



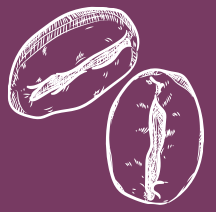
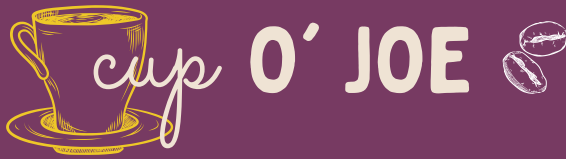
GOOD THYMES



DNF CO-OP'S MONTHLY NEWSLETTER



IT'S FE-BREW-ARY | RUN FOR THE DNF BOARD OF DIRECTORS



February has never been one of my favorite months. Long time readers of this column know about my rants about February. “Are you okay, Joe?” they would query.

Dead in the middle of winter, subject to extreme cold waves and making city and town life miserable with snow, ice and more snow. I grew up in heavy snow country. And I left.

Thankfully February is short except they add a day every 4 years. Is that crazy or what? Add a day to April or June! I like those months.

But as I’ve done all my life – I try to turn negative feelings around. After my first year at my college dorm, I moved out to an area where I can strap on x-country skies on my front porch and glide for hours. I was obsessive with it. And snowmobiling. And snow shoeing. I’m too clutzy to ice skate though I did try.

February was certainly part of the reason I moved to Phoenix for over 30 years.

While the Durango winter of ‘23/24 was terrible for me, all the other Februarys since I moved here in in 2019 have been fine (I hope I’m not jinxing this Feb).

February is also about love and I can get behind that. I’ve long said that Co-ops themselves are a form of love. Sure, most folks think about romantic love when they

think about February but one thing the world could use right now is an infusion of love.

And February is also about coffee, of which, I’ve had a love affair with since my later teens. Okay, that may be a stretch but using literary license, we’ve renamed the month FeBrewary. Why not? February needs all the help it can get.

Many people may think that coffee is a bad thing. I get that. Just a little gives then the jitters. Not everyone’s personal physiology can tolerate coffee, which may or may not be sad.

Some will say coffee is a drug but I see it more as a natural nootropic and energy booster. Others do too. Recent research says the benefits of coffee are:

- 1) Provides energy**
- 2) Provides nutrients (vitamins B2, B3, potassium & magnesium)**
- 3) Fights inflammation**
- 4) Supports brain health**
- 5) May protect your liver**
- 6) Reduces risks of certain cancers**
- 7) Fights depression**
- 8) May be good for your heart.**

To be fair, there is also studies that say coffee is a net negative. But we often believe what we want to believe (confirmation or cognitive bias).

Durango Natural Foods now has over
2,700 Members!



Join us!

Get these amazing perks:

Member Appreciation Days 4x/year

10% discount off any one transaction during a given month!

Special Orders

Order by the case and get 20% off the shelf price!

Member Sales

15% off sales around the store exclusively for members!

Weekly Member Coupons

50% off item coupons delivered directly to your inbox!

**We have more local
produce than any other
store in town!**
We support our local farmers
and community!



Go-op Principles

1. Open Membership - Everyone welcome
2. Democracy - One Member, One Vote
3. Economic investment - all equal
4. Autonomy
5. Education
6. Cooperation with other Co-ops
7. Community concern and involvement



A MONTHLY LETTER FROM YOUR DNF BOARD:



Sheryl McGourty
DNF Board Co-President

Hello Co-op Community,

We hope you're having a nice winter season or more accurately, the sustained winter-waiting season. I imagine, like me, you have been shopping for ingredients at DNF to create nourishing soups, stews, curries and other hearty meals. Perhaps you've dipped into our fine dark chocolate selection, nibbling while making your way through a few great novels this winter-waiting. We hope you are well, have managed to bounce back quickly from the seasonal flu and colds and continue to feel cozy and welcomed when you walk through the doors at Durango Natural Foods.

