



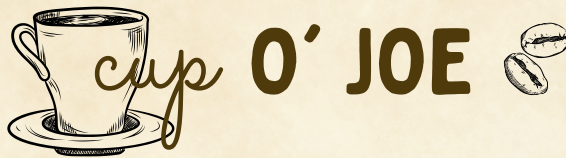
# Good Thymes



# HAPPY HALLOWEEN!

DNF CO-OP'S MONTHLY NEWSLETTER





I'm going to bet that most of you do not know what a Patronage Dividend is. Sometimes it's referred to as a Patronage Rebate or a Member Rebate. It's a Co-op thing. And the great part is that an inquiry was received about it and since Oct is Co-op Month – this is a fantastic time to talk about this ancient provision of Co-ops that still exists in many Co-ops – including our own!

Are you intrigued? Then sit back as we get into our Way Back Machine and journey to the nascent Co-op Movement in the mid 1800s! Co-ops weren't totally new at that point and most followed the writings of Robert Owen (1771 – 1858), considered by many to be the Papa of Cooperatives.

So much can be said about this time period and books can be written (actually they were) but the main facts to understand is that the average person did not have much money, businesses were run by the rich and powerful and to say that the majority of people were down-trodden is understating the reality. For many reasons, we should all be happy we were not living then.

The Co-op movement revolved around people investing a small amount to raise capital to start a business instead of the moneyed entities starting businesses to gain profits and wealth.

Our modern Co-op Movement can be traced to a tiny food co-op in Rochdale, England. There were 28 founders each contributing 1 pound each sometimes in installments of one or two pence weekly.

Lots of stuff happened and soon the business was off the ground and turned a profit. The question became, "what to do with the profit"? In a normal business, those who invested the most took most of the profit. Since each Member contributed the same amount, the logic followed that each would get an equal share of dollars.

But "hold on" they said. They flipped the logic of investment splitting the profits to those who used the Co-op the most should get the larger share, after all, that profit was made by the folks using the Co-op.

You see where this is going: the profits were distributed not by how much was invested but by how much each Member purchased from the business. This was a new way of thinking. The profits went to those who patronized the business proportionally, hence a "Patronage Dividend" instead of an "Investment Dividend" which is how most businesses are still run today – buy more stock in a business and you get more money back even if you never use the business.

This was such a simple concept which became a "principle" of the Rochdale Co-op that "Surplus (what is actually profit) be distributed according to purchases".

Now you won't find this in the modern day principles but many food Co-ops – perhaps most – have this stated in their Bylaws as do ours.

Here's an important point: grocery stores were a lot different back in those days and there wasn't much competition nor did they have "sales". As a matter of fact, this was an





HAPPY BOO!

FALL-O-WEEK!



PUMPKIN  
SPICE

CIDER

TRICK-OR-TREAT!



# A MONTHLY LETTER FROM YOUR DNF BOARD:



Dear Member/Owners,

As we welcome this season of change, passing the Fall Equinox and soaking up the rain that was elusive all summer, our minds and bodies are craving a shift. We intuitively look for stew and soup ingredients at the co-op, while bidding farewell to slushies and cooling foods and saying hello to warm and nutritious meals.

We savor the local produce that is so readily available at the co-op and can often feel sadness when our local produce wanes. So let's enjoy this season's abundance and our farmer's tasty kale, carrots, broccoli and more!

I admire the hard work of our local farmers, as they do demanding, hands-on work that sustains both local ecosystems and regional food security. Local farmers truly have a positive environmental and community impact and we are proud to be a place where both farmers and local vendors can sell their products.

Many of us involved with the co-op recently attended Katrina and Pat Blair's Celebration of Life, another opportunity to pay homage to the foundation of Durango Natural Foods. We listened to myriad stories and songs that highlighted these tenacious, influential and mission-driven women, made clear by the numbers of people who showed up from near and far. DNF has carried, enhanced and built upon an enduring and integrous legacy.

There is much to celebrate, including National Co-op Month, an annual opportunity to raise awareness of a trusted, proven way to do business and build resilient, inclusive communities while honoring our roots and the 7 Cooperative Principles.

Cooperative Principle #1- Voluntary and Open Membership.

Durango Natural Foods Co-op is a cooperatively-owned grocery store owned by thousands of local people – like you and your friends & neighbors. Not a network of distant shareholders, not just one family, but all of us and any of us that want to join. We are currently just shy of 3,000 owners to date and appreciate each and every one of you that purchased an owner share.

