



GOOD THYMES



DNF CO-OP'S MONTHLY NEWSLETTER

THE MONTH OF THE MUSHROOM



Mushroom Madness | Anatomy of a Superfood Salad



cup O' JOE



Eastside Food Co-op. Linden Hills Co-op. Seward Co-op Grocery & Deli. The Wedge Co-op. Mississippi Market. What do these Co-ops all have in common? Answer: they are all in the Minneapolis metro area.

Most of us know what is happening in that part of the Country and I was curious as to what these Co-op's reactions to these events was/are. Would there be calls to action? Would there be lists of who to contact and where to go to educate ourselves about these current events? Would there be statements of neutrality?

Things may be different on the ground and in these Co-ops, but just looking at their websites, there is nothing. No mention. Business as usual.

Now, while a little surprising, I totally understand it. And we do not have anything on our own website (although the intensity of the events are a lot less here than in Minneapolis). I say surprising because I know these Co-ops to have a deep sense of community and activism.

And herein lies a long issue in the Co-op movement: as a community entity, what is our role in community development and advocacy. It's complicated.

A Co-op is not simply a grocery store. The current Co-op landscape is in direct lineage with the Rochdale, England Co-op who set down some principles that

Co-ops should adhere to – or at least, these principles worked for them. They've been reworked a little over the last 150 years (by the International Cooperative Alliance), but they are, for the most part, closer to the originals than further.

The first 2, however remain the same: 1) Voluntary and Open Membership; 2) Democratic Member Control. The underlining bedrock of democracy is equality and these 2 principles were radical and political in the mid 1800's. Those original Co-ops were solidly behind Women's Suffrage decades before it became reality.

As a matter of fact, the early Co-ops (especially the American Midwest Co-ops) had a very political edge to them as they were self-proclaimed Socialists. Long stories there.

Though not adhered to at the time, one of the original principles that as been changed the most was, Neutrality. That was changed to Autonomy and Independence. The main reason for this change was that certain governments wanted to control the Co-ops. But it also opened the door to each co-op espousing whatever according to their own volitions.

Many of the Co-ops in the late 60's and early '70s where vehemently anti-war. Some even proud socialists. Most of those Co-ops failed and most of the survivors have learned



CO-OP QUIZ

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



- 1** Which of the following items is not included with the other new products featured on page 12?
 - a) Bachan's Japanese BBQ Sauce
 - b) Ayoh! Sando Sauce
 - c) Evergreen Waffles
 - d) Havarti Horseradish Cheese
- 2** What days of the week this month will the DNF Deli be serving Mushroom based soups?
 - a) Mondays & Thursdays
 - b) Tuesdays & Fridays
 - c) Fridays & Saturdays
 - d) Sundays & Wednesdays
- 3** Which of the following mushrooms is not an Agaricus bisporus?
 - a) Portobello
 - b) Cremini
 - c) King Trumpet
 - d) Button
- 4** How many avocados were purchased by DNF customers in 2025?
 - a) 8,512
 - b) 12,463
 - c) 18,901
 - d) 31,672
- 5** How much did DNF customers Round-up for NATIFS in November & December 2025?
 - a) \$766.65
 - b) \$1,450.21
 - c) \$3,077.13
 - d) \$9,985.45
- 6** The DNF Deli has new labels highlighting Local and Organic Ingredients.
 - a) True
 - b) False
- 7** How many seats are open in the upcoming Board of Directors election?
 - a) Three
 - b) Two
 - c) Five
 - d) All of them
- 8** How many members of the DNF Staff have been to the South Pole?
 - a) Five
 - b) One
 - c) Two
 - d) Zero
- 9** Which of the following is NOT a type of mushroom?
 - a) Oyster
 - b) Morel
 - c) Lobster
 - d) Tiger's Mane
- 10** What does DNF offer all FLC Students with a free Student Account?
 - a) Free Tater Tots
 - b) 5% Off Every Purchase
 - c) Test Answers
 - d) Student Loan Forgiveness

A MONTHLY LETTER FROM YOUR DNF BOARD:



Well folks... this is it. My final board message to you, as your Co-President, Wes Medlock.

