



# GOOD THYMES



**DNF CO-OP'S MONTHLY NEWSLETTER**

**PEACHES ARE HERE!**



**GETTING READY FOR HARVEST FEST 2025!**



So how's your Summer going? Typically, the time between Memorial Day and Labor Day is our Social Summer (as opposed to the Astronomical Summer). We absorb the beautiful days and play outside. Travel is dominant with folks wanting to "get away". All great fun! Treat yourself to Gelato (or a Slushie from our Deli for those who avoid dairy)!

And our Co-op is doing great setting new records nearly weekly. It certainly is a challenge keeping up with the increased flow. Getting the 3<sup>rd</sup> register up and running is certainly a big deal and has helped us move the line much more effectively to everyone's pleasure.

Of course, summer is also our annual refrigeration challenge. This year has been particularly difficult and expensive. Everyone asks, "why don't you just get new equipment?" Well, I don't want to get into a long explanation so we'll just say that it's not as simple as one would think as well as being horribly expensive. To replace everything that needs replacing would cost upwards of \$400,000 as well as closing the store for about a week or so (possibly more).

We don't have that flexibility right now so more loans and interest and such would be necessary. In addition, other than the Deli and Produce cases, we do not get more capacity – just hopefully a better track record with up time through the summer. The "Return On Investment" would be a couple decades long.

Truly though, this is a serious topic that faces our Board: as we gain success, how can we maintain and sustain it in a limited space

and what do we need to do to gain the necessary growth to remain relevant over the next 10 years?

Refrigeration is one of our downsides to summer as inclement summer weather, from excessive heat, to storms, to tornados, to floods, to fires and to droughts are downsides to our summer stimulation plans. We all learn to deal with it although too many get caught directly in these dangers.

Summer is a time to indulge ourselves. We need it. The world is in a very precarious place right now and, although we try to shield ourselves from it, much of the horror that is engulfing many areas around the world break through our shields and lands upon us creating psychological confusion, helplessness, grief and sometimes reaching to depression.

I have to ask the question, "What is our role, as a Co-op, on a global level? What can we do to move reality in a more cooperative direction?" Or is there no role for us and other than look at it all and say, "things are pretty sad but there's nothing we can do so just enjoy the summer."

Which might be sage advice as there is nothing any of us can really do right now. Protests create a sense of solidarity and focus but it's very rare that they work. Individually, a sense of helplessness creeps in.

Nah – I have no answers and I do not see any from elsewhere. But that doesn't mean we shouldn't pay attention. It is so appealing to shut out the news and happenings and just focus on our daily lives. For me, my gut

# 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!



**Clean Cause**  
Sparkling Yerba Mate  
13oz; all flavors



**Bonfire Burritos**  
Frozen Burritos  
10.3oz; all flavors



**DNF Produce**  
Organic Bananas  
Per LB



**Annie Chun's**  
Instant Noodle Bowls  
5.9-8.5oz; all flavors



**Look for the  
symbol!**



# A MONTHLY LETTER FROM YOUR DNF BOARD:



Sheryl McGourty  
Board Member

Dearest Members,

I've entered my 5th year on the Board of Directors and 2nd year as Co-president alongside Wes Medlock. Did you know, we created a co-presidency to help balance the load, share decision making responsibilities, and improve accountability? We believe this structure creates a healthier, more equitable model of leadership—and to think, changes like this can start at our mighty lil' store.

It has been an honor and an education to be a part of the board, from learning about the complexities of co-op finances to understanding why our refrigeration units go down with higher ambient temperatures...something about compressors, condenser coils, and overheated components! Thank you for being patient and understanding when our units are being fixed and products are unavailable or in the back. When you have an insider's view, it gives one new perspective and insight, which has only increased my gratitude and respect for all those who have contributed to DNF's longevity and evolution.

Speaking of longevity and tradition, we are thrilled to announce the upcoming 5th Annual Harvest Festival! Please mark your calendars for September 13th, 3-8pm at Rotary Park. This festival is a celebration of the membership, the co-op, the harvest season and serves as our annual meeting in which you are encouraged to read the annual report and ask questions. Please visit with us at our Board tent, sample from our diverse local vendors, enjoy an amazing community meal, check out some new and fun DNF merch, participate in all ages activities, meet up with friends and make some new ones. We are especially excited to welcome **Mojo Birds** to the festival stage. With their debut album on the horizon, you won't want to miss this lively, talented and danceable band! Want to get involved? We are currently accepting volunteers to help at the Festival, which is not only a great way to give back to your beloved co-op but you also receive a free meal! Sign up at [durangonaturalfoods.coop/harvestfest!](https://durangonaturalfoods.coop/harvestfest!)

