



## September 2024 Newsletter

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# STORE CLOSED

**Labor Day**

**Monday, September 2nd**

*normal hours  
resume Tuesday*

**COMMON GROUND**  
FOOD CO-OPERATIVE

FROM THE

**GENERAL  
MANAGER**



By Gary Taylor

Hello Cooperators!

As summer winds down and school starts back up, we here at the Coop are gearing up for September full of activity.

We are nearing completion of our little expansion project. We have had some delays due to parts malfunctions on our new refrigerated cases but that should be resolved very soon. In the meantime we have started the moves and hopefully all affected products will be in their new locations by the end of next week.

Owner appreciation days will be here from September 11th-17th. Make sure to stop in and take advantage of some great deals on your favorite items!

Our Board elections are also coming in September so please make sure to go online and vote for your Board and for your preferred Round-Up for Good Organizations. Please be sure to read through all of the options as we have many great organizations signed up that could use the donations!

Last, but not least, please consider this your official invitation to attend Common Ground's 50th Anniversary Party! Very few organizations can say they have been in place for the past 50 years and we are honored to serve Urbana-Champaign's community since 1974! Many thanks to Prairie Fruits Farms and Creamery for allowing us the use of their facilities for this milestone celebration! [Please check our website for details!](#)

Thank you for reading and I hope to see you at the Party!

## FROM THE BOARD OF DIRECTORS



**By Robert Taylor**

Only 20 days until the election opens. The Common Ground Board of Directors and Round Up For Good election! This year we have nine outstanding candidates for board positions, including two incumbent candidates. Come out to meet some of the candidates on Sunday, September 8th in the Flatlander Classroom! The election opens on September 20th and will stay open until the close of our Meeting of Owners (MOO) on the 27th. This year's MOO will be held virtually because of our 50th Anniversary Celebration coming up in October. We hope to see many of you there.

As a rule, the Board of Directors always speaks with board holism, as one voice. I will beg for forgiveness from my fellow Directors as I speak instead individually. I have served on the board for the last five years and have been honored to have served as President for three of those years. My time on the board is ending with this election. In my farewell, I would like to give some thanks. First and foremost, thanks to all the owners that keep our Co-op as part of our community. A Co-op has no purpose without local ownership. Second, my thanks to a fantastic store staff. We can have all the owners we want but without a staff to make the store run, we certainly fail. I also specifically want to thank the Management staff of Gary, Joanne, Bonnie, Andi, Sarah, and Liz. Finally, I want to thank all my fellow board directors, both past and present. Each of you gives tirelessly to support and govern to ensure success. It has been my honor to work with you all during my tenure and wish the new board all the best!

Wishing everyone a relaxing Labor Day weekend and encouraging all owners to vote in the coming election!

## Upcoming Classes & Events

### Owner Appreciation Days

Owner Appreciation Days are our special sales celebration where all of our Co-op owners can get great store-wide deals! Owners will receive a 10% discount off their entire purchase of one shopping trip of their choice (excluding Co+op Basics, alcohol, and items already on sale).

Owners will also receive a special coupon book with exclusive deals from October - December (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!

**Owner appreciation days**

***September 11 - 17***

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

[Learn more](#)

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## 50th Anniversary Celebration at Prairie Fruits Farm

Friday, October 11th 5:30 - 8:30 pm

You are invited to attend Common Ground Food Co-op's 50th Anniversary Celebration! This special event will commemorate our accomplishments as a community food co-op and give us a chance to honor the legacy that has been collectively built together since 1974.

This party will be hosted at Prairie Fruits Farm & Creamy and is free to attend but **registration is required. Click the RSVP form below!**

Registration includes a free farm-to-table grazing buffet catered by Caprae, Prairie Fruit's on-site restaurant. A cash bar will also be available. There will be raffles, lawn games, face painting, shaved ice, guided farm tours, cheese tastings, a pop-up poetry booth, visits with the goats, and time to mingle with Co-op community members.



RSVP

## Virtual Meeting of Owners

Friday, September 27th 5:30 - 6:30 pm

Virtual via Zoom



# Annual Meeting of Owners!

Join us for our virtual Meeting of Owners and hear important updates from our Board of Directors and Common Ground staff.

