

**GOOD
THYMES**

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

AUGUST 2023

**BACK TO
SCHOOL!**



SHOP BACK TO SCHOOL BASICS AT THE CO-OP!



cup O' JOE



I often tend to self-identify as a Mountain Biker. Although, recently, that might be a stretch since I've barely been on the bike since moving here to Durango. I mean, is a clown a clown when they're not clowning? I'm attempting to change this and have been out for a few rides. But I have been off the bike longer than any other time in the last 36 years including my ACL replacement surgery and busting my pelvis in three places (all from Mountain Biking, of course).

Now, getting back to any physical activity after a long hiatus is not that easy. With Mountain Biking, not only is there the body stress but there is technique that has atrophied and mental steeliness that has turned to mush. Not only that, my bestest friend, Ol' Comfy Chair, was adamant that I retire from this endeavor. "Please Joe, come here and put your feet up. Grab a brew. Read a book or watch the adventures of others on that big screen."

And more than once, while struggling up a not so steep incline, my aching legs and burning lungs would scream at me, "Heed the words of Comfy Chair! Turn around! Go back! Give up." Fortunately, the old brain, fogged with dopamine and endorphins, would blindly call the shots and push on. Equally as fortunate, the trail had a number of Chair's cousins, Comfy Rocks, waiting for me to momentarily stop, sit and let my spinning head settle.

It's not easy and I've a long way to go. As I've ridden, quite a few Biker "rules" that I haven't thought of in years, came back to me and I realized that many are also metaphorically apropos to our Co-op.

Watch where you want to go – not what you want to avoid: This is a basic. When you look at the rocks and ruts you want to miss, the bike has a tendency to veer right into them. There are a lot of potential pitfalls at our Co-op that we can get entangled in if we focus on them. We need to keep our vision on what we want to obtain, not the obstacles littered before us. This is very similar to the saying, "keep your eyes on the prize".

Relax your grip and untense your body: This is hard to do – especially if you are careening down a long hill. The "white knuckle grip" and/or the "death grip" can cause you to lose control. The more relaxed you are, the more fluidity there is to your riding and as a result, less accidents. We can get pretty hectic at times at the Co-op with many things suddenly happening at once. If we tense up we can become crabby and ultimately inefficient. Learning to move effortlessly though quickly is often difficult to accomplish but a necessary skill that takes constant development.

On a long climb, watch the next few feet in front of you, not the end goal: Climbing is quite hard on a mountain bike but it's actually very compelling and rewarding. The problem is that looking at that long haul makes you want to give up before you even attempt it. However if you just keep your focus on the next few feet, you often will reach the top before you realize it. We have many goals at the Co-op that look almost impossible to obtain. But by breaking them down to small chunks, seemingly unobtainable visions can actually be accomplished.

Ride within your talent and push your limit: This seems paradoxical but is very necessary. If you ride beyond your talent, you will eventually be scraping yourself off the ground. Yet if you don't push at the limits, you will not improve. The key is to just push at these limits – not ride beyond them. We have lots of areas where we can improve at our Co-op but if we just jump into them, we will surely create more chaos than efficiencies. Thus we always need to move slowly but steadily pushing at our limitations.

Stop and enjoy where you are: I've ridden with people who are always measuring how fast they go, their maximum speed and the gear they're riding in. They don't like to stop at all. But I often like to stop and stare at the beautiful vistas, watch some wildlife or take in the sweetness of the flora. Sometimes, I even take out my camera and spend time just photographing (another passion of mine which I actually have a degree in and taught but rarely do anymore – is a photographer a photographer if they're not taking pictures?). We can get caught up with what we are doing at our Co-op and miss what a wonderful place it is that is full of fascinating people. For me, it's just as important to slow down and stop and just enjoy what we have created. It's the old "Stop and Smell the Roses" thing.

Share the trail: There are a lot of different people on the trails for different reasons. Learning to be respectful of all the other users leads to peace and harmony. Our Co-op has Members and Customers who shop here for different reasons and have different diets. Some only come for a particular treat or supplement and some only shop the produce. We're here for everyone who wants quality foods in their lives no matter what draws them to this shared space.

