



May 2023 Newsletter

In this month's newsletter:

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- 15th Annual Plant Sale Fundraiser
- A Word from the Board of Directors
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owner appreciation days

May 3 - 9



10% OFF



COUPONS



RAFFLES



OWNER DEALS



**GOLDEN
TICKET ITEMS**



Get a sneak peak of OAD deals + a special recipe!



WEDNESDAY MAY 3 - TUESDAY MAY 9

TOMATOES - GREENS - HERBS - FLOWERS
SEEDLINGS GROWN BY OUR LOCAL FARMERS

ALL PROCEEDS BENEFIT OUR FOOD ACCESS PROGRAM

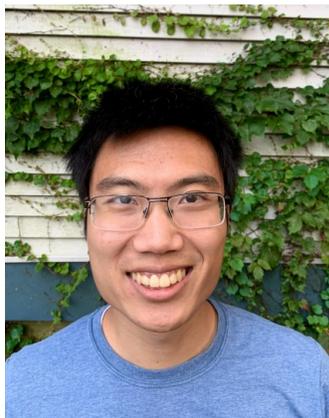
food for all

HUGE THANKS TO OUR LOCAL FARM SPONSORS:

Sola Gratia Farm, Delight Flower Farm, Cary's Garden of Eatin',
Wolf Creek Farm, & UHS Horticulture

[Learn more](#)

FROM THE BOARD OF DIRECTORS



Indian Street Food Pav Bhaji Pop-up

I had the blessing to attend the Indian Street Food Pav Bhaji Pop-up this past month. Our Flatlander Classroom was transformed that day into a street food oasis.

Pav Bhaji became a popular street food in Bombay (Mumbai) in the 1860s in order to feed hungry Indian textile workers who were working around the clock to process cotton for a global market.

Upcoming Classes & Events

Growing Kitchen Herbs Class & Seedling Kit



Learn how to grow a wide range of culinary and home kitchen herbs in Central Illinois! Each class ticket comes with an optional class kit that can be purchased to grow your own herbs. Class kits include live seedling plants featuring rosemary, garden sage, mint, lemongrass, yarrow, and ginger root, plus select seeds including borage, chamomile, dill, calendula, and catnip. Kelly Allsup, a local horticulturist and educator, will teach how to grow and use all the unique herbs in this kit.

Class kit is \$30/person.

[Register now](#)

In Store Sampling Events

Stop by the Co-op on a Saturday in May to try a wide selection of beer, wine, & spirits!

Saturday, May 6th 11am - 1pm: Sparkling Wine with Marketplace Selections

Saturday, May 13th 11am - 1pm: Troop canned cocktails with Marketplace Selections

Saturday, May 20th 11am - 1pm: Wine, Gin & Whiskey with Romano Beverage



Announcements

Link Match at the Co-op

COMMON GROUND
FOOD CO-OPERATIVE

GET MORE WITH LINK MATCH

Coming June 1st!

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

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

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

Link Up Illinois
A Program of experimental station

[Learn more](#)

Cash is Cooperative

CASH is CO-OPERATIVE



We pay over \$100,000 each year in card fees.

**When you use cash, your whole dollar goes to the co-op.
That's more of your money for the local economy:
our farmers, producers, neighbors, & staff.**

No cash or check? Under \$25 use credit & over \$25 use debit.

Community

ROUND UP FOR GOOD UPDATE

Last month we raised \$4,619.79 for Urbana Champaign Books to Prisoners!

Mission: The mission of Urbana-Champaign Books to Prisoners is to provide free books to people incarcerated in Illinois and to promote education about incarceration and prisons.

Project Proposal: "While Books to Prisoners receives generous support from our community, the funds from Round Up For Good would allow us to buy more of the books that we simply never have enough of including: Self-Help, Addiction Recovery, Science Fiction, Urban Fiction, and Spanish-Language books. With your help, we can supply inmates in the Illinois state and federal prison systems with books that are theirs to keep, and we can also supply much-needed books for the library in the Champaign County jail."



[Learn more](#)

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

Recipe Features

Co+op Basics: Old Fashioned Egg Custard Tarts



We absolutely love having Little Farm on the Prairie eggs as a Co+op Basic product, so they are the star of this recipe! This is a classic egg custard tart - a perfect individual sized dessert. The dough is easy to make, and the end result is a creamy, fluffy mini pie. Plus, it features 5 products from the Co+op Basics line and comes in at only \$0.75 per serving!

[Get recipe](#)

Pear & Feta Salad with Candied Walnuts

We've got so many beautiful pears in the store right now, so we decided to feature them in a salad! Tart pears, tangy feta cheese, and sweet candied walnuts balance each other out for a great main salad or side dish. We recommend making extra candied walnuts and reserving them for a tasty snack or dessert.



[Get recipes](#)

New Products

Grocery



Liquid Death

The latest craze in sparkling water, Liquid Death is sure to satisfy your thirst! We have a variety of flavors of sparkling waters and iced teas available in our new cooler near the registers.

Prices vary

Rumiano Havarti

Havarti is a white, semi-soft cheese with a smooth and creamy texture. It has a mild, slightly sweet and nutty flavor with hints of butter and a slightly tangy aroma that enhances its pleasant taste.

\$5.99



Rowdy Mermaid Kombucha

Beautifully crafted with sustainably-sourced botanicals, fruits, herbs and mushrooms, these kombuchas are as powerfully nurturing as they are refreshingly delicious. Available in Savory Peach & Strawberry Tonic.

\$3.49



Meat & Cheese

Golden Blintzes

A sweet creamy cheese filled with a tangy orange citrus flavor, wrapped in a light crepe.

Serve with strawberries for a lower calorie dessert, snack, or breakfast treat. Available in our frozen meat case.

\$6.75



Thousand Hills Brisket

Made with 100% Grass Fed Beef and Triple Crown Organic BBQ sauce. It is heat and serve, and ready to eat! Enjoy on a bun or by itself, either way it's sure to be a delicious bite.

\$11.99



Produce

Little Potato Co. Potatoes

Little Potato Co. brings you the perfect easy meal solution! All of their potatoes are ready to be cooked in either the oven or microwave, and come with a variety of spice packets to mix in.

\$5.99



Natalie's Juices

Natalie's juices are handcrafted in small batches to ensure authentic freshness, and have only 2 ingredients! Available in Pineapple Orange & Mango Orange.

\$7.99



Beer & Wine

Gea Red Boxed Wine

GEA Chilean red wine is packaged in an eco-friendly box that delivers portability, maximum freshness, longevity, and outstanding value. Each box is equivalent to 4 bottles of wine!

\$27.99



Riggs Illinois Kolsch

Brewed right here in Urbana, this Illinois Kolsch is a light and pale German Ale that is known for its extreme drinkability and slight fruitiness. Each year, Riggs brews this beer with 100% Illinois-grown ingredients!

\$10.99 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 May.



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

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