



## April 2023 Newsletter

### In this month's newsletter:

- Financial Meeting of Owners
- Plant & Seed Swap
- Bourbon & The Mint Julep Cocktail Class
- Indian Street Food Pav Bhaji Pop-up
- New Artist Installation: Percy Focazio-Moran
- Cash is Cooperative Campaign
- Looking Ahead: May Owner Appreciation Days & Plant Sale Fundraiser
- Round Up For Good Update
- Recipe Features
- New Products

### Upcoming Events & Classes

#### Financial Meeting of Owners

*Financial*

**MEETING OF  
OWNERS**



**Thursday, April 20th**

6:00 pm - 7:30 pm

Virtual Zoom Meeting followed by beer at Riggs from 8-10 pm!  
The first 40 attendees will receive a free drink!

[Learn More & RSVP](#)

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#### Plant & Seed Swap

# Plant & Seed Swap

Sat April 22 11am-1pm

Common Ground's Mall Hallway

Bring plants and seeds to trade for free with your neighbors! Plus, a popup sale from Planted!



[Learn more](#)

## Bourbon & The Mint Julep Cocktail Class

Friday, April 21st  
6:30 - 8:00 pm

For the next class in our cocktail class series with Katie Carrillo, we're learning all about Bourbon & The Mint Julep! The Mint Julep is a classic cocktail made of bourbon, sugar, mint and crushed ice and is best known for being the signature drink of the Kentucky Derby. This class will include light snacks of pimento cheese and crackers, a tasting of 3 Bourbons, lessons on the history and making of Bourbon and the Mint Julep, and a demonstration on making the classic cocktail. Students will then make their own classic Mint Julep or a variation using their own unique combination of ingredients from the Co-op. Included in the ticket price is a stainless steel highball cup that you will get to keep!

\$35/person. Limited seating available - only 10 seats per class. Ticket includes class plus tasting and highball cup. No refunds due to limited space, but waiting list will be made available once tickets are sold out. Must be 21 to attend.

[Register](#)



## Indian Street Food Pav Bhaji Pop-up

A photograph of a plate of Pav Bhaji, a popular Indian street food. The dish consists of a vegetable mash (bhaji) served with toasted bread rolls (pav). The plate is garnished with fresh cilantro, sliced onions, and a lime wedge. The background shows more of the same dish and bread rolls, creating a sense of abundance.

  
**Pav Bhaji Pop-up  
with Sirisha Bhandaru**  
**Saturday, April 15th**  
**11am-1pm**

Come down to the Flatlander Classroom for a special pop-up meal! Sirisha will be making Pav Bhaji, or what she calls a “vegetarian sloppy joe”, one of the most popular street foods of Mumbai.

**Meal Includes:**

- Bhaji: vegetable mash with potatoes, onions, tomatoes, carrots, green pepper, green peas, garlic, ginger & spices
- Pav (toasted bread rolls)
- Cilantro, onion, lime

**PRE-ORDER**  
\$15/person  
[bit.ly/popuppav](http://bit.ly/popuppav)

Register

## Taste of France 3 Part Series

Do a deep dive into French cuisine with instructor Paul Young as we survey all the deliciousness that France has to offer, region by region. We'll start in Burgundy wine country where we'll learn how to cook with wine. Next, we'll head south to Basque country where savory garlic-infused stews of neighboring Spain is an influence and a comforting braised dish is on the menu. Lastly, we'll taste the Mediterranean-style Provençal cuisine from the south of France where bouillabaisse and ratatouille were invented.

Students will have the opportunity to watch demos and participate in the preparation of our dinner party. Do come hungry and thirsty because we'll be cooking and tasting at the same time. Each class in this series is also a traditional three-course French dinner including a luscious dessert course, French wine pairings as well as tasting of popular French aperitifs and digestifs.