To those I do not know, my name is Sheryl McGourty. I will be completing my 5th year as an elected Board Director and second year as Co-President. My primary motivation for seeking a seat on the board was philosophical alignment and passion for community, in both creating community and helping people forge connections and build bridges. As a small business owner for nearly 20 years, I understand the importance of independent businesses' role in creating vibrant, local economies. I remain on the Board to be of service to the founding vision of the co-op, its evolution over the years, and its future. I feel honored to now understand the inner workings of the co-op, while supporting an amazing management team. I consider myself a community ambassador for DNF, while listening to members' thoughts, opinions and requests. The Board of Directors is a sounding board for the management, represents a check and balance system and operates as a direct line for the members, all the components that form a healthy democracy!

One way to contribute to our democratic process is to vote in the next Board Election! Why vote, why care, why take the time to read about candidates you may or may not know? Many of you completed our latest survey in which we asked members to comment on why they may not have voted in the last Board election. There was a trend amongst member responses stating that they either did not know about the election or did not feel informed enough to choose from the candidates. Thank you for your honest replies and this year, we plan to ask more targeted questions of those who are putting their hats in the ring, to help our membership feel more educated in making an informed choice.

We have two open seats and applications are now available! If you think you might be an interested candidate, you are more than welcome to reach out and one of us would be happy to answer any questions you might have regarding what to expect, time commitment, responsibilities, etc.

And what are helpful skills and qualities that the community might look for in a Board Director? I believe an overarching expectation is showing up with a consistent level of engagement while offering your unique contributions, be it, grant-writing, non-profit organizational skills, community outreach/education/resources, financial acuity, problem-solving, research, strategic planning and more. The Board of Directors is committed to healthy engagement with one another and management. We strive to maintain a positive culture while considering differing viewpoints and working towards a common goal of making democratic decisions that are in the best interest of the co-op and its membership. In that vein, I would like to share Cooperative Principle #2:

Democratic Member Control

A cooperatively owned business is truly owned by its members and therefore, it is governed by a democratic decision making process. Owners actively participate in setting policies and making decisions through either electing or joining the Board of Directors. Each Owner has equal voting rights upon joining the cooperative and elected representatives are accountable to the Ownership.

I hope, like me, you believe that being a member/owner of the co-op is aligned with your values, that a democratic model is worthy of preservation and that our mighty lil' store looks, sounds and feels like no other, the real OG, a true indie gem. At a time when everything has evolved to look the same, with murmurs of supermarket mergers and acquisitions, I am grateful and giddy to pull up to my vibrant, multi-colored grocer, shop the narrow aisles, smile and chat with people I know, and fingers-crossed... I shop on a day when 70's yacht rock hits the airwaves.

See you there!

Sheryl McGourty
Co-President

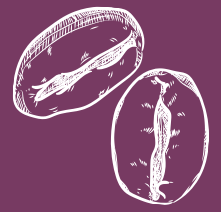
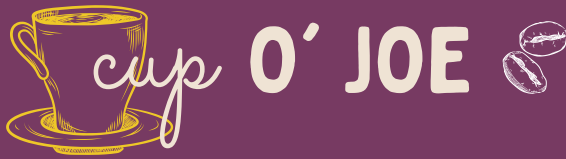
February is: Member

Appreciation Days!



MEMBERS GET 10% OFF

ONE PURCHASE THIS MONTH!



CONTINUED FROM PAGE 2...

Coffee is one of the top food commodities for centuries now. Coffee shops and houses are in nearly every town so it's clear that it is a highly desirous part of everyday life.

An interesting footnote: back in the early 1920s, there was a cooperative warehouse in the Midwest (The Cooperative Central Exchange) that served 125 to 200 Co-ops. Their number one product? Red Star Coffee – their own brand! Perhaps controversial due to the fact that it featured the known worker's rights symbol of the hammer and sickle. The history of the exchange is quite fascinating with lots of infighting and eventually splitting into two entities: one failing in the 1930's with the other merging with Midland Cooperative in the 60's and Midland merging with Land O'Lakes Cooperative (yes! Land O'Lakes is a producer cooperative as opposed to a consumer co-op which is what we are).

Our Co-op is celebrating FeBrewary with a great sale on our coffees. Watch signage and your weekly emails from us as to what coffee brand is featured per week. (What? Not getting our weekly emails? You're missing out on all kinds of info and sales! Let a cashier know and they will get you signed up – all you need is an email address)!

We are also sensitive to those who do not drink coffee so we are also putting teas on sale too!!