Shut up and ride: Mountain Bikers like to talk (incessantly) about their bikes and their adventures. And sometimes have a zillion excuses as to why they are sitting in Comfy Chair instead of pedaling. Inevitably, if the offender doesn't impose this formula upon themselves, someone else will shout it out to them. Stop the talk, stop the excuses and get out there. We talk about a lot of things we want to do at our Co-op and can spend hours in meetings and discussions. Comes to a point where we need to stop jawboning and just do it. Speaking of which – I'm done. I'm going for a ride!

- Joe Z.



NEW CO PRODUCTS!

ON OUR SHELVES NOW



RED WOLF COFFEE

Our new local friends bring 20+ years of direct-trade + **craft coffee** to DNF.

Must Try: Ethiopia Buki + Red Wolf Espresso

Mancos, CO

LUV MISO

The woman-owned company known for producing organic, local tempeh is now producing a **traditional Japanese seasoning**.

Durango, CO



BORVO BROTH

An **instant sipping bone broth** from a CO company with an ethos dedicated to outdoor sustainability and adventure.

Denver, CO





MEET HALEY

SAY HELLO TO A BELOVED MEMBER OF OUR DNF DELI TEAM

LET'S CHAT



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

1. So, where are you from?
 - a. Durango, Colorado
2. What's the story been so far?
 - a. K-12 here, then I left to swim at University of Houston, then Boise State. Then I explored Tucson and Phoenix a bit + landed back here a few years ago.
3. When you're not at DNFC, what are you getting up to?
 - a. While it's still warm: swimming at Nighthorse, river activities, and gardening at home.
4. Anything that might surprise shoppers about you?
 - a. My party trick is that I can blow bubble rings underwater.
5. Favorite things about working at the co-op?
 - a. It's the people. It's a relaxing environment where I get to do something I genuinely enjoy doing: cooking.
6. What is something you are excited to bring to the store?
 - a. A local perspective on this town. And my loudness.
7. In preparation for an outdoor adventure, which three DNFC products would you bring?
 - a. Like ten Yerba Mates, DNF Deli spinach bites, and a notebook.
8. In ten words or less, how would you describe our Co-op to an out of town visitor?
 - a. Colorful, diverse, welcoming, pleasantly surprising place to shop.

DNF CO-OP'S GREAT BIG

BONANZA

EQUITY

DRIVE

**GROW
OUR
CO-OP!**



**INVEST
\$100 TO
YOUR
EQUITY
ACCOUNT**

RECEIVE MAJOR SAVINGS

TALK TO A CASHIER!

11A ▶

12



11A ▶

12

DNF STAFF PARTY 2023



CANVA STORIES

0917



CANVA STORIES P20

0916



CANVA STORIES

0917



CANVA STORIES P20

0916



CANVA STORIES



CANVA STORIES



CANVA STORIES



CANVA STORIES



IT'S THE PEOPLE THAT MAKE THE PLACE

- RYAN WALDMAN

Why don't we collectively talk about how hard it can be to make connections as a transplant in a new place? It's always been a pet peeve of mine. Why wasn't I warned that making friends after my teenage years would become so uniquely challenging? Here it is, plain as can be, for anyone still wondering: making community in a new place is a wildly daunting task.

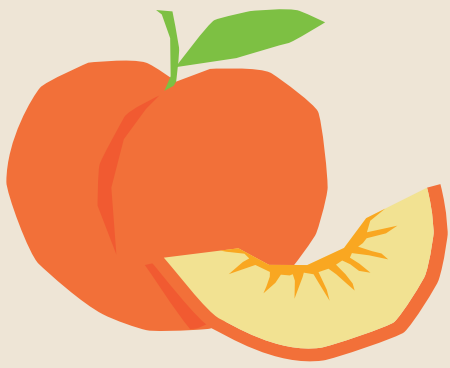
Generic advice comes in the form of "join a gym" or "become a regular somewhere around town". I'd be hard pressed to disagree and tell you those would be "bad" avenues for pursuing community -- but I have some input of my own.

It's the people that make the place. And there's no group of people like the one at your local co-op. In other words, **there's no community like the one at your local co-op.**

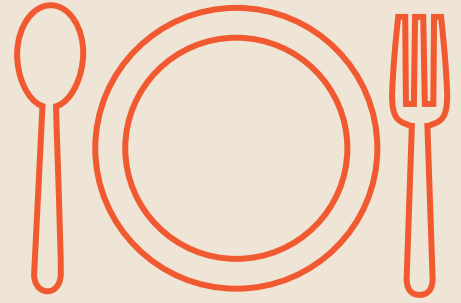
2,000+ member-owners and hundreds of folks that make this co-op run (our staff, local farmers + makers, etc.) comprise the most eclectic mix of humans I've ever known. This DNF community transcends boundaries of every variety. It's a cohort of people who are encouraged to be radically unique and still somehow find countless threads of unity sewn between them.

