



## August 2025 Newsletter

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FROM THE

**GENERAL  
MANAGER**



**By Gary Taylor**  
Hello Cooperators,

This year is certainly flying by us. It seems like it was not very long ago that we celebrated our 50th Anniversary with a celebration at Prairie Fruits Farm. That celebration coincided with our Meeting of Owners, annual Board elections and voting for our Round Up for Good Organizations.

Now, here we are again already! We will soon be announcing the date of our Meeting of Owners and have received some amazing nominations for our Round Up Organizations. Applications to run for the Board are now available and anyone who is [interested in being a Board Member](#) has until August 11th to get their application in. There are 3 seats open for our next Board Year.

If you have never considered running for the Board please take a moment and think about it. Whether you are a long term owner or new to the Co-op, your life experience, opinions and personal talents could be fantastic contributions to our little store. If being a Board member is not something that interests you, please, at least make sure you get your votes in for those who you think could do a great job with leading the Co-op into the future.

Locations, dates, and deadlines will be sent out soon so please be on the lookout for them in your email and in Common Ground.

I hope to see you all soon!

Take Care,

Gary

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## FROM THE BOARD OF DIRECTORS



Hello everyone. This month, we are excited to introduce our newest board member,

David Aarestad. He has shared a few words and answered a few questions so you all can get to know him a little better:

I am very excited to join the Board of Common Ground. We just moved here from the Denver area in 2024 and are getting to know the Chambana community. My wife and I have an adult daughter with Down Syndrome and a son who just finished his freshman year at the Colorado School of Mines.

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

We are new to the area and began shopping at Common Ground right away. I have served on Boards for mission-oriented groups in the past, and I loved what I saw at CG.

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

Being new to the area, I look forward to engaging with Gary and the staff at CG to explore best ways to work with local producers, especially our farmers.

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

Being new to the area, I am still learning. With my background, I plan to work with the Board and with Gary to stabilize our finances so that we can continue to serve our community for many years to come.

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

Identify each stakeholder's interest in the question at hand. Work to identify outcomes that harmonize across interest groups. Include each stakeholder in discussions so that the outcome is transparent, even if it may not be optimal for every person.

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

I have been on many non-profit boards in the past, including some with severe financial difficulties. My background as a corporate and securities attorney has helped me navigate the financial statements of the organizations and work on the underlying issues.

## Closed Labor Day

# STORE CLOSED

## Labor Day

**Monday, September 1st**

*normal hours  
resume Tuesday*

**COMMON GROUND**  
FOOD CO-OPERATIVE

Common Ground will be closed on Monday, September 1st, in observance of Labor Day.

Regular hours resume Tuesday, September 2nd.

## Upcoming Classes & Events

### September Owner Appreciation Days

Wednesday, September 10th - Tuesday, September 16th

Owner Appreciation Days are coming up in September! Owner Appreciation Days are our special sales celebration where all of our Co-op owners get great store-wide deals. Owners will receive a 10% discount off their entire purchase of one shopping trip of their choice (excluding Co+op Basics, alcohol, and items already on sale).

All owners who shop during Owner Days and use their 10% discount will receive a special coupon book with exclusive deals from September to November, including an additional 10% storewide discount.

There will also be exclusive owner deals, free Golden Ticket items, and the chance to win one of four amazing raffle giveaways!

# Owner appreciation days

*September 10 - 16*

★ 10% OFF ★ COUPONS ★ RAFFLES ★ OWNER DEALS ★

## Hyper Local Virtual Cooking Class

Saturday, August 23rd 12:00 - 2:00 pm

Cook a hyper local lunch with trained chef and farmer, Chef Ann Swanson. The class menu will highlight ingredients from various Central Illinois farms and by the end of class you will enjoy an elaborate and delicious meal made from scratch.

The menu includes:

- **Baked and Breaded Local Tilapia:** Koss Family Farms tilapia coated with sour cream and Janie's Mill seasoned flour served with a homemade caper remoulade dipping sauce
- **Local Deviled Eggs:** Six deviled eggs from Little Farm on the Prairie with mayonnaise and a pinch of sumac
- **Blueberry Wheatberry Salad:** A delicious savory salad with local wheatberries, Prairie Fruits Farm goat cheese, and onion, with fresh blueberries, mint, basil, and blueberry vinaigrette
- Plus, a local sweet corn ice cream made by Chef Ann Swanson!

