



Good Thymes



DNF CO-OP'S MONTHLY NEWSLETTER

Get on the Trail!



Get on the Trail Sale! | Tailwind: Durango Success Story



cup O' JOE



Coronado Bay Resort in San Diego is an upscale resort with rooms starting at \$350. It is where the National Cooperative Grocers (NCG) was holding its annual Spring Conference of which I attended. One of the things these conferences are noted for is the abundance of foods of all types at all meals. This was no different with a dizzying array of choices at each buffet.

Wow. My eyes grew wide as I would survey the food opportunities as I piled my plate high.

I was so surprised when everything tasted pretty bland. I kept trying different exciting sounding offerings and everything was underwhelming. I wanted this high-end resort to be a 5 star restaurant as well. Of course, they're making things en masse to feed around 300 people who all have their particular likes and dislikes so maybe the blandness was ordered in as to not make anything offensive. Despite this, I, of course, had to overindulge as I tried most dishes.

My mind however entertained another possibility: maybe my taste buds are dying as I enter ancient age. This actually was quite terrifying as taste is one of my favorite sensual pleasures. Scary thoughts for sure, and yet, my glass of wine (Pinot Noir) still tasted great and tangy wines are much appreciated. So that hinted at it was the food, not the

taste buds.

Followers of this column have heard before that my Mom was the worst cook around. She almost mastered boiling water but often there was little left when she tried to use it. She never met a timer she could master but rather relied on natural indicators as to when something was ready. Most meats were ready when smoke filled the kitchen (pre smoke detector days); chicken was ready when the skin shriveled off; a hack saw was an appropriate tool to use to cut a baked potato in half; Spaghetti was mush served with cold ketchup (my sister liked that); vegetables – other than canned peas – rarely made an appearance in our house.

The flip side was that junk foods were jammed on our shelves. We always had a choice of at least 10 different cookie types; bags of potato chips and pretzels; 5 different ice cream flavors; sodas galore; cakes and bakery treats. We had no limits. Sugar was our dominant food source. We rarely ate out.

As a teenager though, on my own I started trying fast foods which was so advanced from what my Mom served us, I thought I discovered gourmet foods. There was no limit to my naiveté and ignorance about foods.

It wasn't until my sophomore year in College when I moved out of the dorms

20% OFF BACKCOUNTRY ESSENTIALS



Get on
the Trail

SALE!

May 4th - 31st

DURANGO
NATURAL
FOODS
CO-OP

A MONTHLY LETTER FROM YOUR DNF BOARD:



Tomás Germán-Palacios
DNF Board Member

Dear Durango Natural Foods Members & Community,

Spring has arrived in the San Juans, the aspens are leafing out, the Animas is running high(er) and cold, and there is no better season to celebrate the vibrant community that makes our Co-op so special.

A Heartfelt Thank You! You Showed Up!

First and foremost, a **BIG, enthusiastic, over-the-moon THANK YOU** to every single member who took the time to cast a vote in last month's Board of Directors election. Your participation is the heartbeat of this cooperative. Democracy only works when people show up and you did, beautifully. The Co-op belongs to all of us, and your voice matters more than you know. We are deeply grateful for your trust, your engagement, and your continued commitment to keeping this community-owned store thriving. From the bottom of our collective heart: **thank you!**

Support for Community Health & Well-Being

At Durango Natural Foods Co-op, nourishing our whole community is not just a value, it is a practice. We are proud to share that we are **the only grocery store in Durango** participating in Colorado's **Fresh to Flourish Produce Prescription Program** providing eligible Medicaid/SNAP beneficiaries with up to **\$350 per year** in vouchers redeemable for fresh fruits and vegetables. This program is a win for our neighbors in need, and a win for our local farmers. Food as medicine right here, in our store.

