



Good Thymes



DNF CO-OP'S MONTHLY NEWSLETTER

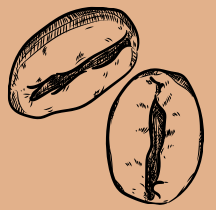
**ROAD WORK
IS FINISHED!**



Staff Pick-a-Palooza! | Regenerative James Ranch



O' JOE



It's done! It's completed! It's finished! Yay!! It's about time! It's the Road Diet, I'm talking about. Actually I've been talking about it for the last 4 years.

First, to those who may be new here, the Road Diet has been in the works since 2016 and finally out for bid in 2022. You may wonder why it's called a "Road Diet"? This popular idea reduces the number of lanes on a road to slow it down and reduce accidents, hence they put the road on a "diet". Often bike lanes and such are added.

College and 8th and especially that intersection has a pretty high accident rate as all of us who may cross there knows how harrowing it could be. This was identified back in 2016 with some traffic studies which were then projected forward. They looked at other solutions such as a traffic circle (there isn't enough room) and using speed bumps and dropping the speed limit. The Road Diet is what they came up with.

The Road Diet isn't really "done". It's the construction of it that is completed. Anyone trying to come to the Co-op during June know of the difficulties getting through the construction. It was truly a mess. A total clown show.

When I first heard about it in 2021, I immediately contacted the City and attended a virtual planning meeting. The plan pushed ahead and I was

informed that we should have gotten involved with the planning back in 2017. Yeah, well, the Co-op wasn't in the best of health at that point with some disorganized management. I arrived in Sept. of 2019 replacing the former GM. I had not heard about it from any source and discovered it as I started scanning upcoming City meetings.

Of course, at that time we were recovering from almost closing the Co-op's doors in early 2019 as well as dealing with Covid. At that point, even a slight disruption of our business could have sent it down the failure path. We met with those in the City overseeing the project about how it may impact our Co-op.

We outlined concerns and while they seemed to understand what we were saying, they were non-committal about any solutions. Finally, they said they would put some signage with our logo on 8th directing folks to turn down 5th Street to our alley entrance.

As I mentioned, it went out for bid in 2022 but they received no bids. We were happy! Happy, happy, happy! Now don't get me wrong, slowing traffic on College and 8th is a good thing. But economically, we knew we would be better off if this was delayed.

The City adjusted parts of the specifications and again put it out in 2023 and again received no bids. Happy

DNF Staff Pick-a-Palooza JUL 1ST-AUG 4TH



25% OFF

staff favorites!

A MONTHLY LETTER FROM YOUR DNF BOARD:



Dear Durango Natural Foods Co-op Members & Community,

With the long, hot days back, it's official: summer has arrived in Durango. My favorite parts of the season are spontaneous after-work paddleboard sessions, horseback rides at sunset, and, of course, DNF's slushies.

Summer also happens to be my busiest season at work, which means it's been hard to get up and out the door in time for the Saturday Farmers Market. One of the things I love most about the Co-op is that it feels like a farmers market all week long, thanks to the incredible relationships we've built with local growers. Whether you make it downtown on Saturday or not, you can still support local farmers every time you shop here.

June has been a month of what some people call "Type 2 fun." It isn't exactly enjoyable in the moment, but it often leaves you with lessons you'll appreciate later.

Like how determined our members are to shop at their store. By now all of us have encountered pretty frustrating construction in front of the store. Over the past several weeks, getting to the Co-op has taken a lot more patience than usual. Between detours, construction, and the ever-changing Road Diet, though, you've continued to find your way here. Whether you walked, biked, drove the long way around, or simply stuck with us through the inconvenience, thank you. While we wouldn't have chosen this for ourselves, the fact that you overcame the changing obstacle course to shop and support your local farmers in store means a lot to us. It reminds us that this Co-op is built on people who are doggedly determined to support local food and one another.

Another lesson is to pause and reflect. This month, we lost Katrina Blair, whose passion for local food, wild plants, and community inspired so many throughout our region. Her generosity, curiosity, and deep love for the natural world left a lasting mark on Southwest Colorado. She lived with such a kind presence that when I had the privilege of sharing housing with her one year for the Telluride Mushroom Festival, she inspired me to move to Durango, sight unseen. Knowing that she was so successful here while being her authentic self was enough to draw me to this special place. We are grateful for all she shared and extend our heartfelt condolences to her family, friends, and everyone whose lives she touched.

