



July 2023 Newsletter

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FROM THE **GENERAL MANAGER**



By Gary Taylor

Hello Cooperators!

I hope you have all recovered from the power outages and downed trees the last few days! Here at the Co-op we were able to weather the storm without loss of very much product. We lost power from around 1:15 pm to 4:20 pm and were able to reopen the store at 5 pm on Thursday. We were preparing for a much longer power outage and I want to shout out Sola Gratia Farm for being willing to send us a refrigerated truck to use to save a lot of food. Thankfully we did not end up having to use it but we were so grateful to have that option!

[Read full article](#)

FROM THE **BOARD OF DIRECTORS**



By Robert Taylor

Hello Owners!

Now that half the year has passed and we enter July, planning for two of our most important annual events is upon us: the annual Meeting of Owners (MOO) and Board elections.

For the MOO, the Board is very excited to announce that we intend to hold the MOO in-person as well as online.

[Read full article](#)

Upcoming Classes & Events

4th of July Hours

7:30 am

6:00 pm

COMMON GROUND

FOOD CO-OPERATIVE

Summer Caprese Virtual Cooking Class



Caprese Cooking Class & Meal Kit

Saturday, July 22nd 3-5pm

Join us for our next virtual cooking class and meal kit and make a flavorful summer dinner using fresh and local ingredients! This class will be taught by local cook, Kat Keys!

Hasselback Caprese Chicken

boneless, skinless chicken breast layered with sliced grape tomatoes, fresh local basil, sundried tomatoes, mozzarella, seasonings, and a homemade balsamic glaze

Cucumber and Tomato Salad

with red onion and a sweet vinegar and olive oil dressing

Sauteed Asparagus with Corn and Bacon

served with a side of long grain white rice

Vegetarian kit option available

REGISTER

Preorder \$40 Class Kit
bit.ly/capreseclass

Register

Preserving Herb Harvest Class



 **KITCHEN HERBS**
SKILLS CLASS:

Preserving Herb Harvests

WITH AMY WERTHEIM

July 29, 2023 | 2 p.m. | online

Learn how to preserve your herbs and make your own products for around your home!

Register at commonground.coop/kitchen-herb-skills



Learn how to preserve fresh herbs and make your own herbal products for around your home! This virtual class will cover skills including drying and preserving herbs for maximum flavor retention, infusing herbs into culinary oil or vinegar and creating herbal oils (for use in home products like lip balms, lotions, and salves - all skills featured in classes later this year!). This class will be taught by Amy Wertheim of Wertheim's Gardens, a longtime herbal expert and farmer of educational, culinary, and medicinal gardens in Logan County. Class registration is free with an option to purchase a class kit to use during the live virtual class. This class will feature fresh rosemary and Thai basil and dried calendula and rosemary. The \$15 base class kit includes six plastic containers for infusing, 18 oz of grapeseed oil, balsamic vinegar, cheesecloth, twine, rubber bands, and kitchen gloves and require participants to source their own herbs from their garden or local farmer. There is also an option to select a \$30 class kit that includes everything in the base class kit plus bundles of fresh and dried herbs that are featured in the class.

Register and preorder class kit

Register for free class without kit

Music on the Porch featuring
The Paw Paws

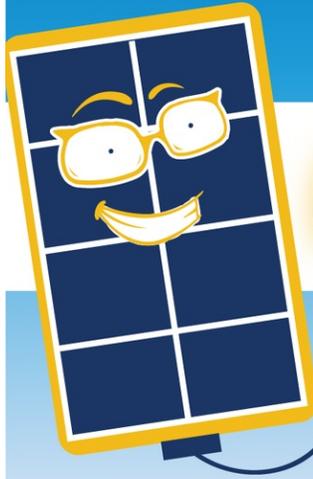


Join us on the Co-op front porch to hear music by the Paw Paws on **Saturday, July 22nd** from 10:00 am - 10:45 am during Saturday market! This talented music duo features local songwriters Paul Kotheimer and Emily McKown. This will be a kid-friendly performance with materials for sidewalk chalk drawing.

Solar Power Hour with Midwest Renewable Energy Association

Thursday, July 20th 5:30 pm

SAVE MONEY.
MAKE A DIFFERENCE.



GO SOLAR!

Solar
Urbana-Champaign

[Learn more](#)

Announcements

Link Match at the Co-op



COMMON GROUND
FOOD CO-OPERATIVE

Coming Soon!

GET MORE WITH LINK MATCH



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

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



www.commonground.coop/link-match



Link Up Illinois
A Program of
experimental station

[Learn more](#)

New Artist Installation

Stop by the Flatlander Classroom to check out our newest featured artist, Marissa Sylvester!