And there's more! We also proudly accept:

- SNAP (Supplemental Nutrition Assistance Program) Learn more at cdhs.colorado.gov/snap
- Double Up Food Bucks your SNAP dollars go twice as far on Colorado-grown produce! doubleupcolorado.org
- Colorado SNAP Produce Bonus extra savings on fresh produce for SNAP shoppers. cdhs.colorado.gov/snap-produce-bonus

If you or someone you know may benefit from any of these programs, please stop by, our team is here to help navigate your options with warmth and zero judgment. Access to good food is a right, not a privilege.

Come Find Us at Animas River Days!

Mark your calendars and dust off your river sandals — we will see you on the banks of the Animas! The Co-op is thrilled to be part of **Animas River Days 2026**, taking place **Saturday & Sunday, May 30–31, 2026**. Look for the **Durango Natural Foods Co-op Tent** and swing by for some delicious, nourishing food and treats crafted with the Co-op quality you know and love.

Bring the family, bring your friends, and bring your appetite. This is community at its finest: sunshine, good music, the roar of the river, and real food made with love. We cannot wait to celebrate spring with all of you!

With gratitude and good food,

Tomas German-Palacios Board of Directors

🌱 Rooted in community. Growing together. 🌱



NEW PRODUCTS

in store now!



BOULDER PICKLE CHIPS

Bring the bold, briny flavor of your favorite pickle to snack time with Boulder Canyon Wavy Grillo's Classic Dill Pickle Potato Chips. Crafted in partnership with Grillo's Pickles, these thick-cut, wavy chips are cooked in expeller-pressed avocado oil for a craveable crunch that stands up to any dip.

BLACK GARLIC

Black garlic starts as regular white garlic that's slowly cooked at a low temperature in a sealed container over a 2-3 week period. It's often described as "fermented," and while that comparison makes sense, the real transformation comes from something called the Maillard reaction. The Maillard reaction is the same browning process that creates a rich sear on a steak—it's what happens when natural sugars and amino acids break down and develop deeper, more complex flavors. In black garlic, this slow browning and caramelization completely changes the garlic's flavor, texture, and aroma, turning it sweet, savory, and mellow. As a result, black garlic becomes softer, darker, and more flavorful than raw garlic—and it can even offer enhanced health benefits compared to fresh garlic.



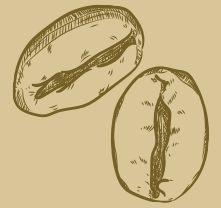
SITKA SEAFOOD

Laser focused on sourcing the best fish from sustainable small-boat fishermen and shortening the supply chain between the fisherman and the consumer, Sitka is a company that delivers the best Alaskan seafood - carefully processed, packaged and shipped right here in the USA, to households across the country so that they can enjoy the best possible culinary experience with the best possible seafood. Each package is labeled with the exact sourcing partner and a QR Code you can scan to learn more about from where your fish has been shipped.





cup O' JOE



CONTINUED FROM PAGE 2...

(and away from the campus food service) into my own apartment (well, with 3 roommates). Cut off from food sources other than store bought sugar based items, I decided I had to learn how to cook.

I threw myself into it. I started with a couple of cook books and began experimenting. I actually became pretty good with lots of compliments from folks who tried my concoctions. Someone said, "hey, have you tried the Co-op? Bet you would find lots of stuff to play with there." Never heard of a Co-op. But I checked it out.

I fell in love with the 700 sq ft tiny store. Maybe even more-so, the ideology of a community run store that existed for the people using it instead of owners trying to get rich was very appealing.

We were all in our 20s with a few old folks (early 30s) in key positions. A community arose with all of us experimenting with natural foods that were difficult to find in regular grocery stores. There were weekly pot-lucks which would get 30 to 50 participants—each bringing a dish to share. I learned so much and my cooking skills soared.

This was all new. There were no Whole Foods, Trader Joe's or Sprouts. Those came a couple of decades later. The fact is that it was the Co-ops of the 70's and 80's that ushered in Natural and Organic foods to the masses. Co-ops were the alternative food source with little competition but also little penetration into the market.

