



GOOD THYMES

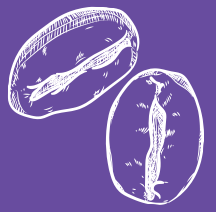
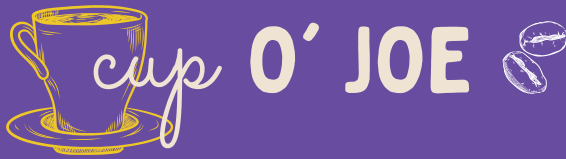


DNF CO-OP'S MONTHLY NEWSLETTER

Cooperation

is Radical

OCTOBER IS CO-OP MONTH! | CELEBRATING ROCTOBER



Our Biennial Fantabulous Co-op Month Survey!

Boy howdy, those two years since our last huge survey sure went fast! And we have grown – actually starting to hit the ceiling as to how many folks our tiny store can accommodate!

Plus we have hundreds more Members than we did two years ago! The Fantabulous Survey is a huge help in enabling us to serve our Membership better. It helps define us and gives us direction as to what specifics to look into.

Our Co-op is a Democracy!

Democracy is more than simply voting. It's making our voices heard! Of course, surveys are not votes so the other part is that, as the Staff of DNF, it is our responsibility to *listen* to those voices.

The Fantabulous Survey helps keep us on track with how our Membership perceives and values our Co-op.

It's About Community

We all talk about the fragmenting of society and the loss of community. Co-ops stubbornly say that our community is important. We insist that a business can be successful and thrive even if we put the common good before profits and exploitation of the consumer.

It's about having a safe place in our community where all folks are honored and belong. It's about walking the walk in creating a better society and environment.

Our Fantabulous Survey helps us understand our community better and helps us build a vibrant hub.

Your Time is Valuable!

We totally understand that our Fantabulous Survey will take a little bit of your time so we are offering a one-time **25% off e-coupon for an entire shopping trip good through the end of November.** Perfect for the holidays!

For a whole store discount, 25% is the highest we ever offered! That's how important these surveys are! And it's an incredible Thank You to our Membership (this is a Member only survey – whether active or inactive)!

October is Co-op Month!

We didn't make this up. It was decided by the Secretary of Agriculture in the mid '60s. Co-ops have a very dynamic history since they started in the mid 1850's and are actually much bigger in Europe than

here is the States.

But we are all connected though Cooperative ideology (our Co-op Principles, Values and Ethics).

We exist for and to serve the people of our communities!

So Take The Survey!

Surveys are not voting or even polling. You are one of over 2700 Members (plus another 220 Student Accounts) and while each of us is very important, there is power in numbers and the more voices heard helps us determine our commonalities and inclinations.

Surveys are the most powerful when large numbers of people respond!

But every comment is read! And very often we respond to one voice that makes an important observation, request or critique.

TAKE OUR SURVEY!

Go to:
durangonaturalfoods.coop/survey

Other October National Celebrations

To be fair, Co-op Month is one of many celebrations during the month of October. One site I checked had 37 different Celebrations or Awareness Themes for this month.

There are many health themes such as Dyslexia Awareness Month and Aids Awareness Month.

And there are a bunch of Heritage themes such as Filipino-American History Month, German-American Heritage Month and Hispanic Heritage Month.

It's National Book Month. That's cool!

It's also National Pizza Month which probably should be important to us considering all our frozen pizzas that are purchased. Take the Survey and use your 25% reward coupon to buy frozen pizza (and other items of course)!

Oh – and it's also National Squirrel Awareness Month.



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

OCTOBER IS CO-OP MONTH! OUR BIENNIAL SURVEY BEGINS OCT. 6! THROUGH OCTOBER 31

**TAKE THE
SURVEY &
GET A 25%
OFF COUPON**
(VALID UNTIL 11/30/25)

**WE WANT
YOUR
FEEDBACK!**



**TAKE
OUR
SURVEY!**

VISIT [DURANGONATURALFOODS.COOP/SURVEY](https://durangonaturalfoods.coop/survey)

A MONTHLY LETTER FROM YOUR DNF BOARD:



Daniel Kurzenfoerfer
DNF Board Treasurer

Hello DNF Members!

