



March 2024 Newsletter

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FROM THE GENERAL MANAGER



Hello Cooperators,

We have a lot going on in March!

We have begun our remodeling project in the old Cafe corner. The extra space will allow us to greatly expand on our refrigerated options and increase our space for items that tend to sell out quickly. We are extremely excited about the possibilities that are opening up for us, and for you, with this update. We do have to stop making self-serve coffee while this project is ongoing but it will return soon. We appreciate your patience as we finish construction.

[Read full article](#)

FROM THE BOARD OF DIRECTORS

This year as we enter the 50th year of Common Ground Food Co-op, the Board looks back on the founding of our amazing store, and we would like to highlight one of the individuals who were instrumental in starting it.



Jim Holiman was born in Hot Springs, Arkansas in 1935, and was a long-serving campus minister and executive director of the Illinois Disciples Foundation (IDF). He is remembered as one of the main 'movers and shakers' who helped get Common Ground Food Co-op (CGFC) off the Ground!

[Read full article](#)

Announcements

owner appreciation days

March 6 - 12

10% OFF

COUPONS

RAFFLES

OWNER DEALS

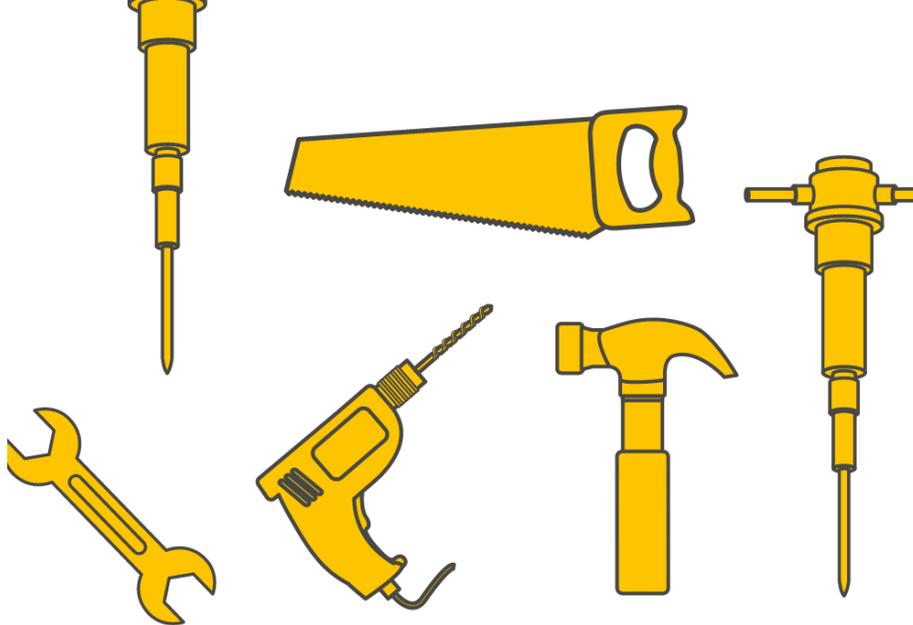
GOLDEN TICKET ITEMS

Owner Appreciation Days are our special sales celebration where all of our Co-op owners can get great store-wide deals!

All owners who shop during Owner Appreciation Days and use their 10% discount will receive a special coupon book with exclusive deals from March-May (including an additional 10% storewide discount).

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

[Learn more](#)



CAFE AREA UNDER CONSTRUCTION

We are redesigning the back corner of the store and
will be expanding our product selection!

**DRIP COFFEE IS TEMPORARILY UNAVAILABLE UNTIL
AFTER REDESIGN. SORRY FOR THE INCONVENIENCE!**

Upcoming Classes & Events

Artist Pop-up Sale with Selma Prado

Saturday, March 2nd 12:00 - 2:00 pm

Browse artwork for sale, enjoy light beverages, and meet the artist,
Selma Prado!

