

**GOOD
THYMES**

**DNF CO-OP'S
MONTHLY NEWSLETTER**

**OCT
23'**



OCTOBER IS CO-OP MONTH!

AND HALLOWEEN, TOO!



CELEBRATE ALL MONTH LONG WITH SALES, PROMOS + MORE!



cup O' JOE



I can't believe that I've been at DNF Co-op for 4 years now! And what a stimulating adventure it has been! Of course, sticking your finger in an electric socket is stimulating too though that is not a personal preferred pastime. Yet, electricity properly channeled is certainly an incredible wonder and enabling force.

Now there are those who witness my time at our Co-op who do think, in fact, that I am constantly in the throes of unregulated electrical stimulation. I prefer to think of my position as an energy conductor and redistributor. While the manic gyrations and spinning that I go through may seem painful, they are just illusionary visual manifestations of absorbing the myriad forces of the Co-op and massaging them to work harmoniously with each other throughout our entire system.

When I first observed our Co-op in 2019, I was surprised that even in this small retail space, the business seemed placid. "I wonder where we need to plug this place in to really get it humming" I mused. And in these 4 years, we're plugged in, super charged and humming along significantly! Although as we all know, the more energy you put into a small space, the hotter it gets.

All energy systems need cooling. Otherwise things can go ka-blooney. Currently, we run a little hot but very well within limits. Our aging systems, both physically and systemically, sometimes challenges us with spikes and shorts that pushes us towards the red zone. Sometimes sparks fly. Each is an opportunity to increase our efficiencies, infrastructure and policies to ensure more movement with less friction, less heat and more reliability.

As I look at these past years at our Co-op, I can't help but smile. It's been good. It's been fun. Despite my noticeably grayer and sparser coiffure. Long ago on my 30th B-day, I bought myself a mountain bike and it was love at first ride. Combining my favorite activities of hiking, biking and falling, I have been an avid mountain biker over all these years. Working at the Co-op is a lot like mountain biking. ...Actually more like mountain biking down a very steep, rocky trail. ...With your brakes failing. ...In the rain. ...Just before dark. ...Being chased by a mountain lion.

But then again, that's not necessarily untypical of mountain biking. And the energy charge and flow of our Co-op is not untypical of Co-ops in general so it was with eager anticipation that I dove in here. I have not been disappointed.

I have now met literally hundreds of you (still a bit wobbly on all the names) and I've found that we're a very intelligent, eclectic group of folks who care for and love this Co-op very much. It is this unbridled energy of our Membership and Shoppers that fuels our Co-op. We elect a Board to focus that energy and they select someone to be responsible for Staff, operating the business and serving the Membership/Customers needs thus creating a democratic feedback loop.

This is a good thing as everything in the Universe spins - from the tiniest quarks to the Universe itself - and if you place yourself anywhere in the flow, spinning is inevitable and an indicator of a healthy system. Besides - if you're in the flow and not spinning - you would be a resistor. And resistors get very hot and burn-out.

Of course, while simply saying that spinning is fine and dandy, it's still necessary to channel the energy which isn't always that easy. And if you spin out of control - well - that's not a good thing either. Now sure, if we were all robots or Spock-like, things could run seemingly smoothly and dependably though devoid of heart and soul, of vision and aspirations or of human traits such as passion, belonging, imagination, caring and love.

But there's always the flip side. If we're open to all those wonderful human traits, we're also vulnerable to other traits such as insecurity, fear, dominance and loneliness. Such is the human condition and if we embrace it, aren't we a bit more like a family as opposed to a "regular" business? Isn't this one of the more beautiful things about the Co-op experience?

October is Co-op Month (nationally since 1964, proclaimed by Orville Freeman, US Secretary of Agriculture). We will have our biannual (biennial) Member survey starting mid month - look for it! We are also closing out 49 years of existence and preparing for 2024 - our 50th Anniversary!

2024 is also my 50th anniversary of my High School graduation and my first year of College where I learned all about beer (we could legally drink at 18 back then) and some other stuff that seemed important at the time. I am thrilled to share my personal anniversary with our Co-op's!

