandals. I spent 4 years as a nomad traveling and surfing around the world. Saw a lot, learned a lot and realized how fragile yet powerful this planet is. That time exploring made me become more socially and environmentally conscious and I try to live that everyday. I've seen the importance of healthy food for a community and for one's own well-being and also what it looks like when that is not available or valued. That is why I support local, eat natural, try to minimize my footprint and why I love this CO-OP.

CO-OP in 3-5 years... focus on stability of business in all market conditions, community engagement, continue to bring the best and diverse food options and make the CO-OP a happy choice for people.

I'm excited to roll up my sleeves and get involved with something I am passionate about.

Ps one of my favorite items is the "Phat Nettle Refuge" by Turtle Lake Refuge.



### Kate Randall

**Occupation:** Part-time bookkeeping/data entry at Dietz Market

**Education:** B.A. in Comparative Literature

**Previous Board of Directors or related experience:** Served on the Board for FAIR, an animal rescue organization in Tucson, AZ for two years. Owned and ran a bookstore in Tucson, AZ for 28 years.

Hello! I'm running for the board because I am a huge fan of Co-ops in general and DNF Co-op in particular, and because now that I'm semi-retired, I have time and energy to dedicate to something I care about. I was a business owner for 28 years, running a bookstore in Tucson, AZ. In terms of Food Co-ops, I've been involved in them since my early 20's, when I co-managed a tiny one in the basement of a house in Washington D.C. Since that time, I have been a Co-op member (and sometimes volunteer) wherever I've lived. I joined DNF when I moved here to Durango three years ago.

My career at the bookstore gave me experience in a variety of areas including managing staff and money flow, handling day to day business, and working towards long term goals. As the business grew, we moved and expanded it three-fold, purchasing and eventually paying off a building. Hopefully my experience at the bookstore will be helpful when considering the various issues that DNF might encounter.

In answer to the question "What should the board focus on," I would need to listen carefully and learn what issues the current board and management team are looking at. I have no particular agenda other than doing my best to make sure the Co-op stays as vibrant as it currently is, and that it continues to be both a profitable business and a healthy, happy environment for staff and customers.



### Chrissy Mosier

**Occupation:** Youth Mentor, Dance Instructor, Caretaker of homes/animals

**Education:** Bachelor of Arts: University of Georgia & Fort Lewis College - Spanish Major

**Previous Board of Directors or related experience:** SOS Outreach Advisory Board Member

My first Co-op experience was in college in Athens, Georgia. Buying a variety of dried fruit from bulk bins in a paper bag revolutionized my understanding of food choices. Since arriving in Durango on the National Student Exchange in 1999, I have trusted DNF as the best shopping experience around. When conversations come up about grocery stores, I can't

**Mosier continued.**

help but advocate for DNF. "It's the best." Even better is that I used to split my shopping among 3 stores, but after the changes DNF has made over the last few years, I can safely do big shops at the Co-op.

I have collected an array of professional experiences that I hope will make me an asset to the Board. Working at Banga's Farm and the Farmer's Market allowed me to see all that is required for farmers to take produce from seed to sale, and how the food is distributed to the Farmer's Market, restaurants, the Co-op, and Manna Soup Kitchen. The 3 years I spent as a Residential Advocate at the Durango Community Shelter provided a download of the human condition, listening skills, and an ability to relate with anyone. Youth mentoring has connected me with a diverse range of community members and ignited a passion for equitable access to good clean food. I am a lifelong student of Spanish and I dig Mathematics.

After witnessing the recovery DNF has made, I am committed to aiding in the sustainability of that shift, and the expansion necessary to accommodate our growing community. I hold DNF close to my heart and would be honored to represent your voices with honesty and integrity. Cheers to our Co-op!

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**THERE ARE FOUR OPEN SEATS AND SIX CANDIDATES. PLEASE CHOOSE WHICH FOUR CANDIDATES YOU BELIEVE WOULD BEST REPRESENT DURANGO NATURAL FOODS CO-OP.**

**VISIT [DURANGONATURALFOODS.COOP/ELECTION-2022](https://durangonaturalfoods.coop/election-2022) TO STAY UP TO DATE ON THIS YEAR'S BOARD OF DIRECTORS ELECTION.**