I also learned a lot about nutrition and although not necessarily purposely, I weaned myself off sugar. Not totally and I still have a horrible sweet tooth today that I actively suppress. Things that used to be daily fare became too sugary for me.

This was the first time I discovered that taste buds can change. But it was for the better.

On my way back to Durango (I drove), I

stopped in Phoenix to see a friend and we ate at a place called "Flower Child – Healthy Food For a Happy World". They are actually a big chain. I got some Salmon with Broccoli and Rice Pilaf.

Bang. This stuff was flavorful! Better than anything I had at the conference. Maybe they add sugar to everything. But it was relieving to understand that my taste buds were alive and licking.

So the moral is: I need to start cooking again which I kinda stopped 2 to 3 decades ago with some spurts. I have everything I need. Lugged all my cooking gear with me over time (with a lot of other stuff too). And – low and behold – I work at a Co-op so I have ready access to what I need.

I actually pulled out my "Moosewood Cookbook." They were a natural foods restaurant that started in the '70s – one of the first real successful ones and they came out with a cookbook which was a runaway bestseller. Still available online.

I'm not sure exactly where to start and I do not have a lot of time in each day. Maybe start with a pot of Chili. Not really the right season but I used to make a darn good Chili and since it slow cooks and I can store extra for other meals, it might be the way to go.

This won't be an overnight thing. It took me a long time to get out of cooking so it will be a long term project.

So I guess I owe it to my Mom that lead me down the path or nutritious, flavorful, health foods. Who knew?



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



MEET ANGUS!

A MASTER OF
BAKED
GOODS AND
GOOD
LOOKING
BAKES AT THE
DNF DELI

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



Q: So, where are you from?

A: I grew up all over, but I was born and raised in Australia. I moved to the front range when I was 8, then moved to Carbondale for High School and I ended up in Canada for college where I lived for 7 years before landing in Durango.

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

A: I love the mountains, rivers and trails and all the opportunities to explore and adventure in the San Juans and La Platas.

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

A: During the summer time I love to skateboard, kayak and run as much as I can. During the winter I spend a lot of time on skis. Beside that I love baking and cooking on my own time, reading and listening to music.

Q: What is your message to the world?

A: It's not what you do, it's how you do it.

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

A: Getting to work with the deli team every day! It's a great kitchen to work in and everyone there is wonderful.

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

A: My background in baking. I look forward to working on exciting new recipes!

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

A: 1- Veggie Breakfast Burrito; 2- Yerba Mate, many cans of Sparkling Gold; 3- A bag of the most exciting chips on the shelf.

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

A: The spot on 8th with the good looking Deli Team.

College Drive



6th Avenue

6th Avenue



4th Street

7th Avenue

5th Street

4th Street

8th Avenue



Key.

Construction Zone 

Alt Routes 

Alternate DNF Entrance 

School Zone, DRIVE SAFE! 

8th Avenue

CONSTRUCTION MAP 2026



ROAD WORK UPDATE



As of April 20th, construction has resumed on 8th & College. Read on for what to expect through this process.

- **DNF will be open throughout the construction.**
- **There will be several lane closures through Spring while construction crews are completing their curb work:**
 - **Between 3rd & 8th Aves. on College Drive**
 - **Between 2nd St. and College Drive on 8th Ave.**
- **When their curb work is completed, the road surface will be torn out and repaved. The new roadway will also be re-striped, with only one lane in each direction, in addition to a center turning lane and wider bike lanes.**
- **At some point, the intersection of 8th & College will close for the installation of new traffic signals.**
- **Throughout paving process, DNF's ENTRANCES MAY BE BLOCKED TEMPORARILY. Please check the map on the previous page for help navigating around any closures.**

Would you like to know more?

If you're a member, make sure you're signed up to get our weekly member email. We will pass along any updates there.