At DNF, we know that not everyone in our community has consistent access to healthy, affordable food. That's why we remain committed to offering programs like Double Up Food Bucks and Fresh To Flourish that make it more affordable for SNAP recipients to bring home nutritious, local groceries. We are more than a grocery store, we are a community hub, where behind the scenes your local employees care. DNF is mission-driven, continues to raise the bar in product choices, respects and takes care of employees and strives to create a positive, transparent and uplifting culture for all.

Hey, and if you find yourself having a hard time keeping your cool this summer, there are always slushies! That's right, DNF has a new slushy machine this season. Not the nostalgic 7-Eleven slurpees with somewhat questionable ingredients but an up-leveled slushy the way nature intended, healthy and homemade. We look forward to seeing you in the aisles.

Yours in service and 100% written without AI 🙄  
Sheryl McGourty

**DURANGO  
NATURAL FOODS**



**5<sup>th</sup>  
ANNUAL**

# HARVEST FESTIVAL <sup>2025</sup>

**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!**





## MEET P.J!

# THE MASTER OF THE PLANTS & EVERYTHING BULK AT DNF!

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



**Q: So, where are you from?**

**A:** Durango, CO

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

**A:** I love how close we are to Silverton, Telluride and Moab!

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

**A:** Finding cool camp spots, playing hockey or hanging out by the river w/ my friends.

**Q: What is your message to the world?**

**A:** Don't feel isolated, you can always do something different!

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

**A:** I love all the great stories that come out of working here!

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

**A:** I am excited to bring epic t-shirts everyday and helpful bulk advice!

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

**A:** Bulk salted pistachios, a Klean Kanteen water bottle and beef tallow sunscreen.

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

**A:** A colorful rabbit hole of cool and unique items/products!



**CONTINUED FROM PAGE 2...**

says that is the wrong direction.

Back in the mid 1800's when Co-ops began to emerge, one of the principles was that they would be "non-political". Haven't found out when that was actually dropped but I suspect it was around the time of WWI. How do you stay neutral when what is happening goes against the principles that propel you?

Co-ops are non-violent by nature despite some infamous occurrences during the 1920s and the early 1970s. The mind-set is to help and lend a hand. That together we can accomplish great things.

Okay – now this is going to sound lame but one of the things that we can do to make a change is to support your local Co-op. So how does that help? Well, I don't know in the short term. We are a gathering of people who care about their diets particularly focusing on quality, natural, local and organic foods. It's nice to shop where we are all mostly on the same page. That can be comforting. So there's that in the short term.

Our Co-op is still recovering from its near collapse in 2019. We do not have the resources immediately but one thing larger Co-ops do is continuing education out into the community. Certainly highlighting food and food politics but also how to be cooperative, how to develop solutions and how to encourage others to join or start their own Co-ops. A larger Cooperative Community.

We are as grassroots of an organization as can be. At a certain point, we will have the critical mass to do new things and certainly educating each other as well as creating new solutions is a top priority.

Have you heard of the "Hundredth Monkey Effect"? Generally it goes that when a certain number of folks think one way, at a certain point it takes over and it becomes a dominant thought pattern everywhere. Co-ops are much more integrated into society in Europe than here and it's a really big thing there. Co-ops of all kinds are being started around the world. Only by growing can Co-ops worldwide achieve that monkey effect.

So while I can't say supporting our Co-op will do A, B and C in making the world a better place, I can say that that is our goal despite us being in the infant stages. Not only are we supporting a great and fun place right now, we are also supporting the potential that we have in the coming years. The original Co-op Pioneers in the 1800's had no idea that Co-ops would grow so big today but they did dream that it would become a dominant force.

Listen: when the New Wave Co-ops developed in the 70s, no one saw them having potential. But they are actually credited with actualizing the Natural Foods and Organic movement that gave way to giants like Whole Foods. Co-ops across the country are currently growing.

We still have obstacles ahead but the more of us there are making this business happen, the more relevant we become. We are still the wave of the future.



