



May 2025 Newsletter

In this month's newsletter:

- A Word from the General Manager
- A Word from the Board of Directors
- Owner Appreciation Days
- 17th Annual Plant Sale Fundraiser
- Moroccan Virtual Cooking Class & Meal Kit
- Louisiana Gumbo In-person Cooking Class
- Now Accepting WIC at the Co-op
- New Merch from Delight Flower Farm
- Round Up For Good
- Recipe Features
- New Products



By Gary Taylor

Hello Cooperators!

May has finally arrived! This is my favorite time at the Co-op. Since joining the team here, I have looked forward to tending my own garden, the opening of the outdoor

farmer's market, and the end of cold weather, at least for a few months.

As always, we have a lot going on this month: our plant sale to raise money for our Food For All program, another week of Owner Appreciation Days, and of course we are thrilled to see our Saturday Farmer's Market move back outside with a large increase of offerings from the indoor one.

This year in particular could be a pivotal time for our local farmers and I am truly hoping that we, as owners of the Co-op and supporters of our local food systems, really come out in favor of our local producers. As I mentioned during our Financial Meeting of Owners, federal budget cuts could make life harder for them, so we must protect our locals by procuring as much product from them as they can produce. If you can't make it to the market on Saturdays, please support them by finding their products on the shelves here at Common Ground! We must buy locally produced items as much as possible to ensure our farmers' survival.

Some industry experts are predicting rising prices and shortages coming soon to stores everywhere due to uncertainty with tariffs and the possibility of a trade war. Whether we could find ourselves in times similar to the Covid days shortages, or not nearly that bad, or possibly even worse, I have no idea. I would, however, recommend a common-sense approach of preparing for the possibility, not by running out and buying everything in sight, but by setting goals to become more self-sufficient. Increase the size of your home garden, learn how to preserve what you produce, get to know your neighbors, including your local farmers to trade goods and services, and just overall reduce dependence on items that you do not really need. The key to surviving hard times is not by hoarding toilet paper; it is through working together cooperatively to ensure everyone's needs are met, which is what we are good at and have built since 1974.

Thank you all for reading and for your continuous support!

Gary

FROM THE **BOARD OF DIRECTORS**



By Hannah Andresen

Some people collect magnets or patches or postcards of places they've been. I always love to stop in to a local bookstore and pick out something new to remind me of my visit. Most recently, I visited close friends in Alexandria, Virginia (by chance, the friends who first introduced me to the Co-op when I moved to Urbana!). We went to their favorite local bookstore and I picked out something I think we'll all enjoy together: [Endangered Eating: America's Vanishing Foods](#), by Sarah Lohman.

At the FinMOO meeting last week, we announced that the Board is hosting a book club! We've picked out a few of our favorite books relating to farming, food, and environmentalism to share and discuss. **Our next book club meeting will be Tuesday, May 20th, 2025 from 6-7pm in the Flatlander Classroom.**

Please feel free to join us whether you've read the book or not! It should be a fun evening of discussion and community. Let us know if you have suggestions for other books to read!

[Endangered Eating](#) is available from the Urbana Free Library and the Champaign Public Library, in both print and audiobook format.

Upcoming Classes & Events

Owner Appreciation Days

Wednesday, May 7th - Tuesday, May 13th

Owner Appreciation Days are next week! 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 June to August, 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

May 7 - 13

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

Learn more

Owner Referrals During OAD

New owners who sign up during Owner Appreciation days will receive a free Orzo Recipe pack in addition to all the other new-owner perks!

Already an owner? Do you know about our Owner Referral Program? **When you refer someone to Co-op ownership, you both get this product pack plus \$10 in Radish Rewards applied to your owner account!**



17th Annual Plant Sale Fundraiser

Tuesday, May 6th - Sunday, May 11th

Our 17th annual Plant Sale is happening in May! The plant sale is a full week and will feature seedlings grown by some of our amazing local farms, Sola Gratia Farm, Cary's Garden of Eatn', and Delight Flower Farm, as well as Urbana High School's Minorities in Agriculture, Natural Resources, and Related Sciences Club (MANRRS). We will have a large selection of tomatoes, greens, herbs, flowers, and other plants available for purchase. All proceeds from the Plant Sale go to our food accessibility

program Food For All. A Food For All grant covers full owner equity as well as discounts on produce and our Co+op Basics line.