Change is like the wind, the weather shifts, we shift, people pass, we take up batons and everything makes its mark and has a timing we can sometimes predict and often can not. As I sit in my 6th year on the Board of Directors, I feel giddy and proud of DNF's management, staff, my fellow board members and all the friendly faces I interact with when perusing our vibrant aisles. See you at the soup warmer!

Warmly,

4 Sheryl McGourty  
Co-President





# MEET CAITLIN!

## DURANGO NATURAL FOODS CO-OP'S HIGH ENDURANCE DELI MANAGER

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

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

**A:** I spent my childhood in the Upper Peninsula of Michigan, but moved to Fort Collins when I was 13!

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

**A:** Having pretty unparalleled access to some of the coolest and most beautiful places in the country. And having trails literally two minutes from my house.

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

**A:** Usually riding my bike somewhere, playing music or cooking meals for the people I love.

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

**A:** Eat good food and play in the dirt. Don't be afraid to get a 'lil scraped up!

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

**A:** Getting to cook with high quality ingredients and hang out with the coolest people.

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

**A:** I'm excited to keep bringing new recipes and new flavors to the deli.

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

**A:** Tailwind (dauwaltermelon or Raspberry), A champs beef stick and afterwards, I use my CBD + Magnesium Recovery lotion.

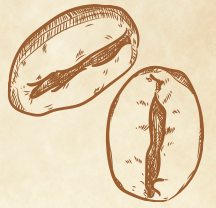
**Q: In ten words or less, how would you describe our Co-op to an out-of-town visitor?**

**A:** Good food, greater community. The best grocery store ever.





*cup* O' JOE



## CONTINUED FROM PAGE 2...

American concept that kinda-sorta started in the early 1900s but became a big thing in the 1950s.

A&P was the first "economy store" – kinda like the dollar stores now (but not quite). And Piggly Wiggly was the first store that went "self-service" in 1916 (true story).

In this environment, Co-ops did great and the Patronage Dividend was one of their defining characteristics. But in the 1950s, super competitive chain supermarkets were battling on prices and sales were born – essentially giving money back to the consumer before it is actually made by the business. You can save money NOW instead of waiting for a dividend. Most Co-ops (notably not all) went out of business because they were not competitive and didn't have sales.

In the 1970s, there was a new surge of Co-ops called the "New Wave Co-ops". These were based on Natural Foods which were unavailable in the supermarkets. They essentially cornered the market here – there were no sales because they weren't competing with anyone – and Patronage Dividends became a distinguishing feature again.

There is much history over the last 50 years and, again, books have been written about what happened. In a nutshell, the supermarkets saw a new revenue stream in Natural Foods and started competing with the Co-ops. It is estimated that there were well over 3,000 Food Co-ops in the early 80s where there are maybe about 300 Food Co-ops currently, with nearly half barely hanging on.

So let's bring this back to our Co-op. While over 52 years old – DNF Co-op has been barely hanging on year after year with quite a few crises that nearly collapsed it but was saved by a few Members investing dollars to keep it going. The last crisis was in 2019 where we were saved by a couple of Members

investing \$125,000 to keep us above water.

Here's the thing: in order to have a Patronage Dividend, you have to actually make money. Now if you read our annual report (available on our website), you will notice that we have actually made money over the last 5 years (with 2022 an exception). So where are the Patronage Dividends?

Here it gets a little complicated. Of course – first we return dollars to Members through Member Only sales and our Member Appreciation Days (MADs – next one in Dec). Laws state that Co-ops can retain up to 80% of their profits (surplus) to fund future endeavors with 20% going back to Members in the form of Patronage Dividends. Here's the legal catch: these dollars are not taxed as income which is a super Co-op advantage.

To add to this confusing situation, when a business loses money, they are issued tax credits against future profits. We had accumulated around \$350,000 of tax credits which we have been using the last few years and they are now almost gone (the tax rate is 21% almost the same as the Patronage Dividend).

This means, that either this year or next (depending if we have surplus), we will be issuing Patronage Dividends! We have set ourselves up for this and are looking forward to actually having the means to do this!

As I said – it's complicated and mixed in with lots of tax laws. If anyone may be interested in learning more, please talk to me and I can go over all the nuances with you about this cool advantage of being a Co-op!



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





## NEW PRODUCTS

*in store now!*

### CRUNCHY ROLLERS

Good food shouldn't be complicated. That's why exactly how many ingredients are in each product is right on the front of each package of Crunchy Rollers.

Finding good for you, allergen-friendly food is no easy task, that's why Crunchy Rollers go above & beyond with their ingredients and processes to ensure their food and quality is at the highest level available.



