



March 2023 Newsletter

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Starting Today!!

owner appreciation days

March 1 - 7

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

[Learn more](#)

OAD Recipe: Bacon & Egg Chilaquiles

For March Owner Appreciation Days, we've put together this amazing Chilaquiles recipe with smoked bacon and fried eggs! This recipe features 6 different products that are on sale for Owner Days, coming out to a total

savings of \$8.73!



Get recipe

FROM THE **GENERAL MANAGER**



Hello Cooperators!

I hope everyone has been enjoying the mild February weather this year! It seems that Spring is just around the corner even if the groundhog disagrees. We have a lot of plans for you all coming up soon. Please check our [calendar](#) so you do not miss any of the excitement!

We start off March with one of our most popular promotions, Owner Appreciation Days, which runs from March 1st through March 7th. Please come and check for great deals on your favorite items! As usual we will be handing out additional coupons for future shopping trips. Also, please be sure to earn a referral reward by inviting your friends to sign up to be owners. They will receive a special welcome pack and you can both register to win one of our many giveaways!

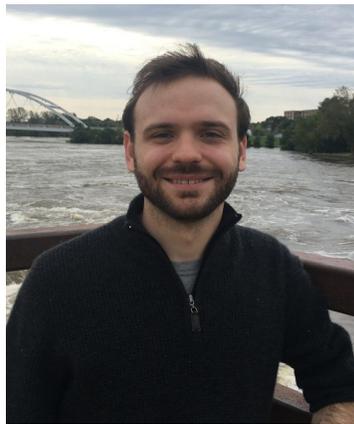
We are hosting a virtual Ukrainian cooking class on March 11th that still has a few spots available so please sign up soon!

Details will be coming soon for some of our very popular April events. Our annual plant and seed swap will be held in the hallway behind the Co-op. The Financial Meeting of Owners and our 2022 impacts report will be announced in April.

Thank you all for your support!

Gary

FROM THE BOARD OF DIRECTORS



A Taste of February
By Andrew Muller

This February I had the opportunity to attend an amazing cooking class presented by our longtime Co-op instructor, Sirisha Bhandaru. The class was a great opportunity to try something new in the kitchen and engage with our wonderful Co-op community. The class was presented virtually, allowing the flexibility of using my own kitchen. The class presented four dishes that both my family and I enjoyed immensely:

- Vegetable Sambar: a comforting Indian stew with carrots, winter squash, onion, tomato, tamarind, coconut, sambar powder, and toor dal lentils
- Sirisha's Potato Fry: a beloved family recipe for any child or adult alike
- Pappadams: a sun-dried lentil crisp that can be fried or roasted before eating. A perfect accompaniment with sambar and rice
- Steamed rice with a ghee (or vegan butter)

On a personal level I have to say that the Vegetable Sambar was my favorite – but it was close!

For anyone who missed the class but is interested in these recipes, Common Ground does have the recipes and videos of past cooking classes on the website! I would greatly encourage you to [take a look!](#)

Taking part in the class was made wonderfully simple, as the Common Ground staff prepared all the necessary ingredients in to a meal kit I could pick up in advance. I found this class to be a great way to break up my routine and try something new, while still fitting into my busy schedule. Don't miss out on the next great cooking class - [Ukrainian Cooking!](#)

Upcoming Classes

Ukrainian Virtual Cooking Class & Meal Kit



COMMON GROUND
FOOD CO-OPERATIVE

Ukrainian Cooking Class & Meal Kit

Saturday, March 11th 11-1pm

Join us for our next virtual cooking class and learn from Marina K from Ukraine as she teaches popular Ukrainian recipes!

Borscht Soup борщ
deliciously colorful soup with beets, celery, potatoes, cabbage, carrots, and tomatoes with dill and a dollop of sour cream

Piroshki пиріжки
a fluffy, savory pastry made with our Co-op's homemade pizza dough stuffed with sauteed cabbage, boiled local eggs, and onion

Buckwheat Kasha каша с Грибами
roasted and braised buckwheat with mushrooms, onions, broth, and parsley

PRE-ORDER
\$40 Meal Kit serves 3 people
vegan kit modifications available

[Register Now](#)

Ayurveda Virtual Cooking Class & Meal Kit



Ayurveda Cooking Class & Meal Kit

Saturday, April 1st 3-5pm

Learn the foundations of Ayurvedic cooking traditions, spice blending, and mindful, seasonal recipes from Jodi Adams, certified yoga instructor and Ayurveda Yoga Specialist in our April virtual cooking class.

