



# Good Thymes

DNF CO-OP MONTHLY NEWSLETTER  
JANUARY 2021

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Joe Z., GM

## Are Co-ops Political? Part 4 – conclusion

I'll make this simple.

Question: Are Co-ops political?

Answer: Yes.

Through this series, we have seen how the creation of Co-ops in the 1800s was indeed political following the philosophies of Robert Owen.

Owen's goal was a socialist utopian society and while you rarely hear that rhetoric in today's Co-ops, truly the American Co-operative Movement certainly proclaimed this in the 1920s and 30s. The great "new wave" of Co-ops in the 1970s and 80s, born largely out of the anti-war movement, had elements of this in their organizations.

This political nature can be seen in the Co-op principles handed down from the Rochdale Co-op with the first 2 being unchanged since the mid-1800s: Membership open to all and Democratic control. In those days, simply these two concepts marked the Co-ops as political.

But wait – here's a little known fact: the original principles from that venerated Co-op had one that stated: Political and Religious neutrality. This was specifically put into the principles precisely because Owen's views created consternation with many – particularly religious groups.

Those first two principles though cemented the Co-op's political nature and indeed, over time, the neutrality principle was jettisoned affirming the democratic control. The internal democratic process has caused Co-ops to lurch back and forth between ideology and strong business control.

Interesting also is the rewording of the economic principles which is currently stated in the 3rd principle of Member's Economic Participation. Originally there were 3 economic principles which clearly underlined the political nature of the Co-ops despite the neutrality principle. One was cash only which was dropped as Co-ops became stronger and economic realities changed. The other two though had roots in deep socialistic thoughts.

They both dealt with how the economics of the Co-op was structured particularly how investment and profit were treated: Profit was to be returned to the Membership in some form and there would be a limited return on any investment. The purpose of these was to prevent moneyed investors from taking over the Cooperative.

These two principles survive in the by-laws of most Co-ops and the broadened "Member Economic Participation" was to ensure both that Members have some skin in the game as well as making the Co-op's accessible to those who have little. It created more flexibility in adapting to the times and situations.

For example, something that is not talked about today but was a very large part of the earlier Co-ops and certainly the New Wave Co-ops was Sweat Equity. This allowed people to work at the Co-op and their "unpaid" labor would constitute economic investment. Actually, this was a huge concept in the New Wave Co-ops and needs its own full column at another time to adequately look at it.

There were a couple of other principles that were curiously dropped but are certainly a large part of the current Co-ops: "That only the purest provisions

procurable should be supplied to members and that full weight and measure should be given". Okay – the second one is protected by current laws and is a no-brainer. The first was dropped to acknowledge that sometimes the purest was out of economic range of some folks.

But even though the principles have changed over time, the dropped ones are still handed down from generation to generation. Much is delineated in each Co-op's bylaws and sometimes in State Laws.

The current 4th and 6th principles work together in tandem and can be thought of as political. The 4th is that Co-ops are autonomous and not controlled by governments or organizations (obviously there are many government business regulations and Co-ops always comply with all laws). The 5th is that Co-ops will cooperate with each other. While seemingly mundane, particularly the 4th principle, has been the topic of much-heated debate within Co-ops – especially in troubled times.

Finally, the 5th principle of continuing education and the 7th principle of concern for the community are almost a call to Co-ops to get involved with our society outside of the business.

So yes again: Co-ops are political creatures. With that said, the question remains as to how that is manifested. And that is a question often emotionally debated within each Co-op.

In these times, it is a very thin tight-rope to balance our ideologies with a strong business. I personally don't have the answers. I do have thoughts and ideas though and as many have discovered, I can be quite opinionated at times. But those aren't answers.

My own inclination is to be for things and to build things instead of protesting and being against things.

Perhaps it's mostly semantical but I rather am pro alternative energy than anti-nuke. The direction we need to go certainly should be with community education but that can be quite expensive if it is done well.