The Art Pop-up Sale will take place in the Common Ground Flatlander
Classroom and Art Gallery.



Taste of Russia In-person Cooking Class

Winter Festival Feast

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

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.

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 Class

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

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

Join us for an in-person cooking class taught by Co-op instructor, Adam Wisnewski of Breakfast, Life, and Dinner! In our Simple Meals series, we'll be doing quick and easy dinners that help you keep your weeknights moving. This cooking class will cover how to make delicious and quick Buffalo-Style Pork Tenderloin, Roasted Veggies & Fruit Crisp. Pork Tenderloin is one of the best cuts in the meat department for its ease of preparation, flavor, and tenderness. Roasting it along with a sheet pan of vegetables makes for a quick and easy supper! And, of course, we need an easy, delicious dessert to finish this Simple Meal.

[Register](#)



Springtime Soup & Spanakopita Virtual Cooking Class & Meal Kit

Saturday, March 23rd 3:00 - 5:00 pm

Learn how to make comforting springtime recipes with Co-op instructor, Carl Reisman! This class will cover how to make Spanakopita, White Bean & Kale soup, and an Apple Tart! Tune in for the Zoom live class and cook along in your kitchen using the pre-portioned meal kit and enjoy a delicious dinner and dessert by the end of class. Carl will be sharing tips and tricks that he's

learned over the years as a professional cook, plus memories from our old Co-op days.

The menu includes:

- **Spanakopita** - a traditional spinach and feta savory pie layered with flaky phyllo dough
- **White Bean & Kale Soup** - a healthy and hearty vegetable soup with carrots, onions, potatoes, white beans, kale, celery and tomatoes in a flavorful broth
- **Apple Tart** - with apricot glaze and homemade pastry crust



Register

Sparkling Wine & The Aperol Spritz In-person Cocktail Class

Friday, April 5th 6:30 - 8:00 pm

Our next cocktail class with Katie Carrillo is all about Sparkling Wine & The Aperol Spritz! Aperol is an Italian aperitif with zesty orange and complex herbal notes, complemented by a touch of vanilla. The classic Aperol Spritz cocktail is made with sparkling wine, Aperol, club soda, bitters, and orange.

This class will consist of a charcuterie plate, lessons on the history and making of different sparkling wines and Aperol, a tasting of sparkling wines and Aperol, and a demonstration on how to make the classic cocktail. Students will then make their own Aperol Spritz using a unique combination of ingredients from the Co-op including herbs, citrus, strawberries, mint, baking spices, agave nectar, and a variety of bitters.



Register

Edible Book Festival

Saturday, April 6th, 2024

Calling all bibliophiles, book artists, and food lovers to celebrate the book arts and the (literal!) ingestion of culture: we invite you to register for the 18th annual Edible Book Festival!

Create your own edible representation of a book and enter it into the festival or be a spectator!

Schedule of events:

9:00am: Participants may begin dropping off their entries

11:00am: Judging begins

11:30am: Public viewing begins

12:00pm: Judge's commentary and awards

12:15pm: Let's eat!



[Learn more](#)

Community

ROUND UP FOR GOOD UPDATE

Last month we raised just over \$5,000 for Planned Parenthood of Illinois: Champaign Health Center

Mission: Planned Parenthood of Illinois (PPIL) is the leader in providing and promoting comprehensive, compassionate health care, education and rights.

Project Proposal: A Round Up for Good Grant from the Common Ground Co-op will support the provision of high quality, affordable sexual and reproductive health care at our local Champaign Health Center. PPIL's Champaign Health Center serves over 5,000 patients each year – helping to prevent unintended pregnancies through contraception, reducing the spread of sexually transmitted infections through testing and treatment, and screening for cervical and other cancers.

[Learn more](#)

Round Up For Good organization is RACES (Rape Advocacy, Education & Counseling Services)

Mission: "We provide compassionate comprehensive support to those affected by sexual trauma. We care for our communities through prevention education programs that promote consent."

