



April 2025 Newsletter

In this month's newsletter:

- A Word from the General Manager
- A Word from the Board of Directors
- Art Gallery Reception with Olly Greer
- Virtual Ayurveda Cooking Class with Jodi Adams
- Financial Meeting of Owners
- Annual Bulk Sale
- Little Free Pantry Food Drive
- April Owner-Exclusive Deals
- Curbside Program Ending
- Round Up For Good
- Recipe Features
- New Products

FROM THE

**GENERAL
MANAGER**



By Gary Taylor

Hello Cooperators!

Spring is finally here! I love this time more than any other for all of us cooperators!

Seedlings have been started, and our annual plant sale will be coming soon. The weather is becoming more pleasant with every passing week and the opening of the outdoor Farmer's Market is only a month away. I want to take this time to ask all of our owners to join us in renewing our cooperative commitment of supporting local food systems. There is no better way to do that than to buy from farmers directly through a CSA (Community Supported Agriculture program), or shopping at the Farmer's Markets in Urbana and Champaign. Please contact your favorite local grower to inquire about their individual program. If neither of these is convenient for you please feel free to shop for local products here at Common Ground, as we are committed to buying and selling as much as possible from our local farmers. Coming soon on April 23rd we will hold our annual Financial Meeting of Owners which will also include our Ends Report which will how give you all a great view of how much we spend locally.

I wanted to inform you all that we have made the decision to end our curbside grocery pickup program effective March 30th, 2025. We started the online ordering system around the middle of 2020 when the pandemic was in full stride. It has since outlived its usefulness for the vast majority of Co-op shoppers and at this point the mounting losses incurred by the program makes it no longer viable. Rest assured that if something similar arises in the future we will be able to put the program back in place if needed.

Finally, I would like to make sure that everyone is aware that Common Ground will soon be a WIC (Women, Infants, and Children) store. WIC will be joining our menu of food access programs that include our Food For All program, SNAP, and Link Match. Because the WIC program requires us to carry certain specific conventional items, we will now be able to carry a few of the other conventional items that our owners have not been able to find at Common Ground. We would love it if you all would let us know what items those are. We will do our best to make it possible to save you some time by being able to skip the hassle of shopping at multiple stores to fulfill all of your needs.

Thank you all so much!

Please take care,

Gary

**FROM THE
BOARD OF
DIRECTORS**



By Hannah Andresen

Hello cooperators! I hope you are enjoying these hints of spring weather as much as I am!

I'd like to take this opportunity to introduce and share the thoughts of a fellow new Board member: Chike Coleman.

What motivated you to join the board of Common Ground, and what do you hope to contribute to its mission?

Chike: I thought it was important once I moved back to Urbana to make a positive difference in my community and I had always shopped at the Common Ground Food Co-op, and I thought my unique perspective in living life and my value for agriculture in general at a young age would be sufficient experience to really bring something new and exciting to the board.

How do you see the role of the Co-op in supporting local farmers, sustainable practices, and the community?

Chike: Honestly, I'm looking to celebrate the produce produced by our farmers. I want people to know where their food comes from and the amazing flavors that can come from not only the products the farmers produce, but also the education for how it was achieved and I think our members would benefit from small forms in that education. My hope is that it inspires them to create their own method of support for the local farmers and what they produce.

What do you think are the biggest challenges facing the Co-op today, and how should we address them?

Chike: I think the biggest challenge facing the Co-op is even though people know where we are and what we bring to the community, I think the community at large doesn't know about the positive impact that it can make to the farmers that produce the products they love.

How do you approach decision-making in a cooperative setting where multiple stakeholders have different priorities?

Chike: First and foremost, I listen to what everyone's priorities are, and then I try to align those priorities with the mission of the board to support those initiatives to make positive change. It's always going to be a collaborative process and involve active listening as well as compromise.

What skills or experiences do you bring to the board that help strengthen Common Ground's leadership and operations?

Chike: I bring an informed knowledge of agriculture from my days in high school when I was part of the research apprenticeship program. I also bring my unique perspective as a disabled individual who uses the Co-op and values the different resources and products that it sells. But mostly more than anything I bring in a perspective of a disabled person who navigates the world and sees different types of challenges that can aid the community in being inclusive, not only at the food co-op but also our neighborhood, farmers, and growers communitywide.