What a wonderful September it was - and with another special Harvest Fest! A heartfelt thank you to everyone who came out to Harvest Fest earlier this month, even despite the imperfect weather. It was such a joy to celebrate the season, gather as a community, and connect with so many of you. An especially big thank you goes to the vendors and volunteers who helped make the event possible—we couldn't do it without your time, energy, and care. We even had a volunteer who wasn't yet a member of the Co-op, which really goes to show how far our community can reach and the impact it has on our little town.

As the Board's Treasurer, I'd be remiss if I didn't mention the success and good news the Co-op has to share regarding its finances! The Annual Report is now available on our website - you can navigate to it by clicking on the "Board of Directors" tab and then click on "Co-op Documents." We encourage you to take a look—it's a great way to see how far we've come this past year, and how member support continues to shape the direction of our Co-op.

On the topic of finances, the board is currently working on refinancing the DNF's mortgage loan as we approach a balloon payment due on our current loan. This is an important step to ensure the long-term stability of the co-op, and has also led to an opportunity for a new partnership with a local bank, which provides us with some new creative financing opportunities for strategic initiatives we hope to pursue in the future.

As I mentioned earlier, our members continue to shape the direction of the Co-op, and now is a better time than ever to provide your feedback. Our biennial member survey will be live on the DNF website on October 6th—and we greatly appreciate your participation. Your feedback is essential in helping us understand what's working, where we can improve, and how we can better serve you and our wider community. We look forward to hearing your thoughts!

Thank you, as always, for being part of Durango Natural Foods Co-op. Whether you shop weekly, volunteer, or simply spread the word, your support makes DNF what it is: a vibrant, member-owned hub for good food and good people.

With gratitude,

Danny Kurz
Treasurer
DNF Board of Directors

Back in the 1850's, a small Co-op in Rochdale, England created a set of values; six overall values and four ethical values. From these values, the Seven Co-op Principles were formed.

The Co-op movement has grown around the world and is represented by the International Cooperative Alliance (ica.coop). They say that there are 3 million Co-ops around the world representing many different sectors. We are all different and autonomous.

The Six Co-op Values

- 1. Self-help*
- 2. Self-responsibility*
- 3. Democracy*
- 4. Equality*
- 5. Equity*
- 6. Solidarity*

The Four Co-op Ethical Values

- 1. Honesty*
- 2. Openness*
- 3. Social Responsibility*
- 4. Caring for Others*

The Seven Co-op Principles

- 1. Voluntary and Open Membership*
- 2. Democratic Control*
- 3. Member Economic Participation*
- 4. Autonomy and Independence*
- 5. Education, Training and Information*
- 6. Cooperation amongst Cooperatives*
- 7. Concern for Community*



MEET PAIGE!

AN
AMAZING,
ARTFUL, ALL
AROUND ALL
STAR
WHETHER ON
REGISTER OR
IN PRODUCE

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



Q: So, where are you from?

A: I grew up in Albuquerque and Rio Rancho, New Mexico

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

A: I love the different views and landscapes of mountains, desert and trees.

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

A: You'll find me taking care of my houseplant collection, oil painting, working as a portrait photographer (pbrowniephoto.com, check me out!), and generally following wherever my creative passions lead me.

Q: What is your message to the world?

A: Romanticize the mundane and learn to notice. It's okay to be wrong sometimes, learning is a lifelong practice.

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

A: The people I get to work with :)

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

A: Aesthetics! Maybe some tee-shirts with my sticker designs on them!

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

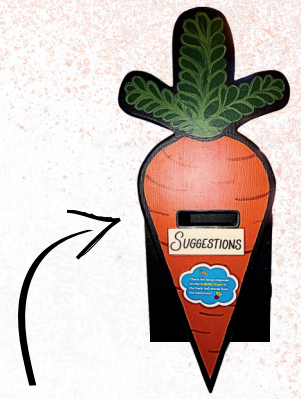
A: Odyssey Mushroom Energy Drink, Zia Lime Chip & some dark chocolate of some kind.

