



JULY 2021

# Good Thymes

DNF CO-OP'S MONTHLY NEWSLETTER







### Democracy in the Co-ops (part 3)

Remember Plato? Greek Philosopher and such. Was taught by Socrates and had a famous student named Aristotle. Yeah, that guy. And you know what? He was not a fan of Democracy.

Essentially, he felt that people followed impulses and their own interests rather than what is good for everyone. He saw democracy as a form of anarchy that allowed foolish folks to have an equal say to the learned ones. He said that people are more concerned with money rather than how to help each other. He said "Poo, I like not Democracy".

Well, I like Democracy. But when I think about what I like about it, it's mostly ideological. In practice, it is often met with apathy, uninformed individuals, and subterfuge. When it works, it seems to be more a matter of chance than purposeful design.

It's been said that the answer to the problems of Democracy is Education. Education produces informed individuals. Or does it? There is a program called "Morning Joe" that highlights a conservative pundit who served for 8 years in the House of Representatives. Recently, he has gone on rants about how many of his life-long friends with advanced degrees believe the most absurd conspiracy theories currently going around. "They're educated!!" he would bellow, "with advanced degrees!!!"

So maybe education isn't the magic elixir to make Democracy work. Surely it can't really hurt and having an under-educated electorate can't really help. Education is good but perhaps not the entire answer. Maybe Democracy is inherently flawed and can't be fixed.

Personally, I feel that Democracy needs a common bond between the participants. It really could be anything. In our Co-op, perhaps it's a dedication to wholesome, nutritious foods. It's a good start but falls apart when details are scrutinized. Some will argue that anything cooked is bad for you. Others say cooking makes the food more digestible. And there are disagreements between carnivores and vegetarians. Or whether any sugar should be added to our foods. Or that gluten is the enemy of health. And on and on.

Remember, the La Montanita battle was triggered over whether some non-organic produce be brought into the Co-op. That small argument could have certainly collapsed them and it was touch and go for a while.

So if Education is not the answer and a common bond is not the answer, what is needed to make a Democracy, and a Co-op run by Democracy, in particular, work?

Maybe it's apathy and that allows a small group of folks who care to make the decisions. This is essentially what we have now both in Co-op elections as well as low-turnout governmental elections. Yet somehow, that doesn't feel too satisfying.

Here's another question: why does a Member who stops by the Co-op once a month for a Deli sandwich have an equal voice as someone who does all their shopping at the Co-op (and also buys Deli sandwiches)? Is that fair? Maybe we should only allow folks with

purchases over a certain amount to vote. Well, there's an idea! But does that mean only more well-to-do folks have a vote? Oh yeah – there's that...

And in a similar vein, the right to vote in most Co-ops is determined if you are current on your equity payments. In our Co-op, that's \$20 a year to a max of \$300 (one of the longest pay-in periods that I've seen in a Co-op – that's a good thing). But what of the less affluent folks where even \$20 a year is a burden. Maybe they purchase items exclusively with EBT (food stamps) and do most of their shopping in our produce department using Double Up Food Bucks and bulk department to save money. Without being current on their equity (or not being a Member), they get no voice yet someone who has "paid-in-full" but now lives in Tennessee still can vote. Is that right and fair?

Now, in reality, that particular situation usually doesn't happen but technically it certainly can, and, to me, that's a flaw in the system that can be exploited by a nefarious organization (not enough room here to go into this particular conspiracy scenario though it certainly is a real possibility).

Okay – I can hear many folks now, "What is this guy talking about? It's a cool food store with great people, not a government organization". And they're kinda-sorta right. At the same time, we Co-op Junkies have valid points.

Co-ops depend upon Democracy to make them exist yet it's hard to define the advantage of that in real relatable terms.

Surveys often get more responses than voting. Maybe that's because we like to entice folks to take them with additional discounts and drawings. We don't do that with voting. Though by whatever means and reasons, the surveys give us more information about what Members want than voting for a Board of Directors does.

If the Board and Management takes the results of a survey as a decision-making tool and acts on the Member's desires, is that more democratic than simply voting? That's a big if of course but maybe in a Co-op, democracy can be empowered by voting for a Board of Directors that has an annual survey that is used to determine a path forward.

As you can imagine, I can poke holes in that scenario too. At the same time, it may be a step in a fairer direction. I like surveys and I love it when we have big surveys of the Membership AND Shoppers. And I think it's okay to offer incentives to take a survey. Most folks want to know that their voices are heard and a survey is one of the best ways to make that happen.

So yeah, we'll be having a large Member Survey but that won't be until October. And we'll have incentives. But the survey will probably be long and involved to get to nuances and details.

Think about it for now: What do you want from your Co-op? In a few short months, you'll get to let us know!



