



June 2023 Newsletter

In this month's newsletter:

- A Word from the General Manager
- A Word from the Board of Directors
- Native Plant Sale with The Well Fed Caterpillar
- Cheesemaking Virtual Class & Meal Kit
- Preserving Herbs Harvest Class
- Champaign Vegan Chef Challenge
- Link Match at the Co-op
- Round Up For Good Update
- Recipe Feature
- New Products

FROM THE GENERAL MANAGER



By Gary Taylor
Hello Cooperators,

I hope you are all doing well and staying as cool as possible as the weather has really been warming up over the past week!

I have not yet highlighted in our newsletter our exciting Buy One Get One Free (BOGO) promotions. All co-ops that are part of National Cooperative Grocers (NCG) are eligible for some fantastic deals to offer our owners. We get this opportunity a few times a year to offer incredible savings on some of our most popular items and they are almost always seasonal! We just began one this week that will last until June 20th and features such items as Beyond Meat Burger Patties, Bizzy Cold Brews and Luna and Larry Ice Cream Bars! You can see all of the BOGO items online on our website.

[Read full article](#)

FROM THE BOARD OF DIRECTORS

By Morgan Montgomery

On May 27th I, and lots of other herb enthusiasts, joined Kelly Allsup from The Land Connection for a virtual class tailored exclusively to our shared interest – Growing Kitchen Herbs. This class was the first in a series of virtual herb-focused presentations

that will take place in 2023.



[Read full article](#)

Upcoming Classes & Events

Native Plant Sale with The Well Fed Caterpillar

Stop by the porch for a plant sale with The Well Fed Caterpillar: Native Plant Nursery! They'll be outside with lots of favorite native plants and pollinator-friendly perennials for your yard.



[Learn more](#)

Cheesemaking Virtual Class & Kit



Cheesemaking Virtual Class & Kit

Saturday, June 10th 1-3pm

All class proceeds will benefit Jubilee Cafe, a local soup kitchen in Champaign!

Learn how to make homemade Mozzarella & Crème Fraîche

Class kit comes with local Kilgus milk and Kilgus cream, culturing agents (all vegetarian), kitchen gloves, and butter muslin for collecting the curd. Class is taught by Anna Barnes, a long-standing Co-op teacher and talented kitchen manager at Jubilee Cafe.

PRE-ORDER

CLASS KIT FOR ZOOM CLASS

<https://bit.ly/cheesemaking>

Register

Preserving Herb Harvest Class

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

Champaign Vegan Chef Challenge

CHAMPAIGN

VEGAN CHEF
CHALLENGE

**We're participating in the
Vegan Chef Challenge!**

**Come try our *NEW* vegan specials
all through the month of June.**

Vote for us!



Mock Duck Curry

Homemade mock duck vegan seitan with organic sauteed broccoli, organic carrots, organic green beans and garbanzo beans with flavorful coconut curry sauce served on a bed of steamed white rice.

\$9.99/lb



Strawberry Lemonade Cake

Homemade lemon cake with a sweet strawberry lemonade frosting made with real strawberries.

\$4.00

[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](#)

Community

ROUND UP FOR GOOD

UPDATE

Last month we raised over \$4,413.86 for Common Ground's Food For All Program!

Mission: Common Ground's mission is broken up into 4 Ends that guide our organization.

- End #1: The Co-op is the center of an inclusive, vibrant community.
- End #2: The cooperative movement is strengthened.
- End #3: The Co-op serves as an educational resource on food issues.
- End #4: The local food movement is equitable, robust, and environmentally sound.

Project Proposal: "Food For All is our food accessibility program. One aspect of our fourth end is to ensure that healthy and affordable food is accessible to all people. Food For All was created to do just this, and through grant donations and fundraising, we have been able to keep this program going. A Food For All grant will cover full owner equity, giving members all of the same benefits that owners receive. They also get a 10% discount on our entire produce section as well as on all Co-op Basics products. All of the funds raised through Round Up For Good will go directly towards providing our customers with that 10% discount."



[Learn more](#)

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

Recipe Feature

Bi-color Sweet Corn Elote Soup



It's sweet corn season! We have tons of beautiful bi-colored sweet corn in our produce section, so we put it into a smooth, comforting, and mildly spicy elote soup! It is beautifully garnished with jalapeno, sour cream, cilantro and cheese and is a quick and easy dinner option.

[Get recipe](#)

New Products

Grocery



Dark Matter Coffee

Dark Matter comes to us from Chicago, IL and their ever-expanding universe of coffee includes experimental fermentations, barrel-aged and cask-conditioned coffees, and collaborations with your favorite artists and musicians.

- Sin Cafeina Decaf
- Nectar Gadget
- A Love Supreme
- Unicorn Blood
- Starry Eyes

\$14.99

Impossible Nuggies

These plant-based chicken nuggets from Impossible have a golden brown crispy breading and tender bite, and have 10 grams of protein per serving.

\$10.99



Sweet Nothings Spoonable Smoothie

This ready-to-eat mango smoothie cup has a delicious blend of simple ingredients like organic mango, bananas, cashews, dates and seeds.

\$2.99



Meat & Cheese

Prairie Fruits Farm Raclette

Made right here in Champaign, this is Prairie Fruits Farm's debut cow's milk alpine-style Raclette. Perfect for melting over potatoes (the way the Swiss like to eat it) or making a fancy grilled cheese.

\$27.49/lb



Produce



Melon Medley's

Save time with this convenient and delicious blend of pre-cut honeydew, watermelon and cantaloupe.

\$9.99

Veggie Confetti Pickled Vegetables

Veggie Confetti is all about bold color + big flavor. These pickled vegetables were created to top your meals with a pop of color and zing of flavor.

\$6.99



Grab n' Go



Mush Overnight Oats

Ready-to-eat overnight oats made with clean ingredients to give you natural energy. Plus, they're dairy-free and gluten-free! Find them in our prepared foods island.

- Blueberry
- Dark Chocolate
- Strawberry
- Apple Cinnamon

\$2.49

Cucina Pizzas

Stop by our new frozen cooler near the cafe and check out these frozen flatbreads! They're available in Pepperoni & Mozzarella, Barbeque Chicken, and Supreme.

\$10.29



Beer & Wine



Wildly Organic Australian Brut Cuvee

Aromas of pink grapefruit and lemon sherbet. On the palate there are notes of lemon zest and crunchy red apples. Light refreshing natural acidity. Wildly is crafted using organic winemaking techniques and very little intervention.

\$21.99

Door 4 Brewing Co.

Check out our newest local brewery! Door 4 Brewing Co. was founded in 2017 just 55 miles away in Decatur, IL.

Midwest PTO IPA is brewed with Citra, Amarillo and El Dorado hops. Low on the bitterness scale and high on flavor and aroma.

\$12.99 4-pack

Tahiti is Magic IPA is a hazy IPA brewed with oats, wheat and Mosaic, Galaxy and Citra hops. Notes of ripe pineapple, papaya, and lemon heads.

\$13.99 4-pack



Glunz De La Costa Sangria

De La Costa Red Sangria is a traditional Spanish drink perfect for summer. It is a blend of Glunz's red wine and citrus fruits with a touch of spice. It is more intensely flavored with cherry and berry flavors, finishing with a dash of citrus and sweetness.

\$12.99



**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 June.



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

[Unsubscribe commonground.outreach@gmail.com](mailto:commonground.outreach@gmail.com)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by marketing@commonground.coop powered by



Try email marketing for free today!