Should a Co-op endorse candidates for office? That's a difficult one and some Co-ops actually do – but not a lot.

At a basic level – and maybe the most appropriate way – is to cluster our political stances around the Co-op principles. Equal rights for all is obvious with our principle of Open Membership. Ensuring that all our greater community has access to voting is easily supported by our principle of Democratic control.

Truthfully, it gets hazy after that. Personally, I'm more inclined to let our actions speak rather than bold statements (while recognizing that bold statements are necessary at times). Two of our successful programs allow members and shoppers to care for the community directly: our Round-Up and Feed those in Need programs. We give smaller amounts and sometimes food directly to mostly non-profits.

I believe our choice to be a Natural/Organic store with an emphasis on Local is in itself a political statement and I think many of our Membership see it this way too. We see ourselves as the buying agent for our Members ensuring the best products at a fair price as opposed to selling anything and everything. Unfortunately, actually, that's political although it might be a sad commentary on our society that it should be so...

To do anything though, a Co-op must be in business and solid. The Berkley Co-op I talked about does no-one any good for the last 32 years when they collapsed.

Who and what we are as well as our place in society and the market are surely topics for future columns and thoughts.

It's an ongoing process that will be functional, educational, and fun! How exciting!



# YOU ARE YOUR OWN SUPERHERO!

Start **YOUR** New Year off right with healthy choices!

**RECEIVE 25% OFF** OVER 50 PRODUCTS  
AROUND THE STORE **JANUARY 1 - 15**

THESE PRODUCTS CONTRIBUTE TO A HEALTHIER  
LIFESTYLE TO START YOUR NEW YEAR

LOOK FOR THIS CARROT AND GET 25%  
OFF THESE ITEMS!





## Quick Chicken Noodle Soup

### Ingredients

- |                          |  |
|--------------------------|--|
| 1 tablespoon olive oil   | 2 1/2 cups cooked chicken, shredded      |
| 1 large onion, chopped   | 1/4 teaspoon freshly ground black pepper |
| 2 large carrots, chopped | 4 cups low-sodium chicken stock          |
| 1 rib celery, chopped    | 4 ounces egg noodles                     |
| 1/2 teaspoon dried thyme | 1/2 cup chopped fresh parsley            |
| Salt to taste            |  |



### Preparation

1. Heat the olive oil in a large pot over medium high heat. Add the onion, carrots and celery and stir until the vegetables begin to sizzle. Reduce the heat to medium low and cook for about 5 minutes, until the onions are softened. Add the stock, thyme, salt and pepper and bring to a boil, then reduce the heat and simmer for 10 minutes. Stir in the cooked chicken.
2. Taste for salt, and grind fresh pepper over the soup. Cook the noodles separately, and add to the hot soup with the parsley just before serving. If you plan to make the soup ahead of time, stir in the cooked chicken, allow the soup to cool and keep tightly covered in the refrigerator for up to four days. Then, when you're ready to serve, cook the noodles, chop the fresh parsley and add to the heated soup.



## Brazilian Style Seafood Stew

### Ingredients

- |   |  |
|---|--|
| 1 1/2 pounds salmon, cut into 2- to 3-inch pieces | 1 cup red bell peppers, diced in 1-inch pieces |
| 3 cloves garlic, minced                           | 1/2 cup green onions, sliced thin              |
| 1/4 cup lime juice                                | 1 tablespoon paprika                           |
| 1/2 teaspoon salt                                 | 1/2 teaspoon crushed red pepper flakes         |
| 1/4 teaspoon ground black pepper                  | 1/2 teaspoon ground cumin                      |
| 2 tablespoons olive oil                           | 2 cups canned diced tomatoes                   |
| 1 cup yellow onion, diced in 1-inch pieces        | 1 14-ounce can coconut milk (see Tip)          |
| 1 cup red bell peppers, diced in 1-inch pieces    | 1/4 cup fresh cilantro, minced                 |