Registration is \$55 and includes a cooking kit. Co-op Owners can use promo code: **OWNER** for \$5 off their registration.



Register

## Brazilian Cheese Bread In-person Class

Saturday, August 30th 1:00 - 3:00 pm

Learn how to make a popular and cheesy Brazilian snack originating from the state of Minas Gerais. Jula Paniago, Co-op instructor and Brazilian cook, will guide students through the traditional cooking method while exploring the dish's cultural relevance in Brazil. Students will get hands-on experience and enjoy the delicious dish with several pairings.

The menu includes:

- **Pão de Queijo:** Fluffy and cheesy tapioca bread bites with a crispy outside and soft chewy inside
- **Requeijão Cremoso:** A delicious and homemade Brazilian cream cheese
- **Coffee, tea, and additional spreads**

\$35/person - Owners can use promo code: **OWNER** for \$5 off their ticket. Limited seating available - only 12 seats per class. Waiting list will be made available once tickets are sold out.



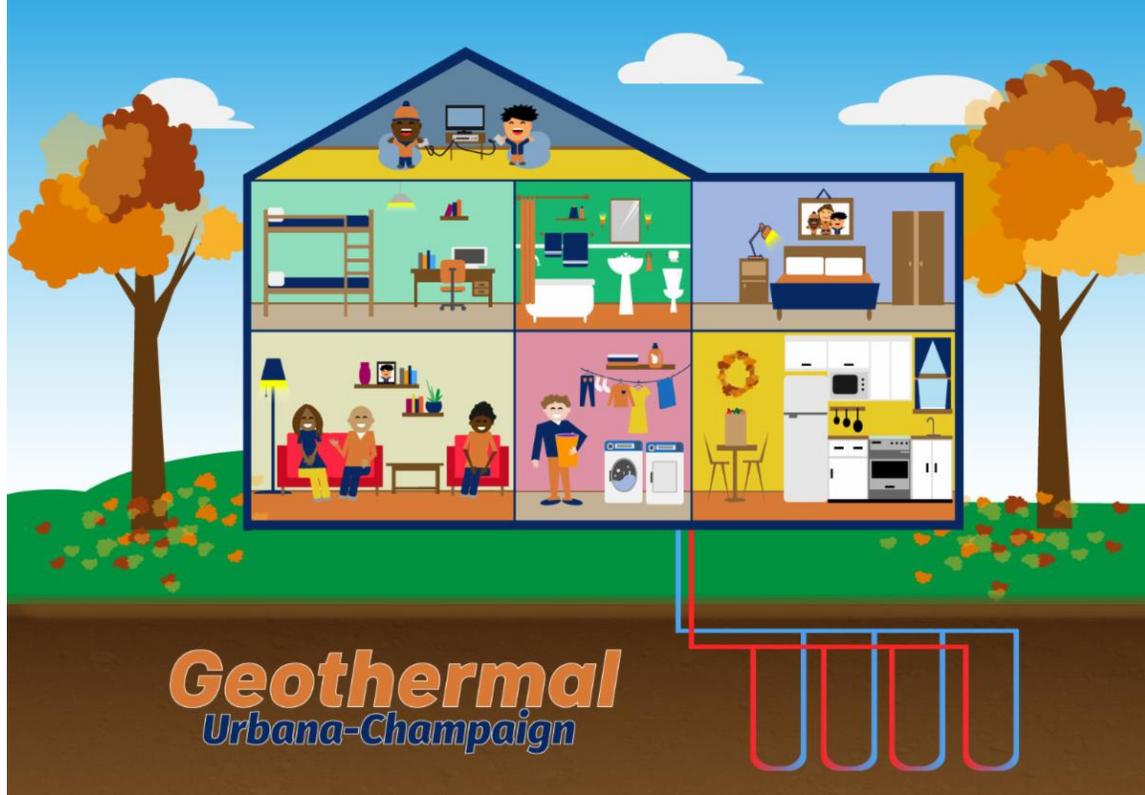
[Register](#)

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## Geothermal Power Hour

Wednesday, August 13th 6:30 - 7:30 pm

Join us for a free event and learn about Geothermal Energy! Geothermal Urbana-Champaign is a public education and bulk purchasing program that makes getting geothermal heating & cooling easier and more affordable. Geothermal systems are offered at a lower than market rate through the program, and the more people who participate, the lower the prices go for all participants.