# Watermelons are Here!



# \$11.99 each! While supplies last!



# MESSAGE FROM THE BOARD



**DON LEWIS,  
TREASURER**

Durango Natural Foods is ready for a new roof! This announcement is both actual and metaphorical. The Board of Directors was happy to approve the needed funding to make investments in a badly leaking roof, which may have gone unnoticed by many member-owners due to the infrequency of rain here in the Southwest. But rest assured, a new roof is needed, and reinvesting in our building feels like a wise capital expense at this time.

Why now you may ask? Because we can afford it! DNF has been thriving. May 2021 was the best month in the history of the Co-op. This was preceded by strong April numbers and as we head into the summer, enthusiasm amongst staff is high as we look forward to continued success through the summer months.

DNF has been reaching out to new community members at the Farmers Market and spreading the word about our locally-owned cooperative grocery. We invite you to come find us on Saturday mornings and enjoy fresh, locally made offerings from our deli.

Back at the corner of College and 8th, the feeling in the store is great. Happy shoppers connect with one another and are greeted by a staff that smiles easily. We are so grateful for a management team that has been able to run a tight ship in these high seas, and especially appreciate the leadership of Joe at the helm, who has prioritized caring for staff by creating a culture that encourages staff retention.

And so with a new actual roof installation on the horizon and a thriving grocery beneath it, what is the metaphor that I was speaking of? Well, the Board has begun to explore more conversations about the future of our little store. Truthfully, for the first time that I can remember, we are beginning to hit our heads on the metaphorical ceiling and in anticipation of continued growth, may have to ask ourselves how to "raise the roof." Our cooperative grocery is operating full steam ahead and is beginning to flirt with capacity issues. Hopefully, this is an issue that persists as we emerge from the pandemic and the Durango community continues to support DNF, both with new members joining and people continuing to value at-home cooking. Time will tell, but I myself believe that DNF's focus on local offerings and community involvement is attracting people who value cooperative principles and that DNF will have staying power as we all move forward towards a future that sees more smiling faces.

In the meanwhile, Joe and the management team strive to maintain efficiency within our existing infrastructure, supporting an unprecedented flow of business through the store. More trucks are arriving and the shelves are being stocked, emptied, and re-stocked more than ever. The Board is working to support Management in continued operational success. And we all are taking more time to ask ourselves how to be ready to take the next steps that can move DNF forward in the long run. If we find that we keep hitting our heads on the ceiling, we will certainly be asking how we as a cooperative grocery can imagine strategies that can "raise the roof" and carry our growing Co-op forward.

In all of this, shopping at the Co-op is central and the Board thanks you for your ongoing support in helping us to create a thriving future!

In gratitude,

Don Lewis,  
Board Treasurer



# DNF'S SOUNDING BOARD



## NEW MEETING LOCATION!

**MEETINGS ARE OPEN TO THE PUBLIC AND TAKE PLACE EVERY THIRD WEDNESDAY OF THE MONTH FROM 5:30 PM - 7:30 PM AT 1911 MAIN AVE. (ACROSS THE STREET FROM PEERLESS TIRES ON N. MAIN)**

- ENTER BUILDING FROM PARKING LOT**
- IN DOORS, TURN RIGHT**
- HALFWAY DOWN HALLWAY**
- NEXT TO DALE STRITZEL DDS**



Cody Reinheimer  
President



Weston Medlock  
Vice President



Elizabeth Shephard  
Board Member



Don Lewis  
Treasurer



Mary Katherine  
Secretary



Sheryl McGourty  
Board Member



Victoria Mordan  
Board Member

**YOUR VOICE MATTERS!**

**BOARD@DURANGONATURALFOODS.COOP**

# coop deals

JUN 30 - JUL 20, 2021

*fireworks  
and fixings*

## POUR ON THE KETCHUP

As the summer speeds by, be sure to pick up Primal Kitchen's organic and unsweetened ketchup at the co-op. Outdoor meals taste better with your favorite condiments, and the co-op has plenty of delicious and healthy options for everyone!



**3.99**

Primal Kitchen  
Organic Unsweetened  
Ketchup

11.3 oz., selected varieties



**2/\$4**

Barbara's  
Cheese Puffs  
5.5-7 oz., selected  
varieties



**2/\$6**

Annie's  
Organic Dressing  
8 oz., selected varieties



**4.99**

Applegate  
Organic Hot Dogs  
10 oz.



Fresh food for summer outings.