I've been spinning ever since I can remember and plugging into the energy of our Co-op is invigorating, rejuvenating, exhilarating and energizing! I extend a heartfelt thank you to all our Members/Customers, our Staff and our Board for a marvelous and sizzling 4 years! I am joyously looking forward to our joint 50th Anniversary year as we spin through our time on this planet together.

Joe Z.

JOIN US AS WE CELEBRATE CO-OP MONTH!

BUT WE CAN'T POSSIBLY TAKE ALL THE CREDIT.
EXPLORE THE OTHER COMPANIES AND BRANDS WE CARRY THAT
ALSO EMBODY CO-OPERATIVE MODELS!

A QUICK RECAP ON HOW WE THINK ABOUT (DEFINE) CO-OPS:

Cooperatives are businesses owned and **controlled by the people** who use them.

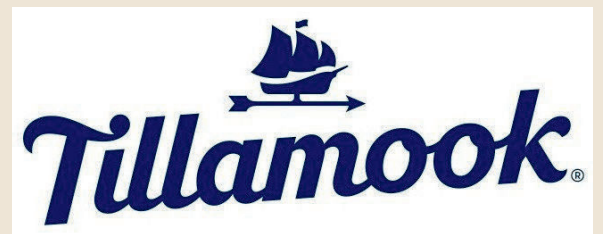
Cooperatives differ from other businesses because they are member owned and **operate for the benefit of members**, rather than earn profits for investors



Check out our Equal Exchange endcap - **20% off** for members!

Maybe you've seen EE products around our store or in our weekly emails. The for-profit, **Fairtrade worker-owned cooperative** headquartered in West Bridgewater, Massachusetts is commonly known around our store for their coffees, teas, chocolates, and now a plethora nuts + cocoa mixes too.

KEEP AN EYE OUT FOR THESE CO-OP BRANDS AROUND OUR STORE:





NEW PRODUCTS ON OUR SHELVES NOW!



MEATI

This “new meat in town” is a nutrient-rich mushroom based product using mycelium to upend the alternative meat market.

Boulder, CO

STASHER

A healthier alternative to plastic bags, Stasher offers reusable, resealable packaging for any snack, meal, or adventure ahead.

Emeryville, CA



BRIXY

An upcoming personal wellness company producing a plethora of bar soaps on a mission to create a better bar for a better planet.

San Diego, CA



MEET MARIAH

**SAY HELLO
TO A BELOVED
MEMBER OF
OUR CO-OP'S
FRONT END
TEAM**

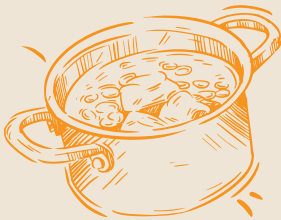
LET'S CHAT



Check in every month for a
DNFC feature celebrating the
people who make our Co-op run

1. So, where are you from?
 - a. Anchorage, Alaska
2. And how did you end up in Durango?
 - a. I came for school, as Native students get free tuition. And I just ended up really liking Durango!
3. When you're not at DNF, what are you getting up to?
 - a. Most of the time I just hang with friends, be outside, do yoga, go thrifting, that sort of thing.
4. Anything that might surprise shoppers about you?
 - a. I was an equestrian for years, and still really like horses.
5. Favorite things about working at the co-op?
 - a. The people, of course. I love my coworkers, we're a little family here. And this is a comfy place for me.
6. What is something you are excited to bring to the store?
 - a. I bring an appearance of being calm, but I'm not...
7. In preparation for an outdoor adventure, which three DNF products would you bring?
 - a. Alive Adaptogen Root Beer, Boom Chika Pop Kettle Corn, Mike's Mighty Good Vegetarian Kimchi Ramen.
8. In ten words or less, how would you describe our Co-op to an out of town visitor?
 - a. It's just not like a normal grocery store!

SOUP SEASON IS BACK AT DNF DELI!