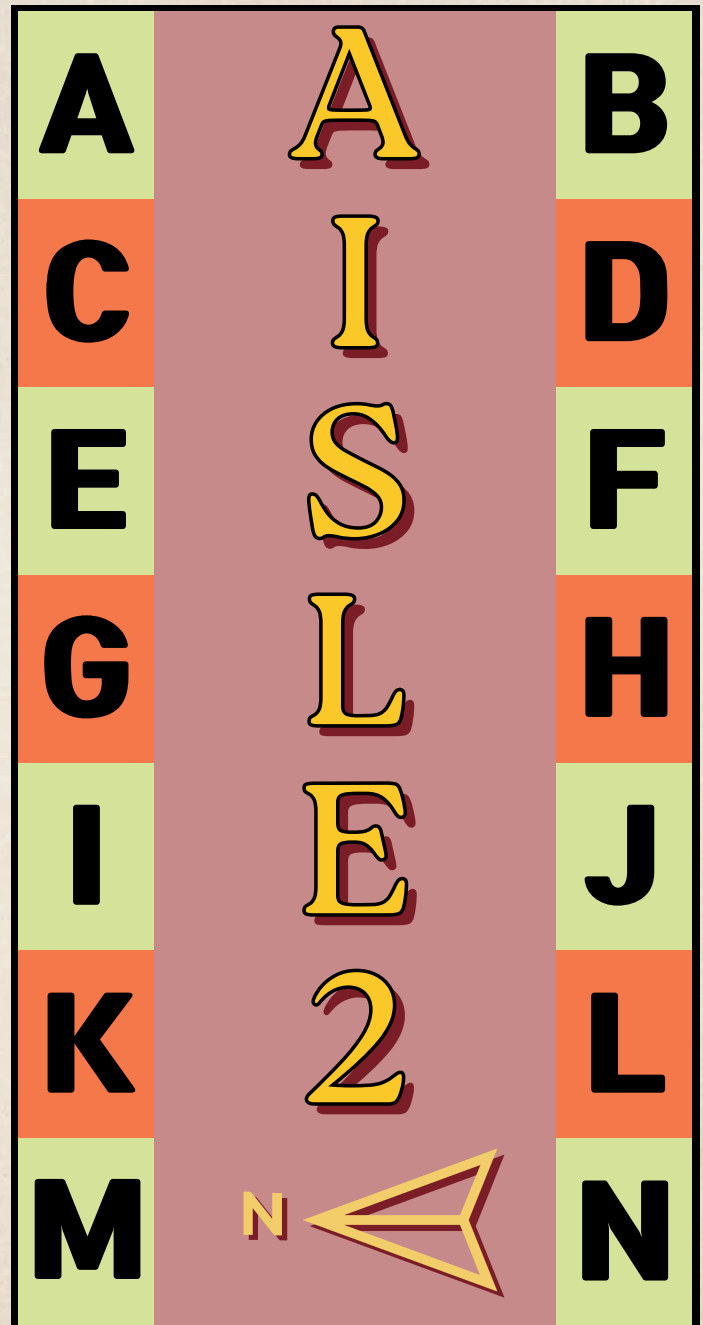
CHANGES IN THE AISLES

We've got some exciting changes in store for your co-op! Aisles 2 & 3 will be receiving a major face-lift over the next few weeks with the goal of keeping similar items next to one another and making your shopping experience easier! We don't want to catch anyone off guard however, so we've decided to make you this handy map to help you get accustomed to the changes. If you have any questions or are having trouble finding anything while, or after, we make these changes, don't hesitate to ask a staff member where to find your favorite item's new home.

AISLE 2 KEY

- A:** Household Products
- B:** Household Products
- C:** Body Care
- D:** Pet Products
- E:** Body Care
- F:** Juices & Plant Based Milk
- G:** Body Care
- H:** Drink Mixers & Bitters
- I:** Supplements
- J:** Beverages & Water
- K:** Supplements
- L:** Beverages & Soda
- M:** Supplements
- N:** Snack Bars

PRODUCE



CHECKOUT

While we aim to make this re-organization process go as smoothly as possible, we apologize for any inconvenience this may cause along the way. We promise the final product will be well worth the hassle!

