



AUGUST 2021

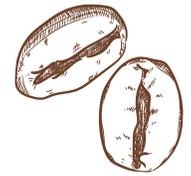
Good Thymes

DNF CO-OP'S MONTHLY NEWSLETTER





cup O' JOE



HOW'S IT HANGING?

"Well, you just hang in there". That's what a friend said to me when I explained the crazy July we had at the Co-op. Visible to all are our refrigeration and stocking challenges. One refrigeration unit after another succumbed to the heat and humidity. Our equipment resembles old cars that run fine on the flats but are quite vulnerable when traveling the Rockies.

Out-of-stocks from our distributors, Late trucks, and wrongly-shipped items have made for some empty shelves of specific products.

And there is the turnover issue as well as a dearth of applications keeping us understaffed and overworked. Staff having medical issues and out for days and weeks? Yeah - we got that too.

It hasn't been an issue of hanging in there but rather hanging on. It's like riding a bucking bronco. I've done that so I talk from experience. "Hang on!" friends yelled excitedly as they expected me to be tossed off (I wasn't - I hung on).

The Staff has been whipped around quite a bit but we all hang together to keep this place humming although sometimes a bit off-key. But the teamwork is highly evident and new Staff keeps adding excellent energy and enthusiasm.

One of our hang-ups on Staff is that we all strive for perfection which is often unattainable due to circumstances. I tell us all to simply hang loose as we surf through these challenging waves. Certainly easier said than obtained. Keeping our agility and flexibility is a great asset.

But sometimes it feels like our entire Co-op is hanging by a thread. It's not true of course as our business has remained quite robust. Truth is we have the strength, stamina, and economics to keep us on course.

Our Members and Shoppers have been hanging with us as we go through these gyrations and a hearty "Thank You" is extended to all! The loyalty is deeply appreciated!

As I write this, another refrigeration unit goes down. Really? Give us a break! That's 8 units in the last month (and one might be dead)! But no worries, we'll hang tough as we always do! We're getting to be experts on old refrigeration equipment.

The dog days of summer are upon us. Technically, it's from July 3rd to August 11th when the Sun is in the same area of the sky as Sirius, nicknamed the "Dog Star". In everyday parlance, it refers to hot and humid, long days where most

of us just want to hang out and rest a bit. Margarita time with a good book!

We thought it would be best to have a sale during these dog days that celebrates and pampers ourselves so we decided treating ourselves both inside and out would be best. For two weeks, we will feature a whopping 20% off our Body Care products for the outside and Supplements for our insides! And coming up in September is another MAD (Member Appreciation Days) where you choose one day during the month and receive a 15% discount off your entire purchase! (Hang with me here: sure this is shameless promotion but it has a really good segue and is cleverly placed, so there's that).

In my previous three columns, I've talked about Democracy in Co-ops. One component of a healthy democracy, as I had mentioned, is to survey the Members and Shoppers as to what their preferences and traits are. It will be long and allow you to let your ideas and thoughts all hang out.

We'll probably offer a discount to those who complete it (should be around 25 to 30 mins long, average). Maybe we'll have a shorter one too but with no discount - unknown at this point. But hang tight: you'll need to wait until October, National Co-op Month, to take it!

What I can't believe is that it's been 18 months since this virus started hanging around. Are we going back to masks for everyone? At this moment, we have not set that requirement but we may. It's all voluntary right now. We are watching the situation very carefully and many opinions are weighing in daily. We'll certainly follow any mandates and orders from the City, County, etc.

Despite the challenges thrown at us, economically, our Co-op is sound and growing. This is because, from the time this Co-op almost folded at the end of 2018, we did not hang back but have been aggressive in getting our Members and Shoppers the products and service they (you) want & deserve! That's what Food Co-ops are about: serving the Membership as their buying agent providing the best products at a fair price!

There will most probably be new impediments, obstacles, and challenges ahead of us. But based on how our Staff and Board have operated over the last 2 years, whatever comes our way, we'll quickly get the hang of it.



coop deals

AUG 4 - AUG 17, 2021

amazingly versatile

The solution to messy hands and dirt tracked into the home can be found in one bottle of Dr. Bronner's Castile Soap! Find it on sale at the co-op!