**DON'T FORGET! VOTING BEGINS  
MONDAY, APRIL 18TH!**

**CO-OP PRINCIPLE #2:  
DEMOCRATIC OWNER CONTROL  
ONE MEMBER-OWNER, ONE VOTE. YOUR VOICE WILL BE HEARD.**

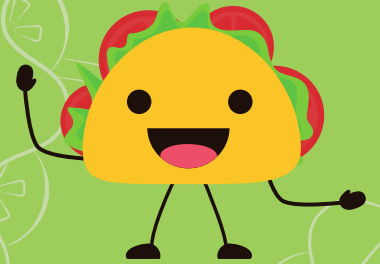


**575 E 8TH AVE | DURANGO, CO | (970) 247-8129  
OPEN MONDAY - SUNDAY 8 AM - 9 PM**





# TACO



# TUESDAY'S ARE BACK

DNF Deli is bringing back  
Taco Tuesday every  
Tuesday from 8AM to 3PM



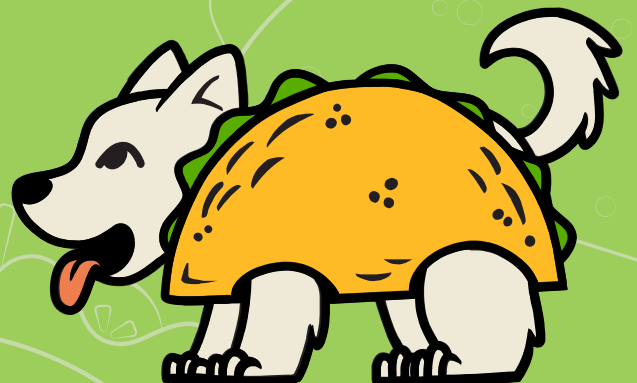
2 Veggie or Vegan Tacos - \$6.99

2 Meat Tacos (Chicken/Pork/Beef) - \$6.99

2 Fish Tacos - \$8.99



**Each Week a different DNF  
Deli Staff member will be  
creating Unique Tacos,  
there will always be a  
Veggie & Meat Option  
available**





## RECIPE 1 - EATING WELL

## RECIPE 2 - SHEKNOWS

### VEGAN RISOTTO W/MISO & SPRING VEGETABLE



#### INGREDIENTS

- 5 cups water, divided
- 4 tablespoons white miso paste
- 2 tablespoons Olive Oil, divided
- 1/2 bunch asparagus, cut into 1/2 in. segments
- 1 cup shiitake mushrooms, sliced
- 1 pinch sea salt and black pepper
- 6 garlic cloves, minced
- 1 cup arborio rice
- 1/2 cup dry white wine or sub vegetable broth
- 1/2 cup frozen peas
- 1/4 cup vegan parmesan cheese

#### Preparation

1. Heat a large rimmed skillet over medium-high heat and add 1 Tbsp olive oil. Add the asparagus and cook for about 5 minutes, stirring occasionally, or until somewhat browned and caramelized. Add the mushroom and saute for ~2 mins, or until tender. Season with a pinch each of salt and pepper and transfer to a bowl. Set aside for later.
2. Heat the same large skillet over medium-low heat. Add remaining olive oil and garlic. Saute for 1 minute until fragrant. Add arborio rice and cook for 1 min, stirring occasionally to coat. Add dry white wine or vegetable broth and cook for 1-2 mins. Slowly add in miso broth. Bring to a slow simmer, cook for 15-20 mins. Add in cooked asparagus and mushrooms from earlier and peas. Garnish with parmesan cheese.

### RASPBERRY POPPY SEED MUFFINS



#### INGREDIENTS

- 2 cups all purpose flour
- 1 teaspoon baking soda
- 1 tablespoon baking powder
- 1/2 teaspoon sea salt
- 2 tablespoons poppy seeds
- 2 cups raspberries
- 2 eggs, beaten
- 1/2 cup brown sugar
- 1/2 cup white sugar
- 1/4 cup vegetable oil
- 1/4 cup plain yogurt
- 1/4 cup buttermilk
- 2 teaspoons lemon zest
- 1 teaspoon vanilla extract

#### Preparation

1. Preheat oven for 375 degrees. Grease or line a standard 12 cup muffin tin.
2. In a large mixing bowl, whisk together flour, baking powder, baking soda, salt and poppy seeds until combined.
3. In a medium mixing bowl, whisk together eggs, brown sugar, yogurt, buttermilk, vanilla, lemon zest, and vegetable oil until thoroughly combined.
4. Stir wet ingredients into dry ingredients, mix until just combined.
5. Gently fold in raspberries. Scoop into prepared muffin tin.
6. Bake for 20-25 minutes, until tops are golden and bounce back when touched



# —•DNF DELI SPRING ITEMS•—

## BRINGING BACK

- ⓂⓂ Quinoa Tabbouleh - \$9.99/lb
- Ⓜ Orzo Arugula Pasta Salad - \$10.99/lb
- Powerbites - \$14.99/lb
- ⓂⓂ Chocolate Almond Oat Bars - \$11.99/lb

## NEW ITEMS

- ⓂⓂ Shishito Pepper Potato Salad - \$9.99/lb
- ⓂⓂ Jade Mango Rice Salad - \$9.99/lb
- ⓂⓂ Cowboy Caviar Dip - \$7.99/lb
- ⓂⓂ Pacific Tuna Salad - \$14.99/lb
- ⓂⓂ Jalapeno Cranberry Chicken Salad - \$13.99/lb
- Italian Antipasto - \$15.99/lb
- ⓂⓂ Baba Ghanoush with Dulse \$9.99/lb
- ⓂⓂ Grab N' Go Spring Salad - \$9.99/ea

We will no longer be serving soups for the Spring  
and Summer Months April 1st to September 1st



I'm willing to bet that none of you know who Earl Butz was. Perhaps someone who is as long in the tooth as I am might say the name sounds familiar. "One of the Watergate people?" was a guess from someone I asked who has even longer teeth: No he is not. He's worse.

