



## January 2023 Newsletter

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### FROM THE **GENERAL MANAGER**



Hello Cooperators,

Welcome to 2023. I hope you all have a great new year!

2022 was definitely a challenging year in the grocery industry, but Common Ground is surviving well! We will continue to do all we can to fulfill your needs and want you all to know that we are open to your suggestions. Please let us know what you need or if you have any thoughts for making the Coop even better! If there are any products that you do not see on our shelves please either send us an email, drop a note in our suggestion box, or just talk to anyone who works here. We are here for you!

We had one of our best years ever for signing up new owners and many of our new owners were referrals from you! Word of mouth is the best way to advertise who we are and what we do here, so please, make sure to keep telling your friends and coworkers about us!

Stay healthy and take care!

Gary

FROM THE

# BOARD OF DIRECTORS



By Robert Taylor

Happy New Year and welcome to 2023! And an interesting way to start the year weather-wise, at least as I look at the 4-day forecast as I write this article. Barely a week out of our polar vortex with wind chills of -30, we may be seeing a high in the mid-50's on New Year's Day. The Illinois winter roller coaster has surely started.

I think it is important to first reflect on 2022. Inflation up, supply down. Stock outs, transport issues, and all the other bumps. We have made it through all of them. On the positive side, we saw the reopening of our café, the election of new board members giving us a full roster and saw generous Round Up For Good donations topping \$55,000! We could not have done all of this without dedicated owners and a fantastic staff. To each of you we say THANK YOU!

Now we start the new year full of ideas and hope. The store outreach team is working harder than ever to bring in great programs. The board outreach team is doing the same. We continue our work on food inflation and its impact on the local producers. We are looking forward to having some great guest speakers at upcoming board meetings, so keep an eye out and please consider attending one of the presentations and board meetings. We love hearing from our owners!

So let us welcome 2023 with open arms and excitement. Ever Forward!

## Upcoming Classes

Fermentation Virtual Class & Kit



## Fermentation Virtual Class & Kit

Saturday, Jan 14th 12-2pm

Learn the basics of lacto-fermentation from local farmer Kaitie Adams and Co-op staff Sarah Buckman as they teach you how to make four popular types of ferments.

### Sauerkraut

with green cabbage & root vegetables

### Preserved Lemons

with salt, lemons, and lemon juice

### Fermented Root Vegetables

with colorful carrots, beets & spices

### Beet Kvass

a nutrient-rich probiotic drink & tonic  
made with fermented beets

**REGISTER**

Preorder \$30 Class Kit  
[bit.ly/coop-classkit](https://bit.ly/coop-classkit)

Register Now

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South Indian Virtual Cooking Class & Meal Kit



## Indian Cooking Class & Meal Kit

**Saturday, Feb 18th 3-5pm**

Learn how to make a quintessential South Indian comfort meal with longtime Co-op instructor, Sirisha Bhandaru. This virtual class and meal kit will highlight seasonal vegetables. You won't want to miss this one!

### Vegetable Sambar

a comforting Indian stew with carrots, winter squash, onion, tomato, tamarind, coconut, sambar powder & toor dal lentils

### Sirisha's Potato Fry

a beloved family recipe for any child or adults alike

### Pappadams & Steamed Rice

Pappadams are a sun-dried lentil crisp that can be fried or roasted before eating. A perfect accompaniment with sambar & rice

**Meal kit is vegetarian and can be modified vegan!**

**REGISTER**

Preorder \$40 Class Kit

[Register Now](#)

## Taste of Japan: Yakitori vs Kushiyaki vs Shioyaki In-person Class

Do a deep dive into Japanese food culture with self-taught home cook Paul Young as we survey the amazing flavors of this world-class cuisine.

There's an art to grilling and the Japanese have mastered it. Using bamboo skewers, we'll be making a variety of meat and veggie kebabs and experimenting with different marinade recipes as well as dipping sauces. Expect traditional chicken skewers as well as some exotic ingredients and a few "mystery meat" surprises for the daring dinner. The menu includes:

- \*Yakitori (Skewered Chicken)
- \*Kushiyaki (Skewered Meats & Vegetables)
- \*Shioyaki (Salt-Grilled Fish)
- \*Special side dish: Edamame (Green Soybeans)

Tuesday, March 7th from 6-8:30 pm

\$60/person with \$10 OFF promo code for Co-op Owners. Limited seating available. Waiting list will be made available once tickets are sold out.



Register Now

## Announcements

***January 18 - 24***



## Community

**ROUND UP FOR GOOD**

UPDATE

Last month we raised over \$4,000 for Crisis Nursery!

Crisis Nursery creates an "Island of Safety" dedicated to the prevention of child abuse and neglect by providing 24-hour emergency care for children to strengthen families in crisis. Funds from the grant will support Crisis Nursery's Safe Children program,



which provides free emergency care to children "at risk of harm" due to a family crisis. Each child receives loving care, safe shelter, and basic necessities such as diapers, wipes, clothing, food, formula, and age appropriate activities. On average, the Nursery admits 400 children a year. Round Up funds will help provide care for up to 12 children whose families are experiencing crisis.

