



GOOD THYMES

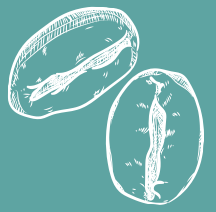


DNF CO-OP'S MONTHLY NEWSLETTER

January is Wellness Month!



20% OFF SUPPLEMENTS & BODY CARE! ALL MONTH LONG!



Do you remember “Covid”? Wasn’t that a weird sickness that hit us 6 years ago? Despite the fact that we were considered an “essential business” and we needed to innovate with poor information on a daily basis, I barely remember it. I have to force myself to remember those 2 years – actually more like 18 months but that comes from noting things on a calendar more than personal memory.

I do remember that when it hit and anxiety was at an all time high, embracing my black humor mode, I’d say, “No worries, in around 2 years it will all be over and we’ll look back and laugh”. I do not mean that with any disrespect to the victims of the disease.

Most folks did not respond favorably when I said that. I get that. While I would not want to go to jail for 2 years, which, essentially, is what Covid did to the entire world, that all ended over 4 years ago. My joke wasn’t about how long Covid would last but rather how fast time goes. Older folks understood this more than our younger ones. 2 years? A blink of an eye.

But Covid, although I never contracted the illness, did have a huge effect on me. Each new year used to be greeted with celebration and great thought about what I can accomplish in the next 12 months. I would use business judo and operational ballet to flow over our challenges. But now, after Covid, I brace

myself as a defensive football player waiting for the offensive line to come right at us at the start of each year. I do not celebrate the new year anymore. I dig my heels in. “Bring It On”, I seethe as the clock strikes midnight.

2026. My goodness. I’m still getting ready for Y2K (look it up). We got through Covid. Yet the current world situation is precarious, costs are rising (average cost of a new car in 2019 was \$36,500 and in 2025, it’s \$48,850 – that’s crazy). People aren’t just worried about the cost of foods (which are also going up) but of everything.

The modern form of our Cooperatives is traced back to about 1850, the Rochdale Co-op who, while not only being successful, documented their philosophy of what they were doing to achieve success. In a very distilled way, that philosophy became the Cooperative Principles which still exist today, believe it or not.

The folks who formed the Rochdale Co-op (which is in England, by the way), were everyday workers who were being taken advantage of by the moneyed forces. They banded together and created their Co-op by, literally, saving their pennies to open up a store front combating the dominant market forces.

Not only did they thrive but hundreds of

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!** select items!



Look for the symbol!



Co-op Price Tag Guide

When shopping the Co-op, look for these signs to save EVERY DAY! Our Co-op Deals and Member-Owner Sales change every two weeks and our Student Deals Sales change just about every month.

coop basics

THESE ARE NOT SALES, BUT ARE
**GREAT LOW PRICES FOR
EVERYONE, EVERYDAY**

**MEMBER-OWNER
SALE**

THESE ARE
**EXCLUSIVE SALE PRICES FOR
MEMBER-OWNERS ONLY**

coop deals

THESE ARE 2-3 WEEK
**SUPER LOW SALE PRICES
FOR EVERYONE**



A MONTHLY LETTER FROM YOUR DNF BOARD:



Ryan Lazo
DNF Board Secretary

Greetings DNF member-owners,

As we move from the busy fall and holiday season into a new year, I want to begin with a sincere thank you to everyone who chose to shop at the Co-op during an especially full and, at times, challenging period. We know there are many options in town, and we appreciate your continued support as we navigated the holiday rush and the first phase of traffic reconfiguration on College Drive.

Over the past several months, the DNF Board has been focused on how we steward the Co-op into the future. In December, we held a full-day board retreat dedicated to strengthening how we make major decisions and aligning around DNF's long-term strategy. We spent the morning learning and practicing a new feasibility framework to ensure proposals are evaluated consistently and thoughtfully, and the afternoon in deeper discussion around the board budget, external pressures, and potential expansion opportunities, along with dedicated time to strengthen our working relationships as a board.