**Friday, September 27th**

**5:30 - 6:30 pm**



RSVP

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## Culinary Arts Virtual Cooking Class: Indian Thali with Sirisha Bhandaru

Saturday, September 21st 2:00 - 5:00 pm

Join us for a FREE virtual cooking class & meal kit where we will explore Indian culinary arts with Sirisha Bhandaru! Cook along in your kitchen while learning how to make a colorful and flavorful multi-course Indian dinner from scratch. This culinary arts class was paid for by the City of Urbana's Arts and Culture Grant with the purpose to inspire home cooks to create artistic culinary dishes in celebration of this multi-disciplinary art form.

This Taste of India class is a culinary exploration with dishes representing different regions of India. It will focus on the vast regional differences in Indian cuisine, incorporating locally grown ingredients to create a vibrant and diverse culinary experience.

The menu includes:

- **Masoor Dal Palak** - Red lentils with spinach, onion, garlic, cilantro, spices, and dry chilis
- **Kadhai Paneer** - A quintessential restaurant-style dish with paneer and bell peppers
- **Dahi Tadka** - Easy yogurt and onion-based dish served with rice
- **Kerala Parrota** - Flaky flatbread
- **Sooji Halwa** - Delicious and easy semolina pudding dessert with cardamom, cashews, and golden raisins



Register

## Santa Fe Brunch In-person Cooking Class

Saturday, September 14th 10:00 am - 12:00 pm

Join us for an in-person brunch cooking class and learn how to make flavorful recipes that highlight peak summer ingredients! This class will be taught by Co-op instructor Carl Reisman. 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:

- Homemade Corn Masa Tortillas
- Local Scrambled Eggs with Salsa Roja and Pico De Gallo
- Fresh Local Watermelon Juice
- Pickled Vegetables
- Guacamole and Avocado Crema
- Pinto and Black Beans
- Hazelnut Mexican Wedding Cookies

\$50/person - Owners can use promo code: OWNER for \$5 off



Register

# Native Plant Sale with The Wild Midwest

Saturday, September 7th 10:00 am - 2:00 pm

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 earth. The plant sale will be held on the Co-op Front Porch! Cash encouraged, but credit card is always welcome.



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## CU Folk & Roots Festival

Saturday, October 5th 10:00 am - 12:00 pm

Stop by the Co-op's front porch for an Old-Time Jam during the C-U Folk & Roots Festival!

**THE  
16<sup>th</sup> C-U  
FOLK &  
ROOTS FESTIVAL  
2024**

**OCTOBER 3-5**

**URBANA, IL**

[Learn more](#)

## Owner Elections

### Board of Directors Candidates

We received 9 applications for Common Ground's Board of Directors!

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.

Owners will vote for 5 new Board of Directors. Voting begins on Friday, September 20th and concludes on Friday, September 27th. All eligible owners will be sent an email with an eballot to vote.

Click below to learn about our Board of Directors candidates!

[Learn more](#)

## Meet Your Board of Directors Candidates!

**Sunday, September 8th, 2024**

**2:00 - 4:00 pm**

**Common Ground Flatlander Classroom**

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**Come by the Co-op to meet the Board of  
Directors Candidates for the 2024 Owner  
Elections!**

**This is a great opportunity for owners and our  
current Board members to meet the candidates  
and get to know them better. No RSVP required.**



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## Round Up For Good Grant Nominated Organizations

We have 38 amazing organizations in the running for the 2025 Round Up For Good Grant! Click below to read each organization's mission statement, project proposal, and visit their website.



# Announcements

## September Owner Deals

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

September 4th  
-  
October 1st



# OWNER DEALS

**2/\$5**  
**Snopac Select**  
**Frozen Veggies**  
 10 oz  
*reg. price*  
**\$2.99 - \$4.79**



**Shop over 100  
 amazing owner  
 exclusive sales!**

**\$2.69**  
**La Tortilla Factory**  
**Flour Tortillas**  
 7.62 oz  
*reg. price \$4.49*



**2/\$3**  
**Boxed Water is**  
**Better Purified Water**  
 33.8 fl oz  
*reg. price \$2.49*



**\$4.59**  
**Miyokos Creamery**  
**Liquid Mozzarella**  
 16 oz  
*reg. price \$6.99*



**\$3.49**  
**Oregon Chai**  
**Chai Tea**  
**Concentrate**  
 32 fl oz  
*reg. price \$5.69*



**5/\$7**  
**Cretors**  
**Popcorn**  
 5.5 oz - 8 oz  
*reg. price \$5.49*



**\$3.29**  
**Pomi**  
**Finely Chopped**  
**Tomatoes**  
 26.46 oz  
*reg. price \$4.99*



**\$3.79**  
**Jolly Llama**  
**Dessert Cones**  
 14.25 oz  
*reg. price \$5.99*



**2/\$7**  
**Tillamook**  
**Shredded Cheese**  
 8 oz  
*reg. price \$5.79*



**\$12.99**  
**Bellucci Italian**  
**Extra Virgin**  
**Olive Oil**  
 500 ml  
*reg. price \$20.99*



**\$5.89**  
**Wildbrine**  
**Kimchi & Sauerkraut**  
 18 oz  
*reg. price \$6.99 - \$8.29*

## Owner Drive

Our annual Owner Drive continues into September! 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](#)

