



# Good Thymes



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

**KEEP IT LOCAL FOR EARTH MONTH!**



**Vote in the Board of Directors Election: Apr. 20-30!**



O' JOE



The Earth rotates at 1,040 miles per hour at the equator. That speed slows as you move towards the poles. In Durango, we are moving at 828 mph. Still pretty fast. Can you imagine getting into a car and traveling 828 miles per hour? Or maybe a plane. I think actually you would need a rocket, after all, the speed of sound is “only” 760 mph.

But wait – the Earth also moves around the Sun and that speed is over 67,000 mph. That too is pretty fast but is nothing compared to the speed of the human made Parker Solar Probe which moves at around 430,000 mph. I’m not on that probe (and neither are you) but we all are on this planet. Do you think all that motion can make a difference to the evolutionary path that we are currently on? After all, decisions made by people over the millennia do seem to be dizzying and not made while standing on solid ground (although there is no such thing).

To extend this a little further – our galaxy, the Milky Way, also rotates and here our Earth (and the Sun with everything in our Solar System) moves at around 514,500 mph. And – for unknown reasons – the entire galaxy is hurtling through space at 1,300,000 mph.

That’s a lot of speed and motion when you combine all these numbers. Sure, it’s all relative but while it seems that there is no speed or motion in our daily lives – it is certainly happening.

Which comes to a possible conclusion

that maybe we should all slow down (I’m not sure conclusions need to be totally logical). And we do. Some of us may meditate and others like to just sit in the Sun (while it does happen, most do not simply sit under dark grey skies yet it’s actually the same thing). There are a zillion ways to slow down.

One of those ways is to visit our Co-op. Simply due to our size and popularity, it’s difficult to move through the store quickly. Sometimes you need to wait for a parking space. We have so many products that you need to scan the shelves slowly to find what you want (and to make it even more fun – we are about to move a lot of our products around). And with only 3 checkouts, often this is a slow process.

Now all this flies in the face my daily mantra, which is: *Faster!*

Faster has its problems. It can decrease accuracy and can lead to accidents. Speed limits were designed for people like me.

But faster isn’t necessarily physically moving quicker but also of introducing efficiencies. I wanted our team to be able to stock our shelves faster so we introduced the large rolling carts you see us stocking from. We wanted to move our lines quicker so we squeezed in a third register last year (and it worked!).

We want you to be able to find the products you are seeking faster. That’s

# KEEP IT LOCAL FOR EARTH MONTH!



Each week, beginning April 6<sup>th</sup>, you can save

**20% OFF**  
on select local brands  
throughout the store!

**FIND THE EARTH, FIND THE SALE!**



# A MONTHLY LETTER FROM YOUR DNF BOARD:



Hello DNF Members,

As we start having more daylight hours and the mountains around Durango have shed their snow well ahead of schedule, I've found myself getting outside more — pickleball, bike riding, running, lake-time, and general fresh air — all the things I've been missing. It's a welcome change of pace, even if a small part of me knows the early warm weather is a reminder of bigger environmental changes we're all navigating together as a community. Like I said, though, many good things do come with spring, including one of the most important times in our DNF community calendar: our annual Board of Directors election cycle!

## Elections Update

We're excited to share that we've received five applications from engaged, passionate member-owners who want to help guide the future of our Co-op. This is exactly the kind of member participation that makes a cooperative special — community members stepping up to serve. Keep an eye out for candidates tabling at the store in the coming weeks — a great chance to meet the candidates in person, ask questions, and get to know who you're voting for before the election. When the time comes, we encourage every member to cast their vote, whether in store or online. Your participation is what makes this process meaningful!

## Democratic Member Control - A Mission Statement Principle

I was asked this month to reflect on one of our Mission Statement's Cooperative Principles, and given that it's election season, Democratic Member Control feels like the most fitting one to speak to. When I think about the things that feel out of our control right now — the weather, world politics, rising costs, uncertainty at every turn — I'm reminded how important it is to focus on the things we can influence, especially the ones that directly affect our lives and our community. The Co-op is one of those things, in my opinion.

