

# GOOD THYMES

# FEB 24'



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

**FEBREWARY IS COFFEE MONTH**

# A LATTE GOING ON AT THE CO-OP THIS MONTH. TAKE A LOOK!



**PLUS, WE'RE SPILLING THE BEANS ON MAJOR COFFEE SALES ALL MONTH!**



# cup O' JOE



“Ewww. You eat that stuff?” That’s what I heard (a lot) when I started exploring different foods than what was considered a “normal” American diet. Though identical to many quotes uttered to me, the one I’m thinking of right now revolved around eating Tofu. Now this was a long time ago back in the late 70’s when Tofu was pretty unknown in these here parts.

“Yeah – I eat it, it’s good for you and can be used in many different ways.” That was my typical response followed by a query if they would like to actually try it. To which the answer was, more often than not, “oh goodness, NO!”

While I’m portraying myself to be a “worldly” eater here, in truth, I had been more like that questioner before I started my foray into different foods. As a kid, there were foods that I ate and things that I would never even think about eating though I had never tried them. I guess that may be typical of many but I have no idea how I made those choices.

I mean – I was locked down on what I would eat. Veggies? Well, corn was good and I would also eat an occasional raw carrot if there was absolutely nothing else. Fruits? Apples and bananas. Period. Well, unless chocolate covered raisins count. I mostly lived on peanut butter, eggs, milk, spaghetti and “junk food”. I was more than a picky eater. Sure – there was meat and potatoes but since my Mom was not actually a cook but rather a food torturer, that was a daily ordeal I experienced as I attempted to consume at least half of what she prepared before my digestive tract rebelled.

I wouldn’t even eat cheese which meant as a kid – I never had pizza and wouldn’t partake in pizza parties plus I wouldn’t eat any of the things they put on top of the pizza. The list of things that I would not eat – that I never even tried – was enormous.

So what changed? I don’t really know nor do I remember exactly what made me try to eat different foods. I was actually proud of my dislikes. But somewhere I discovered that there might be things I would enjoy but automatically discounted. And I know pizza was one of my first discoveries when I was around 14 or 15 (plain cheese pizza only – still would not eat any of the stuff they dumped on top).

It was a long process though and one I may still be going through – I won’t, for example, even try those little bag of roasted crickets or other bug infused edibles. Maybe I’m not alone on that one. Olives were a breakthrough a few years back and I had to really work on that one (a day at a great little store, The Olive Mill outside of Phoenix, really helped)!

Was it the Co-op I joined in 1976 that broke me of my food prejudices? Not really. I was already on that path before I joined but it surely was a catalyst in my development. There were so many foods there that I not only never tried but also never heard of – such as Tofu.

It was probably girlfriends – who always had a disproportionate amount of influence over me – that moved me forward with foods. But it wasn’t long before I was off on my own trying one new taste after another.

In my 20’s... **CONTINUED ON PAGE 8!**

# WOW!

MEMBER APPRECIATION DAYS



WE LOVEEE  
OUR  
MEMBERS

YOU PICK  
THE DAY,  
GET 15%  
OFF  
AN ENTIRE  
SHOP!





# NEW PRODUCTS ON OUR SHELVES NOW!



## SALT & TWINE

From New England Charcuterie, check out this low and slow prepared French farmhouse-style salami. Plus, it's antibiotic-free and nitrate-free!

Waltham, MA

## HI BAR DEODORANT

An all-natural, aluminum-free, and plastic-free deodorant promising all-day protection while contributing to a plastic-free planet.

St Paul, MN



## KONSCIOUS

Whipping up sustainable, plant-based frozen goodies like sushi and poke bowls, all crafted with love for both taste buds and the planet.

Richmond, BC





## MEET RYAN!

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## SAY HELLO TO OUR BELOVED MARKETING MANAGER

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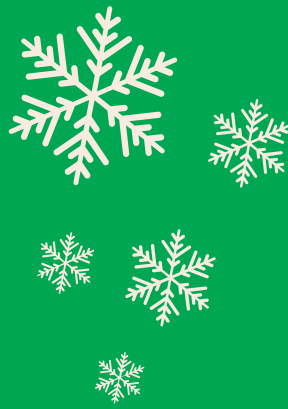
## LET'S CHAT