All plants are \$3 each!



[Learn more](#)

Moroccan Virtual Cooking Class & Meal Kit

Saturday, May 24th, 12 pm - 2 pm

Join us for our next virtual cooking class and meal kit highlighting Moroccan cuisine. Hind Mhaouer, Moroccan cook and owner of Casablanca Bazar, will be sharing her family recipes and teaching how to make several traditional dishes, including dessert! The menu includes:

- **Harira Soup:** a rich vegetable soup with tomatoes, lentils, chickpeas, vermacelli noodles, celery, onion, butter, and spices
- **Batbout Moroccan Flatbread:** small yeasted pita-style flatbreads made from semolina and all-purpose flours
- **Marinated Olives:** salt cured Moroccan black olives with oil and spices
- **Walnut Ghriba Cookies:** deliciously fluffy walnut and semolina sweet cookies dusted in powdered sugar

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



[Register](#)

Louisiana Gumbo In-person Cooking Class

Wednesday, May 21st, 5:30 - 7:30 pm

Join us for an in-person cooking class dedicated to delicious Louisiana gumbos featuring Creole and Cajun recipes. Class will be taught by Co-op instructor, Carl Reisman! Carl will share memories from living in New Orleans and teach tips and tricks that he's learned over the years as a professional cook.

The menu includes:

- **Creole-style Chicken Andouille Gumbo** - a traditional tomato-based gumbo with okra, chicken, andouille sausage, celery, and green bell peppers
- **Creole-style Gumbo Z'Herbes** - a vegetarian and early springtime gumbo made in Cajun homes with a medley of greens stewed with peppers, onions, celery, and vegetable stock.
- **White Rice**
- **Central Illinois Bakehouse Baguette**

\$50/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

Announcements

Now Accepting WIC at the Co-op

We are excited to announce that we are now an Authorized WIC Vendor and carry pre-approved foods for Illinois WIC customers! The WIC program is one of several food access initiatives offered by Common Ground with the aim to improve the affordability of healthy foods for families in Central Illinois.

We now accept

wIC

COMMON GROUND
FOOD CO-OPERATIVE

Learn more
www.commonground.coop/wic

May 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 May.

April 30th
-
June 3rd

OWNER DEALS



2/\$6
Crunchmaster
Crackers
4 oz
reg. price \$3.99



Shop over 100
amazing owner
exclusive sales!



2/\$6
RJ's
Licorice
7.05 oz
reg. price \$4.49



\$4.29
Kewpie
Squeeze Mayo
12 oz
reg. price \$5.69



2/\$7
O'Doughs
Bagel Thins
10.6 oz
reg. price \$5.29



\$5.29
Celtic Sea Salt
Fine Ground
Sea Salt
8 oz
reg. price \$7.69



2/\$6
Wildwood Super
Firm Tofu
16 oz
reg. price \$3.99



\$4.29
Peanut Butter &
Co. Peanut Butter
16 oz
reg. price \$6.29



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



\$7.29
Equal Exchange
Chocolate Chips
10 oz
reg. price \$10.99



2/\$4
Itoen Oi Ocha
Green Tea
16.9 fl oz
reg. price \$2.89



2/\$8
Loacker Quadratini
Cookies
7.76 oz - 8.82 oz
reg. price \$5.89 - \$5.99

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

New Merch from Delight Flower Farm

We now carry the cutest zinnia shirts from Delight Flower Farm! They were designed by their talented farm manager, Remington and are available with our other merch near the registers.



Community

ROUND UP FOR GOOD UPDATE

Last month we raised over \$5,313 for 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."



[Learn more](#)

May's Round Up For Good organization is Common Ground Food Co-op's Food For All Program.

Mission: "Common Ground's mission is broken up into 4 Ends that guide our organization.