Democratic Member Control is the principle that says that our cooperative is governed by its members — each with an equal voice, regardless of how much money they spend or how long they've been a member. Most of us don't walk into a grocery store and think I own this place — but you actually do! And that ownership means something. Every month, our board meetings open with a Member Feedback discussion where we share anything we've heard from members over the past month, we send these monthly messages so you stay informed, we have bi-annual surveys to ask you your thoughts, and your feedback genuinely helps shape what happens at our Co-op.

The upcoming election is one of the most direct ways to exercise that ownership, and we'd love to see as many members as possible take part. Similar to last year, this is an especially important time to get involved at DNF — the co-op is growing and with that, there will be important decisions to make about our future. Having engaged, passionate leadership at the board level makes all the difference, and your vote helps make that happen.

Thank you, as always, for being part of what makes this Co-op so special — for the time you invest in our store and for helping make DNF a meaningful part of the wider Durango community.

Warmly,  
Danny Kurz  
Treasurer, DNF Board of Directors

# REMEMBERING RON MARGOLIS:



We lost a really important part of our community recently. Ron Margolis passed away after three incredibly difficult years following a brain injury from a car accident. It's hard to put into words what Ron meant to Durango Natural Foods, but it feels important to try.

Ron wasn't just connected to the co-op, he was part of its backbone during some of the years that shaped what we are today. He served on the board and even had some time as the General Manager through the 90s and into the 2000s, helping guide the store through difficult times and struggles. The version of DNF we are privileged to steward today exists in part because of people like Ron who cared enough to show up, put in the work, and believe in what this place could be.

I first met Ron in 2018 when I came to the co-op. What I've heard echoed by so many others and struck me immediately was how present he was with people. Ron didn't just talk to you, he listened. And not in a surface level way. He wanted to know your name, remember it, and understand who you were. That kind of attention is rare, yet he gave it freely. I like to think that the social generosity and curiosity Ron embodied are what make DNF so special for staff, members, and customers alike.

He was deeply committed to social and food justice long before those ideas became more mainstream talking points. For Ron it wasn't abstract, it was personal. He believed in the co-op model as a way to make things better for people, and he backed that belief up with his time, his energy, and his heart. Even in later years, he remained engaged, supportive, and invested in the success of DNF.

Outside of the co-op, Ron had lived a full and interesting life. He was a world traveler with stories for days. He was the kind of person you could get happily stuck talking to for an hour without realizing it. His smirks were genuine, welcoming, and a little contagious. There's a particular kind of person who helps hold a community together not by being the loudest voice, but by being the most consistent presence. Ron was one of those people.

As hard as it is to say goodbye, there's some peace in knowing he's no longer carrying the weight of the past few years. What remains is everything he gave to this place and to the people in it.

If you've ever felt what makes this co-op special, you've felt a little bit of Ron's impact. We'll do our best to carry that forward.

-Mads



# cup O' JOE



## CONTINUED FROM PAGE 2...

the actual reason for moving some of our products around (not to drive you crazy). It may slow you down at first but it should speed up your ability to get what you want more quickly.

What about AI? It definitely is getting a bad reputation but are there ways for a small Co-op to use it to increase efficiencies? I've been using it to analyze different financial scenarios as we grow. It saves me tons of time. But it can challenge accuracy so you have to keep a close eye on it.

I would love to get electronic tags in the store but unfortunately the big stores are coupling them with dynamic surveillance pricing. It's pretty creepy when you look into it. But electronic tags by themselves saves on a lot of labor and moves us faster especially when we are lowering prices twice a month for our Co-op Deals. I guess anything can be used for good or evil. Dynamite was originally invented (in 1867) to make construction projects easier and quicker. It didn't take long for folks to realize it can also blow up those you do not like.

When we installed our third register, we really scrutinized how it might be used for evil. We could not find any which makes my previous statement of anything could be used for good or evil a lie (well, I did say that it was a guess).