**The co-op has hot sales.**





**VISIT  
[HTTPS://WWW.WELCOMETOTHE TABLE.COOP/FOOD-RECIPES](https://www.welcometothetable.coop/food-recipes) FOR MORE NCG CO-OP ORIGINAL RECIPES!**

## **TURKEY BANH MI WITH QUICK-PICKLED CRANBERRIES**



### **INGREDIENTS**

#### **Quick-Pickled Cranberries**

- 1/2 cup sugar
- 1/2 cup rice vinegar
- 1/2 teaspoon salt
- 1/2 cup chopped cranberries
- 1 cup shredded carrot

#### **Sandwich**

- 1 or 2 baguettes, cut into
- 4 6-inch lengths
- 4 tablespoons mayonnaise
- 1 teaspoon vegetable oil
- 1 small onion, chopped

- 1 small onion, chopped
- 4 cloves garlic, chopped
- 1 tablespoon chopped fresh ginger
- 2 cups shredded turkey
- 2 tablespoons fish sauce, more if needed
- 1 teaspoon five-spice powder
- 1 tablespoon sugar
- 12 slices cucumber
- 1 small jalapeño, sliced
- 1/2 cup fresh cilantro, torn
- Sriracha sauce (optional)

### **Preparation**

1. In a medium bowl, combine the sugar, rice vinegar and salt, then stir to combine. Add the cranberries and carrots and toss to coat. Let stand at room temperature while you make the rest of the sandwich.
2. Preheat the broiler. Slice the baguette pieces almost all the way through lengthwise and open each like a book. Spread a tablespoon of mayo on the cut sides of each piece. Place on a sheet pan and reserve.
3. In a large sauté pan over medium heat, drizzle the oil and add the onion. Stir for 5 minutes, until softened. Add the garlic and ginger and stir for a minute, then add the turkey and sprinkle with fish sauce, five-spice powder and sugar. Stir until the turkey is heated through. Remove from heat and keep warm.
4. Place the prepared baguette slices under the broiler and broil until the mayonnaise is bubbly. Fill each baguette with the turkey mixture, then top it with cucumber slices, cranberry mixture, jalapeño and cilantro. If desired, drizzle with Sriracha sauce. Serve immediately.

## **TURKEY BANH MI WITH QUICK-PICKLED CRANBERRIES**

### **INGREDIENTS**

- 8 ounces extra-firm tofu
- 1/2 cup olive oil, divided
- 1/4 cup low-sodium tamari
- 4 teaspoons minced garlic, divided
- 1/2 teaspoon chili powder
- 1/2 teaspoon ground black pepper
- 1 pound red cabbage, finely shredded
- 1/2 pound carrots, grated
- 1/2 small white onion
- 3 tablespoons apple cider vinegar
- 1 teaspoon whole brown mustard seeds
- 1 teaspoon crushed red chili flakes
- 1 tablespoon fresh ginger, minced
- 3/4 teaspoon sugar
- 1/4 teaspoon sea salt
- 2/3 cup mayonnaise
- 1 tablespoon sriracha
- 4 10-inch whole wheat tortillas
- 2 cups cooked basmati rice
- 1 ounce arugula leaves (or micro greens)

### **Preparation**

1. Cut tofu in half lengthwise and widthwise. Place on paper towels and allow to drain for 10 minutes to remove excess water. In a small bowl, whisk together 3 tablespoons olive oil, tamari, 3 teaspoons minced garlic, chili powder and ground black pepper to make the tofu marinade. Place the tofu in a shallow dish and pour the marinade over it. Marinate for at least one hour, turning the tofu halfway through.
2. Combine red cabbage, carrot and onion in a bowl and set aside.
3. Combine 3 tablespoons olive oil with the apple cider vinegar, mustard seeds, chili flakes, ginger, sugar and salt in a small sauce pan and bring to a boil. Pour the hot dressing over cabbage mixture and toss. Allow to cool, tossing occasionally.
4. In a small bowl, whisk together the mayonnaise and sriracha.
5. In a medium sauté pan, heat 2 tablespoons olive oil over medium heat, place marinated tofu in the pan and cook for 3 minutes per side or until tofu is golden in color. Remove and slice into 1/4-inch strips.
6. Assemble the wraps by placing equal portions of basmati rice, spicy slaw, tofu and arugula in the middle third of each tortilla. Top with the sriracha mayonnaise and fold the tortilla over the filling.



