



GOOD THYMES



DNF CO-OP'S MONTHLY NEWSLETTER

September is

M. A. D.

Month!



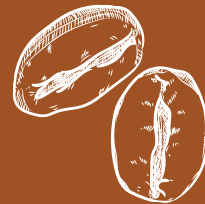
Members Save

10% off
one transaction
this month!

LOCAL GRAPES AVAILABLE NOW | HARVEST FEST 2025!



cup O' JOE



What do you see when you look at the above picture? Basically a group of people dining in ancient days – hard to tell if they're happy but they all do look pretty content. Does it change anything to know that this is a fresco from Pompeii that is 2,000 years old?

Pompeii is as fascinating as it is tragic. We all know that this Roman City (and its sister city Herculaneum) were destroyed and buried in ash during the volcanic eruption of Mt Vesuvius in 79AD. As we excavate these cities, we find an amazing amount of frescos detailing daily life as well as Greek and Roman myths.

To me when I see this, I'm drawn to how contemporary these folks look sans the silly clothing which haven't been popular since the 1970s.

Quite a few frescos from these cities showed dining, food and festivities. These folks were foodies! As a matter of fact, Pompeii, with a population between 12,000 to 20,000 people, had nearly 100 food shops and 31 bakeries. If we study the remains of their town, again, the most compelling aspect is how contemporary it all seems.

This was a thriving, wealthy town that any of us

might feel comfortable in (except for language and apparel) if we were able to be transported back to that time (well before the eruption, of course).

And I wonder how the folks in this fresco might feel if they were able to transport to our Co-op. I decided to imagine that they too would feel rather at home. I know they would just love our Colorado Peaches!

With the exception of lighting and vehicles, they would fit right in. If all the mechanized vehicles disappeared and we had a total energy failure (electricity, gas but not wood for fires), we would almost be living as they did. From their point in time, civilization took another 1,800 years before electricity.

I also wonder what they would think of today's world situation. I imagine they would stare at me blankly and say, "it appears to be the same as what we had. Leaders coming and going but it never changed the violence, the wars and the taxes. Folks are crazy and keep killing each other and stealing. It's really hard to determine exactly why they're doing it". Yeah, haven't we all heard this story before

While different than what we practice now,

DURANGO
NATURAL FOODS



5th
ANNUAL

HARVEST FESTIVAL²⁰²⁵

CELEBRATE DURANGO'S ONLY
CO-OPERATIVE GROCERY STORE!



LIVE
MUSIC

SAT. SEPT. 13

3-8 PM

AT ROTARY PARK



LIVE MUSIC
WITH THE MOJO BIRDS
+ LOCAL VENDORS
+ DNF DELI COMMUNITY MEAL
+ FUN FOR ALL AGES!



A MONTHLY LETTER FROM YOUR DNF BOARD:



Weston Medlock
DNF Board Co-President

Dear Co-Op Family,

The monthly board message is typically a chance to provide transparency about the status and direction of our small but mighty co-op. After seven years of serving on the Durango Natural Foods Co-op board, I've written dozens of these messages. But today, I'd like to take a different approach—one that's a little more personal and heartfelt.

Being on this board is a privilege, one I'm reminded of every time I walk into the co-op. I see our dedicated staff, connect with our passionate customers, and feel the unwavering loyalty of our member-owners. This role isn't always easy; in fact, it can be hard, sometimes inconvenient, and complex, but it's deliberate. It's intentional. And it's worth every single moment.

I'll be honest: I'm a workaholic. I pour myself into building local food supply chains, projects, and policies that create long-term benefits for farmers, ranchers, and communities. I struggle with work-life balance—working from home means I'm always at work. My wife and I just had our first child, Stella Knightly Medlock, and she's perfect (biased parent opinion, but she is). Beyond that, I serve on two other boards and care for five furry, four-legged family members. Life is busy, but honestly, despite all of this, it's hard to see myself not on the Board. The co-op feels like family, it is my family, and I wouldn't have it any other way.

Being part of DNF fills my cup in ways no accolades or 80-hour weeks ever could. This co-op has been a lighthouse in our community for over 50 years, and I'm infatuated with what it stands for, what you've made it. It has weathered challenges, celebrated triumphs, and always remained rooted in the principles of cooperation, community, and sustainability.