### Preparation

1. In a large, non-reactive bowl, marinate the salmon in the minced garlic, lime juice, salt and pepper for 30 minutes to an hour.
2. In a large stock pot or Dutch oven, heat 2 tablespoons olive oil over medium-high heat. Add the yellow onions and cook for a few minutes until they begin to soften. Add the bell peppers and cook another 2 minutes. Add the green onions, paprika, chili flakes and cumin and sauté for 1 minute, then add the tomatoes and cilantro and cook another 5 minutes, stirring occasionally.
3. Remove the salmon from the marinade (discard marinade), and place the fish into the tomato sauce in the stock pot. Pour the coconut milk over the top, bring everything to a simmer, cover and cook for 10-15 minutes. Stir gently, once or twice. Salmon should be just cooked and tender. Add salt to taste.

Find more recipes at [www.welcometothetable.coop](http://www.welcometothetable.coop)

# NEW YEAR... MORE JUICE!



We've brought back our  
Beetnik juice with a new  
and improved recipe!

Featured juices:  
Green Goddess  
Beetnik  
Carrot Sunshine

New juice containers!

They still contain your full  
16 ounces of delicious,  
organic juice and are made  
using PET, 100% recyclable  
plastic.



**More to  
come!**

**WHAT YOUR CO-OP COMMUNITY IS SAYING  
WHEN ASKED, "IN TWO SENTENCES OR LESS,  
PLEASE TELL US WHY CO-OPS ARE  
IMPORTANT TO YOU."**

*"Brings the community together."*

*"Co-ops provide an easy way to support local farmers and lessen my plastic waste by having a great bulk department."*

*"Reduce carbon footprint, support local businesses, keep in touch with seasonal food, community, health."*

*"Co-ops have faithfully served local communities basic food needs and helped bypass the middle man. This is more important than ever given corporate dominance of our food supply."*

*"Locally sources organic produce and eco conscious products."*

*"Independent, local and ethical producers are imperative to healing our earth and social economy."*

*"Co-ops are important to me because I believe that access to healthy and local food is a right, and shopping in this manner not only benefits the shopper but also many other members of our community."*

*"It's important to support local community, businesses, and farmers with my dollars, and personally enjoy healthy, fresh food!"*

***"It is an important community project and supports regenerative farming and supports local small growers."***

# Calling All Local Artists!



**Hello, Durango artists!**

**Do you aspire to create something meaningful, creative, and lasting for your town?**

**We are planning ahead for this Spring and looking to refresh our mural outside of the Co-op. We would like to focus our mural on health foods (fresh fruits and veggies) and community.**

**If you are interested, please email  
[hadley@durangonaturalfoods.coop](mailto:hadley@durangonaturalfoods.coop).**

**Thanks!  
DNF Co-op**



## **Cooperatives Grow Communities: Riojana**

By Co-op Welcome to the Table

In the town of Arauco in the La Rioja province of Argentina stands the oldest olive tree in the country, planted in the 1600s. Although not native to Argentina, the Arauco olive is highly prized for its buttery smoothness and meaty texture, and for the robust floral and fruity flavor notes it contributes to olive oil.

There, in the Antinaco-Los Colorados Valley, the cooperative producers of Riojana extra virgin, fair trade organic olive oil are cultivating much more than their 350 olive trees. Through cooperation, they are growing a healthy, vibrant and sustainable community.

### **Reinvesting profits for health and education**

La Riojana's founders came from Italy to Argentina in the 1940s and began cultivating grapes for the production of wine, and planting olive trees as a natural companion plant. Certified fair trade by Fairtrade International in 2006, the members of the cooperative have invested more than \$11 million Argentinian pesos (~ \$730,000 US), primarily from the sale of their fair trade organic wines, in projects including a new drinking water supply for the village of Tilimuqui, where many of La Riojana's workers and their families live. The fair trade premium has also been invested in production improvements, new community centers and medical equipment, but the most visible result of the cooperative's reinvestment in its farmer members and their families can be seen in their commitment to education.