7.99

Dr. Bronner's
Pure Castile Liquid Soaps
16 oz., selected varieties



4/\$5

Liberte
Organic Yogurt
5.5 oz., selected varieties



2/\$5

GT's
Organic Synergy
Kombucha
16 oz., selected varieties



2/\$6

Maya Kaimal
Organic Everyday
Dal or Chana
Entrees
10 oz., selected varieties



2/\$5

Alter Eco
Organic
Chocolate Bar
2.65-2.82 oz., selected
varieties



2/\$6

Kind
Healthy Grains
Bars
5-1.2 oz. bars, selected
varieties



2/\$7

Mom's Best
Cereal
14-24 oz., selected
varieties



Your home and family are cleaner all summer long.

Find these summer savings today.

VISIT OUR WEBSITE FOR MORE CO-OP DEALS!

MEET MAPLE!

Maple, Deli Line Cook, has been at the Co-op since May. He currently attends FLC for Business. Let's meet Maple:



1. Where are you from?
 - a. Denver, Colorado
2. How did you end up in Durango?
 - a. College - Some of my friends told me about the Fort.
3. When not working at DNF, how do you spend your time?
 - a. Running, playing guitar, and soaking in the river.
4. What is one thing that might surprise shoppers about you?
 - a. Maple is my real name.
5. Why is supporting your local food Co-op important to you?
 - a. Because I like the idea of supporting local and small businesses.
6. What is one of your favorite things about working at the co-op?
 - a. The Deli's kale salad.
7. What is something you are excited to bring to the Deli?
 - a. My energy!
8. What are your three favorite products currently being sold at DNF?
 - a. (1) Lime habanero Kettle chips, (2) all of the exotic mushrooms from produce, (3) our selection of coffee.
9. How would you describe your diet - vegetarian, carnivore, etc.?
 - a. Vegetarian
10. Share your favorite meal with us.
 - a. Lately, I've been making black rice noodles with Bragg's sesame sauce alternative and over-easy eggs topped with citrus seasoning. Quick, easy, and yummy!

DREAM GARDEN BY DAN GROTH

FEATURING A PIECE BY GEORGE MITCHELL, AGE 7

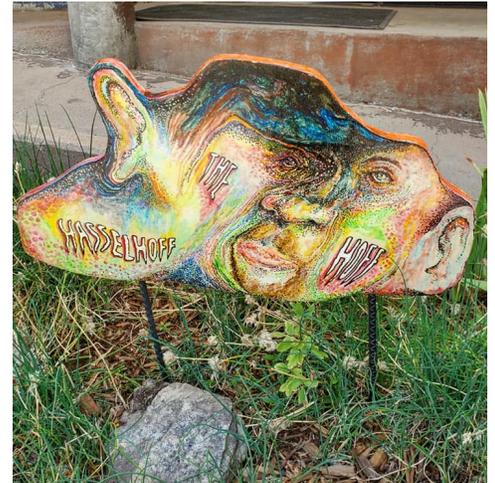
The idea for this project was partly inspired by local “Fairy Gardens” that are found throughout Durango neighborhoods. I created random shapes from composite boards salvaged from Spring Alley Cleanup and committed to painting them wholly different on each side, without any conscious planning as to how they would look in the end.

I enjoy creating stream-of-consciousness artwork, and I wanted to create something that would give passerby pause, create puzzlement, bemusement, and/or entertainment. More of my art can be found at dangrothart.com.

Art can be purchased upon request and delivered upon takedown of the installation.

Huge shoutout to the Durango Art Brigade for making this all possible!!

The Durango Art Brigade is a new temporary public art initiative that promotes Economic Recovery & Resilience, Community Partnerships, Activation of the Social Sphere, and Intergenerational Engagement.



WHAT'S BEEN UP?

- 1. YOUR EQUITY ALLOWED US TO GET MUCH-NEEDED TREE WORK DONE!**
- 2. OUR MEAT & CHEESE FRIDGE IS UNDER REPAIR**
- 3. WE RECENTLY SUPPLIED OUR HELP FEED THOSE IN NEED RECIPIENT WITH \$2,000 WORTH OF GOODS!**



WHAT WILL BE UP?

