



January 2024 Newsletter



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FROM THE

**GENERAL
MANAGER**



Hello Cooperators,

Happy New Year! I hope you will all be safe and prosperous as we move forward into 2024. I want to thank everyone for your support throughout 2023. I am thrilled to be a part of this organization.



[Read full article](#)

FROM THE BOARD OF DIRECTORS



Happy New Year and welcome to 2024!

We are looking forward to the start of our 50th year and plan to bring you some special articles and events in the coming months celebrating this milestone.

[Read full article](#)

Upcoming Classes & Events

Indian Afternoon Tea Party Virtual Cooking Class & Kit

Saturday, January 20th 2:00 - 4:00 pm

Join us for an Indian afternoon tea party and virtual cooking class taught by longtime Co-op instructor, Sirisha Bhandaru. Cook along in your kitchen with our class meal kit and learn flavorful fun recipes. Each ticket includes a meal kit with everything you need to make each recipe. The menu includes:

- **Homemade Traditional Indian Chai** - authentic chai made with strong Assam black tea, a flavorful blend of whole spices, sugar, and whole milk
- **Parsi Mawa Cake** - Irani cafe-style cake with rich flavors from cardamom and mawa (evaporated milk solids) topped with slivered almonds. This cake is very popular in bakeries spread across the cities of Mumbai and Pune in Maharashtra.
- **Poha** - A popular household snack or breakfast all across India made from flattened rice flakes, herbs, spices, roasted potatoes, peanuts, and onions.
- **Chutney Sandwiches** - Dainty finger sandwiches with refreshing cilantro coconut chutney, butter, sliced cucumber, and pickled beets.

[Register](#)



Whole Grain Valentine's Cooking Virtual Cooking Class & Kit

Saturday, February 10th 12:00 - 2:00 pm

Learn how to make three artisan cookie recipes from local baker, Hannah Fink of Tooth Butter Cottage Bakery. These delicious recipes highlight the unique flavors from rye, spelt, and einkorn flours that have been locally-grown and milled by Janie's Mill. Bake along in your kitchen with our baking kit and learn elevated versions of classic cookie recipes from an expert baker and local food enthusiast!

The Cookie Menu includes:

- **Toasted Rye Chocolate Chunk Cookies** - Elevate a classic chocolate chunk cookie with toasted rye for a nutty and malty flavor that creates a crispy-edged and chewy center and a sprinkle of flaky sea salt.
- **Spelt Linzer Cookies** - An Austrian-style buttery sandwich cookie with a heart-shaped window filled with raspberry jam that is perfect for Valentine's Day! Kit includes a mini heart cookie cutter!
- **Einkorn Shortbread Cookies with Dried Flowers** - An ancient grain and superfood shortbread cookie with a golden and buttery flavor and decorated with beautiful freeze-dried edible pansies.

Register



Taste of Russia Two-Part In-person Class Series

Do a deep dive into Russian culture with instructor Paul Young as we sample a wide range of seasonal delights from a country with a fascinating history and even more fascinating cuisine. Students can register for one or both classes!

Taste of Russia - Summer Picnic at the Dasha

Tuesday, February 27th 6:00 - 8:30pm

Dashas are summer homes for city dwellers in Moscow or St. Petersburg.

Because Russian summers are relatively short, many people spend most of the warmer months in the country growing their own vegetables and dining outdoors. Even though it's still winter here, we'll imagine that it's the summer solstice and prepare an evening picnic under the midnight sun with imported wines. Here are some dishes we'll be making on this festive evening:

- Caviar & Vodka Toast
- Carpathian Mushroom Soup
- Shuba (Layered Herring Salad)
- Olivier (Potato Salad)

[Register](#)



Taste of Russia - Winter Festival Feast

Tuesday, March 5th 6:00 - 8:30pm

Maslenitsa (a.k.a. Russian Mardi Gras) is a pre-Lent festival with pagan roots that celebrate the end of winter while ushering the spring. In Russia, this means sleigh rides, organized fistfights, dancing bears, and of course feasting. Sometimes called "pancake week," blinis (Russian crêpes) are the main item on the menu. At this dinner event, we'll be preparing a smorgasbord of traditional Russian festival foods paired with vodka shots and wine pairings. Here's what to expect on this festive night:

- Borscht (Beet Soup)
- Kholodets (Jellied Fish)
- Golubtsy (Cabbage Rolls)
- Blinis (Stuffed Crêpes)

[Register](#)



Simple Meals In-person Cooking Classes

Join us for our Simple Meals class series with instructor Adam Wisnewski! In this series, we'll be doing quick and easy dinners that help you keep your weeknights moving. Students can register for one, two, or all three classes in the series!

