



June 2022

Good Thymes

DNF CO-OP'S MONTHLY NEWSLETTER





It's an issue I've had to respond to for years – actually for decades. Each situation is different and after so long, I'm not really any better at it. But I am experienced so that may count for something.

It's our homeless population. Yet, that is not exactly right. There are many different types of the homeless. Some folks lose their jobs, can't keep up on their housing payments and find themselves without a home. Often they sleep in their cars. Or maybe they find homeless shelters. Some will couch surf at friend's places. They work to get back on their feet. There are a lot that fall in this category but if you meet them, you'd probably never know unless they told you.

Then there are those who got into the situation through their own devices such as losing everything by excessive gambling, investing their money poorly or maybe getting thrown out of their residence by a failed relationship. Maybe they find themselves in a tent on the streets of San Francisco or LA. Generally, like the first group, they can be helped.

But there is the third type, one that we most associate with the term "homeless". It's the Street People. These folks may have substance abuse issues or mental health issues. Often both. And sure, some may start out as one in the first two groups but then slide into the third.

My thoughts go back to a Co-op I worked at in the very early '80s. We always thought of ourselves as open-hearted, kind and concerned. We wanted to help. We wanted to change society. Our restaurant always had soup left over at the end of the day and Staff would come around the back door for the excess. Noticing around 4 street folks hanging in our area, we invited them to these handouts. It was all good and we were happy we were able to help.

Soon, though, that number began to grow. Almost overnight, around 15 to 20 street folks would show up each night. Some elements there harassed our Staff and chased them away. Our women Staff were targeted, insulted and some were grabbed. They started sleeping in our parking lot and were slowly taking over the energy of our Co-op.

Though we meant well, we had to stop the soup kitchen and had to call the police daily for around 3 weeks before we regained our Co-op. I always felt bad about that. The 4 original folks were actually gentle and polite. Others who came were belligerent and abusive. I hate lumping people into groups as, no matter what, each is an individual who deserves respect – at least until they prove they are not worthy of that respect.

If that was the only incident, it would be isolated and not indicative. But over the years, I have had literally hundreds of encounters with street people. If I err, it's usually trying to help and allowing too much ill behavior. When I was in charge of hiring for a Co-op expansion in the mid 80s, I actually hired a few to help with clean-up and other none-skilled tasks. It worked out fine. Wherever, I worked, I allowed street folks to co-exist in close proximity to our Co-ops.

Something happened around 15 years ago where many of the street folks became very aggressive and somewhat violent. More experience with them showed that these folks were meth-heads. It changed the game. There were always some difficult street folks but now it was becoming the vast majority. They threatened and stole from us. And the numbers kept growing.

You may have noticed we have around 4 to 8 street folks recently hanging around the Co-op. While I'm certainly no expert, I don't see meth use in this group. I see a lot of alcoholism though. In general, they are a pretty mellow group although they have fought with each other from time to time.

But some would come into the store and cause a ruckus. Demanding, belligerent and out of control. A couple would get very loud, swearing, cursing, insulting folks and uttering racist and sexist words and phrases. Still others would defecate all over our bathroom where it is even questionable if the toilet was their target. One passed out in our Bulk Department last year.

The recent incidents were too much. A line was crossed and 4 of them are not allowed in our building anymore. They have still come in and we shepherd them out. I've seen disapproving looks towards our Staff (and me) wondering why we are being so harsh on them. Our Co-op community is a caring group. But hardly anyone knows the context or history of these individuals.

I have many other stories about my experiences with street folks. And yes, I have been assaulted a couple of times but it's usually them screaming at me inches from my face. Certain pretty disgusting and unsettling but it's better than being hit. Those folks though, I have continually harassed by calling the cops each and every time until they are not an issue.

So what should we do? What is the Co-op's responsibility to this segment of our society? We donate to food banks and to whatever community organizations that attempt to help. We can't let our Members and Shoppers be harassed. It is also very unfair to our Staff who are often very frightened by the incidents in the store and have to clean up after their messes.

Please give me feedback about what you think!



Buy it in **BULK!**

Buy a little or buy a lot!
Get the amount you need!

It's Easy!

- *1 - get a container or bag
- *2 - Fill the amount you need
- *3 - write the PLU



Bulk/Produce
Buyer, Steven, tends the bins!

What's a Tare Weight?

You can use your own containers!

The weight of your empty container is called
the Tare Weight!

Ask a cashier to weigh your container or use
the scale in the bulk Dept. Write it Down!