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

A: Cutie store with shocking amounts of good vibes and plants.



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>Date: <u>July 19</u></p> <p>Name: <u>GG</u></p> <p>Please carry <i>Lazy Ewe 2 Bar Feta</i>! It costs the same as the stuff we sell from Greece! I see it in Del Norte – but not here.</p>	<p>Date: <u>June</u></p> <p>Name: <u>MA, DM & VF</u></p> <p>Please stop using gluten free tortillas on the Vegan Burritos!</p>	<p>Date: <u>August 20</u></p> <p>Name: <u>KK</u></p> <p>Please bring back the Fig Bars that you keep up by the register.</p>
Co-op Reply	Co-op Reply	Co-op Reply
<p>We started carrying the Laz Ewe feta once again, and will also start carrying some of their other hard cheeses. We wish our cheese fridge was bigger!</p>	<p>Fear not! We have switched to three different tortillas for our burritos to give you the option of getting your order done your way. We now have:</p> <ul style="list-style-type: none"> • Flour tortillas sourced from just down the street at <i>Tortilleria La Flor</i> • <i>Stacy's</i> Tortillas for Vegan Burritos • <i>Mi Rancho</i> Gluten Free Tortillas 	<p>Unfortunately they have been taken off both of our main distributors and there is no way to order them directly. Previously, they have left and returned but have been gone now for over a half a year. If they ever do come back, we will be sure to bring them back to the store!</p>



NEW PRODUCTS

in store now!

BLACKBIRD PIZZA



Founded by chefs, Blackbird Foods started by making seitan for local restaurants in NYC. As more customers started to request the option to cook with it in their homes, they opened their own dedicated facility to create the best pizza, seitan and wings in the world. Certified kosher by the International Kosher Council and handmade in their New York City facility, Blackbird is the closest you can get to restaurant quality, plant-based, vegan and dairy free pizza in the freezer aisle!

SEGGIANO PASTA

100% traceable, organic Tuscan durum wheat is used to make Seggiano Pasta which is sure to please the most discerning of pasta lovers. Our high protein legume and gourmet alternative grain artisan pasta are certified gluten-free and will, with their quality, flavour and consistency, bring joy to all Italian food lovers, especially coeliacs and the gluten-intolerant. We also distribute the superb Felicetti alternative grain pasta, easier on digestion and said to contain more nutrients than modern wheat strains.



PASSION FLOWER BEAUTY

Passion Flower Beauty is for those who love natural and organic bath and beauty products that use minimal or no packaging. Their products are eco-focused and always made in small batches. They love to make each and every one of their customers smile and feel amazing! They offer high quality products at low prices that fit anyone's budget.



CHECK OUT OUR
MEMBER SALES

Members save 15% OFF!
 October 1 - 21



Ricola Lozenges
 All Varieties
 orig. \$3.99



Tailwind Nutrition
 All Products
 orig. \$1.59-\$39.99



Tate's Bake Shop
 All Products
 orig. \$1.99-\$7.49



Rumiano Organic Cheese
 All Varieties
 orig. \$5.79-\$7.49



Majestic Garlic
 Dips & Spreads
 orig. \$6.79

Who Gives a Crap
 Paper Products



orig. \$1.49-\$9.99

MOR
Kombucha
 orig. \$3.29



This month at the:

SOUP'S

We've moved into Fall and that means it's soup season! From now into the spring, The DNF Deli will be serving up rotating daily soups to help keep you feeling all warm, fuzzy and nourished throughout the winter season. Here's a preview of some of the soups that we have planned:

Tomato Coconut Bisque (V) (GF)

A smooth and creamy fan-favorite - try with a Deli grilled cheese, made fresh to order!

Potato Leek (GF) (DF or V)

You'll find it vegan, or sometimes made with bacon! Rich, creamy, and wholesome.

Chicken Noodle Soup

A nourishing classic, tastes just like home!
One of our most popular soups.

Soup Sizes

8oz - \$4.49

16oz - \$7.99

32oz - \$14.99

DNF DELI ON!

