



## November 2024 Newsletter

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## FROM THE GENERAL MANAGER



**By Gary Taylor**

Hello Cooperators,

The busy holiday season is upon us and we have so much going on for you in November!

We are almost through our allotment of pre-order turkeys from Triple-S Farms. If you need one please hurry and place your order before they are all gone!

Our Grab 'n' Go Thanksgiving dinner items will be available November 22-27 to save you time and energy when preparing for your family gatherings. Just pop in and grab the items you need for your traditional dinner!

We are running a very large promotion in collaboration with National Cooperative Grocers (NCG). All Field Day items that we carry will be on sale from now through December 3rd. You have the opportunity to save a lot of money on items that are already some of the lowest in the store, and more importantly, our cooperative is teaming up with food coops from across the country to donate 5¢ for every Field Day item purchased to North American Traditional Indigenous Food Systems (NATIFS). NATIFS is dedicated to revitalizing Indigenous food systems and promoting cultural preservation within Native American communities. This initiative serves to restore health, wealth, and cultural identity to Indigenous populations as well as create positive social impact and help support underserved communities. To learn more about NATIFS or get involved please visit [natifs.org](http://natifs.org).

Thank you all for reading and I look forward to seeing you at CGFC soon!

Gary

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## FROM THE BOARD OF DIRECTORS



**By Morgan Montgomery**

Happy November! As we head into the holidays and kick off the new Board year, I realize I have much to be grateful for.

I'm thankful for the Boards of Directors that have come before me and set the stage for our current success. I'm grateful to have had Robert Taylor leading the charge for the

last few years, and I'm thrilled to be following in his footsteps as your President for 2024-2025. I'm so delighted to be once again working with returning Board members Andrew Muller, your Treasurer, Mickey Parson, your Vice President, Jon Barnes, and Calvin Wang. I look forward to working with new Board members Chike Coleman, your Secretary, Hannah Andresen, Julia Cronin, and Rudy Leon. We had a fantastic first meeting in October, and I'm confident this group will do great work this year. In addition to the regular monthly Board meeting, we'll meet later in November for the Board Retreat, led by our Columinate partner, Todd Wallace. This annual meeting is a fantastic opportunity for the Board to get to know one another and set goals for the upcoming year.

Of course, I cannot thank the staff enough. Without their daily dedication to Common Ground, we wouldn't be where we are today.

The staff works hard to ensure plenty of local food and grab-and-go items are readily available to include in your holiday celebrations this year. If you're looking for some inspiration, head over to the recipes section of the website and sign up for a class for hands-on learning. Follow us on Instagram to get the latest updates on events and sales. Be sure to stop by to see it all for yourself.

Talk soon,  
Morgan Montgomery

## Upcoming Classes & Events

### Halloween Beer Sale

Stop by the Co-op October 31st - November 3rd and get 20% off all beer when you buy 3 or more singles, packs, or cases! Support local with a huge variety of brews from C-U favorites like Riggs Beer Company and Triptych Brewing. Stock up on your favorites or try something new. Sale applies to non-alcoholic beers as well!



# Ravioli Virtual Cooking Class & Meal Kit

Saturday, November 9th 3:00 - 5:00 pm

Long-time CGFC instructor, Anna Barnes, is returning to teach how to make homemade raviolis! The menu features raviolis filled with local butternut and ricotta filling in a sage brown butter sauce. Tune in for the Zoom live class and cook along in your kitchen using the pre-portioned meal kit and enjoy a delicious dinner by the end of class. Plus, all proceeds from this class will benefit local community feeding program, Jubilee Cafe.

Tune in to the virtual Zoom cooking class on Saturday, November 9th from 3-5pm. Class kit is \$50 and Co-op owners can get \$5 off using promo code OWNER. and will be available for pick up on Friday, November 8th from 4-6pm in the Flatlander Classroom.