When I joined the board of Durango Natural Foods Co-op in 2019, we were standing at a real financial edge. It was scary. We are here today because this community – you – refused to let something so meaningful fade away. You showed up. You invested not just your dollars, but your values. You choose to support a mighty, little co-op that stands for more than profit, one rooted in relationships, local food, shared ownership, and collective responsibility.

For over 50 years, DNF has served this community. I am both humbled and incredibly proud to say that today we are far from where we were in 2019. We are stable. We are resilient. We are our members.

Serving you has been one of the greatest honors of my life. I've had the privilege of working alongside dozens of dedicated board members, our top-shelf GM, Joe Zweibach, our extraordinary Assistant GM, Mads Root, our exceptional management team, and our dedicated staff that make DNF the place we all love to be. These people pour themselves into this place every single day. I have more faith, trust, and respect for this team than for any organization I have ever been part of. That is not something I say lightly. Some of you may be wondering why I'm not running for another term. It's not because I don't want to, it's not because of conflict, and it's not because I've lost passion. It's because for some time now, I've known I need to recalibrate – my work, my health, my pace. And there is one very compelling, eight-month-old reason named Stella who deserves more of her dad.

With tears on my keyboard, I can say that serving the members of Durango Natural Foods has shaped me deeply. It has humbled me. It has made me better. I am honored beyond words to have represented you. Thank you for trusting me. Thank you for believing in this place. You may not know me personally. I may not know your name. But I love you and this community, and I am grateful for you in ways I struggle to articulate.

Thank you for proving that community is unstoppable and allowing me to contribute, in some small way, to what I believe is the best damn co-op in this country.

I'll see you in the aisles.

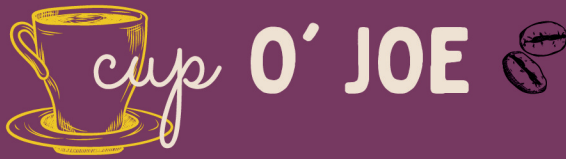
With profound love and gratitude,
Wes Medlock
Durango Natural Foods Co-op Co-President

MARCH MUSHROOM MADNESS!



15%

OFF
FEATURED
MUSHROOM
PRODUCTS



CONTINUED FROM PAGE 2...

that getting involved politically was not good for that said survival.

But here's a catch: The Seventh Principle is "Concern for the Community".

I'm the first to say, "What the heck does that mean?"

In my mind, "Concern" means understanding the community as well as nurturing it and maybe even protecting it. I'll be honest here: when I talk to other Co-op GMs about stuff like this, they quickly change the subject to margins and inventory control. Which are good conversations too but few want to even think about this concern.

And if we do take a political stand, who decides it? Me as GM? While I'm convinced that I'm always right, I've yet to meet anyone who shares that view. Probably the Board should decide this. At the same time, there have been quite a few cases where Boards made political decisions that threatened the economics of the business with some failing.

Now you may think, "What the heck is Joe talking about? Really, this is a grocery store. A cool grocery store but a grocery store none-the-less".

Yeah, I get that but, even though it is not always obvious, we are, or should be, more than a grocery store.

Now we have to ascend to the esoteric strata: At the most basic level is the understanding that our Co-op is even possible because of the collective investment of our community. This is the equity that Members pay in until a cap of \$300 is reached. There are no deep pockets, there is no one getting rich, our purpose is to serve our community, support local, and offer the finest quality foods we can find or create (our Deli is so good – shameless plug). For 53 years, it is the Members equity that has fueled this place forward. And we are 2,800 strong right now!

As I write this, we (collective "we" of the US) have just started bombing Iran. I do not feel good about this. I don't think this is the way we should be doing things. Should we post things on our web and social media sites? I've already seen a post on my Face Book page thinking this is the best thing that has happened. And another which posted that they "Stand with Iran".