Rainbow Quinoa, Bacon Salad & Focaccia

Thursday, February 8th 6:00 - 7:30 pm

[Register](#)



Buffalo-Style Pork Tenderloin, Roasted Veggies, & Fruit Crisp

Thursday, March 14th 6:00 - 7:30 pm

[Register](#)



Pecan-Crusted Salmon, Creamed Spinach, and Cornbread

Thursday, April 11th 6:00 - 7:30 pm

Register



Link Match Update

Starting immediately, Link Match vouchers will not expire! We have begun distributing new vouchers that do not have an expiration date, but if you have any old vouchers that show an expiration date of "12-31-2023", you may continue using them into the new year.

Since the launch of the program on August 7th, over \$25,000 worth of vouchers have been redeemed for free, fresh local produce! We're so excited to continue this program next year. Help us spread the word to friends and family who have a Link card - we would love for them to be able to utilize this program!

If you have any questions about the Link Match program, please reach out to us at marketing@commonground.coop



GET MORE WITH LINK MATCH



**BUY \$1 OF FOOD WITH LINK
GET \$1 OF FRESH, LOCAL PRODUCE WITH LINK MATCH**

**EARN UP TO \$25 IN
LINK MATCH VOUCHERS
A DAY!**



Learn more: www.commonground.coop/link-match

Link Match

How it Works

1

Use your Link Card to purchase groceries at the Co-op



2

With any Link purchase, up to \$25, receive dollar for dollar match

\$1 in Link purchase = \$1 Link Match Voucher



3

Use your Link Match Vouchers to purchase local fruits & vegetables

[Learn More](#)

Community

ROUND UP FOR GOOD

UPDATE

Last month we raised over \$5,000 for Crisis Nursery!

Mission: Crisis Nursery creates an "Island of Safety" dedicated to the prevention of child abuse and neglect by providing 24-hour emergency care for children and support to strengthen families in crisis. Crisis Nursery is the only emergency-based childcare facility in Champaign County that is open 24 hours, 365 days a year for the entire community to access with no fees or income eligibility.

Project Proposal: "Funds from the Round Up For Good Grant will be used to sponsor two days of care for up to 18 children whose families are experiencing crisis in Champaign County. Through your generosity, families who are homeless, in an unsafe situation, or have high levels of stress within the home receive support through free emergency childcare. This includes basic necessities such as diapers, wipes, formula, and clothing, as well as resource referrals to stabilize and strengthen the family unit."



[Learn more](#)

January's Round Up For Good organization is Daily Bread Soup Kitchen.

Mission: The mission statement of the Daily Bread Soup Kitchen is to feed the hungry of our community regardless of race, religion, or ethnicity. We welcome all volunteers to this service who share an unconditional positive regard for every human being. We provide a safe, respectful, and inviting environment in an atmosphere of hope and dignity.

Project Proposal: We would use the funds from Round Up for Good to help with the expenses of our sack lunches. In addition to a hot meal we give all who come to our door a sack lunch to take with them. This lunch often provides our guests with an evening meal. STRIDES, previously known as Town's Center, collects sack lunches from us so their night time clients can have a meal.

The sack lunches, although basic, always include a sandwich filled with meat, cheese or peanut butter; a sweet treat and a salty. Purchasing protein, meat, cheese and peanut is our most expensive expenditure. Any support we would receive would be used for these expenses.

Since the pandemic, March of 2020, we have noted a significant increase in the number of guests we serve, meals and sack lunches provided. Thank you.



[Learn more](#)

Recipe Features

Creamy Polenta with Caramelized Onions, Mushrooms, & Lacinato Kale



The days are getting colder and darker, so if you're craving comfort food this is the recipe for you! When winter hits, creamy grains and leafy greens can be so satisfying. This recipe combines local cornmeal from Severson Farms with delicious and simply prepared onions, mushrooms, and kale.

[Get recipe](#)

Co+op Basics: Peach Upside-Down Cake



We've got another Co+op Basics dessert! This time we use canned peaches as the star of the show to make a peach upside-down cake. The cake is actually super simple to make, you just need a springform pan to easily flip the cake. We served this with our newest whipped cream, Isigny St. Mere's Creme a la Vanilla Madagascar. This cake is also super affordable, and features 8 Co+op Basic products, coming out to \$1.01 per serving!