Zuppa Toscana (GF)

An absolute staff favorite. A hearty soup with potatoes and Gosar Ranch sausage!

Green Chicken Posole (GF) (DF)

Southwestern and a little bit spicy! Smells just as good as it tastes.



AN EVENING WITH WOODY TASCH

Founder of Slow Money, author, visionary

More info @ <https://slowmoney.org/>

Monday, November 3 @ 6 pm , FREE admission
Bread Cafe , 135 8th St, Durango, CO



"The question before us is how we will plant the seeds of a peaceable economy. There is no more fundamental place to start than with how we grow food, how we feed ourselves and one another, how we relate to and care for the land."
Woody Tasch

CELEBRATE ROC-TOBER



Regenerative
Organic
Certified™

WITH US!

There's a new standard on the block for forward thinking growers, producers and brands called Regenerative Organic Certified (ROC). While the concept of "regenerative organic" farming is not new, having been conceptualized in the late 1970's by Robert Rodale, it has seen huge gains (45% 2024-25 YOY increase¹) amongst organic farmers over the past few years as more and more people see USDA Organic Certification as lacking in many key areas. This movement, currently led by the brands *Dr. Bronner's* & *Patagonia* aims to set a new standard for producers and brands to follow by emphasizing soil health, animal welfare and farmer & worker fairness/rights. "Markets need to move from a 'do no harm' mindset to one that repairs and restores" says Rainforest Alliance CEO Santiago Growland² whose organization will be adding a regenerative label to their packaging in 2026.

Recognizing topsoil loss, man made climate change, and ever rising pollution levels are a clear and present danger to our planet and our species, brands that transition to ROC are taking the extra steps to not only sustain our food growing capacity, but are working to enhance and rebuild

our ecological systems. Simultaneously looking backwards while working forwards, using more holistic and ethical methods of land stewardship, those that attain ROC are taking the initiative that many of their peers in the organic

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Healthy regenerated topsoil: Photo courtesy of: patagoniaprovisions.com

agricultural economy are not.

While some conventional growers are using regenerative techniques, their practices are not as effective as those that are practicing organic regenerative farming.

Treated, in some cases, as an add on to USDA Certified Organic, the producers using the R.O.C. label are committed to ethical use of their land. Recognizing the responsibility they have to all of us as stewards of the land that they currently grow on.

Many of these growers can read the



R.O.C. AT DNF

Find these R.O.C.
brands on our shelves!



DR. BRONNER'S
ALL-ONE!

Wholesome
MINDFULLY DELICIOUS.



SIMPLI

Farmed for Flavor

Heirloom
COFFEE ROASTERS

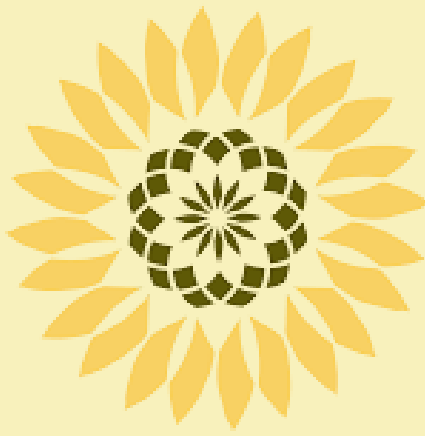


GOODSAM
SMALL FARMS

writing on the wall, that many of their peers in the growing economy are sacrificing arable land and long term environmental health for the sake of quick profits over the near term.

One of the brands DNF carries, Lil' Bucks, recognizes what we are facing. "We have about 55 harvests left to grow food on our soil if we continue using conventional farming practices. The number one priority to sustain our planet for generation to come is changing our farming practices to one that nurtures the soil; a practice that not only maintains the soil but improves it over time: Regenerative Agriculture.³"