### CHOBANI FLIPS

Nothing says snack-time like creamy Chobani Greek Yogurt paired with a side of crave-worthy crunch. Chobani Flip is a delicious, better-for-you snack, perfectly portioned, packed with natural protein and no artificial flavors, colors or preservatives.

S'mores and Cookie Dough flavors now available in our dairy fridge in aisle 1!



### NEW YERBA MADRE FLAVORS!

Yerb mate has long been shared as a ritual of vitality and connection. For 30 years, Yerba Madre (formerly Guayaki) has been building yerba mate the right way by caring for the land and the people who grow it.

New flavors to DNF's shelves include: Watermelody, Cherry Sublime, Passionfruit Coconut, Cherry Berry, Mango Fuego & more!

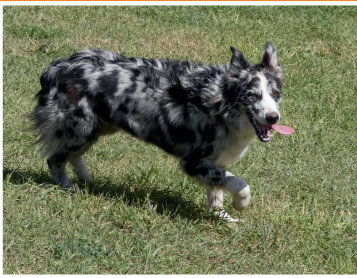




# From Fields

The number of small vegetable farms in Southwest Colorado is everchanging. Most, it seems, last about 5 years. Systems and soils take at least 3 years to get dialed and working well, in that time burn-out may have occurred multiple times, and may likely return in subsequent seasons. The physically demanding work often out-weighs the financial returns. High cost of living and lack of affordable land with water in the region stack with the unpredictability of the climate. Hail can take a chunk of profits more years than not, insects can gobble up the rest. A winter of planning can be scrapped if spring arrives without a decent snowpack. Benefactors are crucial to a farm's survival here, whether it's a lease that is generously below market value, a family trust, the lottery of grants, a partner with stable off-farm income, or a combination of all the above. Still though, none make the work easier or the trials disappear.

While the majority of these farms follow organic practices and don't use synthetic fertilizers, pesticides, or herbicides not approved by the Organic Materials Research Institute (OMRI), less than a handful have gone as far as to become certified Organic by the US Department of Agriculture. The process takes three years on average and requires an annual inspection with fees totalling in the thousands. The incentive to become



1



2



3

1- Cleaned carrots being sorted before headed to market; 2- Freshly harvested carrots; 3- Max Fields' team working their carrot harvester; 4- Running the carrots through the cleaners; 5- Cleaned, sorted and bagged carrots ready for the shelves of DNF; 6- View of the carrot field before harvest; 7- Jack marveling at some wonderful soil.



4



# to Plates



certified generally comes from two places: ideals and markets. Committing to an Organic certification begins with the farmers deep dedication to producing healthier food with less of a toll on the environment. In regions where conventionally-grown vegetables are prevalent, an Organic label helps farms stand out and charge a premium for their quality produce. It can also open markets further away with chain stores that require a certification or processors who use Organic ingredients.

In smaller, isolated regions such as ours, word of mouth and honest representation stand-in for government issued documents. The demand for naturally-grown produce eclipses conventional, and tolerance for the latter at local farmers markets is nil. One of La Plata county's largest Organic vegetable producers, Fields to Plate Produce, decided this year to let go of their USDA certification. In part because Natural Grocers (which had required an Organic certification for any local produce it carried) had become too encumbered by corporate policies to buy enough crops at a fair price. All the while wholesale markets on the Western Slope have been buying more of Fields to Plates cabbage, carrots, squash etc. based on reputation over certification. Does this mean they've given up the ideals? Far from it. The farm has finally reached a size where it can provide two seasons of soil-building cover crops to a plot before a rotation of vegetables, adding fertilizer produced on-site by 600 sheep that are raised with-out chemical inputs. After 9 years of adhering to USDA rules, coping with any variety of pestilence is attainable with the OMRI arsenal, and all with-out the added cost of certification fees. This winter DNF is glad to be able to keep providing quality storage crops from Fields to Plate until the root cellar is empty!

Story by: Jack Leggett; DNF Produce Manager  
Photos by: Jacob Lienhardt





# **GIVING TOGETHER**

## **FOR THE EARTH**

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

**Fall Meeting: Oct. 21**

**6pm at 11th Street Station**

*Come learn about our giving circle and 3 local nonprofits caring for the Earth!*

### **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
- 🍅 Attending members vote on which nonprofit receives the collective donation