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



# NEW PRODUCTS

*in store now!*

## FRATELLI MINAGLIA PASTA

The authentic and genuine flavor of Fratelli Minaglia pasta stems from high quality ingredients: Pure Spring Water from Antola National Park and 100% Certified Organic Durum Wheat from their mill in Tuscany. Bronze extruded to create a rough, porous surface that captures all the flavors of the sauce, the pasta then undertakes a low, natural drying process that maintains the organoleptic and nutritional properties of the prime ingredients. Fratelli Minaglia has been making delicious pastas since 1927.



## BECK & BULOW BISON MEAT STICKS

Discover the ultimate grab-and-go snack with Beck & Bulow's 100% Bison Meat Stick—a hearty 4oz treat that packs bold flavor and serious nutrition into every bite. Made from premium bison meat, this high-protein stick offers a satisfying chew and a classic, spiced jerky taste, perfect for fueling your day. Slip it into your backpack for a reliable energy boost on hikes, keep it in your gym bag for post-workout recovery, or bring it along on road trips for a wholesome, no-fuss snack. With its portable collagen casing and clean, robust profile, this meat stick is designed for convenience without compromising on quality—your go-to for staying powered up on the move.



## SILVER WINGS COLLOIDAL SILVER

Silver Wings is America's oldest and most trusted manufacturer of pharmaceutical grade colloidal silver products. Founded in 1994 with the sole purpose of providing high quality natural silver products, Silver Wings uses a Nano-Photon Correlation Spectroscopy (NCS). This is the most accurate colloidal silver particle size testing method and performed at qualified independent laboratories. We believe quality should never be compromised in any aspect of our silver products.



This month at the:

# DNF DELI

NOW SERVING:  
**HOUSE MADE  
SLUSHIES**

ALL SYRUPS MADE FROM  
SCRATCH USING NATURAL,  
LOCAL & ORGANIC INGREDIENTS



COMING SOON!  
DIRTY CHAI  
TEA  
&

VIETNAMESE  
COLD BREW  
COFFEE



LOOK FOR  
THESE IN THE  
DELI JUICE  
FRIDGE!



FIND OUR FRESH MADE PIZZA DOUGH EVERY FRIDAY & SATURDAY



LOCATED IN THE DELI GRAB & GO COOLER

## AUGUST PIZZA

OF THE MONTH

## CHEESEBURGER

JAMES RANCH

GROUND  
BEEF

YOUNG  
BELFORD

PRODUCE  
ROMA  
TOMATOES

PRIMAL  
KITCHEN  
KETCHUP

MAILLE  
DIJON  
MUSTARD

GRILLO'S  
PICKLE  
CHIPS



THESE INGREDIENTS ARE **20% OFF** ALL MONTH LONG!

# THE WEST SLOPE IS THE BEST SLOPE FOR PEACHES



JACK L  
-DNF PRODUCE MANAGER

It's peach season in Colorado, and for DNF this is one of the earliest. A combination of dry winter and hot spring, plus a good contact to the North with organic orchard clients meant local peaches touched down at the Co-op in the very beginning of July. In years past the last week of July was the best we could hope for when locking in a consistent supply of our state's favorite fruit, yet here we are with thousands of pounds sold behind us and thousands to go.

During Colorado's yearly peach-mania, lots of fact and lore are mixed and spread like a good pie filling. We took some time out of the day recently in the Produce Department to find out for ourselves what's worth repeating and what might need to be rethought. A good place to start is in the numbers: Peaches make up 75% of the fruit produced in Colorado, a 50 million dollar industry that is focused in just 4 counties, namely Mesa and Delta. However Colorado barely ranks in the top five peach producing states most years. Agricultural behemoth California produces more than all other states combined. Runners-up South Carolina, Georgia, and New Jersey also place ahead of Colorado, but that's just in tons, not in taste.

This brings us to some science. Anyone who's spent the night outside here, in the peak of summer, knows what a wild temperature swing the moisture-less air of

the high desert makes right after sundown. While other peach-growing regions have more humidity that acts as a conductor of heat from the day into night, it's our consistently cool summer nights that improve peach flavor by helping slow the sugars in the fruit from converting to starch. Soil plays an important role as well. Peaches thrive in the mineral-rich alluvial soils along the Colorado and Gunnison Rivers. Orchards in Palisade share a similar soil type with those in Paonia, Hotchkiss, and Delta because of the eons of erosion that have carried different sides of the same mountains down to where they grow.