PRODUCE

O	N	▶	P
Q	A		R
S	I		T
U	S		V
W	L		X
Y	E		Z
+	3		\$

CHECKOUT



AISLE 3 KEY

- O:** Grains & Canned Food
- P:** Sweeteners
- Q:** Pasta Sauce
Canned Tomatoes
- R:** Jams, Nut Butters
Baking Mixes
- S:** Pasta
- T:** Baking Essentials
- U:** Asian Ingredients
- V:** Salad Dressings/Toppings
Oils & Vinegars
- W:** Asian Noodles
- X:** Spices/Cooking Sauces
- Y:** Soup & Quick Entrées
- Z:** Hot Sauce/Salsa
Condiments
- +**: Mac & Cheese/Quick Meals
- \$:** Tinned Fish & Preserves



A DURANGO HOMEGROWN SUCCESS STORY



Created after a bad reaction to a (bit too) hearty muesli breakfast he ate before participating in the Leadville 100 MTB, Jeff Vierling concocted what is now known as Endurance Fuel as a home kitchen experiment in an attempt to combine electrolytes and carbs together in a way that is both easy to use and easy on the stomach. After founding Tailwind Nutrition in 2012, Jeff and his wife and co-founder Jenny have built their company into a homegrown success story.



(1) Tailwind Founders: Jeff & Jenny Vierling. (2) Hand filled, (3) sealed and sorted bags of Endurance Fuel.

The humble origins of Tailwind began in a small space in Dolores that the new company quickly outgrew. They then moved into a larger, albeit not large enough, space in Bayfield that before too long became quite inefficient. With high demand amongst local athletes, their production soon took up that entire facility forcing them to move the distribution of their quickly budding company to a building next door.



Brer Bales, Tailwind's Director of Manufacturing explained these challenges in detail while giving us a tour of their current facility, a 14,400 sq ft warehouse located beside the Durango-La Plata County Airport that Tailwind has occupied since 2022. Having worked for the company since 2017, he reminisced of his

CONTINUED ON NEXT PAGE!



(4) Behind the scenes storage in Tailwind's current warehouse. (5) The view just outside Tailwind's front door. (6) Tailwind boxed up and ready to be loaded into containers headed somewhere in the world. (7) One of the 21 750kg bags of non-GMO dextrose Tailwind goes through in one week. (8) Hopper and blending setup used before packing their products.



early days with the company filling bags of Endurance Fuel on the production line and (as anyone who routinely works with and around fine powders knows all too well) the drawbacks thereof in addition to how, like most small businesses in La Plata County including DNF, not having enough space was always an issue.

Following their relocation to their Airport facility, Tailwind has continued their rapid expansion. Being able to combine both production and distribution under one roof was an absolute game changer and allowed the company to continue on its meteoric rise into an electrolytic powerhouse. Now producing several different blends of their flagship Endurance Fuel in addition to other creations focusing on hydration and endurance, Tailwind always uses all non-GMO ingredients, including over 15,000kg of non-GMO dextrose per week to meet demand.

Throughout our tour, Brer showed us all the processes they use to create Tailwind, including how they combine the non-GMO dextrose, which is the primary ingredient, into their proprietary formulas in a gigantic hopper. Following the mixing, the powder is then vacuumed up into another machine that handles the portioning process. Beneath this large funnel is where a worker stands, managing the bag filling before passing the bags along to another employee who oversees the laser sealing and dating of the ready to ship product. According to Brer, this process, which covers only the larger bags, hasn't changed too much since the early days except in scale where the goal for production is ~3,000 bags per day.

At the beginning of our tour we spotted Jeff and Jenny in their R&D lab cooking up new concoctions and future flavors. It was great to see that even after their company has grown so much, they are still tinkering with what is possible to bring to their customers.

