



September 2025 Newsletter

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FROM THE

**GENERAL
MANAGER**



By Gary Taylor

Hello Cooperators!

We have a busy and exciting month ahead of us! September marks the beginning of our annual Owner Drive, where we encourage new folks and long-time shoppers to join

the Co-op as an owner. Existing owners can refer new owners and receive \$10 in Radish Rewards plus a free product pack! The Owner Drive runs through the end of October.

On Wednesday, September 3rd, all eligible owners will receive an email with a ballot to vote for 3 new Board of Directors members, as well as the 2026 Round Up For Good Recipients! We value you and your voice, so please take a moment to cast your vote. The ballot will be live through Wednesday, September 10th, concluding with the Meeting of Owners.

Speaking of the Meeting of Owners, we invite you to come celebrate with us! On Wednesday, September 10th, we will host this annual event at Patricio's Pizza in the Lincoln Square Mall food court. There will be free food, live music, and a local artist and vendor fair. RSVP below.

Finally, September 10th - 16th is our next Owner Appreciation Days. Shop the store for amazing deals, 10% off your shopping trip, comeback coupons, and the chance to enter one of our raffles.

We hope to see you at one or more of these exciting events, and thank you for your continued support of Common Ground.

Take Care,
Gary

FROM THE BOARD OF DIRECTORS

Hello Owners! This month, some of our Board members want to share their favorite products available at the store. Maybe you'll discover something new!

Julia Cronin: My favorite grab-and-go treat is the blackened tofu salad! It's perfect for busy days when I don't have much time to eat but still want something flavorful and filling.

Chike Coleman: Two of the items that always brighten my trips to Common Ground are the fudge walnut brownies and the Samosa potato salad. The brownies are everything I want in a treat soft, chewy, and studded with just the right amount of walnuts for a little crunch. They're indulgent without ever being too heavy, and because they're gluten-free, they feel both thoughtful and accessible. For me, they're comfort in square form: the kind of snack you reach for when the day has been rough, and suddenly, with one bite, things feel a little lighter. Then there's the Samosa potato salad, which is truly unlike anything you'll find at most grocery stores. Every forkful is hearty with perfectly cut potatoes and alive with fragrant Indian spices that warm you from the inside out. It's not just a side dish - it's a dish with personality, with culture, with flavor that makes your whole meal feel elevated. It reminds me how special it is to shop at a co-op that values diversity in its offerings. For me, it's the kind of food that not only complements dinner but also sparks joy and conversation at the table.

Jon Barnes: I'm partial to the Gerolsteiner mineral water we carry. It has a really great mineral content while still having a pleasant, neutral taste. The Equal Exchange Total Eclipse chocolate bars are my go-to special treat. They are 92% cacao, so they're super luxurious. Equal Exchange also does a lot of great work with their farmer cooperatives to support agriculture that is both environmentally and financially sustainable as well!

Hannah Andresen: One item I always grab when it's on sale is the Ecos Plant-Powered All Purpose Cleaner. It has an amazing parsley scent unlike anything else I've ever used, and it gets daily use in my kitchen! When I want a special treat, I go for the bakery's flourless chocolate brownie. It is so decadent and dense. And I truly appreciate that the co-op bakery lists all the ingredients in their products, so everyone can find something that fits their needs.

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

Annual Meeting of Owners

Join us for our annual Meeting of Owners on Wednesday, September 10th from 6-8pm at Patricio's Pizza & more in Lincoln Square Mall!

There will be an assortment of fun activities:

- Free pizza, salad, and dessert
- Hear presentations from our Staff and Board of Directors
- Live music thanks to Jake Fleischli of Tractor Kings
- Local artist pop-ups with Jodi Adams Photography, Selma Prado, Padget Studio, and High in Fiber Rugs
- Local farmer and producer tabling with Sola Gratia Farm, Cloud Mountain Kombucha, Berries & Flour, Prairie Fruits Farm & Creamery, and Central Illinois Bakehouse

*This free event is for Co-op owners and their guests



presents:

MEETING OF OWNERS

WHEN & WHERE:

DATE Wednesday,
September 10th

TIME 6:00 - 8:00 pm

LOCATION ... Patricio's Pizza

Located within Lincoln Square
Mall Food Court. Parking is
available outside of Common
Ground's entrance.



TASTY TREATS:

SALAD

BREADSTICKS

PIZZA

DRINKS

DESSERT

Gluten free & vegan options are
available.

JOIN US FOR AN EVENING OF FUN!

RSVP at:
bit.ly/2025meetingofowners

ENTERTAINMENT:

LIVE MUSIC

LOCAL ARTIST POP-UPS

CO-OP VENDORS &
PRODUCERS

OWNER EVENT:

THIS IS A FREE EVENT FOR
OWNERS & GUESTS

The only thing you need
to bring is your appetite!