[Learn more](#)

## Board Book Club

Tuesday, August 19th 6:00 - 7:00 pm

Our Board of Directors has started a Monthly Book Club! Join them in the Flatlander Classroom to discuss *Grocery Story: The Promise of Food Co-ops in the Age of Grocery Giants*, by Jon Steinman.

### About the book:

"Food has become ground-zero in our efforts to increase awareness of how our choices impact the world. Yet while we have begun to transform our communities and dinner plates, the most authoritative strand of the food web has received surprisingly little attention: the grocery store - the epicenter of our food-gathering ritual.

Through penetrating analysis and inspiring stories and examples of American and Canadian food co-ops, *Grocery Story* makes a compelling case for the transformation of the grocery store aisles as the emerging frontier in the local and good food movements. Author Jon Steinman:

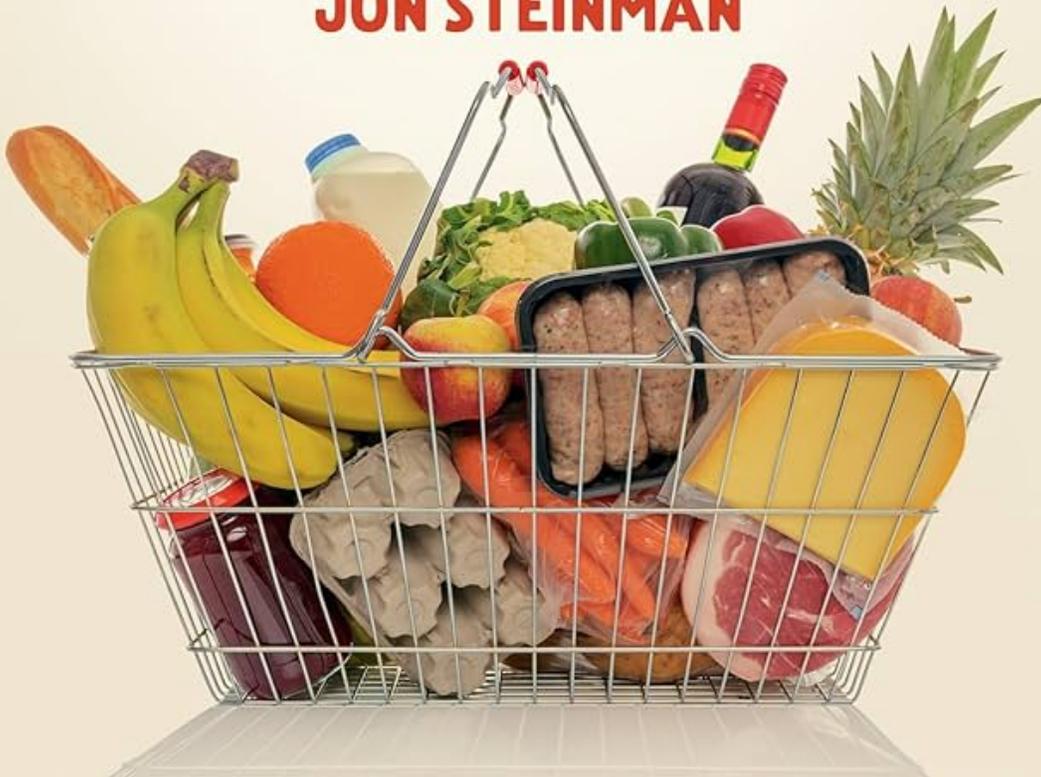
- Deconstructs the food retail sector and the shadows cast by corporate giants
- Makes the case for food co-ops as the alternative
- Shows how co-ops spur the creation of local food-based economies and enhance low-income food access

*Grocery Story* is for everyone who eats. Whether you strive to eat more local and sustainable food, or are in support of community economic development, *Grocery Story* will leave you hungry to join the food co-op movement in your own community."

