



## August 2023 Newsletter

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## FROM THE **GENERAL MANAGER**



### By Gary Taylor

Wow! There is a lot going on at the Co-op this month!

Our new Produce fixtures have arrived and the whole produce department has been refreshed! You can check out the before and after pictures when you get a chance or just come on in and see it for yourself! Many thanks to NCG's Tim Domini and our Produce team for putting this all together!

[Read full article](#)

## FROM THE **BOARD OF DIRECTORS**

### By Sandy Budde

I attended Preserving Herb Harvests on Saturday, July 29, a virtual class



taught by Amy Wertheim, a longtime herbal expert and farmer of educational, culinary, and medicinal gardens in Logan County. Amy is a seventh-generation farmer at **Wertheim's Gardens** in Central Illinois and she has broad and deep knowledge of growing herbs. She grows 87 different varieties of herbs used in nearly 140 herbal products prepared at Wertheim's Gardens.

[Read full article](#)

## 2023 Meeting of Owners



**You're Invited**  
to the  
**Annual Meeting of Owners!**

- free taco bar
- local farmer panel
- co-op presentations
- kombucha, local beer, wine, & a special cocktail by Katie Carrillo
- socializing
- free co-op tshirt
- coloring area for kids

**THURSDAY, SEPTEMBER 14**  
**6 PM - 8 PM**  
At Cloud Mountain Kombucha  
in Lincoln Square Mall

**\*RSVP Required\***

**FREE ENTRY!**



## Run for the Board of Directors



**Run for  
your  
Board**

Do you have experience in business, finance, food retail, community building, or cooperatives?

Do you have a vision to make Common Ground a model for businesses now and in the future?

**APPLY BY AUGUST 14**  
*online or in-store*

[Learn more](#)

## Upcoming Classes & Events

### Herbal Bug Sprays Virtual Class & Kit



# HERBAL BUG SPRAYS

WITH ANNETTE DAVIS CAMPBELL

August 19, 2023 | 2 p.m. | online

Learn how to craft custom bug repellants from herbs!

Presented by:



[Register and preorder class kit](#)

[Register for free class without kit](#)

## German Beer & Food Pairings

## In-person Class

Friday, August 25th  
6:30 - 8:30 pm

Join us as we explore German Beer & Food Pairings just in time for Oktoberfest! Instructor Katie Carillo will walk you through the history and brewing process of German beers. Students will then taste several beers from local German Brewery, Riggs Beer Company! Beers will be served with an accompanying charcuterie plate.

\$40/person. Limited seating available - only 12 seats per class.



[Register](#)

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## Taste of the Mediterranean In-person Class Series

Taught by Instructor Paul Young

This fall, let's take a culinary excursion to Europe and explore the northern Mediterranean coast while sampling all the good eats available in the region. We'll start in the Cinque Terre in the Liguria region of Italy where pesto was invented. It's autumn, so the tomatoes are at their full ripeness, the local basil harvest is in, and there is an abundance of freshly-made pesto available everywhere — what a great excuse to indulge in a pesto feast with some local Italian wines. Next, we'll head to the Greek island of Santorini where we'll enjoy the ultimate sunset meze dinner of Greek classics. Lastly, we'll head to the Sants-Montjuic neighborhood in Barcelona for an evening-long tasting of small plates as we crawl from one tapas bar to another.

- Tuesday, September 26th 6-8:30pm: Pesto! Pesto! Pesto!
- Tuesday, October 17th, 6-8:30pm: Greek Meze Dinner
- Tuesday, November 7th, 6-8:30pm: Spanish Tapas Feast

All classes are \$65/person. Limited seating available - only 10 seats per class.



Register

## Geothermal Power Hour

The graphic features the City of Urbana logo (a white leaf on a brown square) and the Geothermal Alliance of Illinois logo (a circular emblem with a green map of Illinois and blue and red arrows). The background is a lush green field. In the center, the text "Geothermal Urbana-Champaign" is displayed in orange and blue. To the right is an illustration of a house with geothermal pipes extending into the ground. Below the illustration, the text reads: "A group buy opportunity for geothermal heat pumps: the most efficient and environmentally beneficial heating and cooling systems available today".

Visit  
[geothermaluc.org](http://geothermaluc.org)

Tuesday, August 29th  
6:00 - 7:00 pm  
Common Ground Flatlander Classroom

## Solar Power Hour

# Solar

## Urbana-Champaign

**Concerned about rising energy costs? Solar is a solution!**

Solar energy is a great way to gain energy independence, support the local economy and help create a healthier environment! Invest in your energy future and secure a lower cost solar array with Solar Urbana-Champaign



Property owners in the Urbana-Champaign area have the opportunity to participate in the cost-saving group buy program, which combines volume purchasing with community education to make solar more accessible and affordable.

Attend a free Solar Power Hour presentation to learn the basics of solar, its financial benefits and how the solar group buy program works. After the session, you can schedule a free, no-obligation site assessment to find out if solar is right for you!

## **Let's Go Solar Together!**

Learn more and sign up at  
**[growsolar.org/solar-urbana-champaign](http://growsolar.org/solar-urbana-champaign)**

Wednesday, August 30th  
5:30 - 6:30 pm  
Common Ground Flatlander Classroom

## Announcements

### Produce Department Updates

Our Produce Department has undergone a complete makeover! We're so excited to share our amazing new space with owners and customers.