Here's what to expect as we enter Durango's cold weather season

As of Sunday, October 1st, DNF's 3rd Annual Harvest Festival, soup season is back at the Co-op! Open seven days a week, the DNF Deli is now serving up it's beloved mix of seasonal soups perfect for combatting the cold and weather coming Durango's way. Be on the lookout for specials, sales, and limited time offerings from the Deli this season!

Be on the lookout for Co-op favorites like:

- Turmeric Kale Chicken
- Broccoli Cheddar
- Veggie Curry
- Chicken Noodle
- Pork Green Chili



Pro Tip: While it's not on the menu, if you ask extra nice, the Deli will make you a grilled cheese sandwich, perfect for pairing alongside the new seasonal soups.

THE GREAT BIG BONANZA EQUITY DRIVE 2023!!

WHAT IS EQUITY?

Equity is a Member's investment in their Co-op. It's how a Co-op capitalizes itself instead of deep pocketed owners or investment firms. *It's the original crowd-funding mechanism (starting in the 1850s)!!*

In the Durango Natural Foods Co-op, Equity is set at \$300 payable over 15 years (\$20 per year) **so that everyone is able to afford it!**

Equity funds are generally used for fixing assets but are also available for emergencies. Recent uses of our Equity Funds include resurfacing the parking lot, a new commercial juicer, and some refrigeration repairs.

This year we implemented *The Great Big Bonanza Equity Drive 2023* so that we can move forward faster. Some future possible projects include redesigning our register area for easier and quicker flow, a camera system for security, finishing the parking lot, a mezzanine for the back to increase store space, awnings on the Norths ide, and new refrigeration units!



THE \$100 DRIVE!!!

THIS IS THE MOST EXCITING PART OF THE DRIVE!!

INVEST \$100 AND YOU'LL GET:

- THREE **15% OFF EVERYTHING** COUPONS!
- FIVE **20% OFF** COUPOONS - ONE EACH FOR:
 - SUPPLEMENTS
 - BULK
 - FROZEN
 - DELI
 - DNF MERCHANDISE

PLUS NOT BEING ASKED FOR \$20 FOR 5 YEARS!!

REACH FULL EQUITY (\$300) BY THE END OF THIS YEAR AND YOU'LL RECIEVE 5% OFF ALL YOUR PURCHASES GOING FORWARD (NO EXPIRATION PLANNED)

WE HAVE OVER 2200 ACTIVE MEMBERS!

*The Drive ends Dec 31st -
Coupons good through 2024*

**HERE'S THE
DEAL WITH
BULK...**

**AS TOLD BY
OUR BULK
MANAGER!**



Bulk is not an exciting word. Inherently.

For many it may conjure an image of brown fibrous foodstuff, packaged in labelless 50 lb. bags sitting on a pallet in the back of some warehouse, waiting to be sold on the basis of low-price- not quality. In the context of the Co-op though it's a **sensorially maximalist adventure**. *Let us explain.*

Every texture, flavor, smell and color is present in the Bulk department. From a quick snack of dried mango or chocolate covered cashews, to all-in-one breakfasts like Grandy Organic's Coconola and Pure Bliss Organics Banana Bread granola, **Bulk has you covered**.

The everyday kitchen staples like fresh-ground nut-butter, salt and pepper, tea and coffee, sugar and flour, all have their multiple forms and flavors present in Bulk. For scratch cooks, **home is where the bulk is**. Days, weeks and months of menus can be planned and completed without ever leaving bulk.

One may lack inspiration when it comes to livening-up legumes and grains, but turn around and the **80+ herbs and spices** can keep the combinations endless. Toppings like pesto, sambal, gravy, or chutney, can be summoned from the fruit, nuts, and seeds. *No vegetables?* Grow your own! A jar in the windowsill will produce crop after crop of nutritious greens from the sprouting seeds in Bulk. Mellow alfalfa, spicy radish, crunchy mung- there's a sprout for any occasion.