And so – we don't take a stand. We talk about food (and mushrooms! Join us for Mushroom Madness all through March! (another shameless pug but I'm okay with it)).

Joining and supporting a Co-op is partly a political decision – at its base is an anti-corporate anti big money entity. We are with the people not the billionaires who control our food supplies.

We are concerned about other food politics such as GMOs and chemical spraying of our farms – not just the food but the health of the farm workers too. We support Organic and fight for stricter federal standards. And we go out of our way to support our local producers (enjoy the new hits from High Desert Bagels (I keep plugging away)).

I've long thought that our Co-op Principles needed another principle added to the current 7 and that is 8) concern for humanity, peace, health and non-violence. That certainly opens the door to more political awareness. I think most food Co-ops would support this as, I believe this is the majority of members across the country and it's who we are. Do we ever take a collective stand on something? There is the possibility that escalations in events – especially if anything effects voting – will force Co-ops to say what's on their minds.



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



MEET EMMA!

ALWAYS
AROUND TO
HELP YOU
OUT, SHE'S
GOT YOUR
BAAAH-CK

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



Q: So, where are you from?

A: Akron, OH. I grew up 2 minutes from Cuyahoga Valley National Park

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

A: How Durango is an outdoor playground and all the seasonal activities it offers as well as the small towns around it.

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

A: I am either working on my yoga teacher training or at Purgatory.

Q: What is your message to the world?

A: Read more books for lifelong learning and empathy.

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

A: The positive work environment.

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

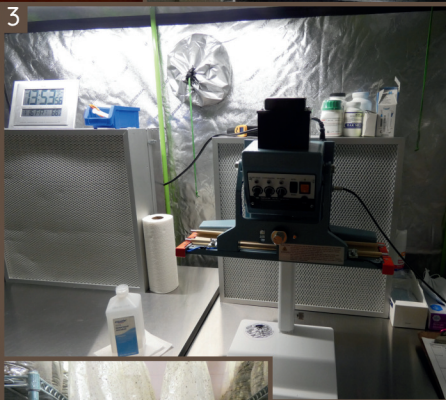
A: My passion for whole and organic foods as well as my love for the Co-op!

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

A: A deli ABC sandwich, a Winter-ade (cold-pressed) and dried mango.

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

A: A community working for the common good.



With little growing outside this time of year, winter is an opportune time to check-in with our local mushroom farms. Their production only ceases when schedules allow and all the work is done inside, under controlled conditions. We paid a visit to **Leafcutter Farm**, south of Durango, and **Humble Fungi** in Aztec to see what it takes to provide the consistent supply of delicious and healthful mushrooms to DNF.

Mushroom farmers begin the growing process by first **mixing substrate (1)**, the organic matter that will serve as the “soil” that will eventually bear mushrooms. Most common is a blend of oak wood pellets and grain hulls, with enough water added to resemble a wet sponge. The substrate is then portioned into special bags designed for mushroom growing and **placed in a giant steam kettle(2)** that will pasteurize them for nearly a day. Once cooled, the bags are opened in an **area clean as a surgery room(3)** and “spawn” (grain that has been colonized with a select mushroom’s mycorrhizae) is added to the sterile substrate. After the bags are resealed they are left to incubate for 2 to 4 weeks in a **room that stays around 65 degrees(4)**. A fully colonized bag of substrate is nearly all white with mycorrhizae (fungal roots if you will) and feels like a solid, cohesive block. Colonized blocks are moved to the **fruiting chamber(5)**, where humidity, temperature, and CO2 are tightly controlled. Mushrooms like it cool, in the mid-60s, too warm and growth of harmful molds and bacteria can be accelerated. High humidity, over 80%, keeps the blocks from drying out and encourages consistent growth. Mushrooms also love oxygen (who doesn’t?), they too breathe out carbon dioxide and when too much is present in the fruiting stage they become stretched out and misshapen. Slits are cut