*We have awarded a total of \$16,460 to 5 local nonprofits so far!*



Scan for more info at our website

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



Scan to become a member

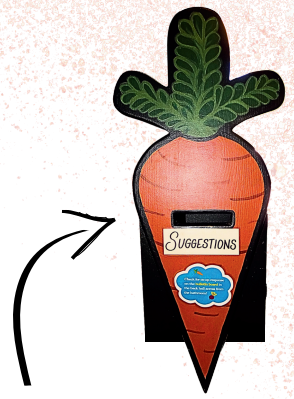
Thank you to our administrative partner







# 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                                                                                                                                                                    |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Customer Suggestion                                                                                                                                                     | Customer Suggestion                                                                                                                                     | Customer Suggestion                                                                                                                                                                                           |
| <p>Date: <u>July 7</u></p> <p>Name: <u>Anonymous</u></p> <p>Your staff does not know the password for your DNF Guest Wifi. How about posting it! Thanks.</p>            | <p>Date: <u>July 15</u></p> <p>Name: <u>Jon</u></p> <p>Can you carry *organic* Bobs Red Mill Masa Herena corn flour instead of the non-organic one?</p> | <p>Date: <u>Sept 1</u></p> <p>Name: <u>Mary N</u></p> <p>Please try to find some persimmons. They are in season now. Don't want a case - a few-pounds.</p>                                                    |
| Co-op Reply                                                                                                                                                             | Co-op Reply                                                                                                                                             | Co-op Reply                                                                                                                                                                                                   |
| <p>Our DNF Guest Wifi is for business use by vendors &amp; product representatives. We unfortunately do not provide Wifi for customer use. Sorry for the confusion!</p> | <p>We can, and we will!<br/>Thanks for the suggestion.</p>                                                                                              | <p>You're about a month ahead, last year we couldn't get them until the first week of October, same in 2024. But fear not, as soon as we can get them in '26 WE WILL!!</p> <p>-Your fellow persimmophiles</p> |



# What's Happenin'?

## At the DNF Deli

### soup is back!

ASSISTANT DELI MANAGER  
**MIA**

Tomato coconut bisque!  
Warms my heart. It's vegan  
but honestly I wouldn't  
have guessed that!

We wish we had the space to  
make soup all the time, but  
absence makes the heart grow  
fonder. This week, I went around  
the store on the eve of soup  
season to find out which soups  
our staff are most excited for this  
fall and winter!

GROCERY MANAGER  
**JES**

Zuppa Toscana, mostly  
because it's made with Gosar  
sausage, just one of the best-  
tasting sausages we have.  
Flavor is out of this world!

**CAITLIN** DELI MANAGER  
(THAT'S ME!)

Probably the Spicy Black Bean,  
or the Potato Leek! I love dairy-  
free soups, and these are both  
so tasty and hearty.





**JACK** PRODUCE  
MANAGER

Green chicken  
posole! Obviously.



ASSISTANT  
PRODUCE MANAGER

**MCKENNA**

Definitely the Zuppa Toscana! I also  
really loved the Tomato Coconut  
Bisque for sure



**JACOB**

COMMUNICATIONS  
MANAGER

Gotta be the  
red curry!



**DENNIS**  
MANAGER-ON-DUTY

Tomato bisque,  
what can I say? It's  
a classic!

**AOIBHINN**

DELIDAWG

Tom Kha! It's so fire, everyone should try it,  
veggies and mushrooms and more! I wish I  
was hanging with Bella eating some Tom Kha  
right now, actually.

At the Deli, as with all of our prepared foods, we take a ton of pride in having the highest quality ingredients, and soup is just the same! You'll see plenty of soups this year with a label that says it contains "100% Organic Ingredients." We hope you can always find something that you like. We're focusing in on our best and most fan-favorite soups, and making sure our soup rotation is equitable for all. We'll have at least one vegan and gluten-free soup available hot every day.



**BELLA**



# WILD RICE STUFFED SQUASH

## INGREDIENTS

2 MEDIUM SWEET DUMPLING OR ACORN SQUASH  
 1 CUP WILD RICE OR WILD RICE BLEND  
 1 CUP CORN KERNELS, FROZEN  
 4 TEASPOONS SCALLIONS, CHOPPED  
 2 TABLESPOONS DIJON MUSTARD  
 1 TEASPOON DRIED SAGE, CRUMBLED  
 1 TEASPOON DRIED THYME  
 1 TEASPOON GROUND BLACK PEPPER  
 1/2 TEASPOON SALT  
 6 OUNCES SHARP CHEDDAR CHEESE, SHREDDED

## PREPARATION

Heat the oven to 400°F. Lightly oil a large sheet pan. Cut the squash in half lengthwise and scoop out the seeds. Place the squash, cut side down, on the pan. Bake for 25 to 30 minutes, until the squash is tender when pierced with a paring knife. When the squash is tender, place on a rack until cool enough to handle.