Okay, I'm wiping the tears, this year, I'm thrilled to invite you to our 5th Annual Harvest Fest on September 13th, 3:00-8:00 PM, at Rotary Park. Bring your family, bring your friends, and celebrate what makes DNF special. Six years ago, we reimagined our annual meeting as a festival—a time to reflect, celebrate, and simply enjoy the community we've built together. This year's event will feature live music from the Mojo Birds, delicious local food prepared by our in-house chefs, community vendors, family activities, and most importantly, the chance to connect with your fellow member-owners.

This event is more than a party; it's a reflection of what we've accomplished together. In 2019, our co-op was on the brink of collapse. Today, thanks to your support, we're a nationally recognized example of what a passionate and loyal community can achieve. Let's celebrate that together.

On a lighter note, I'd like to address a very important topic that sparked lively debate at our recent board meeting: slushies vs. soup. Yes, you read that right. As we move into the colder months, there's been talk of replacing our beloved house-made slushies with warm, hearty soups during the winter months. It's a debate as old as time (or at least this summer).

But here's the thing: the board doesn't think we should make this decision alone. This is your co-op, and we want you to decide. Slushies or soup—what will it be? Cast your vote today and settle this debate once and for all! If you don't, we may be forced to create soup-flavored slushies or slushy-flavored soup... and no one wants that.

Thank you for being part of this incredible community. Your support, passion, and shared values make everything we do possible. Together, we're not just running a co-op—we're building something lasting and meaningful.

Your Thankful Co-President

Wes Medlock

Are you a student at FLC?

Open a free DNF Student Account today!

**AWESOME
SNACKS!**

**5% off
EVERY
PURCHASE!**

**PERFECT
PRODUCE!**

Student Deals!

Save an
additional

**10%
OFF!**

over 200
items!



Newman's Own
Newman O's
13oz; all flavors



DNF Produce
Blueberries
Various Sizes



Amy's
Organic Soups
14.5 oz



Tasty Bite
Indian Rice & Entrees
8.8-17.7oz; all flavors



**Look for the
symbol!**





MEET REESE!

THE FRIENDLY FACE OF PRODUCE AT DNF!

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



Q: So, where are you from?

A: Phoenix, Arizona

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

A: Easy access to the outdoors: river, hiking, biking, skiing, etc.

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

A: Hiking, Mountain biking, snow boarding & taking my dog places.

Q: What is your message to the world?

A: Don't be a prick! 🌵

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

A: Learning new things and meeting awesome people!

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

A: Produce knowledge!

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

A: A sandwich from the deli, Cranberry Pomegranate Sparkling Yerba Mate & Yogurt Covered Pretzels from bulk!

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

A: Small Store; Big Things.



CONTINUED FROM PAGE 2...

Roman cities did have a form of democracy. Is our form better? I would tend to say yes but it's far from perfect (really far) and, as in those times 2,000 years ago, not everyone was represented and it was dominated by the wealthy. That part I do not have to imagine, it's well documented.

Am I saying we are not very different that this Roman society? Actually, yes.

2,000 years and the clothing has changed as did the weapons. Electricity propelled us into the future only 150 years ago (okay steam engines were an important bridge but they only account for 50 to 75 years before electricity emerged triumphant. Except, of course, for our local train).

Democracy is important to us as a Co-op because it is our 2nd principle since the principles appeared in the mid 1850s. But in our 7 principles (and the others that were discarded over the years), nowhere does it say we are non-violent, that we pursue civility and will not steal.

Thou shall not kill. Thou shall not steal". Where have I heard that before? And actually, the source of that is well over 2,000 years old (if Moses actually lived, it would be around the 14th to 13th century BCE. So these thoughts are pretty old. A lot of good it's done.....

Though not nearly as well known as the 7 Co-op Principles, there are also 6 Cooperative Values: Self-help; Self-responsibility, Democracy (the only one to appear in both the Principles and Values); Equality; Equity; Solidarity).

Okay, better. But not a definitive statement of non-violence and justice.