## Community

# ROUND UP FOR GOOD UPDATE

Last month we raised over \$4,700.00 for 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](#)

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September's Round Up For Good organization is Immigrant Services of Champaign-Urbana (ISCU).

**Mission:** "The mission of ISCU is to help immigrants, refugees and asylum seekers to become knowledgeable, secure and productive members of our community. We do this through a case management system using a holistic approach to support our client families. Our services include depression screenings and mental health referrals, as well as help with food insecurity, medical care, housing, legal needs, transportation, employment and education. We stay in touch with our clients for as long as our help is needed."

**Project Proposal:** "ISCU will use funds from Round Up for Good to provide emergency food, utilities and rent assistance to clients needing help to meet basic needs. Funds will also be used to provide household items and home appliances--such as stoves, refrigerators and microwave ovens--through our warehouse of donated goods, to make sure that immigrant families in our community are able to store and cook meals properly.

Federal and state programs to fill these needs are woefully inadequate, and many poor immigrant families continue to be food-insecure and at risk of eviction. We are the only organization in our county that helps these vulnerable community members with comprehensive assistance. Other organizations call on ISCU to help their own immigrant clients who need help beyond their own focused programs."



[Learn more](#)

## Recipe Features

### Co+op Basics: Pumpkin Bars



The temperature may still be high, but we are already thinking about fall desserts! We've put together a super easy pumpkin bar recipe featuring 8 staple products from our Co+op Basics Line.

Get recipe

## Summer Squash Gratin



September is an amazing time for local squash at the Co-op! While there are so many amazing styles, we're letting zucchini and yellow summer squash shine in this delicious baked gratin. Squash is combined with leeks cooked in white wine, fresh tomato, and indulgent Gruyere cheese for a fresh recipe that is sure to satisfy.

Get recipe

## New Products

### Grocery



#### Nancy's Oatmilk Yogurt

Our newest plant-based yogurt offers 5 grams of protein in every serving! Plus they contain billions of live, dairy-free probiotics to support your good health. Available in Blueberry, Strawberry Hibiscus, and Vanilla.

\$1.99

#### Rip Van Wafers

A delicious sandwich of three thin wafer layers

with two thick chocolate cream filling layers. These crunchy treats have less sugar, more fiber, and fewer calories for smart snacking.

\$6.29



## Bakery



### Original Bagel Company Bagels

Stop by our bread island and pick up brand-new bagels from Original Bagel Company! Available in Plain, Blueberry, Everything, and Plain Rainbow.

\$5.99

## Kitchen

### Classic Sub

Try our newest amazing kitchen sandwich creation! This Classic Sub has smoked turkey and ham, cheddar cheese, red cabbage, dill pickles, mayo, and mustard on a sourdough roll.

\$8.89



## Meat & Cheese



### Nuestro Queso Panella

This authentic Mexican basket cheese can be enjoyed cold or heated since it won't melt. Great on fajitas, tacos, sandwiches, or even on fruit salads

\$6.49

### Korean Inspired Chicken

Pick up this easy meal in our frozen meat section! This crispy battered chicken is great as an appetizer, snack, or dinner for any occasion. Available in Honey Garlic and Gochujang.

\$8.99



### Central Lean Mango Habanero Brats

Central Lean is located just 25 miles away in Paxton, Illinois! Their latest bratwurst flavor is loaded with mango and habanero peppers, perfect for a fall cookout.

\$6.79

## Beer & Wine

### Obscurity Hard Cider

Obscurity Cider is locally produced in downtown Elburn, IL! All of their ciders are made with 100% naturally sourced wildflower honey. Try their Pineapple, Sweet Apple, or Tart Cherry flavors.

\$12.99 for 4-pack



## Wellness



### Aura Cacia Bath Products

Aura Cacia is one of our favorite Wellness brands, and it's a cooperative business! Get ready for relaxation with their Bubble Bath or Shower Tablets.

prices vary

**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 September.



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

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