While the squash is baking, bring 2 cups of water to a boil and add the wild rice blend. Return to a boil and cover, then reduce the heat to low. Cook for about 30 minutes, or according to package directions. Remove from heat and let stand, covered, for about 5 minutes, then transfer to a large bowl to cool.

Scoop the flesh from the squash, leaving about a quarter-inch inside the shells so they won't collapse. Put the squash flesh in the bowl with the rice. Add the corn, scallions, Dijon mustard, sage, thyme, pepper and salt. Mix well, and when cooled to room temperature, stir in about two thirds of the cheese.

Spoon the squash mixture back into the shells and place on the sheet pan. Cover with the remaining cheese. Reduce the oven temperature to 350°F., and bake for about 30 to 35 minutes until the cheese is golden brown and the squash is heated through. Serve hot.

### DNF PRODUCE



ACORN SQUASH

14 \$3.49/LB

### DNF BULK



WILD RICE

\$7.49/LB

### STAHLBUSH



FROZEN CORN

\$3.99/10 OZ

### FIELD DAY



DIJON MUSTARD

\$2.49/8 OZ

### TILLAMOOK



SHARP CHEDDAR

\$4.99/8 OZ



# HONEY-SQUASH DINNER ROLLS

## INGREDIENTS

1/2 OUNCE ACTIVE DRY YEAST  
2 TEASPOONS SALT  
1/4 TEASPOON GROUND NUTMEG  
6 TO 6 1/2 CUPS ALL-PURPOSE FLOUR  
1 1/4 CUPS MILK  
1/2 CUP BUTTER, CUBED  
1/2 CUP HONEY  
1 1/3 MASHED WINTER SQUASH  
1 LARGE EGG, LIGHTLY BEATEN  
POPPY, SALTED PUMPKIN & SESAME SEEDS



## PREPARATION

In a large bowl, mix yeast, salt, nutmeg and 3 cups flour. In a small saucepan, heat milk, butter and honey to 120°-130°. Add to dry ingredients; beat on medium speed 2 minutes. Add squash; beat on high 2 minutes. Stir in enough remaining flour to form a soft dough (dough will be sticky).

Turn dough onto a floured surface; knead until smooth and elastic, 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.

Punch down dough. Turn onto a lightly floured surface; divide and shape into 24 balls. Divide between 2 greased 9-in. cast-iron skillets or round baking pans. Cover with kitchen towels; let rise in a warm place until doubled, about 45 minutes.

Preheat oven to 375°. Brush tops with beaten egg; sprinkle with seeds. Bake until dark golden brown, 20-25 minutes. Cover rolls loosely with foil during the last 5-7 minutes if needed to prevent overbrowning. Remove from pans to wire racks; serve warm.

### RED STAR



DRY YEAST

\$3.29/.75 OZ

### FIELD DAY



AP FLOUR

\$6.99/5 LBS

### NANCY'S



BUTTER

\$6.49/8 OZ

### ORGANIC VALLEY



WHOLE MILK

\$3.79/32 OZ

### HORVATH



HONEY

\$12.99/11.5 OZ



# coop deals

SEP 30 - OCT 20, 2026



**2/\$6**

Muir Glen  
Organic Tomatoes  
28 oz., selected varieties



**2/\$4**

C2O  
Coconut Waters  
17.5 fl. oz., selected  
varieties



**4.99**

Maya Kaimal  
Indian Simmer Sauce  
12.5 oz., selected varieties



**2/\$5**

Noosa  
Yoghurts  
8 oz., selected varieties



**32.99**

Four Sigmatic  
Organic Plant-  
based Protein  
Powder  
16.9-21.16 oz., selected  
varieties



**2.29**

Mike's Mighty Good  
Ramen Soup Pack  
or Cup  
1.6-2.4 oz., selected  
varieties



**4.49**

Woodstock  
Organic Olives  
8.4-8.5 oz., selected  
varieties



**5.99**

Bonne Maman  
Fruit Curd or  
Preserves  
12.7-13 oz., selected  
varieties



**8.99**

Thousand Hills  
100% Grass-fed  
80/20 Ground  
Beef  
16 oz.



**3.79**

San-J  
Gluten-free  
Tamari Soy Sauce  
10 fl. oz.

COOPERATIVELY OWNED



**5.49**

Organic Valley  
Cottage Cheese  
16 oz., selected varieties



**2/\$3**

Epic  
Meat or Seafood  
Strips  
.8 oz., selected varieties



**7.49**

Bob's Red Mill  
Organic Gluten-  
free Rolled Oats  
28-32 oz., selected  
varieties



**5.39**

Bellwether Farms  
Organic Whole  
Milk Yogurt  
16 oz., selected varieties