Artist Biography:

I am an abstract acrylic pour artist of two years. I found the passion during lockdown and have been learning and growing my craft ever since. I love using bright colors and interesting color combinations. I love the unpredictability of pour painting. No matter how much you try and control the outcome, there is still some things you can't control. I hope to inspire and spread joy through my artwork, life is too short to be anything but kind.



[Learn more](#)

Community

ROUND UP FOR GOOD UPDATE

Last month we raised over \$4,314 for Eastern Illinois Foodbank!

Mission: Eastern Illinois Foodbank exists to alleviate hunger in eastern Illinois.

Project Proposal: "EIF recently launched our Produce Pop-Up program, enabling us to distribute fresh, regionally-sourced produce to rural and under-served areas whose pantries have little or no cold storage and limited hours. We've seen a 60% reduction of food waste since the program's inception. Expanding this program is essential to fulfilling our mission to provide nutritious food as costs continue to rise. These funds would allow us to purchase produce to meet the increased demand in our communities."



[Learn more](#)

July's Round Up For Good organization is 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](#)

Recipe Feature

Strawberry Rhubarb Crumble with Local Ice Cream



We've got local rhubarb from Brackett Farms and beautiful organic strawberries at the Co-op! We decided to pair that with local Kilgus vanilla ice cream and make a delectable strawberry rhubarb crumble. This is a quick and easy dessert that packs a juicy fruit flavor with plenty of oats and cinnamon.

[Get recipe](#)

Co+op Basics: Garlicky Smashed Chickpeas with

Corn & Fried Egg



We've put together a simple dish that you could eat for breakfast, lunch, or dinner! This is an easy salad made of chickpeas, corn, onion, and poblano and topped with a local fried egg. The best part? This recipe features 4 Co+op Basics products and comes out to \$3.03 per serving!

[Get recipe](#)

New Products

Grocery



Wickles Pickles

Try these pickle chips on your favorite sandwich! These pack a little spice with additions of garlic, red chili peppers, and turmeric.

\$5.69

Deerland Dairy Buttermilk

Our newest buttermilk is made right here in Illinois! All of Deerland's products are made with 100% Jersey milk that is pasteurized, non-homogenized, and contains no preservatives.

\$4.49



Bubly Joyba Bubble Tea

These bubble teas are made with real brewed tea infused with vibrant fruit flavor and the perfect amount of popping boba.

- Mango Passionfruit
- Strawberry Lemonade

\$3.29



Meat & Cheese

Bilinski's Cajun Sausage

This gluten-free chicken sausage has a bold cajun andouille flavor with a medium spicy kick, perfect for making gumbo and jambalaya!

\$6.49



Bonafide Provisions Beef Broth

A hearty and rich broth with minimal herbs and spices ideal for pairing with your favorite red meat dishes.

\$9.99

Divina Roasted Tomatoes & Caperberries

We've got 2 new products from Divina! The tomatoes are roasted 'low and slow' to ensure they stay juicy, robust, and summery sweet. The caperberries boast a pickle-like flavor that perfectly complements sauces (piccata, puttanesca) and dishes that feature mayonnaise (egg salad) or cream cheese (bagel and lox).

- Roasted Tomatoes \$10.25
- Caperberries \$11.50



Wellness



Klean Kanteen Insulated TKPro Water Bottle

The TKPro is a high-performance, plastic-free thermal Kanteen. With an integrated double-wall stainless steel cup and 360-degree pour-through cap, the TKPro bottle features cutting edge thermal performance for both hot and cold beverages.

\$30.99

Red Cap Cards Gift Bags

Located just underneath our greeting cards, we have a new line of beautiful, floral gift bags perfect for any occasion.

\$5.99 - \$6.99



Grab n' Go

Wings & Wedges

This delicious entree features boneless



chicken wings, roasted potato wedges, and housemade ranch dressing.

\$9.75

Beer & Wine

Hopewell Lil Buddy

Lil Buddy is a delightful little lager. These 8 oz, 4.2% ABV brews are perfect when you are looking for a little less.

\$6.99 4-pack



Funny Water

Funny Water is an alcoholic water. This light, refreshing beverage has no carbonation and an ABV of 3.75% for a lighter choice. The mix pack features flavors of Watermelon, Citrus, and Cucumber Mint.

\$10.99 12-pack

Mulderbosch Wines

This new trio of wines come all the way from Mulderbosch Vineyards in South Africa! By focusing on excellence and innovation, they've been able to build an exciting and diverse collection of ten well-loved red, white, and rose, single variety, single vineyard and blended wines. Refreshing, beautifully balanced and delicious, they are all made to express their varied terroir and classical styling.

- Cabernet Sauvignon Rose
- Chenin Blanc
- Sauvignon Blanc

\$16.99



**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 July.



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