The start of a new year is also a natural moment for reflection. As I enter my third year serving on the DNF Board, I'm often reminded why I, and my fellow board members, choose to serve. At its core, it comes down to this: the Co-op is fundamentally different. You feel it when you walk through the store. Sometimes it is subtle, and sometimes it is literally written on the wall behind the registers.

The next time you are in the store, I encourage you to pause at checkout and revisit the seven Cooperative Values and Principles that define what makes the Co-op different. Consider sharing what stands out to you with a friend or family member who may be curious about upcoming grocery changes in Durango. For me, Value #7, Concern for Community, keeps me engaged. Cooperatives work for the sustainable development of their communities through policies approved by their members. That means you. We are all in this together, supporting one another, local producers and purveyors, and the mountain town we call home.

Thank you for your continued support of the store. I look forward to continuing to work on your behalf to make the Co-op one of the best little stores in the Southwest.

Warmly,

Ryan

Wellness Month

Body Care Sale! Supplements

20% OFF



January 1-31



MEET MIA

OUR NEWEST AMAZING, FUN AND CREATIVE DELI TEAM MEMBER!

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



Q: So, where are you from?

A: Durango, CO! Local ❤️

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

A: You can't beat being so close to the mountains and the desert. ❤️ Love being able to adventure in any direction.

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

A: Loving on my fur babies ❤️ and crafting w/ friends 😊 patchwork/repair, crocheting, pottery currently.

Q: What is your message to the world?

A: Love you body, love yourself ❤️

DON'T STOP DANCING! 😊

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

A: All the yummy goodies I'm surrounded with! Right now I'm obsessed w/ the Caracara Oranges 🍊

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

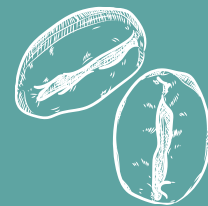
A: Groovy morning dancing when I'm on aux in the Deli. Some dank soups for soup season French Onion!

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

A: Caracara Oranges, Roasted Red Pepper Hummus from the DNF Deli & Falafel Bites ❤️

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

A: KEEP IT LOCAL BABY! Plus, the best (mostly organic) deli in town!



CONTINUED FROM PAGE 2...

other Co-ops opened up across Europe in the next 50 years. And they migrated to the US at the same time.

There was no ambiguity with what they were doing. They were suggesting and creating businesses that served the folks who used them as opposed to "owners" (including corporations), who exploited them.

That was the founding philosophy of the Rochdale Founders stripped bare. We are talking about 175 years ago. And while Co-ops have gained and lost prominence over this time, we are faced with the same dynamics in this day and age although manifested in different ways.

The power base of "civilization" has always been force and wealth. The average type person has endured 1,000s of years of abuse to be where we are today. And, overall, we are better. But we are not there yet. Money dominates. Businesses are not formed to serve people but to make money with whatever means necessary as long as they can get away with it. It's often deceitful, manipulative and criminal.

So enter the Co-ops who say, "nah - there is a better way of doing all this". They were and are correct. But what they lack is capital (money).

But, unbridled capitalism can crush the little dude who is trying to build a sustainable business. Again, money dominates.

This has been understood in this country previously and that is why the FTC was formed (the break up of Standard Oil by the Supreme Court precipitated it). Sometimes, money gains too much power and must be broken up. But that doesn't seem to be happening currently - just the opposite - companies are getting bigger and bigger.

The "New Wave" Co-ops that formed in the 70s and 80s (of which we are part of) were

concerned about healthy foods but also to be an alternative to the Corporate dominance of the grocery industry. They did things on the cheap and relied on donated labor to move them forward.

That was good for little startups but many - actually most - eventually failed as they never solidified their gains and treated money - especially saving it - as poison to their ideology.

It's jarring to see business after business being purchased by private equity firms and billionaires. These forces have driven up prices of nearly everything. They have bought up housing, the medical infrastructure, communications and increased those costs massively - after all, their purpose is to make money, not serve their communities.