Beans

Herbs

Spices

Energy Chunks

Teas

MORE!



Repacker

'Extrodinaire, Deb, stuffs those bags!

Rice

Granola

Grains

Flours

Nuts

Coffee

Lentils

Dried Fruits

Snacks

Legumes



Have you tried the new Chocolate
Covered Cherries? Wild!

co+op deals[®]

JUN 15 - JUN 28, 2022

summer refreshment

Summer and lemonade go together perfectly, and Santa Cruz Organic Lemonade is a thirst-quenching must-have when the temps heat up. It's on sale at the co-op, so get yours today, throw in some ice cubes and stay refreshed!



2/\$4

**Santa Cruz
Organic Lemonade**
32 fl. oz., selected varieties



2/\$4

**Vita Coco
Coconut Water**
16.9 fl. oz., selected varieties



2/\$6

**Kettle Brand
Organic Potato
Chips**
5 oz., selected varieties



3.99

**Nancy's
Organic Yogurt**
32 fl. oz., selected varieties



7.49

**Nature's Path
Organic Cereal**
23.8-32 oz., selected varieties



7.99

**Beyond Meat
Beyond Beef**
16 oz.



10.99

**California Olive
Ranch
Extra Virgin Olive
Oil**
25.4 fl. oz.



Find summer refreshment at the co-op.
Celebrate summer.

VISIT OUR WEBSITE FOR MORE CO-OP DEALS!



Black-eyed Pea Salad

Serves 6. Prep time: 20 minutes.

- | | |
|---|--------------------------------|
| 2 15-ounce cans black-eyed peas, drained and rinsed | Dressing |
| 1 large carrot, shredded | 3 tablespoons sesame seeds |
| 1 medium cucumber, peeled, seeded and chopped | 2 tablespoons red wine vinegar |
| 2 large scallions, chopped | 2 tablespoons honey |
| 1 large jalapeño, minced | ¼ cup extra virgin olive oil |
| 1 cup cherry tomatoes, halved | ¼ teaspoon salt |
| ¼ cup fresh parsley, chopped | |

Preparation

Combine the black-eyed peas, carrot, cucumber, scallions, jalapeño, tomatoes and parsley in a large bowl.

In a small saute pan, place the sesame seeds and swirl over high heat. When the seeds are lightly toasted, transfer to a small bowl. Add the vinegar, honey, olive oil and salt and whisk to combine.

Drizzle the dressing over the pea mixture and toss to mix. Serve or refrigerate, tightly covered, for up to three days.

Black-eyed Pea Salad

Ingredient checklist

PRODUCE

- | | |
|------------------------------------|--|
| <input type="checkbox"/> Carrot | <input type="checkbox"/> Jalapeño |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Cherry tomatoes |
| <input type="checkbox"/> Scallions | <input type="checkbox"/> Parsley |

GROCERY

- | | |
|---|------------------------------------|
| <input type="checkbox"/> Black-eyed peas | <input type="checkbox"/> Honey |
| <input type="checkbox"/> Red wine vinegar | <input type="checkbox"/> Olive oil |

BULK

- | |
|---------------------------------------|
| <input type="checkbox"/> Sesame seeds |
|---------------------------------------|

SEASONING

- | |
|-------------------------------|
| <input type="checkbox"/> Salt |
|-------------------------------|

Serving suggestion

Serve as a side to ham, chicken or beef, or with other sides like mashed potatoes, collard greens and/or cornbread.

Nutritional Information per serving

350 calories	41 g. carbohydrate
18 g. fat	3 g. fiber
0 mg. cholesterol	11 g. protein
510 mg. sodium	

The nutritional values and information provided are approximations.



WE ARE HIRING!

PART-TIME & FULL-TIME
AVAILABILITIES





MESSAGE FROM THE BOARD

HADLEY BEVIL
BOARD MEMBER

Hello DNF Co-op community!

It feels so good to be a part of this fantastic group of people. Before I continue, I would like to thank every member who took part in this year's Co-op Board of Director's election. You exercised the Co-op Principle #2, Democratic Owner Control: One Member-Owner, one vote. Your voice will be heard... and it was! Because you voted, I am now writing this column and sitting on the board for one of my favorite Durango sweet spots.

Before taking this position, I was the Marketing Manager for DNF. I left that position to pursue a teaching career, but wanted to keep my ties close with this community. I am eager to work alongside the other six board members: Cody Reinheimer, Sheryl McGourty, Wes Medlock, Elise Boulanger (newly appointed), Kate Randall (newly appointed), and Chrissy Mosier (newly appointed).