If you have the bravery to study history, you will be beset with the constant abominations since the beginning of recorded time and archeological evidence of such in prehistory. Doesn't matter what continent you are on. The story is the same.

None-the-less, Co-ops are known (more-or-less),

for their peaceful nature, probably (mainly?) because the "New Wave Co-ops", which were born and proliferated in the late '60 and '70s, were filled with counter-culture and peace movement folks at that time. This is good.

The question of course is how do we, and all Co-ops, take part in showing the way to a better world. That's a tall order. So many have tried for thousands of years and have little, if anything, to show.

The level of destruction happening today is normal for Earth's civilizations since forever. There are many people currently protesting. Maybe what Co-ops need to do is keep building and learning how to teach that there are better ways.

Good, healthy, natural, organic and local foods are common factors our 2,700 members have together. Simply, by joining and supporting the Co-op goes a long way in putting a foot down and saying "no!" to the Corporate dominated, militarily infested and inhumane actions we see throughout the world.

That's Co-op. A difference can be made. We will continually define our purpose as we move forward but it certainly will move towards peace and love! Oh – and come to the Harvest Fest on Sept. 13th!



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



NEW PRODUCTS

in store now!

ALO WATERMELON WATER

Great flavor comes from dedication to using real aloe vera straight from the leaf harvested from sustainable farms in Thailand, and combining them with fruit and vegetable juices, and only the best Non-GMO or organic ingredients. It's pure liquid harmony. As a leader in the plant-based beverage category, Alo are proud of their entire lineup and our new organic products. They are creative with flavor combinations and hope to inspire your lifestyle.



IL PORCELLINO SALUMI

il porcellino salumi is an artisan meat producer based in Basalt, Colorado. All of their products are handcrafted in small batches. We focus on sustainably raised Global Animal Partnership (GAP) certified meat, premium ingredients & old-world processes with new world flavors so you can enjoy what you eat. They've set out to create handcrafted artisanal charcuterie with time tested old-world processes. The best products come from sustainably raised animals and premium ingredients and they've worked hard to build relationships with like-minded partners. This dedication has created a line of award-winning products that il porcellino salumi is proud to stand behind.



LIVING ALCHEMY FERMENTED SUPPLEMENTS

Living Alchemy specializes in manufacturing and distributing traditionally fermented, non-GMO, certified organic, whole food supplements in Canada and the United States. Established in 2016, we have made our mark by shifting paradigms and exploring new ways to bring optimal wellness, centered around innovative and sustainable natural health products using the very best traditional and natural fermentation techniques. We leverage a combination of diverse strains of beneficial bacteria, yeasts, mycelia, and an ageing process, all of which are living and performing in harmony to activate nutrients.



This month at the:

DNF DELI

ROASTED CHICKEN



CAESAR SALAD

- ORGANIC MIXED GREENS
 - HOUSE MADE CROUTON
 - NATURAL ROASTED CHICKEN
 - ORGANIC PARMESAN
 - DNF DELI CAESAR DRESSING
- CONTAINS:
- EGG/DAIRY/WHEAT

- DICED POTATO
- EGG
- GOSAR TEQUILA CHORIZO
- KNOCKO BELL SAUCE

- CONTAINS:
- EGG/DAIRY/WHEAT

CHORIZO



BREAKFAST BURRITO

CEDAR HILL FARM

AZTEC, NM



Left: Michael & Diane Schwebach



Right: Michael and DNF's Produce Manager Jack, talking fly fishing, organic farming and the incoming grape crop.

After relocating to Aztec, NM, Michael and Diane Schwebach have established a small but bountiful operation on their forty acre homestead, focused on quality produce for local consumption. Life long farmers, they are not growing as much commercially as they once did, but are still providing DNF with a smaller selection of produce. **Throughout September DNF will be stocked with the Schwebach's great grape crop**, grown (like all of their produce) using regenerative farming techniques.

Located right on the Animas River in Aztec, the farm provides fertile soil with a great climate for growing fruits & vegetables.



Top Left & Center: Cedar Hill's established grape vineyard



Right: Cedar Hill's official tour guide, Samson

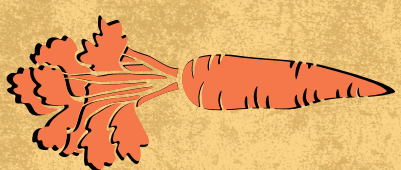


CO-OP QUIZ

How much do you know about your local Co-op?