Maybe the last lesson is simply to enjoy the little moments while they're here. Which brings me to some happier news: slushies are back! If you've been looking for a small excuse to slow down and savor summer, stop in, say hello, and enjoy one while the season lasts.

Thank you for continuing to make the Durango Natural Foods Co-op such a welcoming, resilient, and vibrant place. Going into my second year on the board, I'm grateful to have been welcomed into this community, and I look forward to seeing you in the aisles all summer long, sharing another season of good food, good conversation, and connection.

Best,
Lauren Czaplicki

The Blair Family Legacy

Two photographs have spoken to me recently. One is of Katrina kneeling alongside of her mother at the Dandelion Festival several years ago, Pat winking.

The second I received from a dear friend and caregiver yesterday, of Pat resting in bed, bathed in sunlight. "... this morning Pat was very peaceful. She smiled huge and woke briefly when I brought her the flowers and gave her many kisses. She was mostly sleeping (while gently smiling) all morning while I played her song after song. And meditated with her a lot too... just sharing sacred silence and song..."

A legacy tended in love, a communal revival and healing, death and the heart-opening mystery that whispers in a soft breeze, catching you in a moment, water overflowing from eyes that see so much beauty. Sure do miss you Katrina... what a gift to feel you and drink deeply from your memory.

Many in the Durango Natural Foods family lost a dear community member with the passing of Katrina Blair on Friday, June 5th. What many of us witnessed was something quite rare and beautiful. Rather than enter into the medical system for end of life care, Katrina opened her home and heart to all friends, receiving the full palate of love over the last weeks of her life, including overnight care, a menu of prepared foods delighting her inner child, songs, a stream of beloved visitors, laughter. She was bright with enjoyment, full of grace, and dying of undifferentiated cell growth painfully spreading throughout her body. Over the last days and weeks it was as if her soul was undressing itself of an ego, radiating acceptance and an unconditional love towards the friendships and landscape that had been her life.

Her last breath was taken in the arms of women who must have travelled through lifetimes to hold space for her quiet exhale in the deep coniferous woods and sprawling aspen groves of La Plata Canyon. Her body was then carried by friends singing "The Water is Wide" to be laid to rest underneath an ancient Douglas Fir tree. A pilgrimage of hearts soon made their way to lay flowers and song upon a body gently unraveling itself of a lifetime. Sunday morning she was transported back to her home in the Turtle Lake Valley, prepared for burial by a coven of women, and laid to rest in a hole in the earth that took three days to dig, excavated by the sweat of friends who understood the sacredness of the task.

Walking away from the burial it was very clear that Katrina was still teaching, even in death. Allowing us to see her in the raw, wild, vulnerable journey of passing over, she solidified in each of us a sense of belonging to a community that she had fostered through an unyielding smile that greeted life openly and welcomed each fully. And looking around at those who had loved her, in each we saw a part of ourselves, who also loved.

As the days have begun to turn into weeks, as people have tended to their grieving hearts each according to their own precious wisdom, her mother now too appears at the threshold... and crosses over.

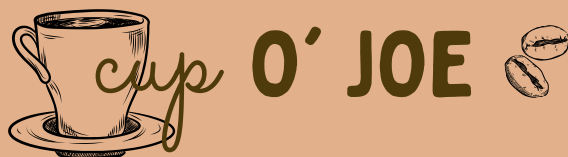
What the Blair Family has given to the community of Durango is truly immeasurable. From their founding efforts to establish Durango Natural Foods, to Pat Blair's creation of the Rocky Mountain Retreat in 1989 as "a healing retreat center to support people with health goals," to Katrina building her mountain home with the help of friends and then manifesting Turtle Lake Refuge, "a nonprofit that promotes sustainable practices honoring the wild wisdom of nature and the health of the community," to the Turtle Lake Organic Farm and the wide collection of people that have lived, worked, served, and been served through these offerings... it is as though a seed has taken root, grown, flowered, and dropped countless new seeds in the shade of generational generosity. These new seeds are being birthed again today in the lives of those who tend to the legacy, continuing to serve Raw Wild Lunches at the Turtle Lake Cafe from 11:11 to 2:22 on Turtle Tuesdays and Frog Fridays, who communally support each other and rows of produce at the Farm in the valley, who still hike the mountain passes to Telluride eating wild mountain greens, and whom you can meet each Saturday at the Farmer's Market. I am deeply grateful for the leadership of a non-profit Board of Directors that will continue to manage the visionary gifts passed through the Blair Family: the retreat, the cafe, the farm, her home.