Back in the early '80s when small computers were coming onto the scene, I pushed hard to get them into the Co-op I was working at. There was a lot of backlash. "Computers are evil" some would scream. And of course, they can be used for nasty stuff if you have nasty people running them. But they were a

game changer and put the small Co-ops on parity with the big companies who already were using the older massive and expensive computers for decades.

You may be surprised to find out that we do not have auto ordering nor do we know how much of a product we have in stock without physically counting it. All the big stores have these systems. Manually ordering to keep the store stocked takes many human hours and if we can get a lot of this done automatically, then we can focus our energies on more people oriented activities.

Putting a system like auto ordering is a lot of work and only our buyers will see the direct benefits. But we are working on it. A slow process that will move us faster.

I gave up flying over 10 years ago mostly because the airport experience was becoming evil to my sensibilities. I now drive 2 to 6 days when I criss-cross the country north & south and east & west (about 11 times now). I even stay off the highways as much as I can which slows me down further.

But for me, the trade-off is a good thing. What a great and beautiful country we have! This time I chucked my "faster" mantra and slower has proved to be superior.



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



# MEET SIENNA!

A MASTER  
CASHIER AND  
A STOCKING  
DYNAMO IN  
THE AISLES

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



**Q: So, where are you from?**

**A:** Paonia, Colorado

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

**A:** I love the southwest area! I love that I can be in the mountains or the desert any weekend!

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

**A:** I'm usually outside playing! I'm usually hiking or camping about, but if not I'm probably reading!

**Q: What is your message to the world?**

**A:** Try to have fun in the exact moment you are in!

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

**A:** The people! Both customers and staff are wonderful to be around and interact with.

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

**A:** I'm excited to bring positive energy and knowledge about food systems in America.

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

**A:** Garden of Eatin' - Red Hot Blues, Granny Smith Apples & Wild Tonic - Mango Ginger

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

**A:** Good food, good community.



# VOTE!

APRIL 20TH-30TH

YOUR VOICE MATTERS!

## 2026 BOARD CANDIDATES ELECTION

2026



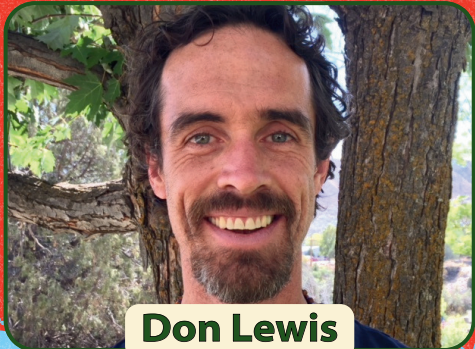
**Ryan Lazo**  
Incumbent



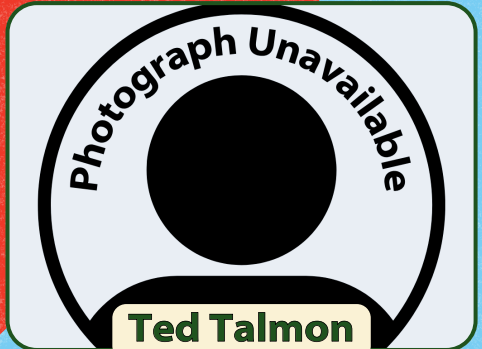
**Caroline Boyle**



**Renee St. Andre**



**Don Lewis**



**Ted Talmon**

### TWO AVAILABLE SEATS

SCAN THE QR CODE TO LEARN MORE ABOUT YOUR CANDIDATES AND TO VOTE

PAPER BALLOTS AVAILABLE FROM YOUR CASHIER.



# MEET YOUR CANDIDATES IN PERSON

Visit DNF during the following times and meet your Board Candidates in person.



