



## May 2024 Newsletter

### In this month's newsletter:

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## FROM THE BOARD OF DIRECTORS



**By Robert Taylor**

As we enter May, the Board has now completed more than half of the board year. With this, we need to start thinking about the fall election for board directors.

This year we will have four positions up for election. Calvin Wang, Jon Barnes, and I are all at the expiration of our current terms and we have one vacant position. Board elections are held in September and conclude at the Meeting of Owners (MOO).

Have you considered running for a board director position?

[Read full article](#)

## Upcoming Classes & Events

### May Owner Appreciation Days Start Today!

May 1st - 7th

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 May - August (including an additional 10% store-wide discount).

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

## Owner appreciation days

May 1 - 7

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

[Learn more](#)

## 16th Annual Plant Sale Fundraiser

May 1st - 7th

Our 16th annual Plant Sale is happening! The plant sale is a full week and will feature seedlings grown by 4 of our amazing local farmers:

- Sola Gratia Farm
- Cary's Garden of Eatin'
- Delight Flower Farm
- Wolf Creek Farm

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.

EBT & Link Match Vouchers Accepted!



[Learn more](#)

## Native Plant Sale with The Wild Midwest

Saturday, May 18th  
10:00 am - 2:00 pm

Native plant sale with The Wild Midwest (formerly The Well Fed Caterpillar) will be selling a great selection of native plants locally and responsibly grown from seed. Their dream is to inspire sustainable landscaping and to live more gently on the earth. Cash encouraged, but credit card is always welcome.



## Community

# ROUND UP FOR GOOD UPDATE

Last month we raised over \$4,800 for Prairie Rivers Network.

**Mission:** "At Prairie Rivers Network, we 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:** "Through Prairie Rivers Network's recent testing and research we found widespread herbicide pollution throughout the Champaign-Urbana community. Drifting herbicide pollution hinders our ability to combat climate change as it injures, weakens, and contributes to the premature death of our carbon-sequestering trees and plants. Herbicide pollution impacts the food we grow; the water we drink; the trees and plants around our homes, schools, and parks; and the state's already imperiled wildlife. Prairie Rivers Network is using the findings to raise awareness and call for actions to address this urgent problem. The Round Up For Good Grant funding will help support that work."



[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: Southwest Mac & Cheese



There's nothing better than a box of mac & cheese. It's so comforting and delicious on its own, but also serves as a great base for a hearty and nutritious meal! We've created a simple recipe using Field Day macaroni & cheese, but added sweet corn, black beans, and salsa to bulk it up and provide a special version of the classic mac. Plus, this recipe features 6 Co+op Basics products and comes in at only \$2.20 per serving!

[Get recipe](#)

## Co+op Basics: Peanut Butter Pretzel Brownies



If you're looking for your next quick & easy brownie recipe, you've come to the right place! These brownies are rich and moist and have peanut butter and pretzels for a nice crunch. With only 10 minutes of prep time, this is the perfect weeknight brownie recipe. Featuring 8 Co+op Basics products, this recipe costs only \$1.29 per brownie.

[Get recipe](#)

## New Products

### Grocery



#### Tillen Farms Pickled Vegetables

These pickled veggies were designed to be added to cocktails, but they're also good on their own or added to any meal! Available in Classic Asparagus, Crunchy Carrot, and Dilly Bean.

\$9.49

#### Healthy Hippo Candy

Naturally delicious, low-sugar gummies sweetened exclusively with monk fruit! Hippo Gummies are flavored with lemon, mango, watermelon and strawberry, and Sour Keys are flavored with lime, lemon, orange and raspberry. Plus, both are plant-based!

\$3.99



#### Rio Luna Jalapenos

These sliced jalapenos are perfect for nachos! They also add spicy tang to sandwiches, burgers, pizzas and more - they're even tasty as a margarita garnish.

\$5.49



## Meat & Cheese

### Force of Nature Ancestral Blend

Force of Nature ancestral blends are 100% grass-fed, pasture raised, regeneratively raised, conservation focused, wildlife friendly, and a good source of iron. Enjoy the health benefits of their most nutrient dense product!

\$13.49



### Tillamook Cream Cheese

Rich, creamy, satisfyingly smooth - with a tangy zip in every bite. Made with more cream to achieve a higher milkfat than is required and no fillers or gums. Available in plain and strawberry.

\$5.19

### Isigny St. Mere Brie

Isigny St. Mere is a French dairy cooperative that began in the early 1900s. Their brie is a soft cheese with a bloomy rind that is left to drain slowly. It has a white, velvety rind and a soft, creamy center with a slightly salty taste.

\$11.99



### Tillamook Shredded Cheese

We love Tillamook, and are so excited to have brand-new shredded cheeses from this Oregon creamery! Check out our newest options - Italian 4 Cheese and Mexican Blend.

\$5.79

## Grab n' Go

### Sabrina's Mini Angel Food Cakes

Stop by our bakery section and pick up these delicious mini angel food cakes. Top them off with whipped cream and fresh strawberries for a special treat.

\$8.99



## Beer & Wine



### Rogue Mom Beer

Grab a 4-pack of Rogue Mom Beer just in time for Mother's Day! This Wheat IPA is made with Oregon Rose Hips and is full of character. It's bold, adventurous, and a little wild.

\$11.99

### Pike Road Pinot Gris

Pike Road Pinot Gris is made with 100% Willamette Valley fruit. All the fruit is hand-picked and gently pressed. The juice is then cold fermented in small stainless steel tanks to preserve its delicate aromatics and finished with a screw cap so that it tastes as fresh as the day it was bottled.

\$13.99



**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 May.



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