### Sign up for one class or all three in this series!

\*Tuesday, May 30th, 6:00pm - 8:30pm - Classic Burgundy Wine Country Cuisine

\*Tuesday, June 27th, 6:00pm - 8:30pm - A Taste of Basque Country

\*Tuesday, July 25th, 6:00pm - 8:30pm - The Mediterranean Flavors of Provençal Cooking



Register

## Announcements

### New Artist Installation



Stop by the Flatlander Classroom to see the newest local art installation featuring

Percy Focazio-Moran is an autistic trans masculine creator from Urbana, IL. Inspired by various styles of art, Percy has a unique style utilizing vivid colors and visible swirls. Percy has always loved the artwork of Van Gogh, and reports that his style has been a huge inspiration to their own style. Percy's artworks vary from self portraits, physical forms, and landscapes. Percy often utilizes nature as a muse within their pieces and is consistently amazed by the natural beauty found in their day-to-day life. Many of Percy's pieces also have helped process inner turmoil surrounding gender dysphoria and intrusive thoughts. Most of the pieces represented are acrylic on canvas, however, Percy also creates using other mediums including watercolor and ink.

[Learn more](#)

## Cash is Cooperative



**CASH is CO-OPERATIVE**

**We pay over \$100,000 each year in card fees.**

**When you use cash, your whole dollar goes to the co-op.  
That's more of your money for the local economy:  
our farmers, producers, neighbors, & staff.**

**No cash or check? Under \$25 use credit & over \$25 use debit.**

Do you have a gift card  
that looks like this?

Please bring it into the store and we can transfer it to our newest version! We can also consolidate multiple gift cards.



## Save the Date

May Owner Appreciation Days

# owner appreciation days

*May 3 - 9*

- ★ **10% OFF** ★
- ★ **COUPONS** ★
- ★ **RAFFLES** ★
- ★ **OWNER DEALS** ★
- ★ **GOLDEN TICKET ITEMS** ★

[Learn more](#)

Plant Sale Fundraiser



**WEDNESDAY MAY 3 - TUESDAY MAY 9**

**TOMATOES - GREENS - HERBS - FLOWERS**  
SEEDLINGS GROWN BY OUR LOCAL FARMERS

**ALL PROCEEDS BENEFIT OUR FOOD ACCESS PROGRAM**

***food for all***

**HUGE THANKS TO OUR LOCAL FARM SPONSORS:**

Sola Gratia Farm, Delight Flower Farm, Cary's Garden of Eatin',  
Wolf Creek Farm, & UHS Horticulture

[Learn more](#)

## Community

### **ROUND UP FOR GOOD**

#### UPDATE

Last month we raised over \$4,472.00 for 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 2021-2022 school year, RACES staff provided programming to over 5,000 students in Champaign County, but we want to do more. If chosen as a Round Up for Good Grant, RACES would use this funding to support the sustainability of increased prevention education staffing."



Rape Advocacy, Counseling,  
& Education Services

[Learn more](#)

April's Round Up For Good organization is Urbana Champaign Books to Prisoners.

**Mission:** The mission of Urbana-Champaign Books to Prisoners is to provide free books to people incarcerated in Illinois and to promote education about incarceration and prisons.

**Project Proposal:** "While Books to Prisoners receives generous support from our community, the funds from Round Up For Good would allow us to buy more of the books that we simply never have enough of including: Self-Help, Addiction Recovery, Science Fiction, Urban Fiction, and Spanish-Language books. With your help, we can supply inmates in the Illinois state and federal prison systems with books that are theirs to keep, and we can also supply much-needed books for the library in the Champaign County jail."



[Learn more](#)

## Recipe Features

### Co+op Basics: Goddess Tempeh Pizza



Our most daring Co+op Basics recipe yet! We took our housemade pizza dough, topped it with smoky tempeh, tomatoes and broccoli, and finished it off with Annie's Goddess Dressing! This is an easy pizza recipe that is unique and delicious. Plus it features 7 products from our Co+op Basics line and comes in at \$4.24/serving.

[Get recipe](#)

# Farro Salad with Brussels Sprouts, Kumquats & Goat Cheese

In honor of Common Ground's favorite citrus, we put together this hearty warm farro salad with kumquats, brussels sprouts, and goat cheese. The flavors blend together beautifully, giving a combination of soft, chewy and crunchy textures with bursts of tart citrus and creamy goat cheese.