[Learn more](#)

January's Round Up For Good organization is Daily Bread Soup Kitchen



**Mission:** To feed the hungry of our community regardless of race, religion, or ethnicity. Daily Bread Soup Kitchen welcomes all volunteers to this service who share an unconditional positive regard for every human being.

**Project Proposal:** "Since March of 2020, we have been offering take out meals to our guests. The number of meals we are serving has increased dramatically. We are providing an average of 325 hot meals and 200 sack lunches daily. Our most expensive expenditures are the purchasing of meat and cheese. We estimate that buying protein products: meat, cheese and peanut butter for our meals and/or sack lunches costs an average of \$7,000 monthly. If granted funding, we will use it to purchase these essential items."

[Learn more](#)

## Recipe Features

### Winter Citrus Salad



We're entering citrus season and we have an amazing variety of winter citrus available! This recipe features grapefruit, blood oranges, navel oranges, mandarin oranges, and meyer lemons. It is simple and beautiful with just enough sweetness, and pistachios add a wonderful crunch!

[Get recipe](#)

### Co+op Basics: Mini Muffin Tin Pizzas



We've got some kid-friendly mini pizzas for you! This recipe uses handmade dough but still comes together in about 30 minutes. Plus it uses 5 different Co+op Basics products and comes in at only \$2.11 per serving!

[Get recipe](#)

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## Bulk Oatmeal Breakfast Bars



We love our bulk section and we want you to love it too! In honor of our January bulk sale, we've put together this recipe that uses 9 ingredients from the bulk aisle. These breakfast bars have rolled oats, a variety of nuts, dried cranberries, and just a little sweetness for a tasty and hearty breakfast.

[Get recipe](#)

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## Bulk Spiced Lentil & Veggie Soup



This is the easiest soup recipe you will ever find. Seriously. Dump all the ingredients into a pot, bring to a boil, then cook for an hour. That's it! It's also super affordable and features a ton (12!) of amazing ingredients you can get from our bulk aisle.

[Get recipe](#)

## New Products

### Grocery



#### Upcycled Grain Project Crackers

Upcycled uses leftover malted barley from beer brewers and reuses them to produce a range of delicious and nutritious snacks. These grains are sugar-free, packed full of protein and fiber, and are good for the planet.

- Fig & Cardamom
- Orange & Sesame
- Cranberry & Coconut
- Raisin & Rosemary

\$5.99

#### Feel Good Gluten-Free Buttermilk Pancake Bites

Try an easy breakfast with these Danish-style buttermilk pancake bites. All you have to do is pop them in the oven and add your favorite syrup and you get a delicious, fluffy pancake. Plus, they're gluten-free!

\$8.69



#### Divina Olives

We've got a whole new selection of olives at the Co-op! Located by our cafe counter, you can get a variety of jarred olives from Divina, a brand that uses authentic, high-quality ingredients to bring familiar flavors from their groves and farms to wherever you call home.

- Green



- Greek Mix
- Castelvetro
- Kalamata

\$7.39

## Meat & Cheese



### Morbier Montboissie Fromagier

Montboissie is a Morbier-style cheese that dates back to the 19th century when producers of Comte cheese decided to make a smaller cheese from the day's leftover curd for their own consumption. They'd sprinkle the curd with ash to keep the cheese from drying out overnight. Today, Montboissie cheese is made from a single milking and the ash is added for purely decorative purposes!

\$16.99/lb

## Wellness

### Host Defense Mushroom Products

Host Defense is the industry leader and the #1 best-selling mushroom supplement brand in the US. Their mushroom products can be used everyday to help strengthen the body's immune system, support stress and fatigue reduction, and deliver enzymes to support digestion and absorption of nutrients.



- Comprehensive Immune Support
- MyCoBrew Coffee
- Turkey Tail Immune Support

## Beer & Wine



### Athletic Brewing Co. Non-Alcoholic Free Wave Hazy IPA

Athletic is a non-alcoholic beer company dedicated to making great-tasting craft brews without compromise. Free Wave Hazy IPA is an award-winning beer loaded with Amarillo, Citra and Mosaic hops!

\$10.99 for 6-pack

### Union Wine Company Underwood Canned Wine

The Underwood line draws from the diverse palette of vineyards and wine growing regions that Oregon offers to create approachable, everyday drinking wines. They believe the

contents are more important than the container, so they created a line of canned wines you can take anywhere.

- Oregon Rose
- The Bubbles

\$6.49



### Novellum Chardonnay

This Chardonnay style white is from the Languedoc region of France. It is a fruit-forward blend of 30% barrel-fermented and 70% stainless steel, giving a ripe, fresh note of core fruit supported by tropical notes of guava and papaya.

\$15.99

**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 January.



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

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