A lot of the increases did, in fact, start with the Covid era. A lot of legitimate forces really influenced our economy. But a lot of it - maybe even most - is simply corporate greed. They increased prices and folks paid them so there was no incentive to decrease prices. All fact. The moneyed forces are gathering even more wealth shockingly swiftly.

Unfortunately, I do not see this getting better in this coming year. Our Co-op cannot stop any of this but we still can be an ideological alternative to the "money is all that matters" mindset. Of course to stay strong - we rely on and need money. Quite ironic isn't it.

Yeah, bring on the year. We're braced for it. Cooperatively, we certainly will endure.



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



NEW PRODUCTS

in store now!

MAINE CRISP: BETTER WITH BUCKWHEAT

On it's own, buckwheat is a nutrient-rich superfood. But unlike a lot of other gluten-free base-ingredients, it's naturally flavorful — which means it doesn't need a bunch of added, artificial flavors or fillers to taste great.

AND, as a regenerative crop, buckwheat is good for soil health and helps create sustainable farming practices. There are a million and one reasons to bring buckwheat to your table — it's good for you, good for the earth, and simply delicious!



HENNING CHEESE CURDS

Certified Master Cheese Maker, Kerry Henning, continues the family tradition of cheesemaking that his father Everett & grandfather Otto started many years ago. As a young boy, Kerry worked alongside his father, Everett, learning the art of cheesemaking and received his cheesemakers license at the age of 20. To elevate his craft to the next level, Kerry earned his master's degree in Cheddar in 1999, his master's degree in Colby in 2002 and his master's degree in Monterey Jack in 2002. Over the years, Kerry has won numerous awards in the United States Cheese Competition and the World Cheese Competition. Kerry continues to use his craft to create innovative flavors that push the boundaries of cheesemaking while focusing on the traditional style of making cheese.



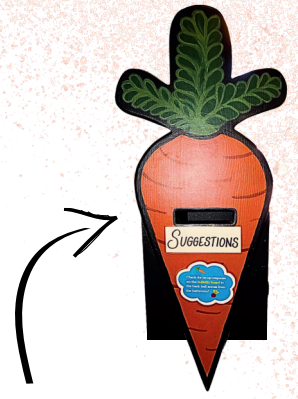
BANYAN BOTANICALS

For nearly 30 years, sharing the wisdom of Ayurveda and the power of Ayurvedic herbs has been our passion. We're here to help people achieve and maintain optimal health and well-being. As an Ayurvedic company, we see the inherent connection between our own health and the health of the world. As we aim to achieve deeper harmony in our bodies, we must also remember to care for the health of our communities and of the planet. Since we first opened our doors in 1996, we knew we wanted to find a way to bring you the purest, most ethically and sustainably sourced herbs possible.



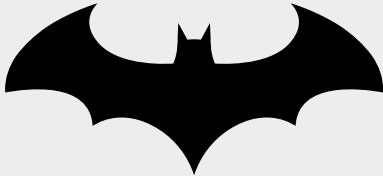


CO-OP SUGGESTION BOX



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. 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
<p><u>Date: October 30</u> <u>Name: Sarah</u></p> <p>Would love to see silken tofu again. Thanks!</p>	<p><u>Date: November 23</u> <u>Name: Elliot</u></p> <p>Bring back the bat! I miss her.</p>	<p><u>Date: December 2</u> <u>Name: Heather</u></p> <p>The produce green bags are NOT a fav, can we get bags that don't smell like compost already (even a bit fishy)?</p>
Co-op Reply	Co-op Reply	Co-op Reply
<p>We have space issues in our plant-based fridge so we decided to carry shelf-stable silken tofu. It can be found in aisle 3.</p>	<p>The customer is ALWAYS right Elliot!</p> <p>The Batman returns TODAY! (11.24)</p> 	<p>Good point! They also cost the co-op around \$1,700/year. We now offer a standard plastic produce bag alongside the "fishy" ones that are better all-around for transporting and storing produce.</p> <p>Thanks for the push, Heather!</p>



Wellness



Happy New Year! What better time than the new year to refocus on your own personal wellness. Whether you're a health buff or have no clue how to navigate anything wellness, from supplements to shampoos we're here to help make your 2026 the best year ever! Read on about some wellness products we think you'll absolutely love! And in case you haven't heard yet, all **supplements** and **body care** items are **ON SALE (20% OFF)** for the entire month of January.