The smiling faces strewn about these pages are a reminder, in part, of what community means to us at DNF. To us, it's about the people. And these are just some of the ones that mean the most to us, who take immense pride in getting to be a community staple for our town and loved ones.

It's the people that make the place, and how honored I am to get to be a part of this one.



**LET US
PEACH
YOU A THING
OR TWO**



NEW YORK-STYLE FRESH PEACH CHEESECAKE



**PHOTO CREDIT
+ RECIPE
INSPIRATION:
FRONT-END
MOD, NAOMI**

INGREDIENTS

Crust:

- 2 1/2 cups graham cracker crumbs
- 1/2 cup 1 stick butter, melted

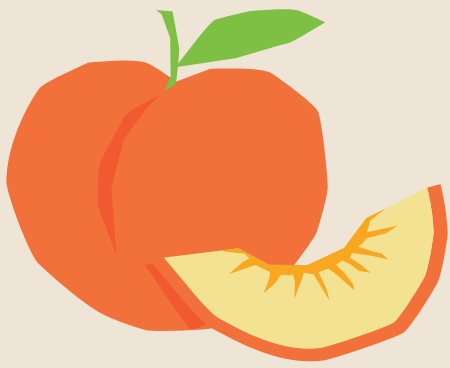
Filling:

- 4 (local) peaches about 1 1/4 pounds, peeled, pitted, sliced 1/4 inch thick
- 2 tablespoons plus 1 1/4 cups sugar
- 2 tablespoons fresh lemon juice
- 4 8- ounce packages cream cheese room temperature
- 4 large eggs
- 1/2 cup sour cream
- 1 1/2 teaspoons vanilla bean

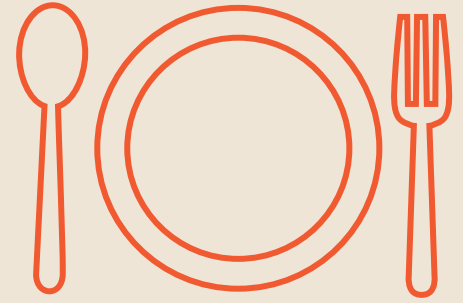
Glaze:

- 3/4 cup peach preserves
- 2 1/4 teaspoons fresh lemon juice
- 1/2 large peach peeled, pitted, very thinly sliced





LET US PEACH YOU A THING OR TWO



PROCEDURE

For Crust:

1. Preheat oven to 350 degrees F.
2. Add butter to graham cracker crumbs and stir until evenly moistened.
3. Press crumbs over bottom and 1 inch up sides of a 9-inch-diameter springform pan with 2 3/4-inch-high sides.
4. Bake crust until beginning to brown, about 8 minutes. Cool on rack. Reduce oven temperature to 325 degrees F.

For Filling:

1. Combine peaches, 2 tablespoons sugar, and lemon juice in heavy large saucepan.
2. Cover and cook over medium-high heat until sugar dissolves and peaches are juicy, stirring occasionally, about 5 minutes.
3. Uncover and cook until peaches are tender and juices thicken, about 5 minutes. Cool compote.
4. Using electric mixer, beat cream cheese in large bowl until fluffy. Gradually add 1 1/4 cups sugar and beat until smooth. Beat in eggs 1 at a time. Mix in sour cream and vanilla.
5. Spoon half of cheese mixture (about 3 cups) into crust.
6. Spoon peach compote over by tablespoonfuls, spacing apart.
7. Top with remaining cheese mixture.
8. Place large piece of foil on oven rack. Place pan with cheesecake on foil. Bake until puffed, set in center, and beginning to brown, 60 to 75 minutes, until brown on top and center is set.
9. Place hot cheesecake on rack; cool 5 minutes.
10. Run small sharp knife around pan sides to loosen. Place cheesecake, uncovered, on rack in refrigerator and chill overnight. (Can make up to 2 days ahead. Cover and keep chilled.)

