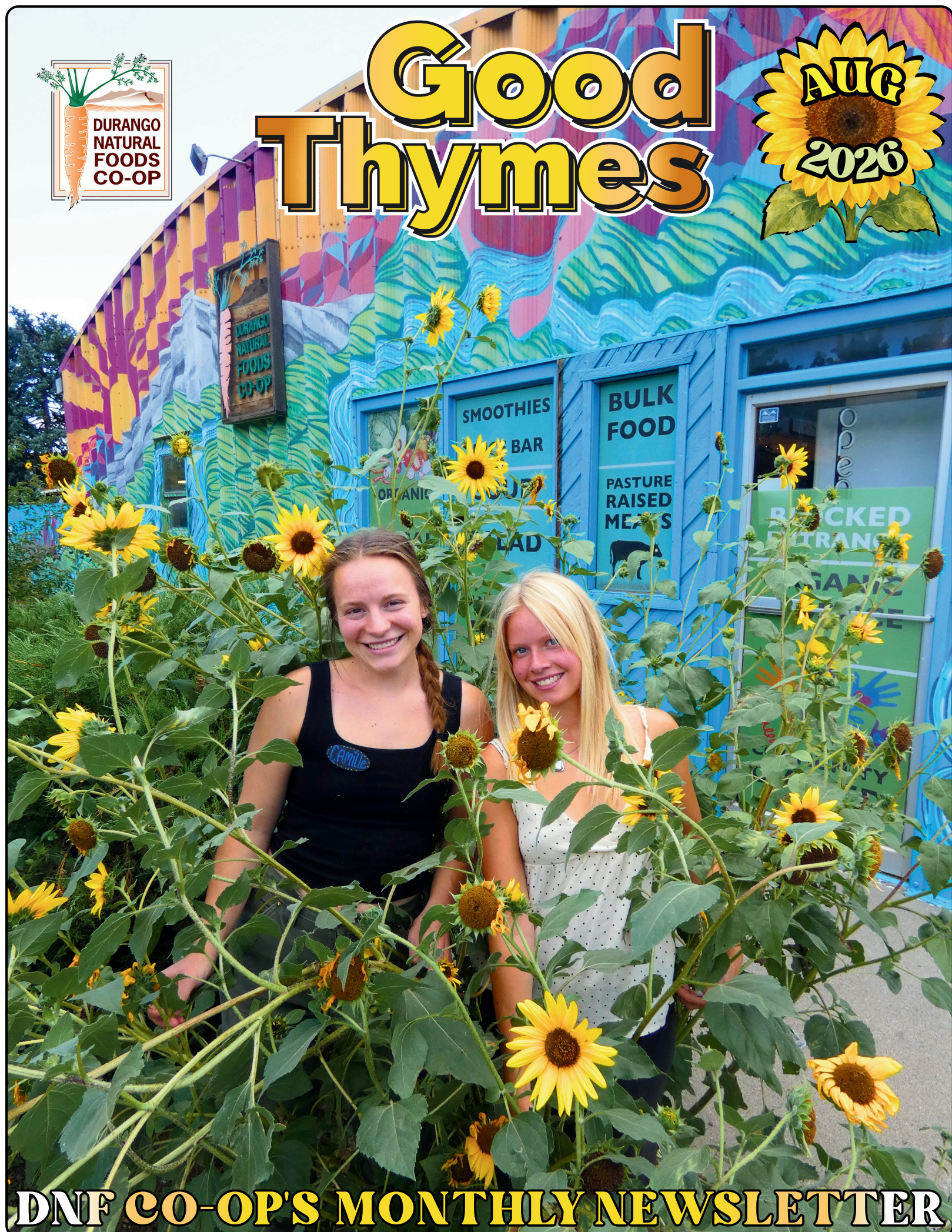




Good Thymes



DNF CO-OP'S MONTHLY NEWSLETTER



cup O' JOE



Have you ever attended one of Durango Natural Foods Co-op's Harvest Fests? There have been 5 of them starting in 2021 so this year's will be our 6th.

While we had talked about such an event previously, 2021 was the right time since we were all just starting to poke our noses out from the isolation brought on by Covid. Can you believe it was so long ago? When Covid "started" in March of 2020, I "joked" that within 2 years we will all be back to normal. Folks looked at me with dread. Now it's been many years ago. And yes, Covid is technically still around and folks still do catch it but we are no longer isolated and the societal restrictions have all been lifted (and we still mourn those who did not make it, those whose businesses collapsed and those whose lives have been bitterly altered).