**Ryan Lazo**  
Incumbent

**Sat, Apr. 11<sup>th</sup>**  
**10:30am-1pm**



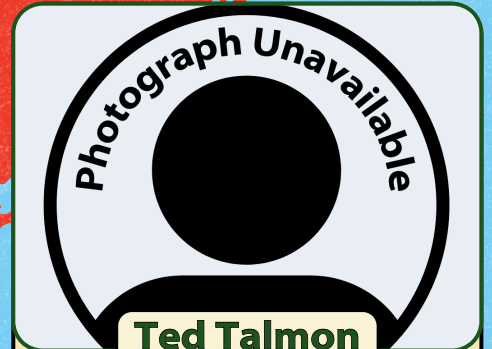
**Caroline McCulloch**

**Sun, Apr. 12<sup>th</sup>**  
**1-4pm**



**Renee St. Andre**

**Mon, Apr. 6<sup>th</sup>**  
**4-7pm**



**Ted Talmon**

**Date & Time**  
**TBD**





# What's happenin'?

# At the DNF Deli



27A →

**What's happenin' at the Deli?** Well, we had a busy March! Last month, we got outside for the final pow days of the year with some breakfast burritos, brought our sandwiches on hikes, made some new shroomy soups for Mushroom Madness, and took sunny breaks while we sipped on our spring seasonal cold coffee - Honey Oat Lavender Latte (it's so good).

This month, it's Earth Day, and we're choosing to highlight the local businesses we feature in the Deli. In our quest to provide the best quality possible, we love looking to our neighbors for good products, and food tastes better when it comes from just down the road. We proudly use Tortillería la Flor, Bread, High Desert Bagels, Luv Tempeh, and Desert Sun Coffee Roasters in our products.

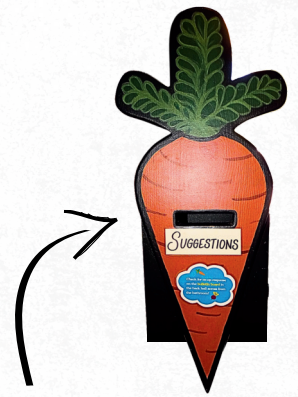
Look out for our "local ingredient" icon in the case to find your favorite local products! This April, the Deli crew is looking forward to making the final spring-time soups, soaking up the sun, and *maybe even* sipping on some DNF slushies? (They'll be back soon - don't worry!).



Happy Spring and Happy Earth Day, from the DNF Deli!




# CO-OP SUGGESTION BOX



Got a suggestion?  
Leave us one in  
the carrot by the  
front door!

We love feedback! Submit any question or suggestion you may have and we will post our responses in a timely manner on the bulletin board by the bathrooms as well as on our website. Quarterly we will be featuring some of the most common questions here!

| COMMENTS   PRODUCT SUGGESTIONS   QUESTIONS  | COMMENTS   PRODUCT SUGGESTIONS   QUESTIONS   | COMMENTS   PRODUCT SUGGESTIONS   QUESTIONS   |
|---|--|--|
| <p><b>Customer Suggestion</b></p> <p>Date: <u>2/1</u><br/>Name: <u>Don</u></p> <p>Bring back the Yerba Mate Pump!</p>  | <p><b>Customer Suggestion</b></p> <p>Date: <u>2/13</u><br/>Name: <u>Leaf</u></p> <p>Bulk -Epsom Salt<br/>-Bath Salt</p> <p>Ground Chicken</p>  | <p><b>Customer Suggestion</b></p> <p>Date: <u>2/20</u><br/>Name: <u>Ryan</u></p> <p>Get in the newest flavor of Olipop, please.</p> <p>Orange Cream. I'll buy it. It's delicious. Thank you.</p> |
| <p><b>Co-op Reply</b></p> <p>It is back! We're sorry for Yerba's brief hiatus.</p>  | <p><b>Co-op Reply</b></p> <p>Unfortunately non of our distributors carry Epsom or bath salts. But, our Wellness Section has 5 pound bags available.</p> <p>Mary's ground chicken has been discontinued but we are now carrying <b>Force of Nature</b> ground chicken. You can find it in our meat freezer!</p> <p>Thank you for understanding!</p> | <p><b>Co-op Reply</b></p> <p>Thanks for bringing this to our attention! We will carry it ASAP.</p>   |



# Join Us in Making a Difference!

*A Giving Circle for the Earth*

Quarterly 1-hour meetings to learn about environmental nonprofits in Southwest Colorado & to make a collective donation.