What began as a tiny operation in Dolores has grown exponentially in the past 14 years and is now available in 40 countries and counting. Tailwind is an impressive, locally grown company nipping at the heels of the titans of electrolytes. A true success story of how something mighty can grow in the right environment with the support of a strong, locally focused community.

Find Tailwind Nutrition Endurance Fuel in the DNF Wellness Aisle.



(9) Tailwind's auto-filler, loaded with Dauwaltermelon packaging. (10) The Mad Scientists themselves formulating new blends of Tailwind in their secret laboratory.



WHY

One of our Members favorite sections of the store is our Bulk Department as shopping in bulk comes with many advantages. Whether you want custom sized portions or are concerned about waste. Read on about the many positives of shopping in bulk at Durango Natural Foods Co-op.

Cost & Savings

Purchasing items in larger amounts is always cheaper than buying smaller amounts. DNF's Bulk Dept. buys these items in larger amounts so our customers and members have access to these products at a reasonable price.



Convenience

Have you ever tried a new recipe only to find that you need a small amount of an ingredient you don't already have in your pantry? Buying in bulk gives you the freedom to purchase as much or as little as you need for that recipe.

BULK?

Reduced Waste

Another benefit is the ability to use your own vessel when buying in bulk. Doing this helps us cut down on the amount of disposed single use plastics. This also helps cut down on food waste if you buy what you need minimizing spoilage.



Customization

Have you ever seen something new you wanted to try, but didn't want to commit to an entire package? In our bulk section, you can purchase a sample size to take home and try to see if you like it enough to buy a larger amount.



Emergency Preparedness

Everything in our Bulk Section is dried and has a longer shelf life than perishable items. Able to be saved for an extended amount of time and used in case of an emergency, like an extended power outage for example.



What's happenin'?

At the DMF Deli

Durango Farmer's Market is back!

It's baaaack! The Durango Farmer's Market returns for another season starting May 9th. We'll be there every Saturday morning from 8am to noon serving burritos, juices, and bottled bevs. Come say hi and get your deli favorites while you shop for your local produce. We love seeing our member-owners at the Saturday markets!

Market season goes from May 9th to Halloween, 8am to noon (9am to noon in October).

summer at the coolest deli in town!

Second Saturdays...

We're especially excited for Second Saturdays on Main this year. The Farmer's Market takes over Main Avenue every second Saturday of the month!

We'll be camped out on 10th Street in the food court area. This has been a great success for downtown business as well as market vendors. We love a cool change of market venue!

Durango Wine Experience

The Deli was honored to be a part of the Durango Wine Experience this year! We had a ton of fun debuting new menu items for the deli, showcasing old recipes (like our pesto), and bringing cheeses, chocolates, and tinned fish. It was a great time and a good way to kick off our summer event season!

Hopefully, we'll be back next year.





slushie season!

Summer in the Deli means that slushies are back! Our slushy debut last year was a massive success! We'll bring back some fan-favorite flavors, and explore new creative combos. You can expect rotating flavors at the Deli counter from now until the weather cools down. This year, we're offering our usual 16oz size as well as a 9oz size for kiddos, or anyone that only wants a little bit of slush!

upcoming events for the DNF Deli

Look for the Deli at these in-town events this May!

Dandelion Fest (Buckley Park)

May 2nd from 1pm-7pm

River Days (Santa Rita Park)

May 30-31st, All day!

summer menu

New additions to the summer Deli menu include:

Roast Beef Grab-n-Go sandwich (made with James Ranch roast beef!)