So our first Harvest Fest was a true celebration. At that time, we did not know if we would have another one. It was a test. And the test was good. We decided to do it again in 2022 and from then on, it became an annual celebration.

Each year was better than the year before and it is difficult for me to believe that this year's will be our 6th! But time does fly and soon we will be marveling at our 10th Harvest Fest and our 25th Harvest Fest. By that time, we'll probably be taking over the town!

Yet, I know that most of you have never attended one as we currently have well over 2,800 Members of our Co-op and only a few hundred stop by each year.

I guess that's understandable as it's still not a polished event say like the Unison Fest and there are always other events happening at the same time. The first one was at the beginning of October to avoid Monsoon Season. We were having beautiful weather the week before but of course it still rained on that first one. We kept moving it earlier each year but we still encountered cold, overcast and rainy days each year.

Heck, if we can't escape it, we might as well embrace it! So this year's Fest will be Aug. 22nd . There may be rain but we will be prepared with rain canopies and tents! Bring It On!!

Each year, we have had great music! I know this because not only have I liked the bands that played but people came up to me and said, "Hey – that's some great music!" This year's music will prove to be great too!

Truth be told, it's never been as big as I would like it but the venue is small (Rotary Park) and there are many regulations using a City Park. But it's easily accessible and is quite beautiful. Once we get everything perfected, we will probably eventually go for a bigger space. In the mean time, the journey is



A MONTHLY LETTER FROM YOUR DNF BOARD:



Dear Members,

Durango Natural Foods Co-op exists to connect our community with healthy, honest food that helps us all live well. We work every day to build the bridge between local agriculture, sustainable and health-conscious food producers, and the neighbors who walk through our doors. That bridge only works if it's open to everyone, which is why we take food access seriously — not as an abstract value, but as something we act on.

We recognize that access to healthy food is a challenge for many in our community, and we're committed to closing that gap wherever we can. Guided by our core principle of concern for community, we participate in the Double Up Food Bucks and Fresh to Flourish programs, which allow us to stretch dollars further for lower-income members and make nutritious, locally grown food more affordable. These programs are a direct reflection of what a cooperative is supposed to do: put people before profit and make sure good food isn't a luxury.

None of this happens without you! Every membership, every purchase, and every conversation you have about the Co-op helps us reinvest in the local farmers, producers, and programs that keep Durango's food system healthy and resilient.

We'd love to see you at DNF's 6th Annual Harvest Festival on Saturday, August 22, at Rotary Park from 2–7 PM. Join us for live music, great food, and the chance to connect with local vendors as we celebrate the food, agriculture, and community that make our region special. It's one of our favorite days of the year, and we hope you'll come celebrate with us. Admission is free.

Finally, thank you again for your patience and understanding during this summer's road construction. We know it wasn't easy getting to us, and we're grateful for your continued support.

With gratitude,
The Durango Natural Foods Co-op Board



MEET JAY!

HE'S A YOUNG
FARMER, A
STELLAR
COOK AND AN
ALL AROUND
GOOD DUDE!

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



Q: So, where are you from?

A: I was born and raised around the Denver area.

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

A: I love all the wonderful people I've met and being surrounded by so many cool places.

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

A: Depending on the time of year I'm probably either skiing or mountain biking. I also love farming/gardening.

Q: What is your message to the world?

A: Be a little nicer.

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

A: All my amazing co-workers and building something for the community, not a corporation.

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

A: Hopefully a couple good jokes and some tasty food.

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

A: Bacon, egg & cheese bagel, chocolate covered pretzels and fresh fruit.

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

A: Best produce and deli in town, made for Durango People.



O' JOE



CONTINUED FROM PAGE 2...

more what it's about rather than that future destination.

Each year, I've lobbied for a Ferris wheel but they are rather expensive and I've had to fight off the desire for a "Dunk the GM Booth".

And of course, there is food – some great things from our Deli! While not free (that would get more folks to attend), the feedback is always that the food is wonderful. Every year it's been different as here we also are experimenting with what is the best we can do in a short period of time and limited resources.

Technically, the Fest replaces our Annual Meeting. The old bylaws called for an annual meeting where the Board Elections will begin. Co-ops are different today than when we started 52 years ago. There was a lot more involvement by the Membership and these meetings would be well attended joyous events. But times have changed and now-a-days, only a few Co-op die-hards would attend. So the meeting was replaced with a Celebration which is more appealing in today's age. Not only have we kept the joyous part but we expanded on it greatly.

And truly – that's the most important part. Co-ops are groups of people bound by a common cause. They are all about People and Community. And the sad truth is that despite the huge success of our Co-op, we are so small that we simply do not have the space for folks to congregate and enjoy one another. Of course we all do in the aisles of the store but we have no sit down areas or spaces for people to hang out together. A lot of other Co-ops do and we know we want to eventually

expand so that we can accommodate more people space.