- 1. OUR CURBSIDE HOURS HAVE CHANGED! -- WE NOW OFFER CURBSIDE ON FRIDAYS ONLY!**
- 2. MARK YOUR CALENDARS FOR THE NEXT 15% OFF M.A.D. (MEMBER APPRECIATION DAYS) SEPTEMBER!**
- 3. STAY TUNED!... DNF WILL BE HOSTING A HARVEST FEST IN EARLY OCTOBER!**

HYDRO FLASK

SALE!

25% Off All Hyrdo Flasks

and Accessories now
through the end of
August!

New colors, shapes, and
sizes!



BULK TEA SELECTION

We've revamped our bulk tea selection and are bringing in high-quality, carefully picked blends by Rishi Tea.

Check out new flavors such as Ginger Tumeric, Patagonia Super Berry, and Chocolate Chai!



RECIPE 1 - EDIBLE SOUTHWEST COLORADO BY GABRIELA RANZI

RECIPE 2 - CO-OP, WELCOME TO THE TABLE

RAW PEACH TARTLET



INGREDIENTS

- 2-3 peaches
- 5-7 dates
- 1/8 teaspoon vanilla
- 1/3 cup almonds
- 1/3 cup coconut flakes
- 1 cup raisins
- 1/8 teaspoon cinnamon
- 1/8 teaspoon or less cardamom
- Pinch of salt



Preparation

- Place almonds, coconut, cinnamon, cardamom, and salt in a food processor. Process finely. Handful by handful, add the raisins until a crust-like consistency is reached. Press mixture into 2 large tartlets or 3 to 4 smaller ones. Each tartlet crust needs to have sides with enough of a "bowl" to hold the peach filling.
- For the filling, blend the peaches, dates, and vanilla in the food processor until you have a smooth, whipped consistency. Fill the tartlet crusts with the puree.
- Slice the remaining peaches and use to decorate the top of the tartlet. You can sprinkle some shredded coconut on top, add a mint leaf, or drizzle on local honey or maple syrup. Instead of individual tartlets, the mixture could also be turned into a whole raw peach pie.
- Enjoy thoroughly!

GRILLED PEACH AND PROSCIUTTO SALAD



INGREDIENTS

- 2 large ripe peaches, sliced into 8 wedges each
- 4 cups mixed greens, packed
- 1/2 pound thin sliced Prosciutto (or thinly sliced ham)
- 4 ounces goat cheese, crumbled
- 1/4 cup pistachios, shelled (or pine nuts)

DRESSING (SEE NOTE)

- 1 clove shallot, peeled
- 1 clove garlic, peeled
- 2 tablespoons red wine vinegar
- 1 tablespoon Dijon mustard
- 1 1/2 tablespoon fresh mint, roughly chopped
- 1 teaspoon honey
- 1/4 cup orange juice
- Zest from 1 orange
- 1/3 cup olive oil
- Salt and pepper to taste

Preparation

- In a blender or food processor, combine the shallot, garlic, mustard, orange juice and zest, honey and red wine vinegar. Blend until smooth. With the blender on low speed, slowly add the olive oil until it is incorporated into the dressing. Season to taste with salt and pepper. Set dressing aside.
- Preheat the grill or a grill pan over medium-high heat. Lightly brush the peach slices with a little of the prepared dressing. Grill peaches on each side 2-3 minutes.
- On four dinner plates, arrange 1 cup of greens on each plate. Place 2 ounces of prosciutto or ham decoratively around each plate along with 4 slices of grilled peaches. Sprinkle each salad with 1 tablespoon pistachios or pine nuts and 1 ounce of goat cheese crumbles. Drizzle each salad with about 2 tablespoons of the remaining dressing.

New Peach Dishes!

Our Deli staff had a friendly competition to see who could create the tastiest peach recipe. These were the three that won the rest of the staff's vote!



JUST PEACHY SALAD
created by Gabby



PEACH PRINCESS JUICE
created by Siun



GOLDEN PEACH SANDWICH
created by Jordan J



Available for a limited time!

MESSAGE FROM THE BOARD



**SHERYL MCGOURTY,
BOARD MEMBER**

As a newly elected board member, I now have three board meetings and a few committee meetings under my belt, though it was the last board meeting that warmed my heart. As I walked into our meeting, I noticed a member/owner in attendance. She shared that she has been a member for 33 years, lives in Farmington, and made the drive to our meeting because she felt welcomed and aligned by recent communications. She did not have a particular grievance, gripe, or suggestion but offered the gift of her presence, a representative of committed community. She gave a simple gem to us board members which I will carry with me. She encouraged us to frequently remember why we decided to run for board seats and hold to that vision.