We'll also highlight special Valentines day items! What more can one want?

To answer that, FeBrewary is also a M.A.D. month (Member Appreciation Days), where Members can get an additional 10% off one entire purchase on the day of your choice through the month!

You can combine the FeBrewary and Valentine's discounts with the M.A.D. discount for even greater savings! Wow! We are really turning February into a fun and exciting month!

Oh – one more thing, February is when we are accepting applications for Candidates for our Board of Directors! You can find more info about this on our website:

durangonaturalfoods.coop

This year we will have 2 open seats so if you feel that you would be a great addition to our Board (and have the time), do seriously consider running for a three year term.

And a big thank you to all our Members (over 2,750) and shoppers (almost 30% of our sales) for making last year our best year ever. We are reaching more folks then ever making our Co-op a true community hub! How cool is that?!



**JOE Z. -
GENERAL MANAGER,
DNF**



MEET ANDREW

THE NEWEST ADDITION TO OUR GROCERY BUYING TEAM!

CHECK BACK EVERY
MONTH FOR A SPECIAL
FEATURE CELEBRATING THE
HEART OF DNF--
OUR STAFF!



Q: So, where are you from?

A: I am from Durango. It has always been home.

Q: What's your favorite part about living in Durango?

A: My favorite part of Durango is waking up in the morning and taking a deep breath of fresh mountain air.

Q: When you're not at DNF, what else are you getting up to?

A: Outside of work I spend lots of time with family and friends, and my tuxedo cat Pinto. I love spending time in the mountains. You can find me down by the river most afternoons during the summer.

Q: What is your message to the world?

A: Be the change you want to see in the world. Oh, and eat more organic food.

Q: Favorite things about working at the co-op?

A: I have always enjoyed working in places that draw me closer to the community and here at the the co-op that connection is stronger than ever.

Q: What is something you are excited to bring to the store?

A: I am excited to bring my dedication and commitment to the co-op.

Q: In preparation for any adventure, which three DNF products would you bring?

A: I'm bringing all the snacks: Quadratini Wafers, Chops Beef Sticks and my favorite granola, the Coconut Almond bulk.

Q: In ten words or less, how would you describe our Co-op to an out of town visitor?

A: Organic food and and a deep care for community.

Fe-BREW-ary



30% OFF



AN ENTIRE BRAND EACH WEEK!



PACHAMAMA
COFFEE FARMERS



FEB
2 - 8

FEB
9 - 15




DESERT SUN
★ COFFEE ROASTERS ★



FEB
16 - 22

FEB 23 -
MAR 1



Easy
COFFEE ROASTERS

Fe-BREW-ary DEALS



15% OFF
COFFEE
 &
TEA
 February 1st - 28th

PLUS 30% OFF these **BRANDS**

- PACHAMAMA FEB 2 - 8
- DESERT SUN FEB 9 - 15
- DGO COFFEE CO FEB 16 - 22
- EASY COFFEE FEB 23 - MAR 1

Do you want to be more involved in your co-op?

Run for the



Durango Natural Foods

Board of Directors!

**Applications open:
Feb 1 through Feb 28**

**APPLY
NOW**



durangonaturalfoods.coop/board-application



NEW PRODUCTS

in store now!

RASA MUSHROOM & ADAPTOGEN MIXES

Drawing on ancient tradition and informed by modern science, our profoundly nourishing, deeply delicious drinks combine organic herbs, adaptogens, and mushrooms to steady energy and mood without sudden surges and slumps. Adaptogens work systematically in the body to help balance, restore, and protect. They adapt their function according to your body's specific needs—helping your body find homeostasis within your unique circumstances. They work bi-directionally—meaning they can rev up or slow down the body as needed.



BAMBŪCHA

Bambūcha is not your average kombucha. Our founders are classically trained veteran chefs deeply rooted in the culinary arts. Our kombucha is chef-crafted and well balanced, with a very flavor forward profile that has just the right amount of tart without the vinegar bite. We blend fresh organic ingredients to create a bright, bubbly, and functional alcoholic beverage that is easy drinking. Big on taste. Big on flavor. Big on smiles. It's simple: organic farming is better for you and better for the earth. That's why we are committed to using only the purest organic ingredients in our kombucha. Each can of Bambūcha is certified organic through Oregon Tilth.