While not an answer to these limitations, the Harvest Fests are a chance for our Members and Shoppers to come together and simply be with each other. We are still developing them and wouldn't it be great if half or more of our Membership comes out. Of course, if that happens this year, we will certainly run out of food but that will set the stage for next year. The way I look at it, we plan for a large turn out and if the food runs out, we plan bigger the next year. We've run out of food each year!

These Fests are a lot of work although it may not seem so at first glance. It takes months of planning and organizing to make them happen. Even as I write this, there are tons of details still being worked out. We are not experts at this but as I previously said, each year gets better and better. There is more information at the store and on our website (durangonaturalfoods.coop).

So make a plan to come and join us on a beautiful August afternoon come rain or shine! It is about our community! It is about good fun! It's about you and me and all of us together! It's about our Co-op!



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



NEW PRODUCTS

in store now!

BITCHIN' BEAN DIP

Our almond dip made the world go nuts. Now we're stirring things up with beans. Slow-simmered and spiced to perfection, our Smoky Chipotle Bean Dip delivers bold flavor in a creamy, protein-packed scoop that eats like a meal and dunks like a champ. Made with real ingredients, it's flavor you can feel good about. Snack it straight with chips or spice up tacos, burritos, bowls, and everything in between.



MINA DRY BRINED OLIVES

These exquisite, Moroccan-grown dry-cured black beldi olives are prepared the way they have been for centuries. After being carefully hand-harvested at peak ripeness, they are cured in dry sea salt for three months, then lightly coated with olive oil. Showcase these exceptional olives in salads and recipes, or simply enjoy them straight from the jar.



COYOTAS ORGANIC TORTILLAS

Free from grains, gluten, gums & fillers, cassava flour is the secret ingredient in these tortillas. With cassava's nuttiness and tenderness, these pliable organic tortillas pass the true test: your taco filling reaches your mouth, not your lap. Made with only 4 simple ingredients: Organic cassava flour, water, organic coconut oil and salt.



School Is Back!

August 5 - 31 shop our
Back to School Sale
Save 25% OFF on 400+ items!

Yerba Madre



Smooth, jitter-free energy from yerba mate.

Stasher Bags

Reusable,
platinum silicone
storage bags.



Clif Bars

Soft-baked,
organic energy
bars.



Start Right Sliders

Gluten-free, high
protein breakfast
waffle sammies.



Tucson Tamales

Hand-rolled,
frozen, corn
masa tamales.



Nuun Hydration

Fizzy, low-sugar
electrolyte drink
tablets.



CHECK OUT OUR MEMBER SALES

Members save 15% OFF! August 5-18



**Tony's
Cocolonely
Chocolate**
All Varieties
Reg. Price: \$7.79



Larabar
All Varieties
Reg Price: \$2.49



**Fishwife
Tinned Fish**
All Varieties
Reg. Price:
\$8.99-\$9.49



**Feel Good Foods
Frozen Appetizers**
All Varieties
Reg Price: \$9.99-\$10.99



**Kodiak Cakes
Power Waffles**
Buttermilk & Vanilla
Reg Price: \$7.99



**De La Calle
Tepache**
All Varieties
Reg Price: \$2.99



**Dozen Cousins
Beans, Rice &
Seasonings**
All Varieties
Reg Price:
\$3.79-\$4.99

**DURANGO
NATURAL FOODS
CO-OP**



**6th
ANNUAL**

HARVEST FESTIVAL

2026

**CELEBRATE DURANGO'S ONLY
CO-OP GROCERY STORE!**

**LIVE
MUSIC**

**SAT. AUGUST 22
2-7 PM
ROTARY PARK**



**LIVE MUSIC
+ LOCAL VENDORS
+ FOOD, BEVERAGES + TREATS
+ FAMILY-FRIENDLY ACTIVITIES
+ FACE PAINTING + MORE!**



THANK YOU TO OUR GENEROUS SPONSORS





+DRINKS PROVIDED BY:



+ICE CREAM FROM:

HOOPLA!

+COFFEE FROM:



+SAUSAGE WORKSHOP BY:
JAMES RANCH
DURANGO EST 1961 COLORADO



+YOUR 2026
ROUND-UP
RECIPIENT:

THE
**GOOD
FOOD**
COLLECTIVE

+OTHER PARTICIPATING VENDORS!



+ MORE!