*A great read! Full of energy and eyes-wide-open hope.*  
FRANCES MOORE LAPPÉ, author, *Diet for a Small Planet*, and coauthor, *Daring Democracy*

# GROCERY STORY

**THE PROMISE OF  
FOOD CO-OPS  
IN THE AGE OF  
GROCERY GIANTS**  
**JON STEINMAN**



[Learn more](#)

**Flatlander Art Gallery**

Artist Installation: Ed Gullo

Stop by the Flatlander Art Gallery before August 15th to view the works of Ed Gullo!

**Artist Statement:** I started fusing and slumping glass in 2013 so I could make pendants to go with necklaces my wife was braiding. To learn, I took a community education class offered by Parkland College. There I learned much more than just pendants. My interest continued to grow, and I have been experimenting and learning new things ever since. For me, working with glass is a way to immerse myself in a process that can be physically and creatively challenging, but also often feels like a form of play. Each piece is designed and built individually, sometimes with multiple firings. Most pieces have a practical use. There are so many ways to cut and configure pieces of glass that I'm sure I'll never run out of new things to try.



## Upcoming Artist Installation: Judie Spencer

Starting the 3rd week of August, we will be featuring the work of Judie Spencer! **Join us for a Gallery Reception on Wednesday, August 27th from 4:00 - 6:00 pm.** Get a chance to meet the artist, view the art installation, and browse all artwork available for sale. We will also be sampling some wines, charcuterie, and other refreshments.

**Artist Statement:** Beads have been used as currency, adornments, status symbols, counting devices, religious objects and have been part of the human story for thousands of years. They seem to be hardwired into the human brain, eliciting universal emotional responses to their diminutive beauty. They have been produced from hundreds of natural and synthetic materials. Their shape, size, and colors are infinite.

I have been working with beads for many years. Weaving with small seed beads is my favorite technique because it is fascinating to create a piece of fabric made from glass. The idea of wearing glass is also intriguing to me. It's properties, captured in minute fragments and woven into a flexible textile result in a unique application of this

seemingly hard and brittle material. Colors radiate, surfaces reflect or absorb light, and the beads themselves seem to take on a life of their own when worn.



## **Announcements**

Run for the Board of Directors



# Apply for a Board Position!

## Applications due by August 11th

We have 3 seats open for the 2025 Board of Directors elections!

Common Ground's directors play a pivotal role in steering its direction, ensuring adherence to cooperative principles, and representing the diverse interests of its owners.

Running for the Board is a testament to one's dedication to community, cooperative values, and the vision of a sustainable future. It is a chance to make a meaningful impact, contribute expertise, and ensure that the Co-op remains a vibrant and resilient institution for generations to come.

Whether you are a longstanding owner or new to Common Ground, consider stepping forward and running for the Board! Together, we can strengthen our cooperative, uphold its values, and create positive change in our community.

[Review 2025 Board Election Packet](#)

[Apply for the Board of Directors](#)

# August BOGO Promotion

Wednesday, August 20th - Tuesday, September 2nd

Shop amazing BOGO deals! Stock up on your favorite grocery and wellness products, or try something new.

**Buy One, Get One**  
**FREE**

shop and save throughout the store with **COOP deals.**

## Annie's Homegrown Select Mac & Cheese

6 oz - \$3.49



## Ben & Jerry's Ice Cream

1 pint - \$6.49



## Beyond Meat Sausage & Bratwurst

14 oz - \$10.39



## Crofter's Premium Fruit Spreads

16.5 oz - \$6.99



## Purely Elizabeth Granola

8 oz/12 oz - \$8.59/\$8.69



## Red's All Natural Burritos

5 oz - \$2.99/\$3.09



## Andalou Naturals Select Personal Care

3.4 oz/11.5 oz - \$8.29/\$8.99



## The Humble Co. Toothbrush & Floss

2 pack/50 count - \$3.49/\$3.69



## Mineral Fusion Nail Polish

.33 oz - \$9.99



## August Owner Deals

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

July 30th  
-  
September 2nd

# OWNER DEALS



**2/\$6**  
Cucina &  
Amore Pesto  
8 oz

reg. price \$4.39 - \$4.49



Shop dozens of  
amazing owner  
exclusive sales!