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

1. So, where are you from?
  - a. Detroit, MI
2. And how did you get here?
  - a. I was led out here by a few beloved friends and just sort of knew this must be the place
3. When you're not at DNF, what are you getting up to?
  - a. Doing the NYT Mini Crossword, spending time at the Recreation Center, learning to ski!
4. Anything that might surprise shoppers about you?
  - a. I eat the same DNF Bacon Burrito for breakfast 3-5 times a week. *No, really, it is that good*
5. Favorite things about working at the co-op?
  - a. Having a platform and opportunity to really dive into this community and the people who make it
6. What is something you are excited to bring to the store?
  - a. A burning desire to try every snack in our store and compile a list for member-owners
7. In preparation for an outdoor adventure, which three DNF products would you bring?
  - a. A DNF Deli Burrito, a second DNF Deli Burrito, and a bag of dried mangoes from bulk
8. In ten words or less, how would you describe our Co-op to an out of town visitor?
  - a. It's the Cheers of groceries. Where everyone knows your name

# LETTUCE CELEBRATE WINTER FARMING!



As the chilly winds blow and the landscape is draped in white, one might wonder, "What's growing during these frosty months?" Fear not. Winter doesn't mean a hiatus for fresh produce. In fact, it's a thriving season for certain indoor farmed goodies.



## GOOD LIFE FARMS



Meet the Broadheads -- the dynamic duo running a small but mighty, community-focused farm specializing in nutrient-dense microgreens. The farm offers a variety of microgreens, including broccoli, sunflower, pea, and radish, known for their health benefits like boosting the immune system, lowering inflammation, and improving gut health. Come find them at the Co-op!

While the fields may be sleeping under a blanket of snow, our green-thumbed farmers are busy indoors, nurturing a bounty of fresh, flavorful produce. These winter farms defy the cold, providing a continuous supply of fresh, nutritious greens when most fields lay dormant. From mushrooms to microgreens, winter farming ensures that our plates remain vibrant and nutritious all year round. Winter farming brings a unique joy and appreciation for the food we eat, highlighting the magic of growth amidst the frost.

So, the next time you enjoy a crisp salad or a hearty mushroom stew, remember the winter farming magic that made it possible.



# HERE'S WHAT COOKING AT THE DNF DELI THIS MONTH



## DINNER BURRITOS

No longer are we just the best BREAKFAST burrito spot in Durango, DNF is soon to be offering fresh, delicious DINNER BURRITOS in our hot case !

Coming Monday, Feb 5

## EXTENDED HOURS

In case you didn't hear --our deli is now OPEN LATE Monday-Saturday. Swing by for dinner as we're open 8a-7p M-Sat.

M-Sat Hours: 8a-7p



## PASTRY OF THE MONTH

NEW to the DNF Deli, check out our new pastry of the month as we explore unique, mouthwatering treats that will surely sweeten your day.

Check the case!





cup O' JOE



## CONTINUED FROM PAGE 2

...my desire to try any new food or flavor blossomed. I became a pretty good cook. I discovered not only a world of foods that I liked but also foods that I did not like. But now, I had at least tried them instead of dismissing them out of hand.

Over the years, my tastes in foods would vary as I kept trying new stuff. There was also a secondary benefit to trying different foods: my body would feel differently as I varied my diet. So not only would my taste buds be exercised but my energy levels as well as my pain/discomfort levels would vary greatly. Wow – who knew food can affect you that much?

I tried so many different food paths over time where over one year I actually went vegan-raw (girlfriend of course). I actually felt better in many ways but my energy levels dropped a bit. Which wasn't too bad since we both liked to spend time in bed...

I read stuff about health and nutrition and probably know a lot about it. Yet I don't think about it that much any more and eat what makes my body feel good and my taste buds tingle. Sometimes I pursue tingly taste buds at the expense of feeling good (like pizza) and sometimes I eat foods that are good for me but I'm not too crazy about the taste sensations. Everything in balance.

Food-wise, I find everything I need at our Co-op. I think that's because we have such a wide array of different foods and we are always bringing in new items. For example, have you tried Anasazi beans from our bulk department? While few folks have heard of them, not only are they quite good but they are native to the southwest and are drought resistant so they are environmentally and ecologically sound too.

I'm not a "purist" by any means. But I am conscious of my food choices. All the Co-ops I've been in have helped me refine that consciousness. Our Co-op is still dedicated to healthy exciting foods from all over including, as much as we can, local foods. We are a celebration of food diversity and the exciting flavors that exist and that can be combined.