[Get recipe](#)

Tepache Mojito Mocktail



We're starting the new year off with a delicious mocktail featuring De La Calle Tepache! Tepache is a non-alcoholic fermented drink made with pineapple, pineapple rinds, and a variety of spices. Tepache is the base of this mojito mocktail, with additions of lime, mint, and honey simple syrup. We used the Mango Chili variety of tepache, but we also carry the Traditional and Watermelon Jalapeno flavors!

[Visit our Website](#)

New Products

Grocery



Kettle & Fire Soups

These hearty soups are a quick, delicious, and nutritional meal all on their own! With organic ingredients like savory vegetables, mild spices, and zesty herbs, each flavor makes healthy eating easy.

- Vegetable & Quinoa
- Lentil & Vegetable
- Italian-Style Wedding
- Chicken & Ancient Grain

\$6.39

Brian Severson Packaged Grains

We've got new products from one of our favorite local farms, Brian Severson Farms in Dwight, IL! All of their grains are raised on their farm and are non-GMO, certified organic, or heirloom varieties.

- Soft Red Winter Wheat Berries
- All-Purpose Flour
- Old Fashioned Rolled Oats

\$2.79 - \$5.99



New Bulk Snacks

Stop by the bulk aisle and check out tons of new, exciting snacks to try!

- Jelly Beans
- Milk Chocolate Walnuts
- Roasted Salted Giant Corn Snack



- Vegan Nacho Cheese Cashews
- \$3.49/lb - \$9.99/lb

Meat & Cheese

Isigny Sainte-Mere Products

Isigny Sainte-Mere is a French dairy cooperative with a long tradition of butter-making. Their cows graze on lush grasses that are rich in mineral salts and trace elements, producing milk that is complex and unmistakable.

- Creme a la Vanilla
- Creme Fraiche
- Camembert

\$7.89 - \$9.45



Artikaas Hay There Truffle Gouda

Hay There is a creamy, smooth unpasteurized milk Gouda with a generous sprinkling of delicate black Italian summer truffles. Enjoy this gem with good bread and bold red wines, or make the most indulgent truffled mac & cheese ever!

\$13.69

Good Food Made Simple Turkey Sausage Breakfast Burrito

Ready in minutes, this burrito has antibiotic-free turkey sausage, cage-free eggs, real cheddar cheese, organic roasted potatoes, and organic vegetables rolled up in a flour tortilla for a quick and delicious breakfast.

\$3.19



Divina Tangerine & Chili Olives

We love this unique pairing of buttery green olives with dried tangerine slices and fiery chili peppers. Serve with Prosecco and smoked almonds or finely dice and bake over wild salmon.

\$7.39

Produce

Spice World Seasoning Blends

These versatile seasonings are the perfect addition to soups, pasta, salsa, dips, tacos, sandwiches, roasted vegetables, and so much more!

- Fajita Seasoning
- Habanero Pineapple Seasoning

\$4.99



Genuine Coconut Flakes

Try this natural and healthy snack to enjoy at any time! Genuine Coconut Chunks are small chunks of ready-to-eat skinless coconut. They are high in vitamin B, potassium, antioxidants, and fiber.

\$4.99

Cindy's Kitchen Dips

Stop by our produce section and try one of our new, small-batch dips from Cindy's Kitchen! They are perfect for pairing with a crudite or sliced pita bread.

- Artichoke & Parmesan
- Roasted Veggie Ranch

\$4.99



Wellness



Celsius Energy Drinks

These new sparkling energy drinks are made with ingredients such as ginger, guarana, green tea, and essential vitamins. They are all certified gluten-free, kosher, and non-GMO!

- Tropical Vibe
- Raspberry Acai Green Tea
- Sparkling Fuji Apple Pear
- Sparkling Watermelon

\$2.99

Grab n' Go

Depalo Calzones

Stop by our grab n' cooler and pick up a delectable pre-packaged folded pizza stuffed with savory meats and ooey-goey cheese.

- Pepperoni & Cheese
- Buffalo Chicken
- Philly Cheese Steak
- Four Cheese

\$7.99



Beer & Wine



Shacksbury Sugar Shack Cider

Fresh apples, maple syrup, and a touch of vanilla balanced with acidity create this sweet but crushable cider.

\$2.99 for 12-ounce single

Siglo Wines

Siglo prides itself on making authentic Rioja wines, and is one of the few brands that still preserves the traditional burgundy bottle. Try a fresh, round Tempranillo or an elegant, mellow Crianza.

\$15.99 - \$21.99



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 January.



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