Durango Natural Foods strives to continuously uphold our values and mission every step along the way, whether through prioritizing living wages for employees or choosing new products to put on the shelves. As with any evolving entity, there is always room for growth and improvement. We rely on and invite our member-owners to help us remain accountable, after all, a cooperative is a business operated and democratically controlled by its membership of owners to meet our common needs and aspirations.

Thank you members for showing up to shop in our store. We can collectively celebrate that June was one of our best months despite the hurdles and adaptations the staff endured to accommodate for the strange synchronistic breakdown of not just one but many refrigeration units. When it rains it pours, or in this case, when it is hot and humid, old refrigerators feel stress. The board commends the staff, management, and our GM extraordinaire for pulling together during those challenging weeks and we thank our members for your patience and understanding. At times we forget that what we see in the storefront is powered by a buzz of activity behind the scenes analogous to perhaps knowing DNF has a Board and though you

might know some of our faces, you could wonder what the heck we are doing, so...

We are pleased to announce that we are nearing the completion of our first round of edits to our by-laws. They have been amended to be more clear, efficient, legally sound, and contemporary. This was an important and laborious year-long task and we hope you find the updates to offer more relevancy. By-laws are a vital part of how we regulate as a cooperative. They are kind of like our country's Constitution-very important. Thanks to the Governance Committee for all their dedicated work. The new by-laws will be reviewed by a lawyer and presented to the membership. You will then have the opportunity to review, give input, and vote on them.

We are also planning our annual member celebration, set for October (date TBD). Obviously, last year was underwhelming in gatherings and celebrations so we hope to make up for that this year. Stay tuned for more information and details as the date approaches. Much like June was our best month, we hope our annual celebration will also be record-setting in turn out. Our intention is to celebrate all those who carried the co-op through the years, our resiliency, the enthusiasm and skill of those currently invested, and the collective who can shine a light on our path forward.

The Board extends an open invitation for communication. If you have feedback, suggestions, or simply want to tell us what you love about our local co-op, we are all ears. We each have our own mini-mission statements for why we are part of DNF and we extend deep gratitude to the member at the board meeting who asked us to remember ours.

Sheryl McGourty
board@durangonaturalfoods.coop

DNF'S SOUNDING BOARD



FEASIBILITY COMMITTEE

DID YOU KNOW DNF HAS A FEASIBILITY COMMITTEE? FEASIBILITY IS LOOKING AT THE POSSIBILITY THAT SOMETHING CAN BE ACHIEVED. AT PRESENT, WE ARE DISCUSSING THE FUTURE OF DNF. WE ARE A VISIONING GROUP STRIVING TO STAY ANCHORED IN PRAGMATISM AND DELIBERATION. DO YOU HAVE IDEAS OR SKILL SETS THAT MIGHT BE OF SERVICE TO OUR COMMITTEE? YOU ARE WELCOME TO JOIN. PLEASE EMAIL THE BOARD IF YOU ARE INTERESTED.



Cody Reinheimer
President



Weston Medlock
Vice President



Elizabeth Shephard
Board Member



Don Lewis
Treasurer



Mary Katherine
Secretary



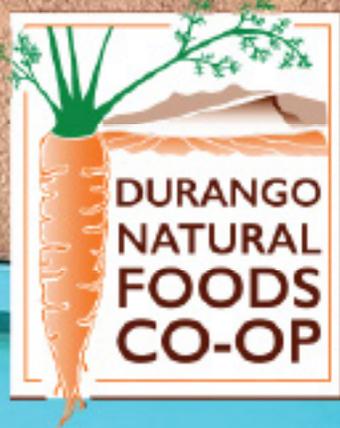
Sheryl McGourty
Board Member



Victoria Mordan
Board Member

YOUR VOICE MATTERS!

BOARD@DURANGONATURALFOODS.COOP



**20%
OFF!**

**TWO
WEEKS OF
WELLNESS**

**20% OFF
OUR ENTIRE
BODY CARE &
SUPPLEMENT
DEPARTMENT**

AUGUST 9-22