A new secondary school specializing in agriculture opened in Tilimuqui in 2010. Offering free education to children age 13-18, the school has had a profound impact on its community, providing a catalyst for local development, increasing employment by the creation of more than 50 new jobs at the school, and providing training in technical agronomy to help slow the migration of young people to larger cities. Since 2010, enrollment in the school has grown from 33 pupils to more than 300. With plans to build new classrooms, the cooperative hopes to expand the school's capacity to 600 students in the next few years. The cooperative also provides kits of school supplies to children of its members, as well as free computer courses to adult community members.

### **Focusing on environment to ensure a bright future**

Besides supporting health and education, the cooperative is invested in green initiatives and sustainability, so transitioning more of its growers to become equivalency USDA Certified Organic is another important goal. With a focus on becoming carbon neutral, La Riojana Cooperative is introducing improved water management techniques, the use of solar and bio energy and a reforestation project.

When you purchase Riojana olive oil you are not just purchasing a delicious ingredient to enjoy, you are casting a vote in favor of cooperative, fair trade businesses—and helping more than 422 cooperative members continue to invest in a brighter future.



## FARMER STORY

Mo Browne  
BERKELEY BASKET CSA

Mo Browne and Marianne Olney-Hamel grow produce out of three backyards in Berkeley, California. This community project is made policy by local policy change passed in 2012 that allows Berkeley residents to sell produce, eggs, and nuts grown in their yards without the barrier of local permitting.

Berkeley Basket CSA, owned and operated by Moretta (Mo) Browne and Marianne Olney-Hamel, is a unique urban farm. The farmers grow out of three backyards in the city of Berkeley, CA, made possible by a city law called the Berkeley Edible Gardens Initiative that allows residents to sell food grown in their home gardens. The Edible Gardens Initiative was introduced in 2012, with the support of Berkeley Basket founding farmer Willow Rosenthal and City Council member Sophie Hahn. The initiative allows Berkeley residents to sell produce, eggs, and nuts grown in their yards without a barrier of local permitting—making it significantly easier to begin and expand urban farming ventures like the Basket, within the city.

The Berkeley Basket CSA program is a demonstration project for this initiative, running a CSA for 21 families out of three yards, and expanding each year. As Mo points out, “There aren’t very many people doing what we’re doing, just knocking on people’s doors and saying ‘You’ve got great sun! Can we build some beds back there?’” Local policies like Edible Gardens zoning mean that urban farmers like Mo and Marianne can pursue their dream of providing hyper-local produce to their communities without having to locate and acquire rights to farm on “unused”

or abandoned lots with poor soil health and lack of infrastructure.

Now in its eleventh year, the Berkeley Basket operates a mix of in-ground and raised beds growing veggies out of three locations, one that hosts a greenhouse and a wash station donated by the landlord to extend capacity. The income from the CSA covers the materials and almost all the labor expenses to pay Mo and Marianne for their work. The generous land owners whose property hosts farm sites for the Basket have made donations to cover any additional hours beyond what the CSA currently supports. Both Mo and Marianne work off-farm jobs to make ends meet, living in the expensive Berkeley area.

On a good week, Mo is able to devote two entire days to the farm but the goal is to grow the business to support them both full time. “I want to be a part of this long term and I need to figure out how to create an extra 14 hours in my week, which does not exist.” This growth would take an enormous leap in both scale and time, and wouldn’t be possible on the generosity of land owners alone.

The farm is currently a community project, but as the farmers look to incorporate as a worker cooperative or nonprofit in order to make it a full-time job, they will be up against new challenges of urban agriculture and backyard farming for a living. With many more households reaching out and offering their backyard gardens to contribute to the Basket, Mo and Marianne are looking at worker-owned cooperative models to build in the community support and engagement central to their model. “We are at capacity, and I don’t want to turn people away.” Mo is looking to include landowners by supporting them with expertise in what they want to grow for their own households, and in exchange, the landowners make a commitment to grow certain crops for the CSA for a period of time in order to contribute to the neighborhood’s food security.