JACK AND ANNIE'S

Jack & Annie's started in Boulder, Colorado, and made Jack the apple of my eye. Jack, a.k.a. jackfruit is the foundation of our plant-based meat alternatives with irresistible flavor and texture to our foods. Jackfruit is a 100% natural plant that's grown on a tree, combined with herbs and spices, then delivered to you in the form of vegan patties & meatballs.



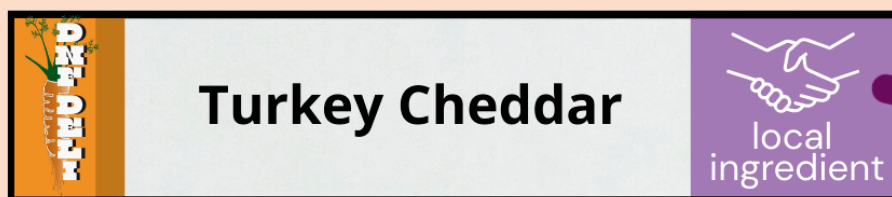
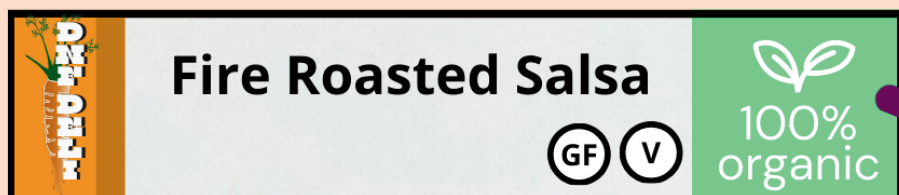
What's new?

AT THE DNF DELI

NEW LABELS IN THE CASE!

YOU MIGHT SEE SOME NEW SYMBOLS AMONG GRAB-N-GO ITEMS...

These green labels mean that every single ingredient in this item is certified organic!



These purple labels mean that we're using Durango-local ingredients in this item!

In the Deli, we're always working on ways to communicate our practices and standards to our members. We know you value quality!

Check out our updated case labels next time you shop! Your favorite dip or salad might be fully organic, or have ingredients made here, in town. 12

What's new?

AT THE DNF DELI

NEW GRAB-N-GO LUNCH ITEMS!

FIND THESE NEW ITEMS IN OUR COLD CASE - STARTING NOW!

SOUTHWEST TEMPEH WRAP AND SALAD

New vegan options! Southwest tempeh salads and wraps showcase local Luv Tempeh as a tempeh "chorizo," with spiced corn, pickled red onions, and our vegan chipotle ranch!



CHICKEN CAESAR WRAP

Caesar salad... as a wrap! Featuring Tortilleria La Flor tortillas, Bread sourdough breadcrumbs, and a creamy housemade caesar dressing you'll love!



BISON MEAT-LOAF

TOTAL TIME: 90 MINUTES

SERVINGS: 3-4



INGREDIENTS

- 1 TSP OLIVE OIL
- 1/2 ONION - DICED
- 2 STALKS CELERY - DICED
- 1-2 CLOVES GARLIC - DICED
- 1/2-3/4 CUP BREADCRUMBS
- 1 LB GROUND BISON
- 1 1/2 TBSP THYME - DRIED
- 1/2 TSP ONION POWDER
- 1/4 TSP SALT
- 1/4 TSP BLACK PEPPER
- 2 EGGS - LIGHTLY BEATEN
- 1/3-1/2 CUP KETCHUP

PREPARATION

- PREHEAT THE OVEN TO 350°F.
- SAUTEE ONION, CELERY & GARLIC IN OLIVE OIL IN A SMALL PAN ON MEDIUM HEAT FOR ABOUT 5 MINUTES OR UNTIL ONIONS ARE SOFTENED.
- MEANWHILE, ADD BREADCRUMBS, BISON, SPICES TOGETHER IN A LARGE BOWL. WHEN ONION, CELERY & GARLIC ARE DONE COOKING, ADD THEM TO THE BOWL AND ALLOW TO COOL.
- WHEN COOL, ADD THE EGGS AND KETCHUP. MIX TOGETHER WITH A WOODEN SPOON OR HANDS UNTIL MOSTLY COMBINED. DON'T OVER-MIX.
- PLACE IN A LOAF PAN SPRAYED WITH COOKING SPRAY OR LINED WITH PARCHMENT PAPER AND FORM INTO LOAF SHAPE, SMOOTHING THE TOP.
- BAKE IN PREHEATED OVEN FOR 15 MINUTES, REMOVE FROM OVEN AND SPREAD THE REST OF THE KETCHUP ON TOP.
- BAKE FOR ONE HOUR OR UNTIL COOKED THROUGH (USE MEAT THERMOMETER FOR INTERNAL TEMP OF 160° F). ALLOW TO REST FOR AT LEAST 10 MINUTES BEFORE SLICING.

