



August 2024 Newsletter

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FROM THE

**GENERAL
MANAGER**



By Gary Taylor

Hello Cooperators,

August is here and we are now just a couple of weeks away from getting in our new coolers. There will be a lot of items moving around and we appreciate your patience as we relocate these items to their new home. We have already begun to move some sections to reduce the workload later.

Upcoming Classes & Events

Whole Grain Baking In-person Cooking Class

Saturday, August 10th 1:00 - 3:00 pm

Learn how to make two summertime pastry recipes with local baker, Hannah Fink of Tooth Butter Cottage Bakery! Attendees will make mini rustic fruit galettes with an almond frangipane filling and learn a versatile buttermilk biscuit recipe served with local fruit cobbler filling and fresh whipped cream.

These recipes highlight local summer fruits and the unique whole grain pastry flour from Janie's Mill.

\$45/person - owners can get \$5 off with promo code OWNER

[Register](#)

Rye & The Sazerac In-person Cocktail Class

Friday, August 23rd 6:30 - 8:00 pm

Join us for our next cocktail class with Katie Carrillo and learn all about rye whiskey and The Sazerac! A Sazerac is a classic New Orleans drink consisting of rye whiskey, absinthe, sugar, and bitters.

This class will consist of a charcuterie plate, lessons on the history and making of rye whiskey and The Sazerac, a tasting of rye whiskeys, and a demonstration on how to make the classic cocktail. Students will then make their own Sazerac using a unique combination of ingredients from the Co-op including herbs, spices, and fresh fruits.

\$55/person - owners can get \$5 off with promo code OWNER



Register

Summer Harvest with Sola Gratia Virtual Cooking Class & Meal Kit

Saturday, August 24th 3:00 - 5:00 pm

Experience an array of seasonal vegetables from one of our favorite local farms, Sola Gratia! We've built a menu that highlights their summer harvest for a unique and delicious dinner. Join Co-op staff members Sarah Buckman and Liz Sands as they guide you through the dishes. All proceeds will benefit Sola Gratia Farm! The menu includes:

- **Eggplant Rollatini** - sliced eggplant stuffed with herby ricotta cheese and topped with homemade cherry tomato marinara
- **Pesto Babka Dinner Rolls** - Co-op dough and pesto rolled into twists and baked in the oven
- **Roasted Garlic Kale Caesar Salad** - a spin on a classic recipe with massaged kale, toasted croutons, parmesan, red pepper, and a creamy roasted garlic caesar dressing

\$50/person - owners can get \$5 off with promo code OWNER



Register

Save the Date: September Owner Appreciation Days

Owner appreciation days

September 11 - 17

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

Learn more

University of Illinois Research Opportunity on the Porch

UIUC Researchers for the College of Applied Health Sciences are looking for community members 60 years or over to participate in a study!

This study is testing the benefits of using smartphones to improve taking prescribed medications for high blood pressure among older adults who are experiencing some difficulties with memory, thinking and/or concentration. During the study, participants will continue taking their blood pressure medication as prescribed by their doctor. The study involves 4 in-person visits and 1 brief online check-in over a period of 4 months. Financial compensation will be provided for every study visit.

Stop by the Co-op porch on Tuesday, August 20th from 10am - 1pm to learn more, or email medmanage@illinois.edu

Closed Labor Day

STORE CLOSED

Labor Day

Monday, September 2nd

*normal hours
resume Tuesday*

COMMON GROUND
FOOD CO-OPERATIVE

Labor Day Wine Sale

Friday, August 30th - Sunday, September 1st

Stock up on wine before Labor Day and save 20% when you buy 3 bottles or more!



20% OFF
when you buy 3 bottles or more



Announcements

Run for Common Ground's Board of Directors

**Run for
your
Board**

Do you have experience in business, finance, food retail, community building, or cooperatives?

Do you have a vision to make Common Ground a model for businesses now and in the future?

APPLY BY AUGUST 12

We have 5 seats open for the 2024 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.

Applications due by August 12th.

August Owner Deals

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

July 31st
-
September 3rd

OWNER DEALS



2/\$6
Newman's Own
Chocolate Chip
Cookies
7 oz
reg. price \$4.49



Shop over 100
amazing owner
exclusive sales!



\$3.09
Natural Choice
Mango Fruit Bar
4 count
reg. price \$5.29



2/\$4
Wondermelon
Cucumber Basil
Juice
8.45 fl oz
reg. price \$2.99



\$3.39
Good Food Feta
Tzatziki Dip
8 oz
reg. price \$4.69



\$3.39
Bulk Cherry
Vanilla Granola
per pound
reg. price \$5.49/lb



5/\$5
Brown Cow
Apricot Mango
Yogurt
5.3 oz
reg. price \$1.39



\$3.59
Newman's Own
Fig Newmans
10 oz
reg. price \$5.99



\$3.49
Hello I'm Ugly
Dried Cherries
4 oz
reg. price \$5.69



2/\$3
IQ Bar Lemon
Blueberry Bar
1.6 oz
reg. price \$2.49



\$5.29
Food For Life
Brown Rice
English Muffins
18 oz
reg. price \$8.49



2/\$4
Rishi
Sparkling Teas
12 fl oz
reg. price \$3.59

Owner Drive

Our annual Owner Drive starts today! Help us reach our goal of 150 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](#)

New Artist Installation: Jennifer Gibas and Shelley Masar

Stop by the Flatlander Classroom & Art Gallery to see the newest local art installation featuring Jennifer Gibas and Shelley Masar. Their mural "Pelt" will be on display in the Art Gallery from August 1st - September 30th.