Incorporating will give Mo and Marianne access to USDA programs that support farmers to scale up and run their businesses for a living, although many programs have yet to be adapted to the small scale, and limited land base that urban farmers like Mo are working with. Continued support from local policies like the Edible Gardens zoning changes in Berkeley make that initial business start-up possible for many urban farmers and aspiring urban farmers.

## Policy Change to Support Urban Agriculture

Urban farmers like Mo grapple with high land values, insecure tenure, lack of water access, legal challenges, and zoning barriers on top of contending with contaminated soil. Policy changes at the federal level, state, and local levels however, hold hope for making this important endeavor more possible.

The 2018 Farm Bill recognized the emergence and importance of urban agriculture by creating a new Office of Urban Agriculture and Innovative Production at USDA and authorized new grant, research, and risk management programs to support urban growers and help expand the sector. In 2020, the new USDA urban agriculture initiative awarded over \$4 million through a competitive grant program to support programs led by nonprofit organizations, local or Tribal governments, and K-12 schools for the development of urban agriculture and innovative production activities. USDA has also created a new opportunity to directly hear feedback from urban farmers through Farm Service Agency County Committees focused on urban and suburban agricultural issues.



States have the power to enact change in support of urban agriculture as well. California Assembly Bill 551, the Urban Agriculture Incentive Zones Act, was passed in 2013 and incentivizes the use of private land for urban agriculture by providing lower property assessment rates to landowners who sign a contract placing their land in urban agriculture for ten years.

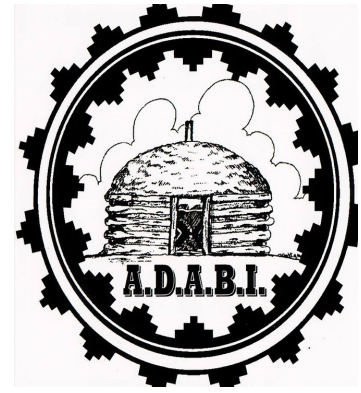


At the local level, a number of cities besides Berkeley have adopted favorable zoning and other laws to encourage urban agriculture. Examples include Article 89 in Boston's zoning laws, which aims to comprehensively reduce zoning barriers to commercial urban agriculture, and the 2015 D.C. Urban Farming and Food Security Act, which provides property tax reductions on urban land dedicated to farming and opens up leasing opportunities for farmers on publicly-owned urban land. Other programs, such as Pittsburgh's Adopt-a-Lot policy and St. Louis' Garden Lease Program, provide site use agreements to access city-owned vacant lots for greenspace and agriculture.

More policy change like this is needed at the local and federal level to establish new initiatives, adapt existing programs, and reform zoning in order to support smaller scale urban farmers with more room for land flexibility.



# RoundUp at the Register



Founded in 1989, Amá Dóó Áłchíní Bígħan (ADABI) is the primary provider of services for domestic violence, sexual assault, family violence, and dating violence victims in the Chinle Agency of the Navajo Nation.

ADABI is a private, non-profit, community-based domestic violence and sexual assault crisis intervention and prevention program. ADABI provides advocacy, prevention, transportation, court accompaniment, and a safe home network. ADABI serves victims and survivors of intimate partner violence in the Chinle Agency and surrounding areas of Dinétah. The direct service staff members have more than 20+ years of experience in domestic violence and sexual assault crisis intervention services. ADABI serves an average of 35-45 victims per month and provides many hours of transportation, emergency motel stays, meals, and ceremonial services for victims. They are in critical need of PPE and cleaning supplies for victims and staff. Currently, with the COVID-19 pandemic and the Navajo Nation stay at home orders, ADABI is experiencing an increase of crisis with domestic violence and sexual violence cases.



Ask your cashier to "Round-Up" to the nearest dollar next time you visit the Co-op and help support A.D.A.B.I.