So now the lore: is one peach from any of these Western Slope regions better than the rest? That can entirely depend on timing. When the season begins, whether its first down low in the Dominguez Canyon along the Gunnison, shortly after in Palisade, or some weeks later in Hotchkiss, clingstone peach trees bear the earliest fruit. Somewhat smaller and hard to separate from the pit, clingstone peaches are less sought after for fresh eating than the larger mid-season varieties known as free-stones. Any well ripened peach is worth the wait. A difference in size or a few more flavor notes paired with a sun-soaked afternoon and you've got a memory maker, no matter where you are. So next time when shopping for peaches, just know the bottom line is that they are grown on the Western Slope and RIPE!



# We love our staff!

To honor them like they deserve, we will be

# CLOSING EARLY SUNDAY, AUGUST 3<sup>rd</sup> at 6:00PM

for our Annual Staff Appreciation Party!

Thank you for understanding!





# HARVEST



**SATURDAY, SEPT 13TH  
3PM-8PM**

**ROTARY PARK, DURANGO**

**WE'RE EXCITED TO SEE YOU THERE!**



**LIVE MUSIC BY  
THE MOJO BIRDS**

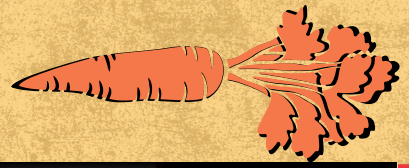


**DINNER CRAFTED BY  
THE DNF DELI**

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

**DRINKS FROM:  
SKA BREWING & ESOTERRA CIDERWORKS**

# FEST 2025



## MOJO BIRDS

THE MOJO BIRDS ARE A FUNKY FLOCK. ROOTS ROCK MUSIC- INSPIRED BY THE LIKES OF THE BAND, A TOUCH OF AL GREEN, AND A HEALTHY DOSE OF AFRO-PERUVIAN MOJO!

**JAY HAROOTUNIAN**  
GUITAR  
VOCALS

**BRIAN AHERNE**  
GUITAR  
VOCALS  
HARMONICA

**TED MOORE**  
DRUMS  
VOCALS  
PERCUSSION

**ALEX TAUB**  
KEYS  
VOCALS  
MELODICA

**ALEXI LEON**  
VOCALS  
PERCUSSION  
**SILAS HAMILTON**  
UPRIGHT BASS  
VOCALS  
FIDDLE



# Pear & Blue Cheese Flatbread

## INGREDIENTS

- 4 SMALL FLATBREADS OR 2 LAVASH, CUT IN QUARTERS OR HALVES
- 1 TABLESPOON OLIVE OIL
- 1 PEAR, CORED AND THINLY SLICED
- 8 OUNCES BLUE CHEESE, CRUMBLD
- 2 TEASPOONS MINCED FRESH SAGE
- 2 TABLESPOONS COARSELY CHOPPED WALNUTS
- 2 CUPS ARUGULA, WASHED
- 1 TABLESPOON BALSAMIC VINEGAR
- BLACK PEPPER



## PREPARATION



1. HEAT THE OVEN TO 450°F. PLACE THE FLATBREAD OR LAVASH PIECES ON A LARGE SHEET PAN AND DRIZZLE WITH OLIVE OIL. SPREAD THE PEAR SLICES EVENLY ON TOP, SPRINKLE WITH BLUE CHEESE, SAGE AND WALNUTS. BAKE FOR 6 TO 8 MINUTES UNTIL THE CHEESE IS BUBBLY. REMOVE FROM THE OVEN.
2. WHILE THE FLATBREADS ARE BAKING, TOSS THE ARUGULA WITH THE BALSAMIC VINEGAR. TOP THE HOT FLATBREADS WITH THE DRESSED GREENS, SPRINKLE WITH BLACK PEPPER AND SERVE.

## FIND INGREDIENTS AT THE CO-OP

### BULK WALNUTS



\$8.99/LB

### FIELDS TO PLATE ARUGULA



\$6.99/8OZ

### ATORIAS FLATBREAD



\$3.49/EA

### ORGANIC VALLEY BLUE CHEESE CRUMBLES



\$5.99/EA

### BULK DARK BALSAMIC & EVOO



BALSAMIC  
\$12.49/LB  
EVOO

\$22.99/LB

# SHRIMP SUMMER ROLLS



## INGREDIENTS

1 SMALL CARROT, SHREDED  
2 LARGE SCALLIONS, SLICED DIAGONALLY  
1 TABLESPOON LEMON JUICE  
2 TEASPOONS SUGAR  
1 TABLESPOON REDUCED SODIUM SOY SAUCE