Project Proposal: "In service to our vision of a world free of sexual violence, Rape Advocacy, Counseling & Education (RACES) provides free, age-appropriate, and evidence-informed prevention education programming to students of all ages. During the 2022-2023 school year, RACES staff provided programming to over 8,000 students, compared to around 5,000 students served the year before. This increase is due to RACES moving from 2.5 Prevention Educators to 3. The 2023 Round Up for Good Grant has been an essential part of ensuring the sustainability of this higher level of service. If chosen for a Round Up For Good Grant for 2024, RACES will continue to use this funding to support the cost of this higher level of prevention staffing."



[Learn more](#)

Recipe Features

Quick & Easy Chocolate Mousse



You will not believe how easy this chocolate mousse is! With only 4 ingredients and 5 minutes of active cooking time, you can whip up this dessert with ease. Plus, it's seriously delicious. This recipe features local heavy cream from Kilgus Creamery, fair trade cocoa powder from Equal Exchange, and powdered sugar from one of our most popular brands, Field Day.

[Get recipe](#)

Gnocchi Bolognese with Tofu or Ground Beef



We've got an absolutely delicious recipe for March Owner Appreciation Days! Fluffy homemade potato gnocchi paired with the famous Rao's pasta sauce and either tofu or local Triple S Farms ground beef for a bolognese sauce. Shop OAD sales to save over \$10 on this recipe! If you aren't an owner or are coming at this outside of Owner Days, you can substitute any brand or variety to adjust the recipe to your liking.

[Get recipe](#)

Shop Co+op Basics



Sometimes you just need the essentials. That's why we're proud to offer our Co+op Basics line of products. From pantry staples to household necessities, our Co+op Basics are high-quality items that you can always count on, at an everyday low price. Come in today and see how our Co+op Basics can help you save on your grocery budget without sacrificing quality!

New Products

Grocery



United With Earth Coconut Date Rolls

Break out of the boring cookie routine and serve up some natural and delicious coconut date rolls! These rich and delicious rolls are gluten-free and loaded with fiber, vitamins, and minerals.

\$8.49

RW Knudsen Veggie Juice

This tasty, low-sodium juice is chock full of healthy vegetables like tomato, carrot, celery, parsley, beet, green bell pepper, lettuce, watercress, and spinach.

\$5.19



Riggs Popcorn

Riggs Beer Company is one of our favorite local breweries, we're excited to introduce their farm-grown popcorn! Riggs has used over 100,000 pounds of their own grown grain in their beers, and now you can try their delicious popcorn as a snack.

\$8.99



Rhythm Snacks

Grab a nutritious on-the-go snack with Rhythm's dried watermelon slices, or sea salt carrot sticks!

\$4.69



Wellness

New Cleaning Supplies

Stop by our cleaning aisle and check out a ton of new, exciting products!

- Rebel Green Lavender Grapefruit Laundry Detergent Sheets - \$12.39
- Kikkerland Collapsible Bucket - \$8.69
- Kikkerland Hedgehog Dryer Buddies - \$6.69



Grab n' Go

Deli Sandwiches

Our new Grab n' Go sandwiches are flying off the shelves! Come see for yourself how amazing these deli subs and sandwiches are.

- Italian Sub
- Tuna Salad Sub
- Caramelized Mushroom & Swiss Sandwich



Beer & Wine



White Oak Brewery

Did you know Common Ground is one of the only places in town that carries White Oak beers? White Oak Brewery is located in Bloomington, IL, and brews a huge variety of amazing beers from hazy IPAs to rich porters. Stop by next week during Owner Days for great sales!

Stella Moscato

100% Moscato, grown under the Sicilian sun on the slopes of South Western Sicily. Fragrant aromas of white peaches, flowers, and tropical fruits with a long, lingering finish and refreshing well-balanced acidity.

\$11.99



**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 March.



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