Durango Natural Foods graciously acknowledges Pat's foundational contribution to our 52-year legacy as "a cooperatively owned grocery, providing our community with quality local, natural and organic foods" and also celebrates her daughter's wild, raw spirit. We are contemplating how to honor this shared legacy.

Katrina had said, after much searching, that her real medicine was community. For those that know any part of themselves through her, we have all experienced a healing. We are made whole together, in sacred recognition of the communal roots that will carry us through.



-Don Lewis



CONTINUED FROM PAGE 2...

again! And through this time, we talked to the City more about the actual construction and how that will effect us. Lots of handshake agreements about what they will do through the construction to minimize the impact on us.

And we were growing rapidly in 2023 so these delays just made us stronger to "weather the storm." We also developed plans of how we wanted to communicate about what was happening on a daily basis through email and in the store.

Now the City met with the construction companies to see what they needed for them to bid on the project. It was simply too small, they said, but if they included milling up the road and resurfacing it, they would bid on it.

So in 2024, the bigger project went out for bid. Don't know how many bids they received but now they had plans and announced that the construction project would start in May 2025 and be completed in Oct. 2025.

Of course, that timeline was a fantasy and they obstructed our business from June 2025 all the way through the Holiday Season. If they planned on disrupting the businesses on this corner, they couldn't do better. None of the agreements we had with the City materialized. Trying to put out daily e-mail to Members and Shoppers couldn't work since they kept changing the announced plans on the fly. And they weren't done. So now they came back this June to finish up.

We are so much stronger now than we were in 2022 so we were able to withstand the disruption of business that the construction wrought. And the construction last month was an absolute mess. The company working had no idea of how to manage and direct traffic. They constantly blocked both our entrances at the same time though agreements said they would not do that. But now that phase is finally over! That is

cause for celebration. Party down! But of course, now we are actually IN the Road Diet and we still do not know of the long-term effect this will have on us.

The main consideration is that it will be more difficult to turn left either entering or exiting the Co-op during busy times. But I'll tell you, during busy times before the Diet, I chose to go out the back alley, go around the school and take the left at the light on 6 th Ave. Safer and takes a minimal amount of time.

The City has not come through with agreements so far so we'll see how the signage on 8th Ave works out. But another option is to time the lights on 6th Ave and 8th Ave. If done how we envision it, folks turning left into and out of the parking lot will not be clogged by cars heading east to Fort Lewis College and 8th Ave going towards Route 3.

Assuming the technology is there, that can be done at anytime moving forward so we have already started a conversation with CDOT about this. The City doesn't have direct say and acts as a conduit between us.

How this impacts our future remains to be seen. While we did take an economic hit, it wasn't even close to the worst case scenario. Members and Shoppers found a way through the construction to enjoy our Co-op. So I think overall, we'll be fine and as an added bonus, our corner will become safer.



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



MEET EMILY!

BRINGING
GOOD VIBES
AND IS
ALWAYS
READY FOR AN
ADVENTURE!

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 in Steamboat Springs, CO and moved to Durango four years ago to attend Fort Lewis College.

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

A: I absolutely love having the most amazing mountains right in our backyard. I also love the people and the community!

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

A: In the summer you can find me exploring in the mountains or hanging out by the river and in the winter I love to ski!

Q: What is your message to the world?

A: Take risks, don't care what other people may think, and spread as much love and joy as possible!

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

A: All of our fun products and the people! Customers, coworkers and friends!

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

A: Good vibes, positive energy and a love for great organic food!

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

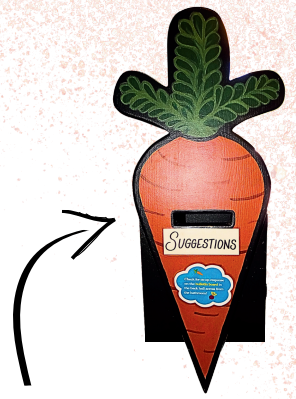
A: I would bring Nuun electrolytes, our dark chocolate covered almonds, and a Guayaki Yerba Mate for a needed energy boost!

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

A: Colorful, good food, great deli, amazing local produce.