Upcoming Classes & Events

Ayurveda Virtual Cooking Class & Meal Kit

Saturday, April 12th, 11 am - 1 pm

Food is medicine. Combinations of herbs and spices with seasonal vegetables can help one to find balance and ease in digestion. Reacquaint yourself with many of the herbs and spices you may already be familiar with in a new way. Join Jodi Adams, Certified Yoga Instructor and Ayurveda Yoga Specialist, in April's virtual cooking class as she guides you through the foundations of Ayurvedic cooking traditions, spice blending, and mindful, seasonal recipes. Tune in to the live class via Zoom and cook along in your own kitchen using a pre-portioned Co-op class kit. The menu includes:

- **Kitchari**: a complete meal intended to nourish and rejuvenate that combines basmati rice with split yellow mung bean, ginger, and a balanced blend of spices.
- **Vata Churna**: an assortment of culinary spices that will be toasted and blended to flavor the food and traditionally used to ease stress, promote good digestion, and create harmony in the body and mind.
- **Roasted Japanese Sweet Potatoes**: seasoned with vata churna and served alongside seasonal greens
- **Cumin Coriander Fennel Tea**: commonly used to support healthy digestion, soothe common digestive discomforts, and stroke digestive fire.

\$50 non-owner / \$45 Co-op Owners (promo code **OWNER** for \$5 off registration).
Ticket includes meal kit for 2-3 people



[Register](#)

Art Gallery Reception with Olly Greer

Friday, April 4th, 4-6 pm

Join us for an Art Gallery Reception for Olly Greer, our current featured artist in our Flatlander Art Gallery April 1st - May 9th!

Artist Statement: "Olly Greer is an installation artist who continually pushes materials to their max as they combine unlikely wares into shape-shifting moments. They care about uplifting trans narratives while digging deep into their own history of escaping evangelical fundamentalism. Their work is a garden, a prayer for trans magic, and an altar for new worlds that can be imagined beyond this binary bleakness. For this show, they will be creating ceramic eggs and fruits filling the space with color and floral collaging on the clay."

Get a chance to meet the artist, view the art installation, and browse artwork available for sale. We will also be sampling some wines, charcuterie, and other refreshments.

This event is part of Boneyard Arts Festival.



Financial Meeting of Owners

Every spring, we host our Financial Meeting of Owners (FinMOO) where Common Ground staff and Board of Directors cover the following topics with our owners:

- Important Store Updates
- Presentation of 2024 Financials
- Current & Future Challenges
- Store Impacts & Upcoming Events
- Raffle Giveaways

Must be an owner to attend.

Financial

MEETING OF OWNERS

Wednesday, April 23rd
6:00 pm - 7:00 pm

Meeting hosted virtually via Zoom

RSVP

Annual Bulk Sale

April 23rd - April 29th

Save the date for our annual Bulk Sale! Get 20% off our entire bulk section in Aisle 2, plus an additional 5% off when you bring your own container! Save money, reduce packaging waste, and stock up on essential staples like spices, flours, beans, rice, coffee, teas, nuts, snacks, and so much more.

Plus, any special orders on bulk items are also 20% off!



[View Bulk Guide](#)

Announcements

Little Free Pantry Food Drive

Help support our

FOOD DRIVE

For the Unitarian Universalist
Church of Urbana-Champaign's
Little Free Pantry

March 26th - April 20th

Donate food at Common
Ground Food Co-op to
support the free pantry
located at the corner of
Green & Birch in Urbana

Accepted Items

- Canned goods
- Shelf-stable items
- Personal care items
- Pet food & pet care
- Cleaning supplies



April Owner Deals

Owner Deals are bigger and better than ever! We have a brand new set of owner-exclusive deals. Over 100 amazing products will be on sale for owners for the entire month of April.

April 2nd
-
April 29th

OWNER DEALS



2/\$7
Mrs Millers
Egg Noodles
16 oz
reg. price \$4.99



Shop over 100
amazing owner
exclusive sales!



\$3.69
Bulk Super
Nutty Granola
per pound
reg. price \$5.59/lb



2/\$5
Wonder Melon
Juice
8.45 fl oz
reg. price \$2.99



\$5.29
Abbot's
Ground Beef
12 oz
reg. price \$9.99



2/\$5
Nasoya
Silken Tofu
16 oz
reg. price \$2.99



\$5.69
Mauna Loa
Macadamia Nuts
4 oz
reg. price \$8.79



2/\$6
Mestemacher
Bread
17.6 oz
reg. price \$4.39



\$5.99
Hippeas White
Cheddar
Chickpea Puffs
8 oz
reg. price \$8.69



2/\$4
Think
Protein Bars
2.1 oz
reg. price \$2.99



\$4.59
Bare Fruit Apple
Cinnamon Chips
3 oz
reg. price \$6.99



4/\$5
Primal Strips
Vegan Jerky
1 oz
reg. price \$1.69

Common Ground Food Co-op | 300 S. Broadway Ave Suite #166 | 217-352-3347 | www.commonground.coop | Open 7:30 am - 9:00 pm daily

[View more deals](#)

Community

ROUND UP FOR GOOD

UPDATE

Last month we raised over \$5,500 for RACES (Rape Advocacy, Counseling & Education Services).

Mission: "We provide compassionate comprehensive support to those affected by sexual trauma. We care for our communities through prevention education programs that promote consent."