Then, when the body needs more than just food to thrive, **medicine in its original form can be found in bulk**. Humans have relied on plants to treat their woes long before they started planting them to feed themselves. Leaves, roots, seeds and fruits come together on the herbal shelf to provide cures for what ails. **Whatever you need, we've got in Bulk.**

JACK L., PRODUCE + BULK MANAGER

A MESSAGE FROM THE DNF BOARD



Ryan Lazo

Dear Fellow Co-op members,

First, let me introduce myself: I'm Ryan Lazo, one of the newest board members at the Durango Natural Foods Co-op. Before my family and I moved back to Durango in September 2021, I spent eight years in eastern Washington. I worked with local food coalitions, farmers' markets, and food security programs. It's great to be back in Durango, and I'm excited to have an opportunity to serve the members of the Co-op. I have enjoyed meeting other members while shopping in the store over the last several months. I appreciate your thoughts, comments, and well-wishes. Please stop and say hello if you see me in the store or around town!

Speaking of getting to know one another, the board enjoyed chatting with folks during the 3rd Annual Harvest Festival and Annual Meeting on Sunday, October 1. On behalf of the board, we would like to send a big **THANK YOU** to all of the event volunteers, the staff, the vendors, and those who came out despite the threat of rain! Stay tuned for more information about next year's event, where we'll celebrate the Co-op's 50th Anniversary.

October is an exciting time at the Co-op! It means cooler weather, changing leaves, fresh fall veggies, and Co-op Month, observed nationally since 1964.

We are joining over 65,000 co-operatives across the United States in celebrating with in-store specials and reminders about what makes co-operatives like DNF so special. As you likely know, a co-operative is a business operated and democratically controlled by its membership of owners to meet their common needs and aspirations. Simply put, you get a voice in what DNF does, sells, and stands for. How many other grocery stores in town can claim that?!

Staying true to these values, DNF released its annual report during the Harvest Festival. You can find it on the Co-op website if you still need to review it. Feel free to drop your thoughts and comments in the comment box at the store or reach out at joez@durangonaturalfoods.coop. The board is busy planning our annual retreat, where we will dive deeper into the report and set goals for the upcoming year - your comments will help guide us. You can find information about upcoming board meetings and past meeting minutes on the Co-op website.

Thank you for your continued support of the Durango Natural Foods Co-op!

Warmly,
Ryan L.

co+op deals

OCT 4 - OCT 17, 2023

ecological cleaning

From household cleaning to body care — and even bathing your pets — it's easy with Dr. Bronner's Pure Castile Soaps. You'll find them on sale at the co-op!



10.99

Dr. Bronner's
Pure Castile Liquid Soap
32 fl. oz., selected varieties



2/\$5

Health-Ade
Organic
Kombucha
16 fl. oz., selected
varieties



2/\$6

Choice Organics
Tea
16 ct., selected varieties



3.29

Van's
Frozen Waffles or
Pancakes
8-12.4 oz., selected
varieties



3.99

Que Pasa
Organic Tortilla
Chips
10-11 oz., selected
varieties



2/\$8

Maya Kaimal
Indian Simmer
Sauce
12.5 oz., selected
varieties



4.99

Nature's Bakery
Fig Bars
6pk-2 oz., selected
varieties



Fresh solutions for a clean home.

Welcome fall at the co-op.

MORE CO-OP DEALS ON OUR WEBSITE!

MEMBER SALES

(15% OFF THESE PRODUCTS/BRANDS)

SUPPORT CO-OPS!

All Equal Exchange products are **20% OFF** during October!



Deep Indian Kitchen
9 oz, all varieties



Bitchin Sauce
8 oz, all varieties



DIVINA
9oz, Calabrian Orange Spread

Canyon Bakehouse Gluten Free Bread

Packages vary,
all varieties



MEMBER SALES

(15% OFF THESE PRODUCTS/BRANDS)

Califia Farms Alternative Milks

32oz, all varieties



Mrs. Meyer's Scented Soy Candles

7.2oz, all varieties



Mitica Jam

7.76oz, Fig



Rumiano Cheese

Weights vary, all varieties

Barbara's Cereals

Weights vary, all varieties