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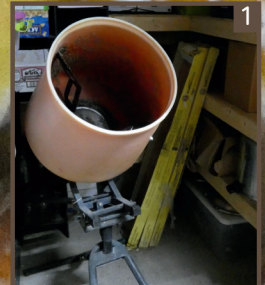
into the sides of the bags, allowing oxygen in and jump starting the fruiting process. The first signs of fruiting are “pins”(6), small bumps that will eventually become the mushroom caps. They begin to push out from the block and through the slit in the bag. Depending on the variety, fully formed caps and stems may be ready to harvest in less than a day later. A fruiting room with multiple successions of blocks at different stages requires once-a-day harvests, sometimes even twice. Most blocks will provide one substantial flush to harvest and a smaller second flush several days later. A third flush does not provide enough to justify the space and time to keep the block in the fruiting room so it is finally moved on to the compost pile. The substrate in the finished blocks still resembles sawdust when broken apart, but quickly reduces to fine particles in the presence of living soil.

Leafcutter’s spent blocks provide entertainment and nutrition to a small chicken flock before being incorporated into their market garden soil. The Humble Fungi homestead, better known as Alkali Fields Farm, also adds broken down blocks to the pasture that their dairy goats and cows graze, indirectly enriching the milk and meat the family consumes.

Check-out the local fresh and dried fungi at the CO-OP while it’s 15% off this month. Available in the produce section, and enjoy weekly mushroom-centric soups from the deli, (at least one will feature a wild oyster strain grown by firewood man and Organic farmer, Gabe French).

Embrace the madness!

Story: Jack Leggett
Photos: Jacob Lienhardt



MUSHROOM

SUPPLEMENTAL



New!

Host Defense: Grateful Dead Gummies

For focus, relaxation or revitalization, with the power of Reishi, Lion's Mane, Agarikon, Chaga, and Turkey Tail mushrooms.



Host Defense Supplements
In both powder or capsule form, these supplements are powered by Mushroom Mycelium and are free of needless fillers.



Malama Mushroom Superfoods

is a family-owned, superfood mushroom company on a mission to share the health & wellness benefits of superfood mushrooms with the world.

Plant People Mushroom Gummies

Using the power of mushrooms to help you complete your wellness journey.



Leaf Cutter Farms & Free Bloom

Reishi and Lion's Mane tinctures
Lion's Mango CBD Gummies

LOCAL!

LOCAL!



Four Sigmatic Organic Protein

With added functional mushrooms for added immunity benefits



MADNESS

CULINARY

LOCAL!



LOCAL!



Fresh & Local

Lion's Mane, Oyster, Chestnut, Enoki, Black Pearl Kine & King Trumpets

*Local

Dried

Mixed Oyster*, Lion's Mane*, Morel, Lobster, Mutsutake, Chanterelle, Black Trumpet & Porcini.

New!



LOCAL!





NEW PRODUCTS

in store now!

AYOH!



So... what the heck is Ayoh? It's mayo with a POV. Or as we like to call it, Sando Sauce. Packed with texture, flavor, bits and bobs, it's the only condiment you'll ever need. The start of a perfect sandwich. And for that matter, the ultimate pairing for burgers, fries, nuggets, veggies, and more. Trust us on this one-you'll never endure a bland-o sando again.

...and Sando Sauce? You know how you would never eat a bowl of cereal without first dousing it in milk? And you also would never eat a salad without some kind of vinaigrette or dressing? A pasta without sauce? Well, over here at Ayoh, we believe you should never eat a sando without Sando Sauce. Our Sando Sauces start with ultra creamy mayo, and get packed with big flavor, big texture ingredients like pickles, spices, herbs, and vinegars to create a one-stop sauce for sandwich slathering success.

EVERGREEN WAFFLES

I know what you're thinking: frozen waffles? Are they simple? Yes. Tasty? Definitely. Cramming all the good stuff like veggies, nuts, and spices into something that tastes as good as it makes you feel.