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
<u>Date: 3/12</u> <u>Name: Anonymous</u> I've seen Del Cabo Cherry Tomatoes in non-plastic containers elsewhere in CO & UT - can we have those stocked rather than plastic?	<u>Date: 03/26</u> <u>Name: John</u> Please consider carrying Navajo Maize Blue Cornmeal, milled over in Cortez (Cortez Milling). Thank you!	<u>Date: 04/21</u> <u>Name: Joelle</u> Can DNF carry Luv Tempeh Smoky Bacon Flavor? Its amazing! Even on a rotating basis would be awesome. Thanks!
Co-op Reply	Co-op Reply	Co-op Reply
It depends on our distributors availability. We will stock them when we are able to get them in! P.S. Make sure to remove the cellophane before recycling!	Hey John! We carry Bow and Arrow Cornmeal harvested and milled on the Ute Mountain Tribe reservation. I'd check it out, it's very popular and non-GMO!	We've reached out to Luv Tempeh about this and we are now carrying it beside Luv's other options in the Plant Based Fridge!



NEW PRODUCTS

in store now!

WOODSTOCK BANANA WATERS

Say YELLOW to plant powered hydration! Crafted from two unique organically grown heirloom bananas that deliver superior taste and a BUNCH of nutrients. An alternative to sports drinks and coconut water, with natural source of electrolytes and 0g added sugar. The peel good beverage!

NO ARTIFICIAL COLORS OR FLAVORS

Now available in: Strawberry, Blueberry & Chocolate!



SUNBUTTER JAMMIES

In 2003, SunButter® created the first-ever sunflower seed spread. Created as a nut-free alternative to serve in schools to safeguard the health of those with peanut allergies. Their work today is inspired by their start as product pioneers of the first and foremost delicious, nutritious nut-free spread. If stocking up on easy, crowd-pleasing eats is your kind of jam, we've got just the freezer favorites for you. Jammies™ are the scrumptious thaw-and-eat sandwiches already made to make your delicious day.



SACH ORGANIC PANEER

Sach's Original paneer is keto-friendly, gluten-free, and made with sustainably sourced organic milk. It is soft, crumbly, and melts in your mouth. With a very neutral taste, our original paneer is created to just snack on. In addition to snacking, we also love using our paneer to cook traditional Indian dishes like Saag Paneer or simply sautéing it with some veggies. Our paneer sears fairly quickly and makes for a quick and delicious weeknight meal. It's also great on the air fryer.



DNF Staff Pick-a-Palooza

Have you ever noticed our “Staff Picks” scattered around the store?

For years, we’ve asked our staff to help bring attention to anything they’ve tried that was soooo good they feel the need to share it with the masses.

After “Staff Picks” existing in the background we’ve decided to give these tags a facelift. Plus, for the month of July we are going to bring them FRONT & CENTER for the:

DNF Staff Pick-a-Palooza!

From July 1st through August 4th, every Staff Pick in the store will be on SALE for 25% OFF!

Take a look on the next page for a taste of what the staff of your local Co-op believes to be the best of the best.

That’s not all though! All month, while you are perusing the Palooza, any “Staff Pick” tag you see will have a rainbow tag beneath it signifying that that item is 25% OFF!



Blackbird Vegan Supreme Pizza

New York style, 100% Vegan Pizzas. Hand tossed, overnight-rising crust. Topped with tomato sauce, dairy-free cheese, plant based sausage crumbles, crisp bell peppers and fresh red onions.

Dilano Tri-color Cheese

Visually striking, semi-firm Dutch cheese layered in the colors of the Italian flag (red, white and green). Blended cow's and goat's milk, it provides a smooth, creamy base elevated by the savory kick of peppers, chili and garlic.



Better with Buckwheat Savory Fig & Thyme Crisps

Gourmet, gluten-free cracker that pairs nutty, toasted buckwheat with delicately sweet figs, rich walnuts and earthy thyme.

Ultima Blue Raspberry Electrolytes

Sugar-free, zero calorie electrolyte powder. It delivers sweet and tart raspberry and blueberry flavors. Naturally sweetened with organic stevia, contains no artificial flavors or colors.



JAMES RANCH

DURANGO EST 1961 COLORADO



Nestled between Highway 550 and the Animas River, just 10 miles north of Durango and a stone's throw past Hermosa, sits James Ranch. A collection of multi-generational family businesses sitting on 400 acres of gorgeous, flood irrigated farmland.