# **NEW FINDS AT THE CO-OP!**

## **RE-USABLE STORAGE BAGS & TOTES!**



**ABOUT STASHER RE-USABLE STORAGE BAGS:**  
**AS A MISSION LEAD BRAND, A PORTION OF EVERY STASHER SOLD GOES STRAIGHT TO HIGH-IMPACT NONPROFITS LIKE SURFRIDER AND 5 GYERS, THAT ARE DEDICATED TO PRESERVING AND REHABILITATING OUR OCEANS.**

**SO FAR, STASHER HAS SOLD MILLIONS OF BAGS PREVENTING OVER 1 BILLION SINGLE-USE PLASTIC BAGS FROM ENTERING OUR OCEANS AND LANDFILLS.**

**AND THEY'RE JUST GETTING STARTED.**

## **PRODUCE SHENANIGANS**



**LOCAL LION MANE FROM HUMBLE FUNGI**



**LOCAL SCALLIONS FROM OUTLIER & TWIN BUTTES FARMS + STAFF FAVORITE RAINIER CHERRIES**



# Community Happenings

## ANIMAS CITY



### Night Bazaar

The great Animas City passeggiata returns! We'll see you back on the streets each last Wednesday of the month from 5-8 pm June till October!

All summer long, be on the look out for a community-fueled street art project unfolding in Animas Alley (between and behind Mountain Middle School at 31st Street and Zia Taqueria at 30th Street).



## WE ARE HIRING!

PART-TIME & FULL-TIME  
AVAILABILITIES

Looking for detail-oriented, committed, & positive food people. Send your completed application & resume to [mads@durangonaturalfoods.coop](mailto:mads@durangonaturalfoods.coop).

Find an application in-store or visit  
[www.durangonaturalfoods.coop/employment](http://www.durangonaturalfoods.coop/employment)

Manna is calling all garden enthusiasts!

Please come to the Virtual Open House to learn more and how to sign up as a Volunteer!!!! Mark your calendars and plan to join us for all of the updates!

Wednesday, July 14th, 4 pm

Topic: Manna Garden Virtual Open House and  
News Update #1

Time: Jul 14, 2021 04:00 PM Mountain Time (US  
and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/84520744390>

Meeting ID: 845 2074 4390

Visit their website for more information.



# Manna

Growing Opportunities.  
Feeding Community.

# NEW!

## RoundUp at the Register



### Pine River Shares Mission and Overview

Pine River Shares (PRS), a social justice leadership project that "brings together the knowledge, skills, and resources of the people of the Pine River Valley (PRV) to increase our collective power and bring about positive social change resulting in healthy, thriving Pine River Valley communities."

We understand that the people most affected by a problem are the ones best suited to identify and implement solutions. Those who need help are engaged and supported as leaders to design and implement solutions. In this way, PRS not only delivers critical resources and services, we offer connection, dignity, and respect, including a modest cash stipend in recognition of constituent contributions to create healthy resilient communities.

PRS serves the 15,000 residents living in rural and frontier communities located within our 275 square mile Los Pinos watershed, or Pine River Valley, located in eastern La Plata County, Colorado.

The watershed includes parts of far western Archuleta County (Arboles), a remote corner of northwest San Juan County, New Mexico (Sam Brito), part of the Southern Ute Nation, the towns of Bayfield and Ignacio, Forest Lakes, the largest rural subdivision in La Plata County; and unincorporated communities and villages including Vallecito, Allison, Tiffany, Arboles, and Oxford.

Pine River Shares, with its constituent leadership, works to improve the lives of Pine River Valley residents and communities by mobilizing people's power and taking action. We gather those most impacted by issues, reflect, dialogue, and act, again and again, and again. In this way, we build beloved communities in the Pine River Valley, where everyone matters and everyone thrives.





# 25% OFF

## DAILY SPECIALS:

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**JULY 12: DARK CHOCOLATE ESPRESSO BEANS (PLU 887)**

**JULY 13: NORI SESAME CASHEWS (PLU 140)**

**JULY 14: PURE BLISS ACAI COCONUT BITES (RE-PACK)**

**JULY 15: DRY ROASTED SALTED MIXED NUTS (PLU 947)**

**JULY 16: PEANUT BUTTER PRETZELS (RE-PACK)**

**JULY 17: CAJUN SESAME STICKS (PLU 282)**

**JULY 18: KID'S MIX (PLU 135)**

**JULY 19: CHILE PICANTE PLANTAIN CHIPS (PLU 706)**

**JULY 20: SPICY "PUNKS" PUMPKIN SEEDS (PLU 134)**

**JULY 21: MAPLE ROASTED CASHEWS (PLU 137)**

**JULY 22: DARK CHOCOLATE ALMONDS (PLU 889)**

**JULY 23: WILD RICE STICKS (PLU 283)**

**JULY 24: ORGANIC CHOCOLATE PARADISE MIX (PLU 131)**

**JULY 25: CURRY CASHEWS (PLU 258)**

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**BULK DEPT. SALE EXTRAS!**



See  
back for  
full sale!

# **BULK** department **SALE!**



**JULY 12 - 25**

.....

**15% OFF**

**ENTIRE BULK  
DEPARTMENT**

.....

**DAILY TASTINGS**

.....

**DAILY SPECIALS  
(25% OFF!!)**