Every waffle starts with a short list of simple ingredients:

- 100% whole grains
- Real veggies
- Avocado oil
- Natural sweetness

And absolutely no preservatives, no seed oils, no fake flavors. Ever.



HAVARTI HORSERADISH CHEESE

Our newest cheese brought to you from Cheese Importers in Longmont, CO. This artisan cheese blends the smooth, buttery texture of Havarti with the pungent kick of horseradish, creating a taste sensation that will awaken your palate.

Crafted with care in Wisconsin, Decatur Dairy Horseradish Havarti is made from high-quality cow's milk and infused with freshly grated horseradish. The result is a cheese that is both creamy and zesty, with a subtle sharpness that complements the Havarti's naturally sweet and buttery notes.



Luv tempeh



Located in the heart of Durango, Luv Tempeh focuses on hand crafted, soy-free tempeh along with other fermented foods. Made using the finest ingredients, Luv is dedicated to sourcing locally and organically as possible. As a member of the Colorado Grain Chain, Luv is helping to grow Colorado's vibrant, community centered grain economy.

Luv's soy-free protein is a labor of love for it's owner Laura Nunemaker, who was kind enough to show us around her kitchen earlier this February. Located along Durango's beautiful Animas River, Laura and her partner Kevin churn out tempeh for the masses with the help of their lone employee, Sydney.

The process of turning their high quality beans and other ingredients into tempeh is fairly straightforward. After baking the beans and other ingredients, everything is mixed evenly together along with *Rhizopus Oligosporus* spores. This mixture is then molded into blocks and left to ferment using the help of perforated bags and climate controlled tents until the mycelium has fully colonized the blocks. The tempeh is refrigerated and delivered fresh throughout Durango (including DNF) and frozen for farther deliveries throughout the four-corners.

In addition to tempeh, Luv also produces fermented products, of which DNF carries their various fermented Miso as well as their Umami Vegan Parmesan. Find Luv's products either in our Plant-Based fridge as well as in the dairy fridge by the front door.



Clockwise from top: Colorado sourced beans and other dry ingredients; kitchen assistant Sydney, preparing beans to be turned into tempeh; beans being cooked then strained & mixed before being molded into blocks; tempeh blocks stored in perforated bags to ferment; temperature controlled fermentation tent; finished product: Luv's Black Beauty Tempeh; Laura & DNF Assistant Grocery Manager Dan Groth.



Know Your

White Button

Also referred to as a “white mushroom,” these are the earliest growing stage of *Agaricus bisporus*. They have a soft texture and mild flavor.



Cremini

The mid-growth stage of *Agaricus bisporus*. With a slightly firmer texture, darker color and more savory, umami flavor than the White Mushroom.

Portobello

The mature growth stage of *Agaricus bisporus*. Significantly larger than their younger siblings, Portobello Mushrooms are much larger, with an earthier taste and meatier texture.



Mushrooms



Oyster

Grown in small clusters, Oyster mushrooms have a delicate, chewy texture with a mild anise hinted flavor. While these can be eaten raw, cooking enhances their flavor.

Chanterelle

Gold and shaped like a trumpet, Chanterelle mushrooms have a dense texture, fruity scent and a nutty, earthy flavor.



Lions Mane

With a shaggy appearance, like the mane of a lion, the sweet flavor and tender texture make Lions Mane mushrooms a great replacement for seafood in vegetarian dishes.