Joe Wheeling, who runs the beef cattle operation with his wife Jenn, took us on a tour of the ranch last month. Exploring the ranch, we witnessed the bountiful fruits of their regenerative practices. The respect this family shows their land is apparent in the biodiversity of both flora and fauna throughout their property. Following sustainable practices such as herd rotation, which sees cattle moved from one grazing plot to the next every 1-3 days keeps both the cattle happy and fed. In turn this support soil and plant health by strengthening roots of the native grasses (through mildly tugging at the tops of them while eating them) and naturally fertilizing the land.

Over the 18-30 months these cattle live on the ranch, gaining on average 2-3 pounds a day, these regenerative, grass fed and finished practices help to produce a far superior cut of beef than you'll find from any "conventional" Concentrated Animal Farming Operation (CAFO) that has become all too common

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as the primary product available to American consumers in traditional grocers. Their concern for sustainability and biodiversity isn't a new phenomenon or a case of jumping on the regenerative bandwagon. James Ranch has been following regenerative principals for over 30 years now. This ranch has been sustainably operated since long before the benefits of such practices were realized in the mainstream.



Following their stay at James Ranch, the cattle are transported south, where they are then processed at Sunnyside Meats before being distributed to one of the select vendors where James Ranch beef is sold (including DNF!). Some is also transported back to the ranch where it is sold at either the James Ranch Grill or Market (separate businesses, both operated by different James siblings) where, at the grill, they are transformed into possibly the best burger in Durango.



While this visit was primarily focused on the beef side of their operations, DNF carries products from both James Ranch Cheese and Mountain Belle Flower Farm. Both are regenerative and biodynamically focused and sure to be covered in more detail in a future feature in Good Thymes.



Our extensive selection of James Ranch Beef can be found in the Aisle 1 meat freezer. James Ranch Cheese is available in our Cheese Cooler located in Aisle 4.

1 - Joe Wheeling surrounded by his cattle. 2 - A pond just off the Animas River, this water is used for flood irrigation across the property. 3 - Loading ramp used to load cattle. 4 - Big horned fella sticking his tongue at the cameraman. 5 - Flood irrigation ditch. 6 - Cattle eagerly awaiting our arrival. 7 - Joe watching over his herd.

What's happenin'?

At the DNF Deli

The Deli's Own Pick-a-Palooza!

Top Secret Intel from the Coolest Deli Staff Around

This month at the Co-op, we're sharing our most top-secret intel across the store. Who better to tell you about the best products we have to offer, other than our staff? In the Deli, our staff get a meal during their shift, and they can cook pretty much anything they want. If we have the ingredients, they can make it!



BURRITO TIME

One of our Kitchen Leads, Elijah, posing with his smoothie creation! So good, like a chocolate-y banana milkshake



New smoothie special...
The Cacao Boy



DNF staff at the Durango Farmer's Market (2025)

Sean (on the right) has been working at the Deli market booth for 2 years now. His fave staff meal is the Faux-Philly, our special for the last week of July!

So, for our Pick-a-Palooza, we've come up with our favorite off-menu creations. You'll see some staff favorites, some new ideas, and some favorite shift meals. All of these items will be offered at \$11.99, so that you can feel good about trying something new. If you love it, you can order it anytime as a Build-Your-Own, but the super-secret menu item will change every week!

Here's a sneak peek of what's to come this month at the Deli.

July 1st through 12th

Cacao Boy – Smoothie with banana, peanut butter, cacao nibs, and Sarvaa chocolate protein powder with oat milk! Get this one for \$9.99

July 13th through 19th

Faux-Philly – James Ranch Roast Beef and lots of cheese in a tortilla, plus some veg and more

July 20th through 26th

Mediterranean Crunch Wrap – falafel, tzatziki, and plenty of veggies in a local tortilla!

July 27th through August 3rd

Cordon Bleu-ish – chicken, ham, arugula, swiss, onion, and dijon... yum!

Think of it like a secret menu! We'll have a new special every week, curated for you with Deli staff intel. Find a new favorite, or reimagine an old one!



juicing the carrot
apple sunshine!



the Philly



Meanwhile, in
produce...



GIVING TOGETHER

FOR THE EARTH

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

Summer Meeting: July 15 **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 \$11,910 to 4 local nonprofits so far!