For Glaze:

1. Combine preserves and lemon juice in heavy small saucepan. Stir over medium heat until glaze comes to simmer. Strain into small bowl.
2. Release pan sides; place cheesecake on platter. Spread glaze over top of cheesecake to within 1/4 inch of edge.
3. Chill cheesecake until glaze sets, at least 30 minutes and up to 8 hours. Arrange peach slices in center of cake and serve.

A MESSAGE FROM THE DNF BOARD

Greetings fellow Members of the Co-op,

Some of you may wonder what makes us Members, and what makes us a Cooperative, rather than just a grocery store? Well, beyond the healthiest and most local food in Durango, as well as the sweet vibe in the store, who we are as a Cooperative and what our rights as Members, is defined in our Bylaws. The Bylaws document is kind of like the Constitution of our little independent foody nation. It is found on our website under the “Board of Directors” tab. Check it out sometime and see what you think! And remember this is our “law book” that is the primary document governing how our organization is run and how the Board of Directors is to act. Our Board is charged with knowing and understanding and adhering to everything in that governing document, by civil law. So, as Board Members we have come to know that document and frequently refer to it so that we can act in accordance.

To be honest though, you may find what we have found—it is hard to understand, with antiquated language, antiquated systems, and that it contradicts itself in places. It seems this document was created when many of us were children or before some of us Board Members were even born! Remember the Co-op is 47 years old, but we as the current generation want to ensure it continues in its original spirit for at least another 47 years or more. To do that, we need a governing document that is written clearly, is legally sound, and that allows for the use of modern technology. For all these reasons, we have undertaken the task of updating our Bylaws to the current era.



Cody Reinheimer

If you have been following along, this is not the first you have heard about this, as this project was originally initiated in 2019. It is a huge project! We have held countless meetings over the last few years, sometimes twice a month to decipher this thing and make sure it is a morally and legally sound document that can guide DNF into a bright future throughout the 21st century. Our Governance Committee has been doing the work to eliminate contradictions, account for all scenarios, and to carry out the spirit of what our Natural Foods Co-op is all about, while strengthening a system of governance that is fair and equitable to individual members as well as the collective health of the business.

Long story short, your elected representatives have been giving this Bylaws update project a lot of care and attention. So, when we finally finish with our educated updates (hopefully by Spring 2024) and bring it to a vote of the membership (as is required in the bylaws to make any changes), please look over the reasoning and documentation and mechanism for feedback we will provide. We hope that you will agree with us that updating this document is the best thing we can do for our little democratic co-op, and that you will vote yes to approve the updated Bylaws document. We appreciate your involvement and are excited to make this leap! As always, feel free to reach out with any questions or comments to board@durangonaturalfoods.coop

In gratitude,

Cody Reinheimer

DNF Board Member since 2019

coop deals

AUG 2 - AUG 15, 2023



mouthwatering flavor

Perfect for grilling, Thousand Hills Ground Beef makes for delicious homemade burgers. Grass-fed beef and no antibiotics makes this a healthy option for the family. Find it on sale at the co-op!

6.99

Thousand Hills
100% Grass Fed
Ground Beef 80% Lean
20% Fat
16 oz.



Buy One, Get One

FREE

Harmless Harvest
Organic Coconut Water
16 fl. oz., selected varieties



2/\$8

Annie's
Organic Dressing
8 fl. oz., selected
varieties



10.99

Napa Valley
Naturals
Organic Extra
Virgin Olive Oil
25.4 fl. oz.



Buy One, Get One

FREE

special offers inside!



Buy One, Get One
FREE
Deals at the Co-op!

BOGO

Welcome to BOGO (buy one, get one FREE) deals! You'll find savings on products you love from brands you trust in departments across the co-op. Look for the BOGO deals signs throughout the store.



Buy One, Get One

FREE

Solely
Organic Whole Fruit
Gummies
3.5 oz., selected varieties



Buy One, Get One
FREE

Organic Valley
Stringles Mozzarella Cheese
Sticks
8 oz.

full of the good stuff



INCLUSIVE TRADE PARTNER

Purely Elizabeth is a woman-owned company that helps you thrive on your wellness journey by creating foods to obsess over.

Buy One, Get One
FREE

Purely Elizabeth
Organic Granola
8-12 oz., selected varieties

Check out the DNF website for more BOGO deals and sales this month!