[Register](#)

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## Art Gallery Reception: Padget Studio

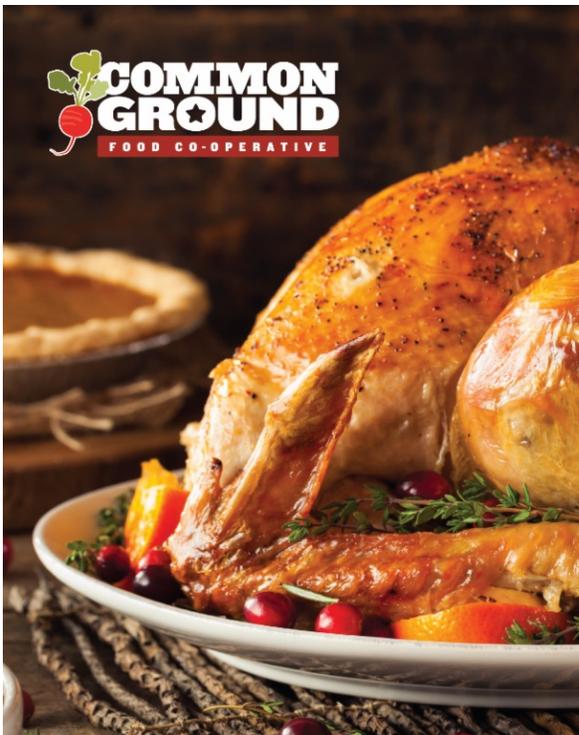
Browse artwork for sale, enjoy light refreshments, and meet the artist, CM Padget of Padget Studio!

The Art Gallery Reception will take place in the Common Ground Flatlander Classroom and Art Gallery on **Friday, November 15th from 4-6pm.**



[Learn more about CM Padget](#)

## Turkey Preorders



## Pre-order your local turkey!

Get a jump start on your holidays by pre-ordering your local, pasture-raised turkey from Triple S Farms in Stewardson, IL. Limited supply, preorder your turkey online!

- Free store coupons
- Enter into a raffle to win a free turkey

**PREORDER**

[commonground.coop/turkey-preorders](http://commonground.coop/turkey-preorders)

[Preorder now](#)

## Grab n' Go Thanksgiving

Friday, November 22nd - Wednesday, November 27th

Join us for this year's Grab n' Go Thanksgiving! Our kitchen and bakery have created a full menu to supplement your special holiday meal. Our Grab n' Go case will be transformed with delicious dishes made from scratch using organic ingredients. Grab entrees, essential sides, and our seasonal pies and baked goods!



# Grab n' Go Thanksgiving

Friday, November 22 - Wednesday, November 27

- Savory Seitan with Cranberries, Mushrooms and Leeks 
- Herb Roasted Turkey Breast 
- Mashed Potatoes with Kale and Olive Oil  
- Garlicky Buttery Mashed Potatoes  
- Traditional Gravy  
- Savory Veggie Gravy  
- Cranberry Apple Dressing 
- Veggie & Herb Cornbread Stuffing  
- Sausage & Herb Stuffing
- Butternut Squash Mac & Cheese 
- Vegan Cashew Mac & Cheezy 
- Lemon Roasted Brussels Sprouts  
- Smashed Sweet Potatoes with Maple Candied Pecans  
- Cranberry Sauce  
- Pumpkin Sage Bisque  
- Apple Pie 
- Traditional Pumpkin Pie
- Peanut Butter Pie 
- Humble Pie 
- Vegan and Wheat-free Pumpkin Pie  
- Ooey Gooey Butter Cookies
- Pumpkin Cake Cookies
- Cranberry White Chocolate Cookies
- Cranberry Orange Bread 
- Cinnamon Apple Cider Bread
- Wheat-free Pumpkin Bars 
- Pumpkin Dinner Rolls 

Every dish is Co-op made from scratch!

 Wheat-Free  Vegetarian  Vegan

Thanksgiving Hours

# Thanksgiving Hours

Wednesday, November 27nd:  
7:30 am - 6:00 pm

Thursday, November 28rd:  
**CLOSED**



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## Thanksgiving Wine Sale

Monday, November 25th - Wednesday, November 27th

Stop by the week of Thanksgiving and get 20% off all wine when you buy 3 or more bottles! Stock up on your favorites or try something new, just in time to celebrate Thanksgiving.



**20% OFF**  
*when you buy 3 bottles or more*



## Announcements

### Save on Field Day Items & Support Native Foodways!

This November, get ready for gatherings with friends and family with big savings on **all Field Day products!** Stock up on staples like rice, pasta, beans and olive oil. Save on tons of spices and herbs, as well as baking essentials including sugar, vanilla and chocolate chips. Find the food you want for holiday meals like gravy, pumpkin puree, and stuffing mix.