HARVEST FESTIVAL ROTARY PARK

2026



AUG. 22ND 2-7PM

FEATURING
**THE CROSS
EYED BEARS**

TACO BAR MADE BY THE

**DURANGO NATURAL
FOODS CO-OP DELI**

TACO BAR MADE BY THE

**LIVE
MUSIC**

HARVEST FEST BINGO!

PLAY TO WIN EXCELLENT
PRIZES FROM:





Sitting on over six-thousand acres, 16 miles southwest of Durango on the site of the historic site of the original Fort Lewis College, The Old Fort at Hesperus is full of activity. The property serves as host to a Farmer in Training (FIT) & incubator programs, a CSU research center and the headquarters of the Southwest Conservation Corps. The FIT program focuses on imparting knowledge of high-altitude farming onto its students and helping to improve and sustain our local crop of sustainable and organic farmers.

The Farmer Training program aims to offer an innovative entry point for beginning farmers in the Four-Corners region, equipping students with support services and the skills necessary for a flourishing agricultural career. With up to a dozen aspiring young farmers enrolled annually, the Old Fort is a wonderful place for students to learn high-elevation and organic growing practices. While not Certified Organic, student-farmers at the Old Fort are required to adhere to organic & regenerative principles and must have approval from farm management to deviate from those principles.

Following their graduation from the training program, since 2013, budding farmers are offered the opportunity to start their own independent farming businesses through The Old Fort's incubator program. This begins on a 1/16 to 1/8 acre plot, and can eventually be expanded up to an acre in The Old Fort's larger "Incubator Field." This provides young farmers with lower start-up overhead through access to group purchased insurance and the ability to rent





root cellar storage and cooler space in addition to tractor work done by Old Fort staff.

This incubator program has been so successful that it is currently in the process of growing, with a 12-15 acre expansion of the farm being undertaken this summer. With plans to offer long term, 5-10 year leases on multiple acres, this expansion makes space for young farmers who have outgrown the incubator field but do not yet have the means to move onto their own land. This is great news for the Co-op, as we have been long term buyers of both fresh produce and storage crops from incubator students, and have maintained relationships with graduates of the program over the years. We even have a few recent and current students working at the Co-op too!

Beyond farming and Fort Lewis College, The Old Fort location has a bit of an infamous history. 75 years before becoming Fort Lewis College, in 1881, the location was founded as a US Army outpost focused on the the US's westward expansion into Native American territory. A decade later, the property was home to an Indian boarding school which remained into the 20th century until finally closing in 1910. As a remnant of this legacy, to this day tuition at both Fort Lewis College and the Old Fort is waived for all students with native ancestry.

From the Farmer in Training program to the incubator fields, The Old Fort at Hesperus is growing the next generation of sustainable local farmers. With education through practice and extensive opportunities, the next generation of Four-Corners farmers is in good hands.

Story & Photography by: Jacob Lienhardt

1- The Old Fort Education Garden; 2-The spring-fed stream where The Old Fort sources much of it's water; 3- Farmer Training Coordinator Emily Bell standing by the incubator corn field; 4- This year's 'dry farming' experiment; 5- Potatoes not yet mature enough for the DNF Produce section; 6- The Education Garden mural; 7- Young plants in the Education Garden Hoop House; 8- Incubator field expansion work; 9- Students working in the Education Garden; 10- The Old Fort Country Store, open from dawn 'til dusk every day; 11- One of the farm's 120 beef cattle

What's happenin'?

At the DNF Deli

THE DELI GOES BACK TO SCHOOL!

The DNF Deli is a great quick stop for healthy, fresh fuel for your busy days, no matter the time! Now that school is back in session, it's easy to let meal prep fall to the wayside – fortunately, the Deli is making grab-n-go items every day, with premium organic and local ingredients. There's always something in the Deli to choose from whether you're craving snacks, want a cool-down on hot days, or need a quick morning meal on the days that you snooze the alarm a few too many times (don't worry, we do it too).

7:45AM BREAKFAST AND COFFEE

Rushing to your 8AM class? Dropping the kids off, and want an easy breakfast afterward?

We always go for a grab-n-go breakfast burrito or bagel sandwich from our hot case and a cup of Desert Sun coffee.



Have a few minutes to wait? A Breakfast in Bread with bacon is a great breakfast choice!

Did you know?

The DNF Deli brews two different Desert Sun Coffee Roasters blends made just for us! Local, organic, and made fresh throughout the day.

9:00AM FRESH-PRESSED JUICE

By 9am, we're feeling the morning caffeine wear off, at work or at school. **Our preferred mid-morning buy is any of our fresh-pressed juices, like the Gingerkick or the Carrot Sunshine!** Our Green Goddess is definitely the most popular, packed with celery, cucumber, and plenty of greens, sweetened with some fuji apple.