Creatine

Though naturally occurring within the human body, creatine supplementation has been shown to provide substantial benefits to those who do so. From boosting athletic and cognitive performance to speeding recovery times and improving ratios of fat free mass,¹ Creatine supplements have shown several degrees of value.

Helps muscle cells to produce more energy²

- Creatine supplements increase your muscles' phosphocreatine stores.
- Phosphocreatine aids the formation of adenosine triphosphate (ATP), the key molecule your cells use for energy and all basic life functions.
- During exercise, ATP is broken down to produce energy.
- The rate of ATP re-synthesis limits your ability to continually perform at maximum intensity, as you use ATP faster than you reproduce it.

Improves high-intensity exercise performance³

Creatine's direct role in ATP production means it can drastically improve high-intensity exercise performance.

Creatine improves numerous factors, including:

- strength
- ballistic power
- sprint ability
- muscle endurance
- resistance to fatigue
- muscle mass
- recovery
- brain performance

Can improve brain function⁴

Creatine plays an important role in brain health and function .

Research demonstrates that your brain requires a significant amount of ATP when performing difficult tasks.

Supplements can increase phosphocreatine stores in your brain to help it produce more ATP. Creatine may also aid brain function by increasing dopamine levels and mitochondrial function.

As meat is the best dietary source of creatine, vegetarians often have low levels. One study on creatine supplements in vegetarians found a 20–50% improvement in some memory and intelligence test scores.

For older individuals, supplementing with creatine for 2 weeks significantly improved memory and recall ability.

In older adults, creatine may boost brain function, protect against neurological diseases, and reduce age-related loss of muscle and strength.

Despite such positive findings, more research is needed in young, healthy individuals who eat meat or fish regularly.

1- Wax, Benjamin, Chad M Kerksick, Andrew R Jagim, Jerry J Mayo, Brian C Lyons, and Richard B Kreider. "Creatine for Exercise and Sports Performance, with Recovery Considerations for Healthy Populations." PubMed Central, June 2, 2021. <https://pmc.ncbi.nlm.nih.gov/articles/PMC8228369/#:~:text=Abstract,of%20lost%20force%2Dproduction%20potential.>

2, 3, 4 - Mawer, Rudy. "10 Health and Performance Benefits of Creatine." healthline, February 5, 2024. [https://www.healthline.com/nutrition/10-benefits-of-creatine.](https://www.healthline.com/nutrition/10-benefits-of-creatine)



Sunwarrior Vegan Unflavored Active Creatine
Reg. Price: \$32.99



Complete Natural Creatine
Reg. Price: \$24.99

Wellness Month Sale!

Supplements Body Care



Month

ION Gut Support

Why ION Gut Support?

- Promotes healthy digestion
- Helps you absorb nutrients from food and supplements
- Defends against toxins
- Naturally balances the microbiome

How does ION Gut Support work?

- Seals and strengthens cells in the gut lining
- Increases bioavailability and absorption of nutrients
- Boosts antioxidants and quenches free radicals
- Gentle daily detox (removes cellular waste)

What makes ION Gut Support unique?

- Soil-derived and Certified Glyphosate-Residue Free
- Not a probiotic; a molecular byproduct of bacterial digestion
- Backed by peer-reviewed science and 3rd party testing
- Liquid, easy to take, and practically tasteless.