During this promotion, food Co-ops across the country are making a collective donation to North American Traditional Indigenous Food Systems (NATIFS). **Food Co-ops will donate \$0.05 for every Field Day product sold.**

NATIFS is a nonprofit organization dedicated to revitalizing Indigenous food systems and promoting cultural preservation within Native American communities. By addressing economic disparities, food insecurity and the loss of Indigenous food knowledge, NATIFS aims to restore health, wealth and cultural identity to Indigenous populations. The organization's commitment to promoting Indigenous foodways education, facilitating food access, and revitalizing ancestral knowledge underscores its mission to create positive social impact and support underserved communities.

# STRENGTHEN NATIVE FOODWAYS



coop  
deals.

Shop Co+op Deals on Field Day products —  
for each product sold we'll donate 5¢ to NĀTIFS!

**Oct. 30 – Dec. 3**



[Learn more](#)

## November Owner Deals

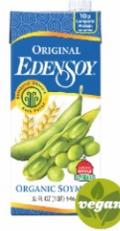
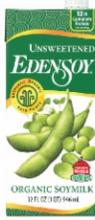
Owner Deals are bigger and better than ever! We have a brand new set of owner-exclusive deals for November. Over 100 amazing products will be on sale for owners for the entire month of November.

October 30th  
-  
December 3rd

# OWNER DEALS



**2/\$6**  
Eden Foods  
Edensoy Milk  
32 fl oz  
*reg. price \$4.79*



Shop over 100  
amazing owner  
exclusive sales!

**\$3.89**  
Daelman's Caramel  
Stroopwafel  
10.94 oz  
*reg. price \$6.49*



**2/\$5**  
Evamor Artesian  
Spring Water  
64 fl oz  
*reg. price \$5.29*



**\$6.79**  
Cafe Altura  
Instant Coffee  
3.53 oz  
*reg. price \$11.99*

**2/\$7**  
Good Food Feta  
Tzatziki Dip  
8 oz  
*reg. price \$4.69*



**\$4.69**  
Food For Life  
Ezekiel Sprouted  
Sesame Bread  
24 oz  
*reg. price \$7.99*



**2/\$7**  
Kewpie  
Mayonnaise  
12 oz  
*reg. price \$5.69*

**\$3.29**  
Mcvities Digestive  
Wheat Biscuits  
14.1 oz  
*reg. price \$5.29*



**2/\$7**  
Lifeway  
Farmer Cheese  
16 oz  
*reg. price \$4.99*



**\$4.69**  
Melt Vegan  
Buttery Sticks  
16 oz  
*reg. price \$6.79*



**2/\$7**  
Cretors  
Popcorn  
6.5 oz - 8 oz  
*reg. price \$5.49*

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

[View more deals](#)

Save the Date: December  
Owner Appreciation Days

# owner appreciation days

*December 11 - 17*



**10% OFF**



**COUPONS**



**RAFFLES**



**OWNER DEALS**



**GOLDEN  
TICKET ITEMS**



[Learn more](#)

## Community

# ROUND UP FOR GOOD

## UPDATE

Last month we raised over \$5,000 for Urbana Champaign Books to Prisoners!

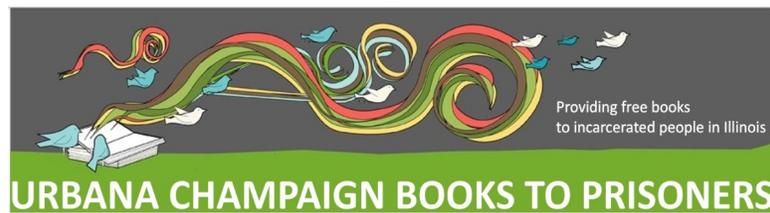
**Mission:** "The mission of U-C Books to Prisoners is to provide books to people incarcerated in Illinois at no charge to them, and promote education and awareness in our community about incarceration and prisons."

**Project Proposal:** "If selected to receive a Round Up for Good grant, U-C Books to Prisoners will use the funds to support three mission-critical projects:

First, it will help us purchase needed library supplies, books, magazines, and newspapers to maintain and hopefully increase our capacity to serve the needs of people detained in the Champaign County Jail where we staff a lending library. Since 2009, our volunteers have been going into the Champaign County Jails (now jail) weekly, to work with residents to provide the books and magazines they want to read. Access to literature that one wants to read increases literacy and can help to develop a habit of reading. Champaign County is one of only a handful of Illinois counties to provide library services in its jail.