# co+op deals

DEC 30, 2020 - JAN 19, 2021

*new year,  
more yogurt*

The co-op is stocked with nuts, seeds and berries to make a delicious parfait. Try it with Siggis yogurt — on sale now at the co-op!



**5/\$5**

Siggis  
Icelandic Style  
Yogurt

5.3 oz., selected varieties



**2/\$5**

Angie's  
Boomchickapop  
Popcorn  
4.4-8 oz., selected  
varieties



**2/\$7**

Organic India  
Tulsi Tea  
18 tea bags, selected  
varieties



**5.99**

Caulipower  
Cauliflower Crust  
Pizza  
11.6 oz., selected  
varieties



**2/\$4**

Westbrae  
Organic Beans  
15 oz., selected varieties



**2/\$4**

Perfect Bar  
Organic Protein  
Bar  
2.5 oz., selected varieties



**2/\$5**

Kevita  
Organic Sparkling  
Probiotic Drink  
15.2 oz., selected  
varieties



The co-op wishes you a healthy 2021!

**Try something new at the co-op.**

**Save BIG & visit [www.durangonaturalfoods.coop](http://www.durangonaturalfoods.coop) for the full list of Co-op Deals + Weekly Member Coupons!**

# MeSSSage From the Board



Weston Medlock  
Board Vice President

Wow, where to start? As 2020 now stands behind us, the Board is immensely grateful for the unwavering support of our beloved members. Durango Natural Foods Co-op has been forged in fire and is eager to galvanize 2021 as a year built upon the lessons learned, the lives touched, our passionate staff, and YOU! We have learned a lot, we've been scared, we've leaned on each other, we have reevaluated our local food systems, and now we march forward.

The Board is excited to have concluded our productive (virtual) strategic planning meetings with new insights, commitments, and strategies. After hours of discussion, we analyzed our Bylaws, discussed sound governance standards, and identified ways to better center our strategic plan in our everyday decision making. Personally, I was pleased with how the new(ish) Board came together and discussed ways to better honor our Member-Owners and how we as a Board can serve you and the future of the Co-op more effectively.

More recently, the Board has decided to transfer our 2020 income surplus to the operational account in order to better position DNF to face unexpected challenges and potentially enhance infrastructure. DNF has experienced positive financial growth in 2020, and the Board's decision to reserve this surplus was founded upon the sustainability of the Co-op by ensuring that DNF has adequate financial security for years to come.

In addition, the Governance Committee has been meeting regularly to overhaul our outdated Co-op Bylaws. There has been significant progress and the Committee is excited to provide our Members with Bylaws that are easier to understand, better reflect DNF values, and legally sound. Once the Bylaws are ironed out, we will present them (format undecided) to our Member-Owners to review and vote for approval.

Lastly, the Board has had several discussions about how DNF can provide a meaningful training for our community. We recognize that 2020 has not only come with unprecedented financial and health challenges but also profound awareness of social obstacles that our culture(s) faces. There have been several topics suggested but we want to ensure to the training is relevant and meaningful. Therefore, if you have suggestions for what training DNF can provide, please reach out to have your voice heard!

2021 will inevitably come with its hardships, but the beautiful thing about co-ops is that WE stand together to determine our outcome. We are not controlled by corporations and shareholders, we exist because of our community and the values that we share... equitable food, local solidarity, stewardship of our environment, and most of all, unity. Please continue to support YOUR co-op - Durango Natural Foods.

Kindly,  
Weston Medlock  
Durango Natural Foods Vice President

HAPPY  
NEW  
year

Visit our website [www.durangonaturalfoods.coop](http://www.durangonaturalfoods.coop) and  
follow us on social media!  



## Boost Your Immune System With Fresh Fruits & Veggies!

Explore our Produce Department



@wavehandmades

Waverly, one of DNF's cashiers, found a new hobby this quarantine...making beaded earrings!