1. Schweizer Errol, "How Regenerative Organic Can Save The Planet- And The Food Industry," Forbes, September 22, 2025, <https://www.forbes.com/sites/errolschweizer/2025/09/22/how-regenerative-organic-can-save-the-planetand-the-food-industry/>
2. Brown Nick, "Rainforest Alliance Launching Regenerative Agriculture Certification for Coffee," Daily News Coffee, September 8, 2025, <https://dailycoffeeneeds.com/2025/09/08/rainforest-alliance-launching-regenerative-agriculture-certification-for-coffee/>
3. "Eat for you. Eat for the Earth," Lil Bucks, September 24, 2025, <https://lovelilbucks.com/pages/sustainability>



Nova Market Garden



Nova Market Garden sits on almost three acres of land less than half a mile from the Animas River. Sitting on land this close to a waterway can pose its own challenges, here being a water table that sits less than three feet below the surface. Donal & Betsy Kinney, who are both Permaculture & Grow Biointensive Certified small scale farmers, are the engine behind this project. Having had experience with a previous small scale farm in Dixon, NM, when the opportunity to start another small scale farming operation presented itself, they jumped at the chance.

After buying their property in Aztec, in 2020, Donal & Betsy spent two years developing the land that was previously used as pasture and its infrastructure into a space that could sustain a full-time food growing operation. Using their knowledge of permaculture and the benefits of biodiversity, they focused on stewarding the land in a such way that they are adding more back to the land than is being extracted; not only sustaining, but regenerating. Using leaf mold, a dark soil conditioner created from the slow decomposition of fallen leaves, they have very happy and healthy topsoil while there is no need for any petrol based fertilizers at Nova Garden. They also eschew chemical pesticides, instead choosing to encourage the prevalence of three different species of “predator bugs” to fight back any potential infestations of unwelcome insect visitors that arise.

Over the past four growing seasons they have efficiently worked towards perfecting their methods, aiming to get the best and freshest possible product to store shelves while growing produce in a hot and dry environment. Their process involves a thorough “cold chain.” This includes a walk-in refrigerator within their main barn where produce is stored in the time between being harvested and washed. Then, for the 40 minute drive to Durango, they use insulated coolers to ensure the freshest possible product is dropped off at Durango Natural Foods before being put out on the shelf.

Delivering to Durango throughout the harvest season, Nova has a wide variety of produce to offer. DNF will be have all of the following from them in stock: sweet potatoes, head lettuce, kale, beets, radish, chard, smooth skinned Persian cucumbers, heirloom tomatoes, ginger and turmeric.



Top left: Nova’s Voluptuous Kale waiting to be harvested; Left Center: Sidro keeping watch over Nova’s produce while keeping lingering deer at bay; Bottom Left: inside the Nova hoop house sits turmeric, ginger, cucumbers and heirloom tomatoes; Bottom Left: yellow onions after being harvested; Top Right: Donal with DNF Produce Managers Jack & Zachary.

SHOP REGENERATIVE THIS ROCTOBER!

DR. BRONNERS
 WHOLESOME
 LUNDBERG FAMILY FARMS
 ARTISANA
 SIMPLI
 PATAGONIA PROVISIONS
AND MANY MORE!



**LOOK FOR THIS TAG ON
FEATURED BRANDS!**

PUMPKIN, SPICE & EVERYTHING NICE



NATURE'S PATH



**PUMPKIN SPICE
WAFFLES**

TALENTI

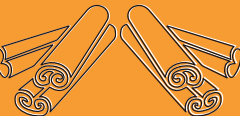


**PUMPKIN PIE
LAYERED GELATO**

DANDIES



**PUMPKIN SPICE
VEGAN
LAYERED MARSHMALLOWS**



ALDEN'S



**PUMPKIN
CHEESECAKE
ICE CREAM
SANDWICHES**

REBBL



**SPICED
PUMPKIN
PROTEIN
DRINK**



SIMPLE MILLS



**PANCAKE
MIX**



**MUFFIN
MIX**

**Cooperation
is Radical**



**October is
Co-op Month!**





**MURPHY
LEGACY
BISON**

DURANGO'S LOCAL REGENERATIVE BISON RANCH

By: Dan Groth - Asst. Grocery Manager/Meat Buyer - Durango Natural Foods

On a sublime September day, Outreach/Marketing/Good-Thymes-Editor extraordinaire Jacob Lienhardt and I drove out to Murphy Legacy Bison Ranch south of Hesperus. With a stunning view of the La Platas and 900 acres, the ranch abuts the Old Fort Lewis farm. As a known bird nerd, I was delighted to see a sign advertising Audubon Society Bird Friendly Habitat Certification for ranching land. Indeed, as we drove in I immediately saw about 10 different bird species, including Western Bluebirds, Vesper Sparrows, an American Kestrel, and Western Meadowlarks. We were about to embark on a fabulous tour.