Reg. Price: \$34.99

AYÉYA Body Care

AYÉYA are dedicated to creating a virtuous cycle where our business success aligns with a positive impact on the world. Believing that everyone deserves a better quality of life and empowering individuals and communities to make choices that promote global well-being. A life in balance is built on reciprocity.

AYÉYA are reimagining what a beauty and lifestyle brand can be. A life in balance means preserving and nurturing the delicate connections of life on Earth through daily care rituals.

Utilizing vertical integration from producer to consumer ensures full transparency and respect for traditions, allowing for reinvestment in initiatives like access to clean water and domestic violence prevention.

AYÉYA Reg. Prices

- Shampoos\$12.99
- Conditioners\$12.99
- Body Washes\$12.99
- Trad. African Black Soap Bars\$8.99
- Whipped Shea Body Butter\$10.99
- Foaming Hand Soap\$16.99
- Refills\$13.99



20% OFF January 1-31



THE GOOD FOOD COLLECTIVE



The Good Food Collective is a Southwest Colorado-based nonprofit working to make sure everyone in our region can access affordable, healthy, and culturally relevant food—and that the people who grow and provide that food can make a living doing so.

We believe food is about more than eating. It's about health, dignity, culture, community, and economic opportunity. When our food system works well, families are healthier, farmers and ranchers thrive, and our whole region is stronger.

Mission

We work together to build a just and thriving food system in Southwest Colorado.

Vision

A vibrant regional food system centered around community leadership, collaboration, economic prosperity, and equity—where all people have agency over their food, health, and environment.



We address the root causes of food insecurity, and we work to strengthen the food system as a whole.

Expanding Access to Healthy Food

As The Good Food Collective's Campaign Coordinator, Joe Borum traveled across rural Southwest Colorado with one clear goal: making sure every child has access to free, healthy meals at school.

The GFC was proud to be part of the coalition behind **Healthy School Meals for All**, and we're deeply grateful to the voters who made it possible. Because of this effort, **13,300+ K-12 students now receive free, nourishing meals**, school dining staff earn higher wages, and nearly **\$300,000 is invested in local food** from area farmers and ranchers.

CONTINUES ON NEXT PAGE!





Meet a few of the faces of our food system, whose stories demonstrate the impact The Good Food Collective has on our community:



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A few more good things:

- When SNAP benefits were delayed in November, we helped raise \$410,000 so food pantries across Southwest Colorado could keep shelves stocked for neighbors in crisis.
- We helped provide 19,000+ meals to Montezuma County students and families when school was out for the summer.
- Through a partnership with Mercy Hospital, 170 hospital employees received weekly boxes of fresh vegetables from three local farmers, with sliding-scale pricing to make it affordable.
- Last year, we provided \$210,000 worth of fresh, local food to 12 community food pantries.
- We support four senior centers with on-site grow domes—helping elders grow fresh food, learn new skills, and stay connected to one another.
- Helped six farmers markets and farm stands accept SNAP benefits.

Strengthening Local Food Businesses

Meet Arely Sánchez (picture #1 above), owner of Pupusería Torogoz, bringing bold, authentic Salvadoran flavors to Southwest Colorado. What began as selling homemade pupusas grew into a brick-and-mortar restaurant with support from The Good Food Collective's Food Business Workgroup. Through access to shared kitchens, bilingual business guidance, Spanish-language food safety certification, seed funding, and strong community partnerships, Arely turned her vision into a thriving

local food business.

When entrepreneurs like Arely succeed, our whole community benefits—by diversifying our local food scene, expanding access to good food, strengthening our local economy, and giving people real power over their food choices.

More impact, worth sharing:

- We helped 14 small grocers, farmers, and ranchers secure \$575,000+ in recovery funding to keep their businesses running and invest in essential equipment.
- We employ a **bilingual navigator** who provides one-on-one support to startup food businesses across La Plata County. In just two years, she has helped 25+ entrepreneurs launch their businesses and connect to 30+ resources.
- Helped **four rural and minority entrepreneurs** start their food businesses through a partnership with Manna Soup Kitchen—giving them access to a shared kitchen and mentorship to launch their business.