## How It Works

We meet quarterly (Jan., April, July, Oct.).

For each meeting:

- Members donate \$100+\$2.50 admin fee; students donate \$10
- 3 nominated nonprofits are presented
- Attendees vote on which nonprofit receives the collective donation

*We have awarded a total of \$7810 to 3 local nonprofits so far!*

**Next Meeting: APRIL 15 at 6pm  
at 11th Street Station**



**100+** for the  
**EARTH**  
Southwest CO



Scan for more info at our website

[100fortheearth.org](http://100fortheearth.org)



Scan to become a member

Thank you to our administrative partner





# NEW PRODUCTS

*in store now!*

## BREADED PACIFIC SOLE

Sustainably harvested from waters off Baja California to the Bearing Sea, many varieties of sole are recognized by Monterey Bay Aquarium Seafood Watch as being a green Best Choice for sustainability and are also MSC certified. Sole not only is a product that meets Pacific Seafood's high standards of quality, sustainability, and traceability; it aligns with consumers' demands for seafood that is locally sourced in a sustainable manner. This popular and versatile, low-calorie flatfish is highly adaptable to both lighter eating styles and interesting ethnic favorites with its mild flavor and tender, yet meaty texture.



## MADDY MARIE'S GLUTEN FREE

Started in 2021 in Mancos, CO, Maddy Marie's Gluten Free is a dedicated gluten-free bakery offering handmade, freshly baked goods made with organic and non-GMO ingredients. Crafting delicious gluten-free alternatives for all those who seek them out, DNF will be carrying both Maddy Marie's Gluten Free sourdough loaves and cinnamon rolls. Delivered fresh every Friday!



## ALGAE COOKING CLUB - ROASTED GARLIC OIL

With a rich roasted garlic flavor, yet light enough to drizzle on everything, Algae Cooking Club's new Roasted Garlic Oil made in collaboration with Nara Smith, is steeped slowly for hours to draw out maximum flavor and freshness. Resulting in a rich roasted garlic oil with bright hints of yuzu and the savory depth of miso. All in buttery, chef-grade algae oil.



# THAI LETTUCE WRAPS WITH SEITAN

Total Time: 40 minutes  
Servings: 4



## INGREDIENTS

- 1 pound seitan - drained and diced
- 1/4 cup lime juice - divided
- 3 teaspoons red curry paste - divided
- 1 tablespoon water
- Pinch of salt
- 1 tablespoon tamari
- 1 tablespoon smooth peanut butter
- 2 teaspoons brown sugar
- 2 tablespoons vegetable oil
- 1 head of butter lettuce
- 1/2 cup red bell pepper - diced
- 1 cup carrot, shredded
- 5 scallions - diced
- 2 tablespoons cilantro
- 1/4 cup roasted peanuts
- Hot sauce to taste (optional)

## PREPARATION

1- In a medium bowl stir together 2 tablespoons lime juice, 2 teaspoons red curry paste, 1 tablespoon water, and a pinch of salt. Add the diced seitan and set aside in the refrigerator for at least 30 minutes.

2- While the seitan marinates, prepare the sauce, lettuce and vegetables. In a small bowl, whisk together 3 tablespoons lime juice, 1 tablespoon tamari, 1 tablespoon peanut butter, 1 teaspoon red curry paste and 2 teaspoons brown sugar. Set aside. In a large skillet, heat the vegetable oil over medium-high heat. Add the seitan and marinade and saute until the marinade is absorbed and the seitan begins to brown (about 7 minutes). Turn off the heat and stir in the bell pepper, carrot, scallions, cilantro and peanuts.

3- Lay out 8 medium-large lettuce leaves, divide the filling between them, drizzle each one with sauce and serve. To eat, fold or roll the lettuce leaf over the ingredients like a soft taco.