- 1** What year was DNF founded?
 - a) 1969
 - b) 1974
 - c) 1989
 - d) 2004
- 2** What organization does DNF support through Round-up at the Register?
 - a) La Plata Humane Society
 - b) Big Brothers Big Sisters
 - c) Four Corners Slow Money
 - d) DNF Employee College Fund
- 3** Which type of burrito does the DNF Deli **NOT** make for their warm case?
 - a) Chorizo Breakfast Burrito
 - b) Jackfruit Vegan Burrito
 - c) Chicken Chimichurri Burrito
 - d) Cheesy Double Beef Burrito
- 4** What month does DNF usually hold it's Annual Harvest Fest?
 - a) December
 - b) April
 - c) August
 - d) September
- 5** How much did DNF customers donate via Round-up at the Register in 2024?
 - a) \$1,057.24
 - b) \$5,469.92
 - c) \$6,942.01
 - d) \$12,663.77
- 6** True or False: The DNF Deli makes fresh pizza dough every Friday morning?
 - a) True
 - b) False
- 7** What factors does DNF's Wellness Dept. **NOT** take into consideration when bringing in new products?
 - a) Eco-friendliness of the product
 - b) Influencer Opinions
 - c) Product Quality
 - d) Ethical Sourcing
- 8** When does the DNF Deli typically make soup?
 - a) October through April
 - b) Soup is Served Year Round
 - c) May through December
 - d) DNF Deli doesn't serve soup...
- 9** A jujube is also known as
 - a) Micro-Apple
 - b) Chinese Date
 - c) Russian Pear
 - d) Outback Currant
- 10** What has more Vitamin C than Oranges?
 - a) Red/Green Bell Peppers
 - b) Guava
 - c) Kiwis
 - d) All of the above



HARVEST

SATURDAY, SEPT 13TH
3PM-8PM



ROTARY PARK, DURANGO

WE'RE EXCITED TO SEE YOU THERE!



LIVE MUSIC BY
THE MOJO BIRDS

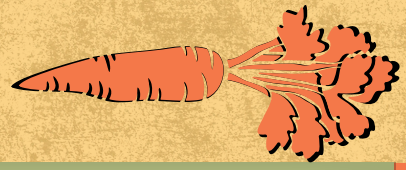


DINNER CRAFTED BY
THE DNF DELI

LOCAL VENDORS & ARTISANS
FACE PAINTING, LOCAL PRODUCTS & MORE!

DRINKS FROM:
SKA BREWING & ESOTERRA CIDERWORKS

FEST 2025



EVENT AGENDA



- 3:00** **HARVEST FEST BEGINS!**
- 4:00** **DINNER IS SERVED**
- 5:00** **MOJO BIRDS - 1ST SET**
- 6:15** **SET BREAK**
- 6:45** **MOJO BIRDS - 2ND SET**
- 7:00** **DINNER ENDS**
- 7:30** **LAST CALL**

PLATES

THE FULL PLATE - \$15

YOUR CHOICE OF ONE SLIDER:
(PORK OR JACKFRUIT),
ALL THREE SIDES
AND A DESSERT

THE KIDS PLATE - \$6

YOUR CHOICE OF
PORK OR JACKFRUIT, ATOP
MAC & CHEESE
AND A LIL' KALE SALAD

MENU



A-LA-CARTE

\$5/EA

SLIDERS

PULLED PORK - GF
SHREDDED JACKFRUIT - V/GF

SIDES

ROASTED POBLANO
SLAW - V/GF

GREEN CHILI
MAC & CHEESE

HARVEST KALE
SALAD - V/GF

DESSERT

FRUIT CRISP V/GF

PUMPKIN CHOCOLATE
CHIP COOKIES



Scan here to volunteer!

EDUCATION

Raspberry Sorbetto Truffles

INGREDIENTS

1 PINT TALENTI ROMAN RASPBERRY SORBETTO

1 CUP SEMI-SWEET CHOCOLATE CHIPS

2 TBSP COCONUT OIL

1/2 CUP CHOPPED ROASTED PISTACHIOS



FIELD DAY SEMI-SWEET CHOCOLATE CHIPS



\$5.99/10oz

TALENTI ROMAN RASPBERRY SORBETTO



\$5.99/pt.