You can find a pair at the Co-op!



Maryl, DNF Deli Lead and founder/owner of MPowerPLUS



## **Meet Maryl DNF Deli Lead & Founder/Owner of MPowerPLUS**

I love to food prep for the week on one day of my weekend so I have tasty food that helps me save money and it gets me set to have healthy meal options that are easy to bring together into a meal. I recently found this recipe online and I had to share it. The combination of colors, flavors, fresh herbs, and spices sets this dish up to be eaten as a side or main dish. I really enjoy serving a hot quinoa dish over a bed of fresh greens allowing for the heat to gently wilt the greens. Enjoy!

MPower PLUS Business objective:

I work with clients in the gym, home, and outdoor settings in and around the Durango, Colorado area, as well as online. I offer clients individualized programs based on their specific needs and goals which we discuss in our initial fitness assessment. I create innovative programs that incorporate mobility, core, strength, corrective exercise as well as health and wellness and nutrition goals. I support my clients by keeping them inspired and motivated on their journey towards meeting their personal objectives.

**Business phone: 970-708-7697**  
**Business email: [mpwrplus@gmail.com](mailto:mpwrplus@gmail.com)**  
**Business website: [www.mpwrplus.com](http://www.mpwrplus.com)**

# Curry Cashew and Chickpea Quinoa Recipe

## Ingredients

### For the quinoa:

- ¾ cup quinoa
- 1 2/3 cup water
- 1 (15 ounce) can chickpeas, rinsed and drained
- ¾ cup frozen green peas, thawed
- 1 tablespoon sesame oil (or sub olive oil)
- ½ tablespoon freshly grated ginger
- 1 teaspoon curry powder  
(plus more if you want a really big curry punch!)
- ¼ teaspoon ground turmeric
- ¼ teaspoon garlic powder
- ½ teaspoon salt
- Freshly ground black pepper

### For the mix-ins:

- 1 red bell pepper, diced
- ½ cup shredded carrots (from 1 large carrot)
- ½ cup dried cherries (or dried cranberries)
- ¼ cup finely diced red onion
- 1/3 cup finely diced cilantro
- 1/3 cup finely diced flat leaf parsley
- For the maple cayenne toasted cashews:
  - ¾ cup raw cashews
  - ½ tablespoon pure maple syrup
  - ¼ teaspoon cayenne pepper
  - 1/2 teaspoon sea salt

## Instructions

1. Add in quinoa and water to a medium pot and bring mixture to a boil, then cover, reduce heat to low and cook for exactly 15 minutes. After 15 minutes, remove from heat and fluff quinoa with a fork, then replace the lid and allow quinoa to steam for 5-10 more minutes. While quinoa is cooking you can chop all your veggies.

2. Once quinoa is done cooking, stir in chickpeas, peas, sesame oil, ginger, curry powder, turmeric, garlic powder, salt, and black pepper.

3. Next stir in red bell pepper, shredded carrots, cherries, red onion, cilantro, and parsley.

4. Finally make your maple cayenne toasted cashews: place cashews in a skillet over medium heat. Toast cashews for 4-6 minutes, stirring frequently until they turn slightly golden brown and fragrant, then turn off the heat and immediately add in maple syrup, cayenne pepper, and sea salt. Stir for 30 more seconds to coat cashews, then transfer to a plate or piece of parchment paper to cool for a few minutes. Cashews may stick together so try to spread them in an even layer when they are cooling.

5. Top quinoa with cashews and serve! Serves 4 for a main meal or 6 as a side. I suggest waiting to add cashews until you are ready to serve so they stay nice and crunchy.

Nutrition: Servings: 4 servings, Serving size: 1 serving (based on 4), Calories: 492kcal, Fat: 17.8g, Saturated fat: 2g, Carbohydrates: 68.5g, Fiber: 12.2g, Sugar: 15.5g, Protein: 16g



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**Mon - Sat: 8am - 8pm | Sunday 9am - 7pm**