At the same time, while Tofu is great, you will not be seeing me eating fried arachnids/insects on a stick (tarantulas, scorpions, centipedes, etc) that can be found in Asia but not in our Co-op. I've never tried them so I guess I still do have my psychological limits.

**JOE 2. -  
GENERAL MANAGER, DNF**



# WIN THIS GIFT BASKET!



Celebrate + welcome FebREWary with a chance to win some NEW, FREE Coffee Goodies from the Co-op!



## HOW TO ENTER?

- 1 HEAD OVER TO OUR COFFEE ENDCAP
- 2 FILL OUT A SLIP WITH YOUR INFO/GUESS
- 3 DROP IT INTO OUR SUBMISSION BOX!

# A MESSAGE FROM THE DNF BOARD

Dear DNF Patrons,

Even though Durango Natural Foods is entering the second month of its 50th anniversary, we continuously strive to improve our mighty little co-op. The DNF Annual Survey is one of the many tools to assess these opportunities to serve you better. On behalf of the Board, I want to thank you to the 500+ individuals who took the time to provide their thoughts and feedback. The Board, and especially the DNF staff, highly value these insights. Each Board member took the time to review all 258 of the survey comments and had thoughtful discussions of our findings at the January 17th Board of Directors meeting. We enjoyed reading the many positive comments from community members who love and value the Co-op for its superior customer service and product integrity. The Board also deeply appreciated the constructive feedback for areas of improvement, which we, and DNF's management, explored ways to address and resolve. All of this is to demonstrate that the DNF Board and staff truly do listen to the needs and wishes of our dear community patrons.

On another note, the Governance Committee of the DNF Board is excited to report that the final stages of the Bylaws Revision Project are underway and will soon be voted on by the DNF members for approval! What is the Bylaws Revision Project, you might ask? For over three years, the Governance Committee has thoroughly reviewed and revised the DNF Bylaws (twice) in an effort to modernize the language that better represents DNF and simplify the wording so member-owners can more easily understand it. The Governance Committee has submitted the Bylaw revisions to the greater Board, and after a swift consensus, the new Bylaws will be reviewed by a legal professional to ensure state and federal compliance.



Weston  
Medlock

The last step of this process will be to present the revised bylaws to the DNF member-owners for a final vote of approval in April/May. We are confident that current and future Co-op members will appreciate the revised Bylaws. We hope you will participate in the democratic voting process to adopt the forthcoming revisions that will coincide with the 2024 Board elections. Stay tuned!!

Speaking of elections, the 2024 DNF Board of Directors elections are coming up this Spring in April/May! This year, we anticipate having two vacant seats open to new Board members. If you or someone you know has a passion for making a difference in our community and leadership experience related to board involvement, finance, communications, management, food systems, or just an all-around community titan, please consider running in the 2024 DNF Board Election. More information about how to get involved will be distributed in the coming weeks!

Lastly, the DNF Board and staff can't say enough about how blessed and thankful we are for our community's support, love, and commitment to choosing to vote with your dollar for a place that is so much more than just a grocery store. For 50 years, DNF only existed because of YOU, we push ourselves for YOU, and every day we strive to exceed expectations so that we will be your friendly neighborhood Co-op for another 50 years.

**With gratitude,  
Weston Medlock, DNF Co-president**

# coop deals

JAN 31 - FEB 13, 2024

*share the love*

Chocolate is delicious for all ages and an easy treat to share. Chocolove has delicious combinations to choose from, including almonds and sea salt. You can find them on sale at the co-op!

**2/\$4**

**Chocolove  
Chocolate Bars**  
2.9-3.2 oz., selected varieties



Buy One, Get One

**FREE**

**Against the Grain  
Pizza**  
22.4-24 oz, selected varieties



**4.49**

**Talenti  
Gelato**  
1 pt.,  
selected varieties



**5.79**

**Applegate  
Sunday Bacon**  
8 oz.



Buy One, Get One

**FREE**

*special offers inside!*



# MEMBER SALES

(15% OFF THESE PRODUCTS/BRANDS)

## LA COLOMBE COFFEE

9 oz, all flavors

ALL LC lattes are on sale right now!



**Grandpa Soap Co**  
8 oz., all scents



**Kite Hill**  
9 oz, all flavors



**NOOSA Yogurt**  
8 oz, all flavors

## TATE'S BAKE SHOP

7 oz., all flavors