DR. BRONNERS COCONUT OIL



\$10.99/14oz.

FIELD DAY DRY ROASTED PISTACHIO KERNELS



\$10.99/9oz.

DIRECTIONS

- Line a baking sheet with parchment paper. Using a small ice cream scoop, scoop out balls of the sorbet and place them on the prepared baking sheet and freeze for 2 hours.
- Prepare a chocolate coating by melting chocolate chips in the microwave on medium power in 30-second intervals. Stir coconut oil into melted chocolate.
- Using a skewer or a fork dip frozen sorbet balls into the chocolate and place onto the baking sheet and immediately top with chopped pistachios.
- Return the coated truffles to the baking sheet and freeze until ready to serve.

CUCUMBER, MANGO & AVOCADO COUSCOUS SALAD WITH MINT-JALAPEÑO VINAIGRETTE



SALAD INGREDIENTS

1 1/2 CUPS COUSCOUS, DRY
1 RIPE AVOCADO
1 ENGLISH CUCUMBER
1 RIPE MANGO

DRESSING INGREDIENTS:

3 TBSP OLIVE OIL
2 TBSP LEMON JUICE
1/4 CUP FINELY CHOPPED MINT LEAVES
1/4 CUP MINCED GREEN ONION
1 JALAPEÑO, MINCED
2 TSP HONEY
1 1/2 TSP SALT, OR TO TASTE

GET IT ALL HERE

LOCAL HONEY
\$13.99/11.5OZ



BULK EVOO
22.99/LB



BULK
PEARLED COUSCOUS
\$4.69/LB



ENGLISH CUCUMBERS
\$2.99/EA



FRESH MINT
\$2.99/EA



AVOCADO
\$1.99/EA



JALAPEÑO
\$6.99/LB



MANGOS
\$1.49/EA



PREPARATION

- **COOK COUSCOUS IN A POT OF BOILING WATER (AS YOU WOULD PASTA) UNTIL AL DENTE, 10-12 MINUTES. TRANSFER TO A COLANDER, RINSING WITH COLD WATER UNTIL COOL; DRAIN 10 MINUTES.**
- **PEEL AND CHOP AVOCADO, CUCUMBER AND MANGO INTO PIECES OF ROUGHLY EQUAL SIZE. WHISK TOGETHER ALL INGREDIENTS FOR DRESSING.**
- **COMBINE COUSCOUS, CHOPPED AVOCADO, CUCUMBER, AND MANGO IN A LARGE BOWL. ADD DRESSING AND TOSS TO DISTRIBUTE EVENLY. TASTE AND ADD MORE SALT AS NEEDED.**

coop deals

SEPT 3 - SEPT 16, 2025

tasty tuna

Tuna is a versatile protein option that's perfect for quick meals on the go. It's great in sandwiches, wraps, salads, pasta or just spread on crackers. Wild Planet Tuna is on sale at the co-op, so stop in and stock up for the busy days ahead.



3/\$8

Wild Planet Skipjack Tuna
5 oz., selected varieties



2/\$6

Maya Kaimal Organic Everyday Entrees
10 oz., selected varieties



2/\$6

Kettle Potato Chips
4.25-5 oz., selected varieties



3.79

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



3.99

Califia Farms Barista Blend Plantmilk
32 fl. oz., selected varieties



2/\$8

Cascadian Farm Organic Frozen Potatoes
12-16 oz., selected varieties



18.99

California Olive Ranch Global Blend Extra Virgin Olive Oil
25.4 fl. oz.

original cream-top yogurt



Brown Cow Yogurt is sweetened with cane sugar and maple syrup, and it's made without the use of artificial growth hormones, artificial flavors or artificial sweeteners.

5/\$5

Brown Cow Whole Milk Yogurts
5.3 oz., selected varieties



4.49

Petit Pot French Dessert
2 pk-4 oz., selected varieties



5.99

Grillo's Pickles
32 fl. oz., selected varieties