- End #1: The Co-op is the center of an inclusive, vibrant community.
- End #2: The cooperative movement is strengthened.
- End #3: The Co-op serves as an educational resource on food issues.
- End #4: The local food movement is equitable, robust, and environmentally sound."

Project Proposal: "Food For All is our food accessibility program. One aspect of our fourth end is to ensure that healthy and affordable food is accessible to all people. Food For All was created to do just this, and through grant donations and fundraising, we have been able to keep this program going. A Food For All grant will cover full owner equity, giving members all of the same benefits that owners receive. They also get a 10% discount on our entire produce section as well as on all Co+op Basics products. All of the funds raised through Round Up For Good will go directly towards providing our customers with that 10% discount."



[Learn more](#)

Recipe Features

Co+op Basics: Mixed Berry Coffee Cake



Coffee cake is a classic sweet bread typically served for breakfast or an afternoon snack alongside freshly brewed coffee. This coffee cake features an extra addition of a mixed berry fruit spread to give it a unique and delicious flavor! We also carry Field Day fruit spreads in strawberry, blueberry, and raspberry. This cake can be cooked traditionally in a bundt pan or a square baking dish if you don't have one. This recipe contains 6 Co+op Basics products and is only \$1.34 per serving!

[Get recipe](#)

Jackfruit Poblano Tacos



Jackfruit is an amazing meat substitute for tacos! Jackfruit is a tropical tree fruit that has a meaty, stringy texture and a sweet flavor. We paired canned jackfruit with roasted poblano peppers, a chipotle cashew cream sauce, and a simple cilantro lime slaw for an amazing taco dinner that is completely plant-based!

[Get recipe](#)

New Products

Grocery



Simply Potatoes

New in our refrigerated case, Simply Potatoes are an easy meal solution ready in minutes! Try the signature seasoned diced potatoes or shredded hashbrowns.

\$4.79

Dutch Farms Sliced & Shredded Cheese

Dutch Farms makes quality cheese from farm-fresh milk, and we now carry sliced and shredded versions! Shreds available in Italian, Mozzarella, & Parmesan, while slices are available in Pepper Jack and Colby Jack.

\$2.99 - \$3.49





Cloud Mountain Kombucha

We are thrilled to announce that we now carry Cloud Mountain Kombucha! Cloud Mountain uses hyper-local ingredients in their brewing and sources herbs, fruits, and vegetables from local farms to create seasonal flavors.

\$5.79 + \$3 Bottle Deposit

Chichi's & La Banderita Tortillas

Stop by our bread aisle to browse our new selection of tortillas! We have multiple new brands that include corn tortillas and whole wheat flour tortillas.

\$3.99 - \$4.49



Clyde's Donuts

Light and tender, the bite-sized donuts are the perfect treat to share with the office, your family, or to enjoy all to yourself. Available in glazed and powdered.

\$6.50

Wellness

Spring Merchandise

We have so many amazing new general merchandise items! Browse our wellness area and find spring-inspired pens, crafts, decorations, and so much more.

Prices vary



Produce

Melissa's Morel Mushrooms

Morels are edible wild mushrooms and are



savored for their smoky, earthy, nutty flavor. Melissa's dried morel mushrooms will add flavor and texture to a wide variety of sauces and main dishes.

\$17.99

Dona Maria Nopalitos

A staple in any authentic Mexican kitchen, these tender cactus slices were harvested from San Luis Potosi and have a special blend of seasonings for a bold taste.

\$6.99



Bulk



Sundried Tomatoes

These succulent, tender sundried tomatoes are vine-ripened and dried in the sun. These are a great addition to pasta and salads, and can also be made into pesto, sauces, and dips.

\$10.99/lb

Beer & Wine

Hand on Heart Non-Alcoholic Wines

Hand on Heart has thoughtfully crafted alcohol-free wines to provide a serene and mindful way to enhance your seasonal rituals and celebrations. Available in Rose, Chardonnay, Sauvignon Blanc, and Cabernet Sauvignon.

\$11.49



**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 May.



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

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