## Link Match at the Co-op

**COMMON GROUND**  
FOOD CO-OPERATIVE

Starting August 7th!

**GET MORE WITH LINK MATCH**

**\$1 LINK MATCH VOUCHER**  
FOR LOCAL FRESH FRUIT AND VEGETABLE PURCHASES ONLY

**BUY \$1 OF FOOD WITH LINK  
GET \$1 OF FRESH, LOCAL PRODUCE WITH LINK MATCH**

**EARN UP TO \$25 IN LINK MATCH VOUCHERS A DAY!**

Learn more: [www.commonground.coop/link-match](http://www.commonground.coop/link-match)

**Link Up Illinois**  
A Program of experimental station

Learn more

## Community

**ROUND UP FOR GOOD**  
UPDATE

Last month we raised just over \$5,102.59 for The Refugee Center!

**Mission:** Since 1980, the mission of The Refugee Center has been to provide services essential to refugee and immigrant resettlement in East Central Illinois, including orientation, translation, referral, liaison, public benefits assistance, social service counseling, advocacy, job placement and supportive employment services.

**Project Proposal:** "Funding will be used to support immigrant individuals and families that have recently resettled in the Champaign-Urbana community from countries as diverse as Afghanistan, Ukraine, Vietnam and Venezuela. While these immigrants came here under different circumstances, they all have one thing in common...they were forced to flee their homes. TRC will use this grant to purchase essential items for these families, like bilingual books and dictionaries, bus passes and grocery store gift cards."



[Learn more](#)

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August's Round Up For Good organization is Salt and Light.

**Mission:** Our mission is to share the love of God by fighting poverty with opportunities that empower people for lasting change.

**Project Proposal:** "The Round Up for Good Grant will be used to fund the store credit our participants earn and use to purchase food, clothing, and other basic resources. As of the date of this application, approximately 70% of all credit spent is on food."



[Learn more](#)

## Recipe Feature

### Zucchini Bread



It's getting to be that time of year when gardeners find themselves with a surplus of zucchini! In honor of this amazing vegetable, we decided to make a delectable zucchini bread that is perfect for those squashes that grow just a little too big.

[Get recipe](#)

## Co+op Basics: Creamy Tomato Pasta with Coconut Cream



Try this easy weeknight pasta dish that features products from our Co+op Basics line! The sauce gets its creaminess from coconut cream for a completely plant-based recipe. It features 4 Co+op Basics products and comes in at only \$2.29 per serving.

[Get recipe](#)

## New Products

Grocery



### Woodstock Tortellini & Ravioli

Stop by our frozen section to check out new pastas by one of our favorite brands! The four cheese tortellini pairs well with a creamy tomato sauce, while the butternut squash ravioli is entirely vegan and can be kept simple with a sprinkling of olive oil and sea salt.

\$9.99

### Dr. Praeger Veggie Fries

These delicious snacks provide a full serving of veggies in a crispy fry that is ready in minutes from the freezer. Pop them in the air fryer or oven and grab your favorite dips like ketchup or ranch!

\$6.49



### Field Day Frozen Pizza

Our newest frozen pizza has a classic wood-fired, hand-stretched crust and is topped with mozzarella, provolone, and swiss Emmentaler cheeses!

\$7.99



## Meat & Cheese

### Crispy Edge Potstickers

Available in traditional & buffalo chicken and wrapped in Crispy Edge signature dough, these potstickers are a quick snack that can be made on the stove or in the oven.

\$7.49



### Andy's Seasonings

These chicken and fish breadings come from Andy's Seasoning in St. Louis, MO, a certified National Minority Supplier.

\$2.09



### Dietz & Watson Sliced Cheese

Dietz & Watson is committed to minimizing their environmental footprint by promoting responsible consumption that supports a sustainable future. Plus, their products are delicious!

- Provolone \$5.99
- Jalapeno & Cayenne Cheddar \$7.50



## Wellness



### Notebooks & Planners

Head over to our wellness department and stock up on planners & notebooks just in time for back to school! We've got recipe books, small Co-op branded notebooks, pens, & more!

Prices vary

## Grab n' Go

### Pineapple Bars

Our newest bakery delight is made with fresh pineapple, free range eggs, and organic ingredients for a delicious, fruity dessert.

\$3.99



### Vegan Kangaroo Meat

This seitan-based dish has been flying off the shelves! It is smoky and savory and pairs well with rice, stir-frys, and tacos.

\$12.00/lb

### Taste of the South Dips

We've got 2 new amazing dips in our grab & go cooler. Pick up a Fried Pickle Ranch or Caramelized Onion & Bacon dip to enjoy with veggies!

\$7.99



### David's Edible Cookie Dough

Take the hassle out of your cravings with ready-to-eat cookie dough! Available in Chocolate Chip & Peanut Butter.

\$7.99

## Beer & Wine

### Mixed Pack Beers

Our grocery team has put together mixed packs so you can enjoy all the different flavors from a particular brewery!

- Bell's Oberon
- Great Lakes Hazys
- White Oak Brewery

Prices vary



### Social Grace Vodka

This local vodka comes from a women-owned spirits company where 10% of their profits are donated to non-profits supporting women and children.

\$37.99

### Tropical Moscatos

Tropical Moscato combines premium Moscato from Italy's famed Asti region with 100% real fruit to make a wine that bursts with all-natural flavor. Available in Ginger Lime & Passion Fruit.

\$14.99



**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 August.



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