RSVP

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** ★

[Learn more](#)

Owner Elections - Make sure to vote!

It's almost time to vote in the 2025 Owner Elections!

Every fall, Co-op owners can vote for 10 organizations to be featured as Round Up For Good recipients. Owners also vote for new Board of Directors.

The voting period is Wednesday, September 3rd - Wednesday, September 10th, concluding with the annual Meeting of Owners. All eligible owners who have shopped at least once in the last year and are up to date on their equity payments will receive an email with an eballot on Wednesday, September 3rd. If you do not receive this email but believe you are eligible to vote, please contact marketing@commonground.coop

This year, we have 57 amazing local organizations nominated for Round Up For Good, and 7 Board of Directors candidates in the running to fill 3 seats.

Click below to read the Round Up For Good Project Proposals and learn more about your Board candidates.



[Learn more](#)

Virtual Indian Cooking Class & Meal Kit with Sirisha Bhandaru

Saturday, September 13th 3:00 - 5:00 pm

Join us for our next Indian virtual cooking class & meal kit where we will explore popular Indian recipes with Sirisha Bhandaru! Cook along in your kitchen while learning how to make a colorful and flavorful Indian dinner from scratch. In this class, we will explore preparation and cooking, flavors and textures, and blending traditional Indian recipes with locally grown ingredients.

The menu includes:

- **Paneer Makhani** - seasoned tomato sauce with blended cashews, cream, spices, and cubes of paneer cheese
- **Vegetable Pulao** - mixed vegetable basmati rice with spices and ghee
- **Onion Raita** - a cooling yogurt sauce with sweet red onions
- **Naan** - Indian flatbread to accompany the other recipes

Tickets are \$50 for non-owners / \$45 for Co-op Owners.



[Register](#)

Fall Owner Drive

Our annual Owner Drive starts today! Help us reach our goal of 175 new owners. New owners who sign up in the next two months get extra perks and coupons, a gift pack, tote bag, and owner deals.

Plus, existing owners can refer a new owner to get \$10 in Radish Rewards AND a free

product pack!



[Learn more about ownership](#)

Announcements

September 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 September.

September 3rd
-
September 30th

OWNER DEALS



2/\$9
Dr. Praeger's
Veggie Fries
8 oz
reg. price \$6.19



Shop dozens of
amazing owner
exclusive sales!

\$3.29
Wildwood Super
Firm Tofu
16 oz
reg. price \$4.19



2/\$6
Slingshot
Cold Brew
10 fl oz
reg. price \$3.59



\$5.79
Three Bakers
7 Ancient
Grains Bread
17 oz
reg. price \$8.89



2/\$7
Way Better
Tortilla Chips
5.5 oz
reg. price \$5.29



\$5.39
Ben & Jerry's
Non-Dairy
Cherry Garcia
1 pint
reg. price \$6.49



2/\$9
Trimona Plain
Bulgarian Yogurt
32 oz
reg. price \$5.99



\$7.29
Equal Exchange
Chocolate Chips
10 oz
reg. price \$11.99



2/\$9
Kewpie
Squeeze Mayo
12 oz
reg. price \$6.59



\$3.59
Sea Tangle
Kelp Noodles
12 oz
reg. price \$5.49



2/\$8
Alter Eco Select
Chocolate Bars
2.65 oz - 2.82 oz
reg. price \$5.79 - \$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

Learn more

Community

ROUND UP FOR GOOD

UPDATE

Last month we raised over \$5,000 for 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](#)

September's Round Up For Good organization is Immigrant Services of Champaign Urbana.

Mission: "Our mission is to create a welcoming community for immigrants, refugees, and asylum seekers in Champaign County. We are dedicated to helping these individuals overcome adversities by providing them with the resources necessary for successful integration. Our goal is to empower them to transition from dependency to complete self-sufficiency, enabling them to become valuable and contributing members of our community."

Project Proposal: "Round Up for Good will fund emergency food assistance for immigrants in our community, many of whom are asylum seekers unable to work due to legal restrictions. Consequently, these families often face food insecurity, while

being ineligible for SNAP, the federal food stamp program. Even those who manage to find work are often paid unfair wages, further exacerbating their situation. While food pantries exist, many clients face transportation challenges due to lack of access to cars or licenses, and even with bus passes, pantries are often difficult to reach. Additionally, food pantries often do not provide culturally appropriate options.

To address these challenges, ISCU is implementing a program designed to provide food for those in greatest need for up to six weeks at a time. Over those six weeks, clients will receive multiple rounds of aid based on factors such as family size, number of children, and medical, housing, and employment circumstances. Clients will be able to choose foods reflecting their culture, and if they are unable to make it to the grocery store, the food will be delivered to them. This program is a temporary measure aimed at stabilizing families until they are in a better position.