Anatomy of a DNF Deli

SUPERFOOD

kale



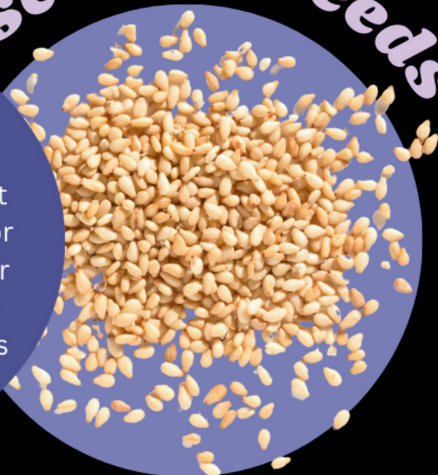
The nutrition superstar! Kale can support your heart, eyes, and digestion. With so many health-promoting nutrients, we had to make it the star of the show!

carrots



Your eye doctor told you this one: When you eat carrots, your body takes the beta-carotene and converts it to Vitamin A, which supports your vision!

sesame seeds



Sesame seeds have calcium, magnesium, and phosphorus - an important combination of minerals for bone health - whether your bones are growing, or you want to minimize bone loss as you age!

ginger



Ginger benefits digestion, can ease nausea, and has been long-known to be an anti-inflammatory.

Kale Salad

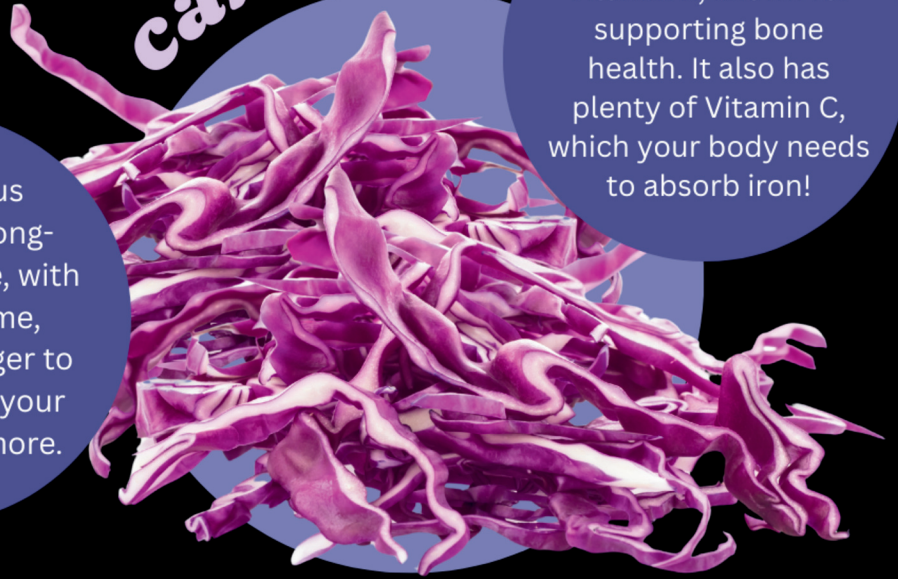
100%
Organic!

sesame dressing



This delicious dressing is a long-time DNF staple, with yummy sesame, lemon, and ginger to make you love your veggies even more.

cabbage



This veggie is high in Vitamin K, known for supporting bone health. It also has plenty of Vitamin C, which your body needs to absorb iron!

pumpkin seeds



Zinc, magnesium, and tryptophan in pumpkin seeds can help improve sleep! Combined with their heart-healthy fats, we love these seeds.

cranberries



These sweet treats are actually packed with antioxidants, keeping inflammation low and supporting bladder health!

Find it in the DNF Deli Grab-n-Go Cold Case!

MUSHROOM MISO RAMEN

Total Time: 45 minutes
Servings: 4

Ingredients

4 cups low sodium vegetable broth
4 small dried mushrooms
1 inch piece fresh ginger, sliced
4 large eggs
1 cup shredded daikon radish
1 large carrot, chopped
5 ounces fresh shiitake mushrooms
-stems removed, sliced
1 tablespoon tamari
1 1/2 cups thinly sliced cabbage
10 ounces dry ramen noodles
2 tablespoons red miso
1 cup warm water
2 small scallions, sliced
Sriracha sauce (optional)
Kimchi (optional)