Our Gingerkick juice in the sunshine! Ginger, lemon, and apple wakes you right back up again

11:00AM GRAB-N-GO SANDWICHES

Almost lunch time! We see our staff and friends coming in around 11am to buy grab-n-go cold sandwiches. Everyone loves a hot A.B.C. on the line, but if you're in a rush and between errands, ***our go-to cold sandwiches are the Turkey Green Chile, James Ranch Roast Beef, or B.L.Tempeh.*** All of these are made on local sourdough from Bread!



3:00PM SNACK TIME!

Snack time looks different for everyone, but we all love an afternoon pick-me-up, especially one that makes you feel good about what you're eating. ***For us, we love a Cherry Bomb smoothie (chocolate-y cherry, with local Sarvaa protein powder), our chocolate chip cookies, or – if you're feeling savory – some dolmas for snacking.***

DNF Deli Cherry Bomb smoothie



6:30PM DINNER MADE EASIER

Most of our Deli staff are in school or already finished college, so we know what it means to be absolutely cooked after the day is over (no pun intended). ***Easy school night dinners for us are an 8oz container of our Lemon Caper Tuna Salad or Peanut Gochujang Tofu, over some rice or with greens.*** Super quick and easy way to have a nutritious dinner!

Strawberry Tomato Gazpacho

Total Time: 30 minutes Servings: 4-6

Ingredients

1 pound strawberries, washed, hulled, and coarsely chopped
1 pound tomatoes, coarsely chopped
1 cup chopped green bell pepper
1 cup chopped cucumber (peeled and seeded)
1/2 cup chopped onion
1 clove fresh garlic
1 fresh jalapeño, seeds and stem removed
Zest of 1 lime
4 tablespoons fresh lime juice
1 1/2 tablespoons balsamic vinegar
1/2 teaspoon salt



Preparation

Blend all of the ingredients together in a blender, in small batches if necessary. Stir well and taste for salt.

This soup is at its refreshing best when served just under room temperature. Refrigerate the fruit and vegetables shortly before blending if you plan to serve it immediately.

SantaCruz



Lime Juice
\$5.99/16oz

Fields to Plate

LOCAL



Strawberries
\$9.99/lb

DNF Produce



Tomatoes
\$5.99/lb

Saffi Sanna



Balsamic
Vinegar
\$12.49/lb

Strawberry Lassi

Total Time: 10 minutes Servings: 2



Ingredients

1 1/2 cups frozen or fresh strawberries
1/2 cup plain yogurt
1/2 cup milk
1/2 teaspoon grated fresh ginger
2 pinches ground cardamom
1 1/2 tablespoons honey

Preparation

Put all the ingredients in a blender. Secure the lid and blend until smooth.

Serve over ice, if desired.

Greek Gods



Yogurt
\$4.99/24oz

Fields to Plate

LOCAL!



Strawberries
\$9.99/lb

Horvath Honey

LOCAL!



Honey
\$12.99/11.5oz

Organic Valley



Whole Milk
\$3.79/32oz

coop deals

AUG 5 - AUG 18, 2026

INCLUSIVE TRADE PARTNER

Painterland Sisters is a woman-owned company. We make delicious yogurt and work with partner farms to care for their land, animals and workers.



2.29 Painterland Sisters Organic Skyr
5.3 oz., selected varieties



2/\$5
Noosa Yoghurts
8 oz., selected varieties



4.49
Mt Vikos Organic Feta Cheese
6 oz.



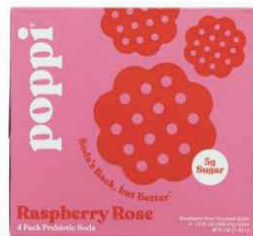
3.69
Food Should Taste Good Tortilla Chips
5.5 oz., selected varieties



4.99
Laoban Dumplings
6-8 oz., selected varieties



2/\$3
Epic Meat or Seafood Strips
.8 oz., selected varieties



7.99
Poppi Prebiotic Soda
4 pk.-12 fl. oz., selected varieties



4.79
Dr. Praeger's Veggie Burgers
10 oz., selected varieties

plant powered, flavor packed



Woodstock Frozen Pastas are organic and free from artificial ingredients. Packed with delicious flavor and ready in minutes — just add your favorite sauce for an easy meal everyone will enjoy!

8.49 Woodstock Organic Frozen Pasta
20 oz., selected varieties



2/\$4
C2O Coconut Waters
17.5 fl. oz., selected varieties