



Good Thymes

Durango Natural Foods Co-op

Monthly Newsletter

August 2020



Cup O' Joe | DNF
Deli @ the Co-op
| Now open for
counter-service &
takeout!

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Picks



Joe Z., GM

Don't you just hate wearing these masks? I know I do. As a matter of fact, I haven't met anyone who says, "Wow, aren't these masks great! So many styles that we can express ourselves with!"

I mean, for me, one might think I would like them since they hide my huge schnozzola. But no – this giant proboscis needs lots of air to keep this old body running. These masks really inhibit my breathing. I don't like them.

And yet, it is a requirement right now to wear them when you are in our store. It's true that Durango made them mandatory but the truth is that I mandated them for our Store before the city did. Why would I do this even though I tremendously dislike them?

If we go back to the first three months of this year, I was beset by Members who insisted that masks would help keep us safe. I was shown quite a few studies that said this was true. But I hesitated. We didn't have that many cases of the virus in our county and it seemed to be overkill.

Then things escalated! The "Stay at Home" order came mid-March. We did require wearing gloves but masks were optional. As an essential grocery business, we are required to stay open and serve the public – besides – we wanted to.

But as the weeks progressed, we all became worried about our Staff being exposed as well as all our Shoppers. We then shut the Co-op to instore shopping and went to Curbside only. We started Curbside practically overnight and went through a few gyrations until we got it right.

Curbside is difficult though – and quite expensive. While we were able to serve many, there were others who felt that our Co-op was not meeting its obligations to the Members and Shoppers and simply went elsewhere.

After looking at it from many angles, we decided to reopen the store proper to shopping while keeping Curbside running. But one of the criteria that I instituted to keep us all "safe" was to require masks as well as gloves.

Was this a good decision? Since then, I've had Members sending me studies showing that masks are ineffective and hurts personal health. So now I had studies on both sides of the issue. What to do?

Although I study science with abundant pleasure, this was a new one on me which made a decision almost a toss of the coin. Almost – but not quite.

Now I did rely on the science that says that the virus does not stay airborne. I have seen studies that say that in certain conditions, the virus does become aerosolized but those studies were few and the conditions not necessarily common (with some exceptions).

Then I abandoned science and applied what I would call "common sense". I reasoned that if you could block the airstream emanating from an infected individual, then the chances of getting the infection was diminished. So, I ordered face shields for all our Staff. To this day – they never came. Plexiglass at the registers was a compromise – along with wearing masks.

Everything I read and studied, said the masks slow the infected airstream. Not totally but very significantly. And that's what this game is all about: reducing the probability of being infected. To get it to zero, we would have to require hazmat suits. No – I wasn't going to require that.

So, we require masks. And gloves if you are using our bulk department (includes coffee and water dispensers). We clean/disinfect the store on a frequent schedule.

But what of our personal rights? Can the government – or a store – require folks to wear a mask? I'm sure you have all heard, "No shirt, no shoes, no service". That is not a government thing (though many believe it is) but rather a store thing of questionable value. But it has been accepted by the masses.

As a Co-op, we have to balance what is good for the individuals and what is good for the community. Since this pandemic is so devastating (I'm sorry, I don't believe it's a hoax so please don't go there), my decisions were and are based on what is good for our community and not just individual rights and/or preferences. Even though I personally have breathing issues with the masks. While I still choose to work and voluntarily take on that burden, for our shoppers, we created a great Curbside program for those who can't or won't wear a mask (and for those who just like the convenience).

When does the community need overshadow the individuals? I believe it's when an individual's action jeopardizes the community. Whatever you may personally believe, quite a few folks have died, more and more people are having symptoms and hospitalizations are rising. Our economy has tanked. Many small businesses will never reopen. This is real on many levels.

Our 7th Co-op principle is, "Concern for the Community". That encompasses many things. One of those things is working together to do what we can to get our lives back. We may be getting it wrong. We may be going overboard. But if there was ever a time to put community first, this is it.

And to blunt, this may be a precursor for future pandemics that will be far worse. Best we learn to work together and uphold our Cooperative Community principles now instead of asserting individual rights that may hurt us all.

DNF DELI @ THE CO-OP



(Top Left) Lauren, deli co-manager, enjoying a delicious Tempeh Cali Sandwich for lunch. (Top Right) A fresh Cali sandwich made by our deli manager, Gab. (Bottom) Gab, Chris, Bobbie, and Lauren ready for the opening day of the Deli.

Hi, we've missed you! Our Deli is back and better than ever! With the classic favorites, newly improved recipes, and delicious menu additions. The Deli crew has been working hard to re-open for counter-service and take-out. You can find our menus on our website, www.duragonaturalfoods.coop/deli.

Call in your order to (970) 247-8129 or come inside and order at the Deli counter.

575 E. 8th Ave. | Durango, CO 81301
Phone: (970) 247-8129

Deli Hours: Mon-Sat 8:00 am - 3:00 pm
Sunday 10:30 am - 3:00 pm



WELCOME TO THE TABLE

Co-op Recipes



Cucumber-Avocado Soup with Heirloom Tomatoes



Ingredients

3 large cucumbers, peeled and seeded, cut in chunks
 2 medium avocados, peeled, pits removed
 4 tablespoons fresh lemon juice, divided
 3/4 cup plain yogurt (not Greek)
 1/2 teaspoon salt
 3 large scallions, chopped
 1 1/2 cups chopped heirloom tomatoes
 1/4 cup chopped fresh mint
 1 clove garlic, minced
 1 large jalapeno, seeded and chopped
 Tortilla chips (optional)

Preparation

Place the cucumbers in a blender and add the avocado flesh. Add 3 tablespoons lemon juice and yogurt and blend until smooth. Add the salt and scallions and pulse to mix. In a separate bowl, mix the tomatoes, mint, remaining lemon juice, garlic, jalapeño and salt to taste. To serve, divide the soup between four bowls and smooth the top. Spoon the heirloom tomato mixture into the center of the soup. Serve with chips, if desired.