Second, it will help us keep our service delivery to people in state and federal correctional centers, at our current rate even with the increase in the cost of postage. We ship books to approximately 29 institutions in Illinois, always in response to prisoner request letters. We have been able to ship up to 3.5 lbs of books per prisoner request, with a turn around time of 2-3 months. This is an improvement from five years ago when we only could afford to send 3 lbs per prisoner letter every 4 months. A Round Up grant will allow us to keep our current rate and maybe increase it.

Third, it will go toward keeping an adequate supply in stock of the most highly demanded and necessary texts for increasing literacy, for developing a habit of reading, and for using prison time for rehabilitation: English and Spanish-English dictionaries, up to date G.E.D. Test Study Guides and self-teaching ESL resources). As generous as the C-U community is, for understandable reasons, these reference books are not donated in sufficient numbers to come close to demand, so we purchase them when we can afford to."



[Learn more](#)

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November'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: Creamy Corn Pasta Salad



As we enter the cold winter months, there is nothing better than a hearty pasta salad to enjoy for lunch. This Creamy Corn Pasta Salad features a gluten-free brown rice pasta, combined with sweet corn, black beans, cilantro, green onion, queso fresco, and avocado tossed in a spicy yogurt dressing. It features 4 products from our Co+op Basics line and is only \$3.55 per serving!

[Get recipe](#)

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### Potato Leek Soup with Gruyere



Potato Leek soup is a traditional staple of French cuisine. We've taken the classic recipe and spruced it up with the addition of buttermilk and delicious Gruyere cheese. The result is an incredibly creamy, decadent soup that is sure to become a staple for the winter months. Serve it with our newest take-and-bake bread from Essential Baking Company!

[Get recipe](#)

## New Products

### Grocery



#### Sweet Loren's Cookie Dough

These sugar cookies are waiting for you to make them your own. Whether you want to enjoy the rich and smooth vanilla flavor on its own, or use this dough as a base for decorating or making fun desserts - this is a dough full of delectable possibilities.

\$7.39

#### Simple Mills Cheddar Crackers

The perfectly poppable, bite-sized, cheesy, gluten-free baked snack crackers are made with wholesome veggies. Made from butternut squash and red beans for a nutritious snack, with 1/3 cup equivalent of veggies in each serving.

\$5.69



### Biscoff Cookie Butter

Lotus Biscoff cookie butter has a unique and surprising taste that brings variety to your table, whenever you enjoy a slice of bread or toast. Made with non-GMO ingredients, it is vegan-friendly and contains no artificial colors, no flavors, and no preservatives.

\$6.99



## Bakery

### Essential Baking Company Bread

These take-and-bake breads are slowly fermented using signature starters made of three main ingredients: water, flour, and sea salt. Each loaf is hand-shaped, leisurely proofed and hand-scored prior to a slow-bake in hearth ovens. Available in Garlic, Sourdough, French, Rosemary, and Italian.

\$7.50



### Bridor Croissants

Bridor combines their know-how in French pastry-making with premium ingredients to ensure a delicate taste and outstanding flakiness with beautiful layers. Sold in a 5-pack.

\$7.99

### Isola Crostini

New to our bakery aisle, these crostinis are perfect for scooping up your favorite treat such as hummus, guacamole, or tapenade! Available in Zesty Garlic and Olive Oil.

\$5.25



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## Produce



### Melissa's Steamed Artichoke Hearts

These tasty morsels of goodness are ready-to-eat having been steamed, then vacuum sealed to ensure a just-picked flavor. Slice chilled hearts into salads or batter-fry in oil for a delicious appetizer.

\$6.99

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## Meat & Cheese

### LaClare Family Creamery Seasonal Goat Cheese

One of our favorite regional producers, LaClare Family Creamery has us stocked with seasonal cheeses just in time for the holidays. Try Pumpkin and Maple Bourbon flavors.

\$4.59



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## Wellness



### Jarrow Multi-Vitamins

Jarrow Formulas leverages expertise from renowned researchers in institutions worldwide who study ingredients and products and how they work with your body. Our newest addition to their line is Multi-vitamins! Available in Men's Multivitamin, Women's Multivitamin, and Mood Multivitamin.

\$37.99

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## Beer & Wine

### FLEX Red Wine

Crafted by 5th generation winemakers out of the West Coast, FLEX comes from a long, well-respected line. With sweet, ripe fruit flavors, FLEX is the perfect blend for any setting and occasion.

\$12.99



**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 November.



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

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