FIELD DAY

\$3.99

20oz



KETCHUP

KINNIKINNICK

\$5.99

12.5oz



GF BREADCRUMBS

MURPHY
LEGACY

\$19.99

per lb



BISON

Local!

AVOCADO BROWNIES

TOTAL TIME: 45 MINUTES
SERVINGS: 16

INGREDIENTS

3/4 CUP UNBLEACHED FLOUR
1/2 CUP COCOA
1/2 TEASPOON SALT
1/4 TEASPOON BAKING SODA
3/4 CUP MASHED AVOCADO
1/2 CUP WHITE SUGAR
1/2 CUP BROWN SUGAR
2 LARGE EGGS
1 STICK MELTED BUTTER
1 TEASPOON VANILLA



PREPARATION

- PREHEAT THE OVEN TO 350°F. LIGHTLY OIL AN 8-INCH SQUARE BAKING PAN.
- IN A LARGE BOWL, MIX THE FLOUR, COCOA, SALT AND BAKING SODA, CRUSHING ANY LUMPS OF COCOA WITH THE BACK OF YOUR SPOON.
- IN A FOOD PROCESSOR, PUREE THE AVOCADO UNTIL COMPLETELY SMOOTH. ADD THE WHITE AND BROWN SUGARS AND PROCESS, THEN ADD THE EGGS, OIL OR BUTTER AND VANILLA AND PROCESS UNTIL SMOOTH. SCRAPE THE AVOCADO MIXTURE INTO THE FLOUR MIXTURE AND STIR TO COMBINE. SPREAD THE BATTER IN THE PREPARED PAN.
- BAKE FOR 20-25 MINUTES, UNTIL THE TOP LOOKS DRY AND A TOOTHPICK INSERTED IN THE MIDDLE OF THE PAN COMES OUT WITH BIG WET CRUMBS ATTACHED-NOT DRY. DON'T OVERBAKE, IF YOU LIKE A GOOEY BROWNIE, TAKE IT OUT WHILE A LITTLE GOOEY IN THE MIDDLE AND CHILL TO MAKE IT EASIER TO CUT.
- CUT INTO 16 SQUARES AND SERVE.

ORGANIC
VALLEY

\$9.99
per lb



BUTTER

FIELD DAY

\$6.49
5lbs



A.P. FLOUR

EQUAL
EXCHANGE

\$1.99
8oz



COCOA

DNF PRODUCE

\$2.19
each



AVOCADO

coop deals

FEB 4 - FEB 17, 2026

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

Bobo's

Oat Bars

2.5-3 oz., selected varieties

Buy One, Get One
FREE

Nature's Path Organic
Frozen Waffles
7.4 oz., selected varieties



COOPERATIVELY OWNED



Buy One, Get One
FREE

Simply Organic
Seasoning and Dip Mixes
.53-2 oz., selected varieties



Buy One, Get One

FREE

Bitchin' Sauce
Almond Dips
7-8 oz., selected varieties

Buy One, Get One
FREE

Jeff's Garden
Pickled Peppers
12 fl. oz., selected varieties



Buy One, Get One
FREE

Lily's
Baking Chips
9 oz., selected varieties



Buy One, Get One

FREE

The Good Crisp
Potato Crisps
5.6 oz., selected varieties



6.99

Feel Good Foods
Appetizers
6-10 oz., selected varieties



3.99

R.W. Knudsen
Juice Blend
32 fl. oz., selected varieties



10.99

Applegate
Chicken Nuggets
or Tenders
16 ounces, selected varieties