Thanks to Sheryl and her cozy yurt, we have all been orientated as a new board where we learned a bit about each others backgrounds, strengths, and previous board of director experience. We have also had our first official board meeting where we learned the ropes of how meetings typically flow and were updated with current events at the Co-op. Oh...and by the way! All board meetings are open to the public and take place every second Wednesday of the month from 5:30 pm to 7:30 pm at the Rocky Mountain Retreat Center (848 E. 3rd Ave, attached to Turtle Lake Refuge). We always reserve time on our agenda for guest's voices/concerns and would love to have you.

This new group definitely has a lot to look forward to. We also have many challenges to tackle. The city is planning to restructure College and E. 8th Avenue, with the new construction leaving the Co-op many concerns. There continues to be immense growth leading to higher infrastructure needs at the Co-op. Staff retention is another obstacle. However, we are seeing the highest weekly numbers EVER. Every time I walk into the back warehouse the staff members are energetic, happy, and excited to be there. And in addition, we are the only community-owned natural food store in Durango!

Amidst all the chaos, it's good to remind ourselves why we are STILL here. We as a Co-op community want to hold on to the place that truly cares about "keeping it local", where our food comes from, healthy lifestyles, making genuine connections with others, and reducing our carbon footprint. It's pretty special to watch the community come together to keep a small, independent grocery store that we call DNF alive. I am excited to help fight the fight. With nothing but love, of course.

Cheers to a great, new DNF Co-op Board of Directors!

Hadley

Behind the Scenes: The Making of Food

By: Co+op

Today, the vast majority of food in the United States is produced by an industrial system built on corn and soybeans. These commodity crops are used to make a wide variety of processed foods and used as feed for livestock. Unfortunately, this system is taking a toll on human health, animals and the environment, but people are increasingly showing interest in more sustainable alternatives.

Humans first started cultivating land some 11,000 years ago, and incredibly, farming remained much the same for millennia, despite developments like irrigation, crop rotation, fertilization and pesticide application (early pesticides were mercury, arsenic and lead).

Since 1900, however, a new era of agriculture has taken shape. Machines and synthetic fertilizers and pesticides have replaced human labor and crop systems that naturally replenish themselves. As a result, instead of raising a smaller but more diverse volume of crops that nourishes the soil, farmers are cultivating staggering amounts of one or two crops on huge tracts of overworked land.

And the changing face of agriculture doesn't stop there. For example, companies now genetically engineer plants and animals, altering the natural ecosystem in a profound way. As industrial agriculture continues its monumental spread, the list of worries that accompany it grows in parallel:

- > *Water pollution from synthetic fertilizers and toxic pesticides*
- > *Food borne illnesses, drug-resistant E. Coli and other pathogens*
- > *Farm subsidies that encourage large-scale production of corn*
- > *An epidemic of obesity linked to increased consumption of processed foods*
- > *Human health issues linked to pesticides*
- > *The economic decline of family farms and rural communities*

But there's positive momentum in the food industry, too, largely due to increasing awareness of these and other issues. A wellspring of support for organic, sustainable and local food has emerged, and while its market share remains small, interest is growing steadily.

Many local farms are small-scale practitioners of sustainable, organic farming, which focuses on the health of soil, the environment and transparency for the consumer. While local isn't always sustainable and organic, and organic isn't always small, these categories substantially overlap and share common farming practices:

- > *Crop rotation, the practice of alternating various crops in the same field to avoid a build-up of crop-specific pathogens and pests and avoid soil depletion*
- > *Managed grazing, or creating grazing patterns across farmland to avoid over-grazed areas and allow for regeneration of a pasture's grasses (animals raised in this way are often referred to as "pastured" or "pasture-raised")*
- > *Cultural pest control, which involves methods such as crop rotation, combining various types of crops, timing of planting and harvest, weeding and planting of "trap" crops to naturally divert pests*
- > *Drip irrigation, a method that saves water and starves weeds by dripping water slowly to the roots of crops through a network of valves, pipes, and tubes*

Local farmers frequently sell at food co-ops, farmers markets and through community-supported agriculture (CSA) shares, where people can subscribe to receive boxes of fresh produce directly from the farm.

Wherever you are, you have power to influence our food system with your purchases. Learn as much as you can about how your food is produced, get to know your local farmers and food producers at the co-op or farmers' market, and above all, vote with your dollars by buying from producers whose food production methods you

MAD! Choose one June Day
GET 10%

**Member
Appreciation
Days**