During the COVID-19 pandemic, ISCU was able to offer a similar program, which helped many immigrant families. However, those funds are no longer available. Currently there are very limited funds for food-specific programs that immigrant organizations can draw upon.

Receiving support from the Common Ground Round Up for Good will significantly enhance ISCU's ability to provide adequate nourishment to families facing food insecurity."



[Learn more](#)

Recipe Features

Co+op Basics: Creamy Chicken & Rice Soup



We know summer isn't quite over yet, but as fall approaches, we are gearing up for soup season! This is a spin on the classic chicken & rice soup with the addition of red kidney beans, fresh vegetables, and coconut cream to bring it all together. This is a tasty and hearty soup that is sure to please a crowd, or perfect for meal prep. Plus, it features 6 Co-op Basics products and is only \$4.00 per serving!

[Get recipe](#)

Zucchini, Cantaloupe, & Corn Salad with Chimichurri Sauce & Queso Fresco



Is this salad a little out there? Yes. Is it uniquely delicious? Also yes! Step outside your comfort zone and try this amazing salad that blends sweet melon, juicy sweet corn, and savory zucchini with an herby chimichurri sauce and mild queso fresco. You will get a fresh, balanced salad with a myriad of flavors coming together for the perfect bite.

[Get recipe](#)

New Products

Grocery



Between the Rivers Apiaries Honey

Try our newest local honey from Douglas, IL! The bees are used to pollinate orchards, vegetables, and clover fields in southern Illinois. This is a semi-dark honey with a very delicious flavor.

\$11.99 - \$25.99

Field Day Nuts

Our most affordable brand has some amazing new offerings! We now carry a variety of nuts from Field Day, perfect for cooking, baking, or simple snacking.

prices vary





Plank's Condiments

Located in Arthur, Illinois, Plank's crafts homemade jams, mustards, and butters! Try their Dill Mustard, Hot Pepper Peach Butter, or Jalapeno Mustard.

prices vary

Wellness

Assorted Foot Care Products

Treat yourself to an at-home foot spa day! Our wellness department is stocked with four amazing new products to care for your feet.

prices vary



Back to School Supplies

Check out our general merchandise section at the Co-op for all of your adorable back-to-school needs! Shop notebooks, pencils, erasers, enamel pins, and more.

prices vary

Krumb's Utensil Sets

These new reusable utensil kits have been flying off the shelves! Made from eco friendly wheat straw plastic, they are perfect for school, work, or on-the-go.

\$5.99



Meat & Cheese

Nuts for Cheese Cream Cheese

All Nuts for Cheese cream cheese spreads are crafted with organic cashews, fermented and

rich in probiotics. Available in Original, Garlic Herb, and Lemon Dill.

\$7.29



Vermont Creamery Crème Fraîche

A deliciously rich cultured cows' cream with a thick, creamy texture and a slight tart, nutty flavor.

\$6.49

Spencer & Co. Fresh Fish

Stop by the fresh fish department to try a new and exciting addition! Available in Peppered Smoked Salmon and Citrus-Cured Smoked Salmon.

\$10.99 - \$12.70



Gordos Jalapeno Cheese Dip

Enjoy Gordo's Dip as an afternoon snack or for gatherings. It has just the right amount of jalapeno peppers with the same decadent flavor you know and love.

\$6.85

Beer & Wine

Schlafly Vanilla Pumpkin Ale

This Vanilla Pumpkin Ale takes the seasonal fan favorite to a whole new level of perfection. All the classic notes of pumpkin infused with cinnamon, clove and nutmeg remain in harmony, and the addition of vanilla brings a creamy sweetness that delights the palate.

\$2.79



One Tree Ciders

Crafted in Spokane, Washington, One Tree Ciders are bold and innovative with unique flavors. Available in Huckleberry, Mojito, Boysenberry, and Lemon Basil.

\$2.49



Bakery

Cookies United Cookies

Since 1965, Cookies United has prided itself on crafting delicious baked goods to be shared with all. Try their new cookies available in Apple Pie and Lemon Linzer Tarts.

\$6.50 - \$8.50



Treat Shop Mini Carrot Cake

Naturally flavored carrot cake cookies with a hint of cinnamon and stuffed with lightly sweet cream cheese frosting.

\$8.50



Produce

Sustainable Foods Microgreens

Locally grown in Mahomet, Illinois, Sustainable Foods microgreens are the perfect addition to salads or sandwiches! Pick up the

Super Food or Melon varieties today.

\$5.99



**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 September.



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

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