**\$3.59**  
McVities Digestive  
Wheat Biscuits

14.1 oz

reg. price \$5.49



**2/\$8**  
Cretors The  
Mix Popcorn

7.5 oz

reg. price \$5.49



**\$7.29**  
Equal Exchange  
Chocolate Chips

10 oz

reg. price \$10.99



**\$2.59**  
Wonder Melon  
Cucumber Basil  
Juice

8.45 fl oz

reg. price \$3.29



**2/\$7**  
Good Foods  
Chunky  
Guacamole

7 oz

reg. price \$4.39



**\$4.59**  
Sunsweet  
Sundried Prunes

7 oz

reg. price \$6.99



**\$5.69**  
Food For Life  
Brown Rice  
English Muffins

18 oz

reg. price \$8.49



**2/\$3**  
Rip Van Wafel  
Stroopwafels

1.16 oz

reg. price \$1.79



**\$4.89**  
Apple & Eve  
Apple Juice  
Boxes

8 count

reg. price \$6.99



**2/\$7**  
San-J  
Sauces

10 oz

reg. price \$4.79 - \$4.89

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

Learn more

## Community

# ROUND UP FOR GOOD

## UPDATE

Last month we raised over \$6,000 for The Refugee Center!

**Mission:** "Since 1980, the mission of The Refugee Center has been to provide services essential to refugee and immigrant resettlement in East Central Illinois, including orientation, translation, referral, liaison, public benefits assistance, social service counseling, advocacy, job placement, and supportive employment services."

**Project Proposal:** "Over the course of the next fiscal year, we plan to welcome 120 refugees from all over the world. While these newcomers receive a resettlement stipend from the federal government, it is not sufficient to meet all of their needs. Imagine trying to restart your life with only \$1,325 per family member! The cost of setting up a new home can easily eat up the majority of a new arrival's resettlement stipend, which is intended to cover all expenses during their first 90 days in the country.

The Refugee Center will continue to use Common Ground funds to purchase home supplies and toiletries that are essential to newly arrived families. A fund designated for home supplies has allowed The Refugee Center to purchase supplies in bulk and take advantage of sales, rather than purchasing more expensive individual items for families as they arrive. Additionally, it enables us to reserve each client's resettlement stipend for the growing costs of living, like rent, utilities, groceries, and essential seasonal clothing. Finally, a small portion of the funds will be reserved to maintain some essential cleaning supplies for the resettlement team to use in cases when housing has not been adequately cleaned by property management. Round UP For Good funds will be used to provide our newcomer families dignity, security, and comfort in their new homes in the CU



[Learn more](#)

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August's Round Up For Good organization is Hospice Hearts Animal Rescue.

**Mission:** "Hospice Hearts Animal Rescue is an all-volunteer, foster-based animal rescue in Urbana, Illinois, whose primary mission is to provide care and find loving homes for Central Illinois pets whose owners are no longer able to care for them due to owner terminal illness, nursing home admission, or death. To responsibly rehome these pets, HHAR works with local veterinarians to provide any necessary medical care, including a routine examination, the standard preventative vaccinations and medications, and microchipping. HHAR also works with our veterinarian partners to determine the best behavioral support and daily care to provide the pet, as well as how to address any medical issues identified in the intake examination. This has included spay/neuter operations, other needed surgeries, heartworm treatment, and dental care. HHAR volunteers are committed to providing a second chance at life after loss. By treating owners and their relinquished pets with this care and compassion, we ease the emotional burden of the original owner while preventing further overburdening of the

Animal Control system.

**Project Proposal:** "The Round Up For Good Grant funds will all go directly towards the veterinarian expenses of a minimum of 3-7 pets, depending on medical needs, relinquished to us in 2025. The average intake cost for a healthy pet is about \$500, but can increase quickly as issues arise. Addressing those issues is essential to the health and well-being of the pet, and to setting up the adoptive family for success. Animals meeting HHAR's mission, while being deeply loved, are not always in good health or up to date on routine preventative care measures, often because their owners are struggling physically and financially with their own medical issues."