Kitchari

a complete meal intended to nourish and rejuvenate, that combines basmati rice with split yellow mung bean, ginger, and a balanced blend of spices

Ghee

clarified butter, an essential component of Kitchari

Vata Churna

culinary spices that will be toasted and blended to flavor food, traditionally used to ease stress, promote good digestion, and create harmony

Roasted Sweet Potatoes

and other ingredients including seasonal greens, cilantro, and avocado

REGISTER

Preorder \$40 Class Kit

commonground.coop/ayurveda-cooking-class

Register

Announcements

Plant & Seed Swap

Sat April 22, 11am-1pm

Common Ground's Mall Hallway

Bring plants, seeds, cuttings, & pots the swap to trade for free with your neighbors. Plus, a pop-up sale from Planted!



Community

ROUND UP FOR GOOD

UPDATE

Last month we raised over \$4,200 for Champaign County Humane Society!

Their mission is to prevent cruelty to animals, to promote animal welfare, to educate the public about the humane care and treatment of animals, to increase public awareness of the companion animal overpopulation issue and to provide solutions, and to provide high quality shelter, medical, and adoption services for animals when necessary. Round Up Funds will be used to hold at least 1 low-cost pet vaccination clinic. These kinds of clinics promote public health & responsible pet ownership by making essential vaccines available to dog and cat owners at a very low cost. The clinics are usually held for a few hours on a weekend morning at CCHS's facility. Champaign County Animal Control is on site as well, to assist pet owners in registering their pets following rabies vaccination. Low-cost flea treatments and microchipping will also be available at this time.

[Learn more](#)



March's Round Up For Good organization is 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."

[Learn more](#)



Recipe Features

Co+op Basics: Vegan Butter Tofu



This vegan butter tofu is hearty, creamy, and oh so comforting. It's loaded up with extra veggies for added nutrition and is full of protein thanks to the tofu. Featuring 9 different products from our Co+op Basics line, this meal comes in at \$3.40/serving.

[Get recipe](#)

3 Recipes for \$3/Serving

We've put together 3 recipes - a breakfast, lunch and dinner - that all in all come out to just around \$3 a serving! Using a combination of our Co+op Basics products, as well as other favorite items including fresh produce, these meals are healthy and will help you stay on track with your budget.

- Corn & Zucchini Frittata
- Greek Pasta Salad

- 3 Bean Soup



Get recipes

New Products

Grocery



Daiya Flatbread

The newest addition to our pizza section, these flatbreads are dairy-free and gluten-free for a quick meal solution!

- Italian Sausage, Roasted Pepper & Kale
- Mushroom, Caramelized Onion & Fig
- Tomato, Sunflower Seed Pesto & Arugula

\$8.29

Honest to Goodness Creamer

These new creamers start with farm-fresh milk or plant-based creamers made with creamy almond milk and coconut oil.

- Sri Lankan Cinnamon Brown Sugar
- Madagascan Vanilla Bean (Dairy Free)
- Himalayan Salted Caramel (Dairy Free)

\$5.99



Esti Hummus

Stop by the grab n go cooler and try one of 5 amazing new dips! Esti blends the basics of healthy eating with the original flavors and cooking traditions of the Mediterranean region.

- Original Hummus
- Roasted Pepper Hummus
- Lemon Hummus
- Kalamata Olives Hummus
- Baba Ghanoush

\$5.99

Boulart Bread

Boulart offers an amazing variety of flavors and sizes for quick and delicious bread. We even have mini baguettes, perfect for pairing with our deli made soups!

Prices vary



Meat & Cheese



Briette Cheese

Briette cheeses are lactose-free due to the natural maturation process during cheese-making. They are also naturally gluten-free, and because they use microbial rennet, they are 100% vegetarian friendly.

- Creamy & Buttery Red
- Creamy & Blue

\$5.50

Grillie's Cheese

Grillie's motto is "Grill it, fry it, it won't melt!". Bring out the grill and try either their classic halloumi, or their vegan grilling version!

- Halloumi \$9.90
- Vegan Grilling \$8.25



Beer & Wine



Purato White Blend

Our newest white wine comes from Sicily and is 60% Cattaratto with 40% Pinot Grigio. The bouquet on the nose shows aromas of citrus, tropical fruits and floral notes. On the palate it is fresh and enjoyable; balanced for everyday drinking. Pair with seafood dishes and grilled fish.

\$12.99

Hopewell Pub Culture Porter

Pub Culture is an English-style Porter brewed with British malts, hops and yeast. Satisfyingly rich with notes of toffee, caramel and chocolate, balanced by a touch of red fruit and a dash of floral hops. 5.1% ABV.

\$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 March.



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