Helping Farmers & Ranchers Thrive

Meet Aaron and Dakota (above #'s 2, 3 & 4), who run Terra Sana Farm, a three-generation diversified small farm in Mancos. Alongside their three kids, they use organic practices rooted in the belief that healthy soil grows delicious food.

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Through our Roots of Health Program, Terra Sana Farm provides fresh produce to healthcare workers at Mercy Hospital. Bags of their gorgeous veggies are delivered weekly to hospital employees on a sliding scale, thanks to the generous sponsorship of Common Spirit.

Our Roots of Health program creates a reliable market for three farms across three regional watersheds each year. Farmers report increased revenue, expanded staff, greater crop diversity, and stronger support for their families through this program. In return, good food is made more accessible to the essential workers who care for our community.

Other work we're proud of:

- Connected over 34 local producers with wholesale markets including school cafeterias, food pantries, hospitals, restaurants, and food businesses—supporting stable income and long-term viability.

Developing Community Leaders

Mayra Gallardo (pictured above), a member of our Voces de Comunidad workgroup, was one of 22 Coloradans awarded a prestigious scholarship by Conservation Colorado to deepen her leadership skills. This six-month program trains people like Mayra to serve on boards and commissions that are responsible for making decisions on public funds, the environment, social services, economic development, transportation, and more. Our Voces de Comunidad workgroup trains Latina leaders so that power is in the hands of the people, and our food system is truly community-led.

We empower community members to shape solutions by:

- Advocating for affordable, culturally responsive childcare so parents can work and support their families
- Securing funding for the Early Childhood Council to hire a bilingual childcare navigator
- Training 24 childcare providers, expanding the regional workforce

Changing Policy & Systems

Olga Araujo, a former teacher from Peru, cares for young children so parents can work, earn steady incomes, and put nourishing food on the table.

When our community talked about food security, one message was clear: childcare is essential. Parents can't earn without it, and behind the scenes is a network of friends, family, and neighbors providing care that's often unpaid and unsupported.

Through our partnerships, we help caregivers like



Olga access training and financial support. With our help, 23 local caregivers claimed the \$12,000 Colorado Child Care Worker Tax Credit, completed CPR and First Aid training in Spanish, and are building toward stronger support through the Rural Colorado Care Network in 2026.

And there's more...

- Helped pass a local ballot measure in La Plata County generating \$700,000 annually for affordable workforce housing and childcare—freeing up household income for food
- Organized Southwest Colorado voices to advocate at local, state, and federal levels—contributing to:
 - Increased federal funding for food access
 - Passage of a language justice bill in the state legislature
 - Improvements in how food programs are run at the Colorado Department of Agriculture

Connecting Our Region

We strengthen relationships across sectors and communities—improving how resources, information, and support flow throughout Southwest Colorado. And yes—we still made time to go out and harvest fruit together, because building a food system is also about joy and connection!

Join the Movement

Visit our website www.goodfoodcollective.org to learn more and sign up for our newsletter.

Follow us on Instagram: @goodfoodcollectiveco



January 1 - June 30
Round up for:

THE
GOOD

FOOD
COLLECTIVE

***Strengthening local food systems
throughout southwest Colorado***

**Thank you for Rounding-up
at the Register for:**

NÄTIFS

NORTH AMERICAN TRADITIONAL INDIGENOUS FOOD SYSTEMS

Together we raised:

\$3,077.13

to help reinvigorate native food systems!

NEW YEAR BETTER DELI

Hello everyone!

In 2025, the Deli underwent some drastic changes - a menu refresh, creative new food programs, and countless hours of refining and organizing deli processes behind the scenes. This has culminated in a deli with a better work environment, faster production, and for the first time in years - financial solvency. This operational bandwidth allows us more space and energy to consider the needs of the Co-Op as a whole and to collaborate meaningfully with other departments.