[Learn more](#)

## Recipe Features

### Co+op Basics: Spaghetti with Chickpea Meatballs



Make weeknight cooking simple and tasty with our latest Co+op Basics recipe! Featuring a classic spaghetti with marinara sauce, topped with protein-packed chickpea meatballs. This recipe features 6 Co+op Basics products and is only \$2.89 per serving.

[Get recipe](#)

## Peach Cucumber Caprese Salad



Beat the heat with this refreshing peach and cucumber salad. Use peak summer ingredients and make a spin on your favorite caprese salad! We use smaller, bite-sized mozzarella for this recipe and it adds a savory flavor to a normally sweet salad. We recommend adding the sliced avocado right before serving to keep full freshness.

[Get recipe](#)

## New Products

### Grocery

#### Joyful Wren Eggs

Beautiful, multi-colored eggs from Joyful Wren Farms are back on the shelves! Joyful Wren is only 10 miles from the Co-op and is Certified Animal Welfare Approved by A Greener World! Available in half dozen and full dozen.

\$3.59 - \$6.99



## Counter Culture Perennial Coffee

This special blend coffee has juicy fig notes, sweet dark chocolate flavors, and a heavier mouthfeel to the cup. Plus, through their giving program, Bloom, Counter Culture sets aside \$1 for every pound of coffee to fund sustainability initiatives in cafes!

\$13.99



## Wellness



## Mrs. Meyer's Hand Soap

Mrs Meyer's products are made with cruelty-free formulas containing essential oils and other thoughtfully chosen ingredients. We have their hand soap now available in Basil, Lemon Verbena, and Lavender.

\$5.79

## Tenzing Water Bottle Bag

These adorable water bottle holders can also hold your phone! Perfect for a long walk or a day out and about. They are made of a cotton hemp blend and hold up to a 40 ounce water bottle.

\$8.99



## Meat & Cheese

### Meister Sweet Fire Mango Jack

Our newest cheese from regional producer Meister is a semi-soft Monterey Jack mingling the flavors of mango, orange, and ghost peppers. Pair with Chenin Blanc, light lagers, Pina Colada, or a Spicy Margarita.

\$6.20



### Bilinski Spicy Italian Sausage

Bilinski's newest chicken sausage has classic Italian flavors with a spicy kick from crushed red pepper, paprika, and black pepper. Organic and gluten-free!

\$7.90



### Dutch Farms Chicken Nuggets & BBQ Wings

Stop by the frozen meat case for an easy lunch or dinner! Try Honey Barbecue Wings or Chicken Breast Nuggets.

\$12.50 - \$12.90



## Kitchen



### Vegan Gyro Seitan Platter

This delicious vegan platter contains housemade seitan, spiced basmati rice, cherry tomatoes, cucumber, yellow onion, and a zingy dressing to bring it all together.

\$7.00

### Mushroom Philly Cheesesteak

Try our new vegetarian sandwich in the grab n' go case! Made with a blend of boletus, oyster, bocini, shiitake, and wood ear mushrooms, plus provolone and white cheddar cheese. Yum!

\$9.00



## Beer & Wine



### Barnard Griffin C'est le Vin Rosé Can

Barnard Griffin Winery offers quality, consistency, and character from Washington's premier family-owned and operated winery. New to our shelves, this canned rose is the perfect summer sipper.

\$2.99

### Cavit Wines

Cavit employs numerous eco-friendly vineyard and winery practices, including sustainable farming, erosion control, green packaging, and water conservation. Their individual-sized wines are a great alternative when you are looking to try something new! Available in Rose, Pinot Grigio, and Cabernet Sauvignon.

\$2.79



### Beak & Skiff Cider

Located in Lafayette, New York, Beak & Skiff Apple Orchards have been around for 100 years and 5 generations. Try their hard cider flavors in Pineapple Mango or Honeycrisp Apple.

\$3.29



**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 August.



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

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