We met owner Sara Murphy at the ranch house, and she drove us in her pickup to where the 100 count bison herd, (each tagged with a number on their ear) was currently hanging out. The herd is kept at a sustainable 100 individuals by selling calves to other ranches that follow similar regenerative practices with genetically pure bison, and by culling the herd for meat to sell. Murphy started the ranch during the auspicious month of March 2020, (in a place where social distancing was quite easy), with bison she had purchased from the annual roundup of the bison herd in Custer State Park near Wind Cave in South Dakota. These are wild animals, and when we came to the area where the bison were roaming, they approached out of the dust with a feral aura one doesn't feel around cattle. We drove to an open spot, got on the truck bed, and threw alfalfa cubes toward them. This wasn't their usual grazing ground, which is another part of the acreage where irrigation sustains the land during dry years like this, but rather a drier area of

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Bottom Center: Dan w/ Sara Murphy, Bottom Right: A surprise calf that joined the herd late in the season.



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oak/rabbitbrush scrubland. These beasts were engaging in their instinctual behavior of wallowing, rolling around in dust, a practice that was once an instrumental part of ecosystem creation throughout their historical range. The herd varied between a handful of late-season born calves as well as some hefty, wooly creatures that would gore you in a second given a chance. Indeed, one adult bison(#7 aka Petunia), had resisted feeding as a calf and Murphy hand-fed her. As thanks, at 6 months Petunia charged Murphy and tore her meniscus. Petunia still recognizes Sara and got near the truck when we were circling around to leave, not out of some level of old appreciation but rather association with food.

Besides the goal of creating a sustainable business, Murphy Legacy Bison has the inherent goal of creating not only sustainable land practices, but also practices that revive the land towards its healthiest state. The ranch has Ecological Outcome Verification (EOV) certification, which is a regenerative program that focuses on outcome. With care and diligence, these animals native to North America and co-adapted to our ecosystems are being re-introduced to places they once thrived in. By supporting places like Murphy Legacy Bison we are encouraging better practices and the healing of damaged habitat. DNF currently carries their ground bison, and will soon sell stew meat, chuck roast, and fajita skirt steak. Also, swing by Grassburger when you have a chance to chomp on a fine bison burger

courtesy of Murphy! For more information, check out their website:<https://murphylegacybison.com/>. Also, take a look at the website for EOV certification: <https://savory.global/EOV/>



Photographs clockwise from below: The Alpha Male of the herd, standing over a foot taller than the next tallest bison; Sara opens up a bag of Alfalfa as the bison approach hungrily; a wallowing bison, performing crucial regenerative duties; a second late season calf.



AUTUMN

SPICED WINTER SQUASH BREAD

This is pumpkin bread's cousin, made with any roasted winter squash that you have on hand. This is perfect right out of the oven, or sliced and toasted the next day.

TOTAL PREP TIME: 1 HOUR 20 MINUTES
SERVINGS: 12



Ingredients

1 3/4 cup unbleached AP flour
3/4 cup cake flour
1 teaspoon baking soda
1/4 teaspoon salt
1 teaspoon cinnamon, optional
1/2 teaspoon allspice
1/4 teaspoon nutmeg
1 cup butternut squash, pureed*
1 cup brown sugar
2 large eggs
1/2 cup yogurt
1/4 cup vegetable oil

* Squash Puree

1. Preheat the oven to 400°F.
2. Halve the squash, scoop out the seeds, and place it cut side down on an oiled sheet pan.
3. Roast at 400°F until tender when pierced with a paring knife.
4. With a metal spoon, scrape out the cooked flesh and puree in a blender or food processor or mash with a potato masher until smooth.