2025 was the Deli's best year ever - which allows us to be more dynamic, creative, and to address some of the specific points of feedback from our community as we head into 2026.

We have been hard at work determining where or how we can meet the need. We have some clear and exciting directions for the year ahead based on the feedback we have heard from you.

1.) More organic products!

Around 90% of the ingredients used in the deli are organic, denoted by an asterisk (*) next to individual listings on our labels and menus, and this year we are making many more items 100% organic. Some already are - look for the green "100% Organic" tag in our deli case!

2.) More Vegan/Gluten Free products!

Whenever we're working on a new recipe for the deli, it starts at its conception as vegan and gluten free. Then, we work backwards. Only if the recipe is meaningfully improved by the addition of gluten, or dairy, do we make a change. We're working on some fun new additions for the coming year, so keep your eyes on the deli case!

3.) Lower cost items/portion variety.

Being price-minded is difficult these days. We've seen ingredient costs rise dramatically over the past two years, requiring us to update prices and rework expensive recipes. Now more than ever, it's imperative that we keep quality, delicious food available to all levels of income. Our newfound efficiency allows us to reduce prices in some areas, such as our new "Lil Bites (for all sizes)" menu (4.99 for a bean and cheese burrito, quesadilla, or turkey sandwich!), while also offering ½ sandwiches or case items in different sizes to provide more variety in price. The Deli strives to further the core mission of the Co-Op (socially responsible, locally centered, healthy food) while also ensuring our products are accessible in terms of price, availability, and dietary requirements. While simple on paper, this is a continually evolving goal and one that we constantly iterate upon. Your partnership as members, teammates, and customers is invaluable to us as we forge the path ahead. To everybody who makes (and has made) the Deli the absolute best it has ever been - thank you. The key to our success is certainly our incredible team and the amazing customers who support us.

We look forward to seeing you at the counter in 2026!

WELLNESS MONTH JUICE SHOTS

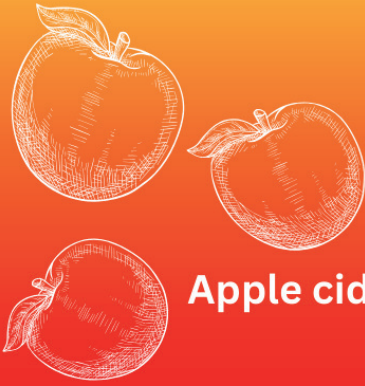
All new 4oz Shots for Wellness Month! Here's a sneak peek at what's new:

FIRE CIDER

Immunity - Digestion - Circulation

You asked and we answered!

Apple cider vinegar, jalapeno, ginger, garlic, and honey may be just the kick you've been waiting for.



LEAN GREEN

Energy - Metabolism - Mood

Feeling light?

Organic green tea, parsley, pineapple and spinach keep any winter day feeling easy breezy.



GINGER DROPKICK

Vitamin D - Hydration - Immunity

Have you ever had a Ginger Kick and thought "I wish there was more ginger"? This one is for you.



BEET+

Iron - Immunity - Antioxidants

The humble beet is an excellent source of iron. Paired with crisp tart grapefruit? You're gonna love it- positive.



WINTER

Creamy Chicken and Spinach Lasagna

Total Time: 1 hour 50 minutes; Servings: 12

Ingredients

12 whole lasagna noodles
10 ounces salad spinach
1/2 stick butter
1 large onion, chopped
2 cloves garlic, chopped
2 cups chicken broth
1/2 cup unbleached flour
1 1/2 cup milk
12 ounces (3 cups) shredded smoked provolone or mozzarella (or Asiago)
2 ounces (1 cup) Parmesan cheese, divided
1 teaspoon salt
1/2 cup fresh basil, chopped
1 teaspoon dried oregano
1/2 teaspoon black pepper, freshly ground
2 pounds ricotta cheese
8 ounces chicken breast, cooked, shredded
2 large Roma tomatoes, seeded and diced