UPTONS

DNF  
PRODUCE

FIELD  
DAY

SAN-J

DNF BULK



SEITAN

\$5.99/8oz



BUTTERHEAD  
LETTUCE

\$2.49/ea



VEGETABLE  
OIL

\$3.99/32oz



TAMARI

\$4.99/10oz



ROASTED  
PEANUTS

\$4.49/lb

# SHEET PAN GNOCCHI

Total Time: 75 minutes

Servings: 6

## INGREDIENTS

1 1/2 lb. refrigerated, shelf-stable, or frozen gnocchi  
1 pt. grape tomatoes  
4 garlic cloves, finely chopped  
2 broccoli crowns, cut into florets  
2 medium bell peppers - seeded and cut into 1-in. pieces  
1 medium red onion - peeled and cut into 1-in. pieces  
1 1/2 tsp. kosher salt  
1 tsp. Italian seasoning  
1/2 tsp. black pepper  
1/4 tsp. red pepper flakes  
1/3 cup olive oil  
8-oz. small fresh mozzarella balls or pearls - drained  
1/4 cup chopped fresh basil  
4 oz. baby arugula  
Grated parmesan cheese



## PREPARATION

- 1- Preheat the oven to 450°F.
- 2- In a large bowl, combine the gnocchi, tomatoes, garlic, broccoli, bell peppers, red onion, salt, Italian seasoning, black pepper, and red pepper flakes. Pour the oil over the gnocchi and vegetables, tossing to coat.
- 3- Spoon the gnocchi onto a baking sheet. Bake until the gnocchi have begun to brown and crisp, 35 to 40 minutes, stirring halfway through. Remove the baking sheet from the oven and dot with the mozzarella balls. Bake until the mozzarella is melted, 5 minutes.
- 4- Remove the baking sheet from the oven and sprinkle with the basil. Serve hot over the arugula and sprinkled with parmesan, if you like.

DNF  
PRODUCE



**GARLIC**  
\$10.99/lb

DI  
MARTINO



**GNOCCHI**  
\$4.49/17.6oz

BELGIOIOSO



**FRESH  
MOZZARELLA**  
\$3.99/8oz

DNF  
PRODUCE



**GRAPE  
TOMATOES**  
\$4.99/10oz

FIELD  
DAY



**EXTRA VIRGIN  
OLIVE OIL**  
\$16.99/32oz

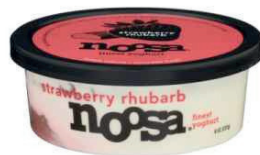
# coop deals

APR 1 - APR 14, 2026



**5.69**

LaCroix  
Sparkling Water  
12 pk.-12 fl. oz., selected  
varieties



**3/\$7**

Noosa  
Yoghurts  
8 oz., selected varieties

**INCLUSIVE TRADE PARTNER**

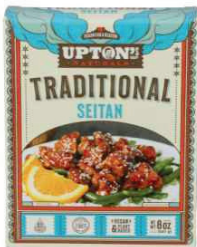
WishGarden Herbs is a woman-owned company. We source organic and sustainable herbs from fair trade and family-owned farms.



**16.99**

WishGarden Herbs  
Kick-Ass Immune Activator  
2 fl. oz.

inclusive trade



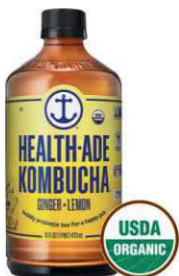
**4.49**

Upton's Naturals  
Seitan  
8 oz., selected varieties



**2.79**

Stahlbush Island  
Farms  
Frozen Vegetables  
10 oz., selected varieties



**2/\$6**

Health-Ade  
Organic  
Kombuchas  
16 fl. oz., selected  
varieties



**4.99**

Talenti  
Gelato or Sorbetto  
16 fl. oz., selected varieties



**11.49**

Thousand Hills  
Grass-fed Ground  
Beef 90/10  
16 oz.

*premium chocolate*

Inspire your taste buds with chocolate that's made the way it was truly meant to be. When any occasion calls for chocolate, we've got you covered.

**3.99**

Endangered Species  
Chocolate Bar  
3 oz., selected varieties



**3.99**

Nancy's  
Organic Cream Cheese  
8 oz., selected varieties



**3.99**

Divina  
Stuffed Grape  
Leaves  
7 oz.