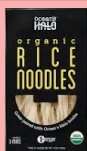
1 TABLESPOON FRESH GINGER, MINCED  
1/4 CUP CILANTRO, STEMS REMOVED  
1/4 POUND THIN RICE NOODLES  
12 LARGE RICE PAPER WRAPPERS  
24 LARGE COOKED SHRIMP  
1 JAR PEANUT OR SWEET CHILI SAUCE, PREPARED

## PREPARATION

1. PUT ON A POT OF WATER TO BOIL FOR THE NOODLES. PLACE THE CARROTS AND SCALLIONS IN A LARGE BOWL. ADD THE LEMON JUICE, SUGAR, SOY SAUCE, GINGER AND CILANTRO. COOK THE NOODLES AND DRAIN WELL, WRAP IN A THICK SMOOTH-TEXTURED KITCHEN TOWEL AND PRESS TO REMOVE EXCESS WATER, THEN ADD TO THE BOWL. REMOVE ANY TAILS OR VEINS FROM THE SHRIMP; PAT THE SHRIMP DRY AND RESERVE.
2. TO ASSEMBLE, ON A TABLE OR COUNTER SET A LARGE ROASTING PAN WITH AN INCH OF WARM WATER IN IT, A CLEAN TOWEL, A CUTTING BOARD, AND A PLATTER AND PLASTIC WRAP FOR THE FINISHED ROLLS. FOR EACH ROLL, PLACE A RICE PAPER SHEET IN THE PAN OF WARM WATER AND GENTLY SUBMERGE WITH YOUR FINGERTIPS. ONCE PARTS ARE SOFTENING BUT NOT COMPLETELY LIMP (30 - 60 SECONDS), CAREFULLY PLACE THE SHEET ON THE TOWEL FOR A FEW SECONDS TO BLOT EXCESS MOISTURE, THEN TRANSFER TO THE CUTTING BOARD. ARRANGE 2 SHRIMP ACROSS THE CENTER OF THE RICE PAPER SKIN. PUT ABOUT A HALF CUP OF THE VEGGIE FILLING ON TOP OF THE SHRIMP. FOLD IN THE RICE PAPER FROM THE SIDES, THEN UP FROM BOTTOM, THEN ROLL UP. PLACE FINISHED ROLLS ON THE PLATTER AND COVER WITH PLASTIC WRAP TO KEEP THEM MOIST WHILE YOU COMPLETE THE REST. IF YOU PREPARE THE ROLLS MORE THAN AN HOUR BEFORE YOU PLAN TO SERVE THEM, COVER WITH WET PAPER TOWELS AND WRAP TIGHTLY IN PLASTIC. SERVE WITH DIPPING SAUCE.

## WE'VE GOT WHAT YOU NEED

OCEAN'S HALO  
RICE NOODLES



\$5.49/EA

SAN-J  
SOY SAUCE



\$5.49/10 OZ

PRODUCE  
FRESH GINGER



\$5.49/LB

PRODUCE  
FRESH CILANTRO



\$1.99/EA

SPRING ROLL  
WRAPPERS



\$3.79/EA

SEAJOY  
FROZEN SHRIMP



\$14.99/36-40CT

\*RECIPE CURTESY OF NCC

# coop deals

JUL 30 - AUG 19, 2025



**2/\$6**

**Chocolove  
Chocolate Bars**  
2.9-3.2 oz., selected varieties



**4.49**

**Mrs. Meyer's  
Hand Soap**  
10-12.5 fl. oz., selected varieties



**3.99**

**Tofurky  
Plant-based Deli  
Slices**  
5.5 oz., selected varieties



**4.99**

**Dr. Bronner's  
All-One Toothpaste**  
5 oz., selected varieties



**4.49**

**Loacker  
Wafer Cookies**  
7.76-8.82 oz., selected varieties



**4.99**

**Mt Vikos  
Feta Cheese**  
6 oz., selected varieties



**4.99**

**Laird  
Superfood  
Creamer**  
25.4 fl. oz., selected varieties



*fresh from the fridge*

Made with freshly ground nut butter, organic honey and 20+ superfoods, our refrigerated protein snacks have a cookie dough-like texture you'll love!

**2/\$5**

**Perfect Bar  
Protein Bars**  
1.94-2.5 oz., selected varieties



**9.79**

**Evolution Fresh  
Juice**  
59 fl. oz., selected varieties