Preparation

1. Lightly oil a 9 x 13-inch baking pan and reserve. Preheat the oven to 400°F. Bring a large pot of lightly salted water to a boil. Undercook the noodles by 3 minutes, they will finish cooking as the lasagna bakes. Drain and rinse with cold water.
2. Bring a pot of water to boil for the spinach, and drop the leaves in, stirring to submerge for one minute. Drain, rinse with cold water, and then wring out until very dry. Chop the spinach finely. Reserve.
3. Meanwhile, melt the butter in a large saucepan over medium heat. Cook the onion and garlic in the butter until tender, stirring frequently. Stir in flour and salt, then stir constantly for about 2 minutes.
4. Take the pan off the heat and gradually mix in the broth and milk, and bring to a bubble, stirring constantly, for 1 minute. Stir in 2 cups of provolone cheese and 1/2 cup Parmesan. Season with basil, oregano and ground black pepper. Remove from heat and set aside.
5. Spread 1 cup of the sauce mixture on the bottom of the 9 x 13-inch baking pan. Layer with 1/3 of the noodles, 1/3 of the ricotta and 1/3 the chicken, then dollop 1 cup of the sauce over that. Arrange 1/3 of the noodles over the chicken and pat to make an even layer, then cover with 1/3 of the ricotta, 1/3 of the spinach, 1 cup of sauce, and then another layer of noodles, ricotta, spinach and chicken. Finally, cover it all with the remaining noodles, remaining sauce, and the remaining 1 cup of provolone cheese and 1/2 cup Parmesan cheese.
6. Bake for 40 minutes, until bubbly around the edges and golden brown on top. Let stand for 10 minutes before cutting. Garnish with diced tomato and a sprinkle of parmesan at serving.

**Bionaturae
Lasagna
\$5.49/12oz**



**DNF Produce
Spinach
\$5.99/8oz**

**Organic Valley
Ricotta Cheese
\$7.99/15oz**



**Pacific
Chicken Broth
\$5.99/32oz**



RECIPES

Flexible Bread & Veggie Casserole

Total Time: 1 hour, 20 minutes; Servings: 6

Ingredients

- 1 tablespoon extra virgin olive oil
- 3 cups chopped onion, 2 medium
- 1 large carrot, quartered and sliced
- 2 teaspoons dried herbs (thyme, oregano, rosemary)
- 4 cups cubed bread
- 4 large eggs, whisked
- 1 cup milk, cream or buttermilk
- 1/2 teaspoon salt
- 1/2 teaspoon cracked black pepper
- 2 cups shredded cheese, whatever you have on hand
- 1/4 cup fresh parsley

Up to 2 cups of shredded, cubed or chopped leftover chicken, ham or other meats plus one additional egg(optional)
4 cups cabbage, kale, broccoli, cauliflower, chopped (or 3 to 4 cups cooked veggies)

Preparation

1. Preheat the oven to 400°F. Lightly oil a 2 quart baking dish. In a large saute pan, heat the olive oil and add the onion, veggies and carrot and bring to a sizzle over high heat, then reduce the heat to medium. Stir often until the carrot is soft, about 5 minutes. Add the herbs and cubed bread, turn to mix and transfer to the baking dish.
2. In a medium bowl, whisk the egg with the milk, salt and pepper, and pour over the bread mixture in the dish, use the spatula to move the cubes to allow the egg mixture to seep through it all, then press it down to level the top. Cover with the cheese and sprinkle with parsley.
3. Bake for 30 minutes, until the cheese is well-browned and a paring knife inserted in the center of the pan comes out with no raw eggs on it. Let cool for about 5 minutes before serving.

Bread



Sourdough

\$7.29/loaf

Organic Valley



Shredded Cheeses

\$5.99/6oz

DNF Produce



Onions

\$1.99/lb

Organic Valley



Eggs

\$4.99/6 ct

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