Scan for more info at our website

100forTheEarth.org



Scan to become a member

Thank you to our administrative partner



CHECK OUT OUR

MEMBER SALES

Members save 15% OFF!
July 1 - 14



Endangered Species Chocolate
All Varieties
Reg. Price: \$5.79



Treeline Vegan Cheeses
All Varieties
Reg Price:
\$6.79-\$8.99



Pip's Heirloom Snacks
All Varieties
Reg. Price:
\$5.49-\$6.49



San-J Sauces & Marinades
All Varieties
Reg Price: \$5.26-\$14.99



trüfrü Frozen Desert
All Varieties
Reg Price: \$9.99



Late July Chips & Salsas
All Varieties
Reg Price:
\$5.79-\$7.99

BUDDHA BOWL

TOTAL TIME: 30 MINUTES

SERVINGS: 2

INGREDIENTS

1 cup cooked quinoa
1/2 cup tahini
1 clove garlic, pressed
1/4 teaspoon turmeric
1/4 cup rice vinegar
1 tablespoon tamari
1 tablespoon maple syrup
2 tablespoons extra virgin olive oil
Water, as needed

Toppings

1 medium daikon radish, peeled and sliced
2 large carrots, shredded
1 cup shredded red cabbage
8 kale leaves, slivered
1 can chickpeas, drained
1/2 cup raw sauerkraut or kimchi
Microgreens (optional)
2 tablespoons toasted sesame seeds



PREPARATION

In a measuring cup or medium bowl place the tahini, garlic and turmeric and mash with a fork or whisk until smooth, then stir in the vinegar until smooth. Add the tamari, maple syrup and olive oil and stir until smooth. If it's too thick to pour, stir in water, a tablespoon at a time. Makes about $\frac{3}{4}$ cup dressing.

Divide the cooked grains between two wide, low bowls and spread evenly. Arrange the toppings in segments, with sauerkraut or kimchi and microgreens on top in the center.

Drizzle with dressing, sprinkle with sesame seeds and serve immediately.



FISH TACOS WITH GRAPEFRUIT SALSA

TOTAL TIME: 30 MINUTES

INGREDIENTS

SERVINGS: 4



Salsa

2 medium grapefruit, peeled and segmented
2 tablespoons red onion, minced
1/2 cup red bell pepper, diced
1/4 cup cucumber, peeled & cut in small dice
1 clove garlic, minced
2 teaspoons jalapeño, seeded and minced
2 tablespoons fresh cilantro, chopped
1 teaspoon honey
2 tablespoons lime juice
Pinch of salt

Tacos

8 corn tortillas
1 pound cod
1 tablespoon black peppercorns
1 bay leaf
2 cups shredded romaine lettuce

PREPARATION

Carefully chop the grapefruit into chunks. In a mixing bowl, gently stir together all of the salsa ingredients. Let sit for 15 minutes before serving.

While the salsa sits, prepare the fish. Fill a wide skillet with an inch of water or vegetable broth and add the bay leaf and peppercorns. Bring it to a boil and gently add the fish fillets. Reduce heat to a gentle simmer, cover the pan and cook the fish through, about 10 minutes. Use a metal spatula to remove the cooked fish from the skillet and when cool enough to handle, break up the fish into small pieces and distribute it evenly among the tortillas. Top each tortilla with a heaping tablespoon of the grapefruit salsa and some shredded lettuce. Fold the tortilla over the fillings and enjoy.



coop deals®

JUL 1 - JUL 14, 2026



15.99

**Ultima Replenisher
Electrolyte Powder**
3.4-3.9 oz., selected varieties



4.49

**Oatly
Plant-based
Frozen Dessert**
1 pt., selected varieties



3.99

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



8.99

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



3.99

**Rebbl
Organic Plant-based
Shake**
12 fl. oz., selected varieties



4.99

**Mi Niña
Tortilla Chips**
12 oz., selected varieties



4.49

**Oatly
Oatmilk**
64 fl. oz., selected varieties



6.99

**Wildbrine
Kimchi**
18 oz., selected varieties



stay cool

Beat the heat with rich, organic ingredients and creamy texture from responsibly sourced dairy, because summer deserves ice cream that shows up big.

9.49

**Alden's Organic
Ice Cream**
48 fl. oz., selected varieties



2/\$6

**Mary's Gone Crackers
Organic Original Crackers**
4 oz., selected varieties