Preparation

- 1 In a large pot, combine the stock, dried mushrooms and ginger and bring to a boil over high heat. Reduce to low and simmer, covered, for at least 10 minutes.
- 2 Use a slotted spoon or wire basket strainer to remove the mushrooms and ginger, and discard. While the stock simmers, place the eggs in a pot of cold water, and bring to a boil. Remove from the heat and let stand for 10 minutes for a soft yolk, or 14 minutes for a hard yolk. Drain and rinse with cold water, and peel as soon as they are cool enough to handle.
- 3 Add the daikon, carrot and shiitakes to the simmering stock. Cook for about 2 minutes, just to soften the veggies. Add tamari, salt, sliced cabbage and ramen, return to a boil, and cook for 4 minutes or until the noodles are done. Whisk the miso into a cup of warm water, then whisk into the simmering soup.
- 4 Serve in in four large, wide bowls. Halve the boiled eggs lengthwise and float two halves in each bowl of ramen. Season with Sriracha and kimchi, if you prefer.

Luv



Aged Dark Adzuki Miso
\$19.99/8oz

Leafcutter Farms



Dried Mushrooms
\$15.49/oz

Humble Fungi



Fresh Shiitake
\$19.99/8oz

Turtle Lake Refuge



Kimchi
\$11.49/16oz

Ocean's Halo



Ramen Noodles
\$5.79/8.4oz

OYSTER MUSHROOM CABBAGE TACOS

Total Time: 40 minutes
Servings: 3-4

Ingredients

¼ Lbs Oyster Mushrooms
2 Eggs
-Flour/Panko
8 flour tortillas
⅓ Cup Plain Greek Yogurt
1 Tablespoon Sugar
1 Tablespoon Lemon Juice
1 Tablespoon Apple Cider Vinegar
¾ Teaspoon Salt
¼ Teaspoon Ground Pepper
3 Shakes of hot sauce
½ Head of Red Cabbage
Dill & Garlic Salt



Preparation

- 1 Set oven to 350 F, make separate the following into three bowls: 1) Flour, 2) Eggs, 3) Panko with garlic salt, pepper & dill.
- 2 After cycling mushrooms through the three bowls, bake for 15-20 minutes.
- 3 While mushrooms cook, shred cabbage and add yogurt, sugar, lemon juice, apple cider vinegar, hot sauce, salt & pepper. Toss together.
- 4 When mushrooms are finished cooking, add to tortillas with the slaw. Add preferred amount of hot sauce.

**Tortillaria
La Flor**



LOCAL!
Flour
Tortillas
\$5.29/12ct

**Leafcutter
Farms**



LOCAL!
Oyster
Mushrooms
\$11.99/8oz

**Nancy's
Probiotic**



Greek
Yogurt
\$9.99/24oz

**DNF
Produce**



Red Cabbage
\$1.99/lb

Tobasco



Hot Sauce
\$5.49/5oz

coop deals

MAR 18 - MAR 31, 2026



3.99

Late July Snacks
Tortilla Chips
7.4-10 oz., selected varieties

feel good mood + mind



INCLUSIVE TRADE PARTNER

GT's Living Foods is family- and LGBTQIA+-owned. ALIVE helps soothe stress, clear your mind and uplift your mood with clinically studied adaptogens. It's a fizzy, flavorful, feel-good functional beverage that gently supports your nervous system.

2/\$6

GT's
Alive Elixirs
16 fl. oz., selected varieties



7.49

Caulipower
Frozen Pizza
10.9-11.85 oz.,
selected varieties



6.49

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



3.99

Montebello
Organic Pasta
16 oz., selected varieties



2/\$3

Annie's
Mac & Cheese
5.25-6 oz., selected varieties



3.99

C2O
Coconut Water
33.8 fl. oz., selected
varieties

INCLUSIVE TRADE PARTNER

Fishwife is a woman-owned company. We aim to make ethically sourced and delicious tinned seafood a staple in every cupboard.



6.49

Fishwife
Tinned Fish
3.7-4.2 oz., selected varieties



12.99

Thousand Hills
100% Grass-fed
Top Sirloin Steak
12 oz.