Summer Vegetable Quiche



Ingredients

- 1 10-inch prebaked pie crust
- 2 teaspoons vegetable oil
- 1 1/2 cups zucchini and/or yellow squash, diced
- 1/2 cup red bell pepper, sliced or diced
- 2 loosely-packed cups fresh spinach, roughly chopped
- 3 large eggs
- 2 large egg whites
- 3/4 cup milk
- Pinch of salt and pepper
- 1/4 cup crumbled goat cheese
- 1/2 cup shredded Parmesan cheese, shredded

Preparation

Preheat the oven to 350°F.

Heat the oil in a skillet over medium-high heat. Add the zucchini, peppers, and spinach and sauté for a few minutes just until tender. Remove from heat.

In a mixing bowl, whisk together the eggs, egg white, milk, salt and pepper.

Sprinkle the goat cheese on the bottom of the prebaked crust, then evenly cover with the vegetables. Add the Parmesan cheese and then pour in the egg mixture. Bake for about 45 minutes or until firm in the middle. Let the quiche sit for 10-15 minutes before serving.

Find more recipes at www.welcometothetable.coop



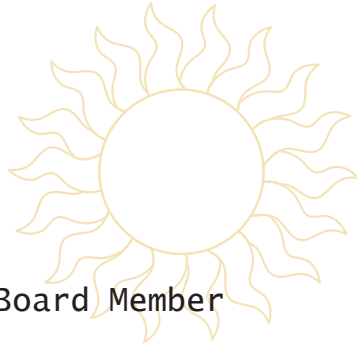
Message From the Board



Theo Reitwiesner, Board Member

Greetings Durango Natural Foods Co-op Members!

Hey all, it brings me great joy to communicate with you over this platform! I hope this finds you well, I am both excited and nervous in this new position, and let me quench your fear by letting you know I am dedicated to this cooperative and feel honored to be serving as a member of the board. For those of you I have not had the pleasure to meet, I wish to offer a small introduction. For the past two years, I have worked at DNF in both the front-end and most recently produce departments. I am an avid climber, river person, skier and have merged my passion for the magic of the wild and the healer in my soul at Open Sky Wilderness Therapy as a field guide. I'm stoked to work on spreading the word of the Co-op to younger generations within the Durango community!

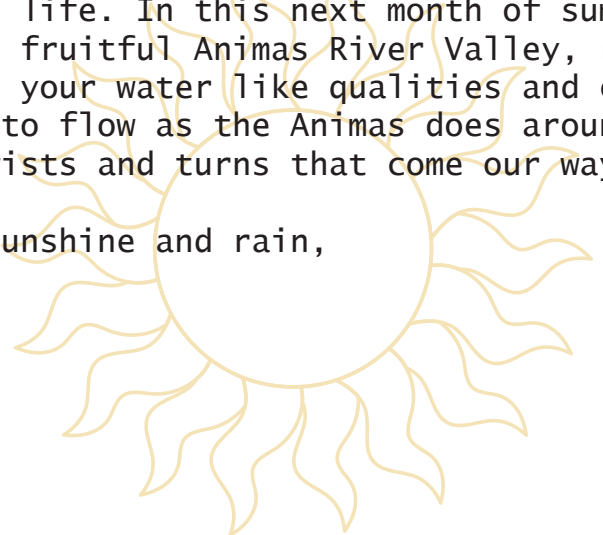


Sitting with this new board during our past meeting was powerful. We re-elected Cody as the board president, elected Wes as Vice-president, elected Don as treasurer and elected Victoria as the secretary. We have a cabinet! In addition, we are on budget! I wish to offer a huge shout out to the staff who has been putting in extra effort, showing a tolerance for adversity and uncertainty over the past few months to make our goals reality. Thank you all.

As we sit on the verge of chaos in the greater world I offer the reminder of the beautiful blip of existence that we all happened to arrive for. Life has taken many twists and turns over the past few months, and we have adapted, and we will continue to adapt. We are like water, we are water, little droplets together in the sea of life. In this next month of summer in the fruitful Animas River Valley, remember your water like qualities and continue to flow as the Animas does around the twists and turns that come our way.

With sunshine and rain,

Theo



Visit us at the Farmers Market!

August 8 | September 12 | October 3



All Good Products

Good Business: As a certified B-Corporation and 1% for the Planet member, our “corporate machine” is committed to living in harmony with nature.

Good Planet: We make body and reef friendly sunscreen and we’re fierce advocates for protecting marine life and coral reefs.

Good Ingredients: We source organic ingredients to make products that promote good practices.

All Good products are 25% OFF now until August 14th! Anyone can enter to WIN this All Good gift basket full of organic body care products worth over \$100!



Willow showing off the All Good giveaway display at the Co-op.



BEAN TO BAR CHOCOLATE

TRANSPARENT TRADE | FARMER SUPPORT | SINGLE-ORIGIN



What is Bean to Bar?

Bean to bar is when a company works directly with the cacao farmers. A certain quality is required, which pushes the farmers to excel. In turn, they are paid upwards of 3x the going rate for cacao to encourage transparent trade and support for their families’ needs. The majority of these chocolate bars are single-origin. Enjoy this fine-curated experience while knowing where your money goes and what it supports!

You can now find these at the Co-op!

Staff Picks!



Hannah



**Patagonia
Smoked Mussels**



Mads



**OmNom Chocolate
Dark Milk of Tanzania
65%**



Whitney



**Pure Bliss
Peanut Butter
Hemp Bites**



Alfred



**C2O
Pure Coconut
Water**

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