Preparation

1. Preheat oven to 350°F. Oil a loaf pan. In a large bowl, stir together flours, baking soda, salt, cinnamon, allspice and nutmeg.
2. In a medium bowl, whisk the squash puree, brown sugar, eggs, yogurt and oil until smooth. Pour the squash mixture into the dry mixture and stir just until combined.
3. Scrape the batter into the loaf pan. Bake loaf for 50-60 minutes, until a toothpick inserted in the center of the loaf comes out with no batter on it. Cool on rack for at least 10 minutes before slicing. When completely cool, wrap tightly and store in the refrigerator for up to a week.

CO-OP SUPPLIED INGREDIENTS



KING
ARTHUR

CAKE FLOUR
\$5.99/32OZ



WHOLESOME
LIGHT
BROWN
SUGAR
\$7.79/24OZ



ROARING
FORK
ALL PURPOSE
FLOUR
8.49/2LBS



PRODUCE
BUTTERNUT
SQUASH
\$1.99/LB

ORGANIC
VALLEY
LARGE
BROWN
EGGS \$4.99/HALF DOZ.



RECIPES



CREAMY MELTED ZUCCHINI WITH TAGLIATELLE

Zucchini is a juicy vegetable, but when you shred and saute it until the moisture cooks down, it becomes a buttery, soft sauce. A little cream and a handful of fresh basil make this dish special enough for company.

Total Prep Time: 40 minutes | Servings: 4

Ingredients

8 ounces tagliatelle or spaghetti
2 tablespoons butter
1 small onion, slivered
2 medium zucchinis, shredded
4 cloves garlic, minced
2 teaspoons fresh lemon zest
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 cup cream
1/2 cup grape tomatoes, halved
1/2 cup fresh basil, chopped
Shredded parmesan cheese, to taste

Preparation

1. Cook the tagliatelle according to package instructions and drain.
2. While the tagliatelle is cooking, in a large sauté pan, melt the butter over medium heat and add the onion. Sauté for 5 minutes, then add the shredded zucchini and stir, turning and stirring until melted and thick, about 8 minutes.
3. Add the garlic, lemon zest, salt and pepper and stir until the zucchini is golden in spots, about 5 minutes. Stir in the cream and bring to a boil, stirring until thickened, about 4 minutes. Add grape tomatoes, stirring until heated through, then toss with hot tagliatelle. Serve sprinkled with basil and pass parmesan at the table.

SEGGIANO

GET YOUR SUPPLIES HERE



TAGLIATELLE
\$7.99/13.20Z

PRODUCE



ZUCCHINI
\$2.29/LB

PRODUCE



GARLIC
\$10.99/LB

PRODUCE



ONION
\$1.99/LB

VITAL FARMS



BUTTER
\$4.49/8OZ

ORGANIC VALLEY



WHIPPING CREAM
\$2.99/12OZ

coop deals

OCT 1 - OCT 21, 2025



2/\$7

Alter Eco
Organic
Chocolate Bars
2.65-2.96 oz.,
selected varieties



2/\$7

Montebello
Organic Pastas
16 oz., selected varieties



2.29

Red's
Burrito
4.5-5 oz., selected
varieties



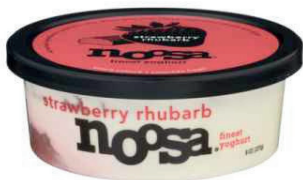
2/\$5

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



2/\$7

Harmless Harvest
Coconut
Smoothies
10 fl. oz., selected
varieties



3/\$7

Noosa
Yoghurts
8 oz., selected
varieties



31.99

Four Sigmatic
Organic Plant-
based Protein
Powder
16.9-21.16 oz., selected
varieties



2/\$4

C2O
Coconut Waters
17.5 fl. oz., selected
varieties



5.99

Applegate
Pork Bacon
8 oz., selected varieties



2/\$8

DrTung's
Smart Floss
30 yd., selected varieties



8.49

Thousand Hills
100% Grass-fed
Ground Beef 80%
Lean 20% Fat
16 oz.