Peanut Gochujang Tofu (V/GF) in the cold case

Roasted Carrot Romesco (V/GF) in the cold case



CAMPING

Beans + Rice w/ "Fritos" & Cheese

Ingredients

2 oz Instant or Precooked beans
1.5 oz instant rice
1 oz cheese
1 oz corn chips
½ tbsp taco seasoning



Instructions

1. Add at least 10 oz of water to stove pot.
2. Pour in beans, rice, taco seasoning, and any other spices when water is boiling.
3. Cook, ideally to a simmer for about 60 seconds, stirring to avoid boil-over.
4. Cut cheese into dice-sized pieces and add to meal.
5. Add Fritos just before consumption. If added too early, they will soften.

Dozen Cousins



Beans

\$4.49/10oz

Simply Organic



Taco Seasoning

\$2.29/1.13oz

Tillamook



Cheese Snacks

\$5.29/7.5oz

Field Day



Corn Chips

\$3.49/9.75oz

Dozen Cousins



Cooked Rice

\$4.29/8oz

RECIPES

Peanut Butter Trail Mix Bars



Ingredients

2/3 cup Whole Almonds
2/3 cup Whole Cashews
1 and 1/2 cups Old-fashioned Whole Rolled Oats or Quick Oats, divided
1/3 cup ground Flaxseed
1/3 cup dried Cranberries
1/3 cup Raisins
1/2 cup Honey
3/4 cup Peanut Butter
2 Tablespoons Coconut Oil
1/3 cup Mini Chocolate Chips

Instructions

1. Line the bottom and sides of an 8-inch square baking pan or 9-inch square baking pan with parchment paper, leaving an overhang on the sides to lift the bars out. Set aside.
2. Pulse the almonds, cashews, and 1/2 cup oats in a food processor about 10x or until lightly chopped. (Without pulsing these ingredients, the bars will fall apart.)
3. Pour pulsed mixture into a large bowl. Stir in remaining oats, the ground flaxseed, cranberries, and raisins. Set aside.
4. In a medium pan over medium heat, melt the peanut butter, honey, and coconut oil together. Stir to combine, then pour over the dry ingredients. Add the chocolate chips, then stir to combine everything.
5. Transfer mixture to prepared pan. Using the back of a flat spatula, press the mixture tightly and firmly down into the pan. Make sure it's compact, which helps guarantee the bars will hold their shape.
6. Place in the refrigerator to set up for at least 1 hour and up to 2 days.
7. Lift the parchment paper out of the pan and cut into squares or rectangle bars. Cover and store the bars for up to 1 week at room temperature or for up to 2 weeks in the refrigerator.

DNF Bulk



Almonds
\$16.49/lb

DNF Bulk



Cashews
\$10.99/lb

DNF Bulk



Quick Oats
\$2.29/lb

DNF Bulk



Peanut Butter
\$5.49/lb

DNF Bulk



Honey
\$6.99/lb

coop deals

APR 29 - MAY 19, 2026



15.99
Ultima Replenisher
Electrolyte Drink Mix
 3.4-3.9 oz., selected varieties



2/\$4
Poppi
Prebiotic Sodas
 12 oz., selected varieties



6.99
Grandy Organics
Grain-free
Coconola
 9 oz., selected varieties

COOPERATIVELY OWNED



4.99
Organic Valley
Shredded Cheese
 4-6 oz., selected varieties



8.99
Artisana
Organic Raw
Tahini
 14 oz.



4.99
Laird Superfood
Organic Liquid
Creamer
 22 fl. oz., selected varieties



4.39
Loacker
Wafer Cookies
 7.76-8.82 oz., selected varieties

taste the magic



Celebrate what's possible when pleasure meets purpose. Made with Regenerative Organic Certified[®] cocoa and sugar, Magic Chocolate is lovingly crafted using ingredients grown with respect for people and planet.

4.49
Magic Chocolate
Organic Chocolate Bar
 2.93-3 oz., selected varieties

INCLUSIVE TRADE PARTNER



Fillo's is a Hispanic-owned company. We offer a range of reimagined Latin staples that are packed with flavor and nutrients.

2/\$4
Fillo's
Walking Tamales
 4 oz., selected varieties