[Get recipes](#)

## New Products

### Grocery



#### Joyful Wren Eggs

These eggs aren't technically new, but they are too beautiful to not share! Joyful Wren is only 10 miles from the Co-op and is Certified Animal Welfare Approved by A Greener World.

\$3.29 for 1/2 dozen

#### Just Ice Tea

Just Ice Tea sources Fair Trade Certified tea leaves and sweeteners to ensure safe, healthy working conditions and fair wages for farming communities.

- Berry Hibiscus
- Half & Half Lemonade
- Honey Green
- Moroccan Mint
- Original Green
- Peach Oolong



\$2.79

#### Green Cola

Green Cola has no sugar, no calories, no artificial sweeteners and no preservatives! It



is naturally sweetened with Stevia and naturally caffeinated with green coffee beans.

\$7.99 for 6-pack

### Cahokia Rice

Cahokia rice is grown right here in Illinois, near the Shawnee National Forest in McLure. Their brown and white rice are non-GMO crops that are naturally higher in protein - 53% higher than other similar rice!

\$5.29



## Meat & Cheese

### Very Good Plant Based Meats



Check out our newest line of plant-based meats! This Canadian based company uses jackfruit as the main ingredient for their ribs, delivering an amazing meatless product.

- Southern Golden BBQ Ribs
- Smoky BBQ Ribs
- Pepperoni

\$5.99 - \$11.99

### Prairie Fruits Farm Pelota Roja

Brought to you by our favorite local goat farm, this raw, unpasteurized goat milk hard cheese is inspired by Spanish cheeses like Manchego and Mjorero. The rind is rubbed with a guajillo chile powder-olive oil paste. The cheese wheels are aged for 2-3 months, creating a sharp, nutty and slightly fruity flavor.

\$9.49 for 4oz block



### Kerrygold Cheese



Kerrygold is a cooperative dairy company located in Ireland that produces delicious artisanal cheeses and butters.

- Aged Cheddar
- Dubliner

\$6.75

## Produce

### Tomato Bliss Soups

Tomato Bliss sipping soups showcase varieties of regeneratively-grown heirloom tomatoes and support farming that goes beyond organic to heal the earth through biodiverse practices.

- Chipotle

- Moroccan
- Masala
- Tuscan

\$9.99



## Wellness



### Take Haven Bars

Take Haven weaves together the healing properties found in nature to deliver self-care experiences that not only support the body, but also help reduce stress and shift energy to empower our potential.

- Rosemary, Chamomile & Lavender Lotion Bar
- Comfrey, Rosehip & Calendula Lotion Bar
- Cinnamon, Orange & Rose Lotion Bar
- Lemon Balm, Tulsi & Shatavari Lotion Bar
- Lemon & Eucalyptus Shampoo Bar
- Unscented Shampoo + Conditioner Bar

\$8.99 - \$12.99

## Beer & Wine: Non Alcoholic Feature

### Athletic Brewing N/A Run Wild IPA

Run Wild is the ultimate sessionable IPA for craft beer lovers. Brewed with a blend of five Northwest hops, it has an approachable bitterness to balance the specialty malt body. Always refreshing and only 65 calories.

\$10.99 6-pack



### Big Drop Brewing Co. N/A Galactic Extra Dark

Galactic Extra Dark is a malty milk stout packed with the aroma and flavors of cocoa and vanilla. Winner of the 2020 World's Best Flavoured Beer (Low Strength), it is rich in flavor and has a thick texture.

\$10.99 6-pack

### Clever N/A G&Tonic

Clever uses botanicals (herbs, spices and fruits) to give their mocktails their unique flavors. They distill these botanical extracts in an authentic copper still to capture their bright and vibrant flavors.

\$11.99 4-pack



**THANKS FOR  
READING!**

**ENJOY  
\$2 OFF**

with a purchase of \$15 or more

Show this coupon at the registers.  
Cannot be reused or use for sale items, Co+op Basics,  
or Alcohol. Valid during the month of April.



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

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