[Learn more](#)

Community

ROUND UP FOR GOOD UPDATE

Last month we raised over \$4,500 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.

The Refugee Center also aids in the exchange and preservation of the respective cultures of our clients. As an organization, we believe in the inherent worth of all human beings, regardless of nationality, ethnicity, religion, race, sex, sexual orientation, or cultural heritage."



[Learn more](#)

August's Round Up For Good organization is Sola Gratia Farm.

Mission: "Sola Gratia Farm is a community-based farm dedicated to producing locally-grown, high-quality, natural produce. The farm is committed to helping those who lack adequate food resources by donating a minimum of ten percent of its produce to support regional hunger programs. The farm promotes healthy lifestyles and community building through volunteering and service, special events, and outreach and education programs."

Project Proposal: " Sola Gratia Farm is an established urban vegetable farm in Urbana with the mission of feeding our community, particularly those with limited incomes. Since 2012, we have donated over 130,000 pounds of produce through our food bank, food pantries, soup kitchens, cooking classes, and free markets. Our commitment to increasing access and affordability to fresh healthy produce for our food-insecure neighbors remains the focus of our farm. More recently, we are expanding outreach and education programs to support development of cooking and growing skills. We've developed a districtwide Farm to School Program in Urbana in collaboration with C-U Public Health District in order to make sure that all students have equitable access to fresh, healthy food and agriculture education opportunities at school. We've helped to build Solidarity Gardens, a collaborative initiative to support community members in growing food for themselves and others, in partnership with Cunningham Township and Urbana Park District.

In order to continue to serve and respond to our community's needs, we are investing in the next iteration of our community farm. We recently purchased and began development on 29 adjacent acres. Investment in this expansion supports the following goals:

- 1) Increase availability and affordability of food;
- 2) Invest in infrastructure to increase community health, safety and future resilience;
- 3) Increase job training and placement opportunities;
- 4) Improve accessibility of public educational space and youth programming.

Funds provided through the Round-Up for Good Grant will be focused on both enhanced food production efficiencies and maintaining our outreach programs, all with an eye for a balance of social, environmental and economic sustainability so we can continue to serve our community.



[Learn more](#)

Recipe Features

Co+op Basics: Creamy Lentil Dal



Try our newest Co+op Basics creation - Creamy Lentil Dal! Coconut milk adds a delicious creaminess, and cumin, curry powder, turmeric, and coriander contribute a complex spice flavor. This is a perfect weeknight meal that can be made ahead of time for a quick and easy dinner. Plus, it features 5 Co+op Basics products and is only \$2.00 per serving!

[Get recipe](#)

Roasted Summer Vegetable Sandwich



We have a beautiful summer sandwich recipe for you! Featuring amazing seasonal red pepper, zucchini, cherry tomatoes, and basil paired with Co-op made spinach and basil pesto. This is the perfect sandwich for a summer lunch or evening picnic in the park.

[Get recipe](#)

New Products

Grocery



Cadia Plant-Based Butter

This is an ultra creamy blend of plant-based oils, including organic coconut oil and sustainable palm fruit. Plus, it has half the saturated fat of dairy butter and fewer calories!

\$5.59

Lucky Foods Spring Rolls

These vegan spring rolls are filled with a mix of peas, carrots, cabbage and tofu for a delicious and convenient appetizer or meal.

\$5.49





Fillos Tamales

These ready-to-eat snacks are vegan and packed with nutrition! Available in Salsa Habanero, Salsa Verde, and Salsa Roja.

\$2.59

Bakery

Summer Time Peach Bread

Our newest bakery creation is perfect for summer! Goey, moist, and filled with seasonal peaches, this is sure to delight.

\$7.99



Meat & Cheese



True Story Protein Toppers

Top off your favorite salad with fully cooked diced chicken offering a full serving of protein! Available in Oven Roasted, Roasted Garlic, and Teriyaki Sesame.

\$5.49

Castello Whipped Dips

Layers of fluffy, whipped cheese are combined with herbs and spices to create the ideal companion for an indulgent snack. Try Garlic & Herb or Paprika & Chili.

\$4.49



Artikaas Youngsters Gouda

This exceptional Gouda is made with milk that is collected after the cows have their first taste of Spring's tender grasses. Perfect for snacking,



slicing, or melting.

\$11.99/pound

Beer & Wine

Shacksbury Ciders

Shacksbury is a cidery located in the Champlain Valley of Vermont, making organic and complex ciders that are always pushing forward. Try the newest flavors: The Vermonter, and Citrus & Bitters.

\$2.99 for a single



Biokult Gruner Veltliner

Gruner Veltliner is the "queen" of the white varieties in Austria. Its main characteristics are the fruity-spice nose, fresh crisp citrus, lively acidity, and a creamy, ripe texture.

\$16.99

**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 August.



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