Project Proposal: "In service to our vision of a world free of sexual violence, Rape Advocacy, Counseling & Education (RACES) provides free, age-appropriate, and evidence-informed prevention education programming to students of all ages. During the 2023-2024 school year, RACES staff provided programming to over 5,000 students in Champaign County, thanks in part to the support from a Round Up for Good Grant. RACES has been fortunate to receive these grants for multiple years and this has allowed us to increase our staff capacity to be able to reach more students in our community. If selected, funds will continue to be used to cover staff compensation and related expenses, which will allow RACES to maintain its current, high level of service provision at no cost to local schools or organizations."



[Learn more](#)

April's Round Up For Good organization is Prairie Rivers Network.

Mission: "At Prairie Rivers Network, our mission is to protect water, heal land, and inspire change. Using the creative power of science, law, and collective action, we protect and restore our rivers, return healthy soils and diverse wildlife to our lands, and transform how we care for the earth and for each other."

Project Proposal: "Clean Water Forever Campaign - Clean Water Forever starts with protecting the drinking water of Central Illinois. To protect our water, Prairie Rivers Network is working to educate the public of the importance of Illinois' only Sole Source Aquifer, and to mobilize our community to demand protection of this vital resource for the long term."

With support from the Round Up For Good Grant, PRN will be able to produce educational materials such as posters, billboards, and digital ads that inform people across Central Illinois about the dangers of CCS projects proposed to inject carbon dioxide through and store carbon dioxide under the aquifer and its recharge zones. We'll also share personal stories from residents who rely on the aquifer, bringing a human face to the issue and inspiring others to get involved."



Recipe Features

Co+op Basics: Stuffed Bell Peppers



Check out our newest Co+op Basics recipe for your next dinner! These stuffed peppers are beautiful and simple, featuring a filling of brown rice, corn, and black beans. You could use any color pepper, or an assortment for a bright presentation. This recipe features 8 Co+op Basics products and is only \$4.24 per serving.

[Get recipe](#)

Pasta Primavera



Spring is just around the corner! We created a bright, vibrantly green springtime Pasta Primavera. This recipe is incredibly fresh and delicious, featuring sugar snap peas, asparagus, and a mascarpone cream sauce.

[Get recipe](#)

New Products

Grocery



Yoplait Yogurt

Savor Yoplait smooth-style yogurt as a delicious addition to an easy breakfast or snack! Enjoy the yogurt plain, pair it with granola, or blend into a refreshing smoothie or dip for fresh fruit. Available in vanilla and strawberry.

\$3.79

Milkbone Dog Biscuits

Treat your pup with classic biscuits that are sure to satisfy. They're made with more than 12 vitamins and minerals, and the crunchy texture helps keep their teeth clean.

\$7.89



Meat & Cheese



Creminelli Mini Salami

Made with 100% humanely-raised pork, salami minis are produced using the same fermentation and aging methods as Creminelli's award-winning salami. Great for snacking on-the-go or as an anywhere, everyday reward.

\$5.75

Bakery

Superior on Main Mini Eclairs

New in our bakery cooler, these mini eclairs are a classic French pastry filled with non-dairy custard and topped with fudgy chocolate icing.

\$7.99



Best Maid Desserts

Pick up one of our new bakery treats! Scotcharoos are made with peanut butter, crispy rice, and a chocolate frosting, and the Caramel Delights feature marshmallow, cereal, crispy rice, and caramel.

\$3.99

Wellness

Golden Mushroom Co. Mushroom Grow Kits

These 3-pound beginner-friendly mushroom grow kits make it easy to grow fresh mushrooms right at home. Designed for success, each kit comes with a premium grow block, clear instructions, and a water bottle for misting. Perfect for beginners or anyone looking for a fun indoor project, these kits can yield up to a pound of fresh mushrooms in just a few weeks!

\$22.99





Kikkerland Monster Duster

Make cleaning fun with the monster duster! The microfiber duster extends to 39", allowing you to reach hard-to-reach places. Plus, the cover is reusable and comes off for easy washing.

\$5.49

Beer & Wine

Root:1 Wines

Root:1 wines are crafted in the Maipo, Colchagua, and Casablanca Valleys of Chile. Their winery was the first in Chile to be certified 100% sustainable by Wines of Chile! Try their Cabernet Sauvignon or Sauvignon Blanc.

\$10.99



Pollyanna Hop Water

This 0 alcohol, 0 calorie, and 0 carb sparkling water is full of hoppy goodness from Nectaron and West Coast hops. It is full of citrus, mango, and pineapple without any bitterness for the perfect post-beer hydration or something flavorful at lunch.

\$10.99

**THANKS FOR
READING!**

ENJOY \$2 OFF

with a purchase of \$15 or more

Show this coupon at the registers.
Cannot be reused or used for sale items, Co+op Basics,
or Alcohol. Valid during the month of April.



Common Ground Food Co-op | 300 S. Broadway Ave #166 | Urbana, IL 61801 US

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