Co-op folks back then saw him as a devil (or at least a demon). He certainly had no use for "organics" or "local".

He was the Secretary of Agriculture for Nixon and Ford. Actually, it's rather common that folks do not know who the Ag Secretary is (the current Ag Sec is Tom Vilsack). But Butz was different. He gave fiery speeches as he barnstormed the country espousing mega-farms, heavily engineered, and monoculture crops.

"Get big or get out" he bellowed. He changed Federal policies to reward big farms – the bigger the better. He is known for destroying countless small family farms across the mid-west and ushering in an era where the big corporations including the pesticide/insecticide and fertilizer corps dominate and control farming.

The product that is produced through his efforts – mainly corn – has wrecked Americans' health and is considered the main cause of increasing obesity. When I was fact-checking this column (he was Sec of Ag from 1971 to 1976), I came across a documentary made 15 years ago about the results of his policies. I was quite impressed how they took a pretty complex subject and made it very assessable to most. You can find "King Corn" on Youtube in its entirety and I highly recommend viewing it.

Butz wanted abundance so prices would fall yet farmers would make more income through volume and government subsidies. "Farms must make profits!" he roared. "Food for People. Not for Profit" was the response from the Co-ops and that became the mantra of the New Wave Co-op movement in the '70s and '80s.

Much of our conventional foods in supermarkets contain corn or its evil spawn, high-fructose corn syrup. It doesn't appear as corn directly but as highly processed components.

Please do not confuse this corn with sweet corn which is our corn on the cob and whole kernel products. They look the same but are bred differently. Kinda like the difference between hemp and marijuana.

Of course, our produce is organic or local from small responsible farmers. Butz's methods did not favor food farms as opposed to commodity farms. Small organic and local farms were in the way.

But farming is hard. A lot of Butz's policies made farming easier such as monoculture crops and heavy spraying. The small family farms can't do that and it's many long hard hours of labor to produce what we sell in our produce department.

Small farmers, especially organic ones, are always at risk of losing their crops. All this factors into higher prices for what many of us feel are healthier foods. And now, to make matters more difficult are higher transportation costs that put a strain on maintaining lower prices. Larger corporations have more resources available to them to absorb the costs but the small farms and small stores such as our Co-op cannot.

And to make things more interesting, there is a huge lack of drivers for the distribution trucks. We are all dealing with the disruptions in our supply chain as I'm sure you have all heard and experienced. No one knows how long these disruptions will last.

But you know, being the '70s activist I am, I have to wonder, "Who is getting rich through all this? Who is profiting from our collective misery?"

Certainly, the energy companies who are already claiming increased profits. Knowing the way our systems work, every link in the chain will claim an extra nickel. It is pretty astounding how fast our costs for products have been increasing. I'm willing to bet that we'll see huge profits from the multi-corporation food behemoths in the months to come.

It's sad when companies such as Monsanto, Cargill Ag, ADM, and Bayer are reaping record profits while the consumers – the people – pay the bill.

And the small farms and Co-ops struggle to exist despite having a better product. We can't guarantee that our prices will not rise like most everyone else's. But we can guarantee that we will be diligent in being your buying agent to sift through the crap to find the best products available at fair prices.

Butz lived to 98. This is rather ironic considering the rising death rate from diabetes and heart disease in much younger folks than he, which are the end result of policies that he put forth.

Our Co-op is dedicated to quality. Certainly organic when we can get it. There are many other companies that use great products but just do not have the organic certification. Most of our local companies are like that. Our Co-op will continue to be an outlet for the best products available.

\*\*\* Really – watch "King Korn" on Youtube. It is what many of us watch happen and is explained eloquently. \*\*\*





# **NOW HIRING!**

## **MARKETING, EDUCATION, & COMMUNICATION MANAGER**

**Purpose:** To create and develop relationships with our Member/Owners, our Shoppers, our Staff, and the Community that fosters Co-operation, loyalty, and unity.

**Position:** Full-time (\$18.50/hr.) Reports to General Manager

This is a difficult position on a number of levels but very rewarding for the right person. It encompasses the look and feel of our Co-op as well all the various communication paths with everyone who uses the Co-op.

If you think you'd be a good fit for this position, please read our full job description which will inform you on how to apply.

**[Ask a cashier or visit our website](http://durangonaturalfoods.coop/employment)**  
**(durangonaturalfoods.coop/employment)**  
**for the full job description to apply.**

Open until filled.



# VOTE!

APRIL 18 - 28

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