



November 2023 Newsletter

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FROM THE

**GENERAL
MANAGER**



Hello Cooperators,

Wow, Summer is over and the Holiday season is already underway! I hope you all had a safe and happy Halloween!

We are very busy preparing for colder weather and switching out summer merchandise for winter items. If there is anything you are looking for and can't seem to find at the Co-op please take a moment to request it before you leave.

We have a lot going on in November! Please check our calendar often for our upcoming classes as they sell out very quickly.

[Read full article](#)

FROM THE

BOARD OF DIRECTORS



Greetings fellow owners and welcome to November!

Recently I returned from a trip to Japan with the last week being in Hokkaido, the northern island. It is incredibly beautiful. Hokkaido is smaller in area than the State of Illinois. In addition to the natural beauty of the island, there is also a fierce dedication to local food.

[Read full article](#)

Announcements

Thanksgiving Hours

**Wednesday, November 22nd:
7:30 am - 6:00 pm**

**Thursday, November 23rd:
CLOSED**



Cafe Closed

We've made the decision to permanently close our made-to-order Cafe counter but our Kitchen and Bakery are still growing more than ever. We'll still offer locally roasted drip coffee and our grab-n-go section will be expanding. In the new year, we will be redesigning the space to offer more popular items! Stay tuned on our progress and thanks for your continued support!

From now until the end of the year, if you bring in a sandwich card or signature beverage card with punches from previous orders, you will get 10% off for every punch to be applied on one grab-and-go item of your choice.



Upcoming Classes & Events



COMMON GROUND
FOOD CO-OPERATIVE

Fall Cupcake Virtual Baking Class & Kit

Saturday, Nov 11 12-2pm

Join us for a virtual baking class with Heidi Leuszler of Berries and Flour, where we will be making delicious fall-themed cupcakes and hot toddy mocktails using seasonal and local ingredients! Learn how to create fun frosting patterns and decorations on your cupcakes!

Sweet Pumpkin Spicebush Cupcakes

Cupcakes made with a homemade spiced batter with roasted local sweet potato, local kabocha winter squash, native Spicebush berries frosted with a homemade cream cheese icing.

Hot Toddy Mocktails

Berries & Flour Midwest Chai tea with local honey, lemon, and cinnamon

Class Kit also includes

a piping tip, several piping bags, cupcake liners, and natural food coloring for frosting decorations

REGISTER
Preorder \$40 Class Kit
commonground.coop/fall-cupcake-class

Register

Kitchen Herb Skills: Herbal Teas and Steams Virtual Class & Kit

Saturday, November 18th 2 - 3 pm

Learn the secrets behind a truly excellent herbal tea. Make your own loose

leaf blend from locally grown herbs or get tips and tricks for crafting creative single servings for great gift giving! This class will discuss tea and steam properties of locally grown herbs, the art of combining herbs into a tea or steam, storage of mixes, and packaging for teas and steams. Class registration is free with an option to purchase a class kit to use during the live virtual class. This class highlights popular tea herbs including lemon balm, rosemary, peppermint, calendula, cloves, cinnamon, ginger root.

[Register](#)





Holiday Brunch Virtual Cooking Class & Kit Saturday, Dec 2nd 11am-1pm

Join us for our next virtual cooking class and meal kit where we celebrate the holiday season with a delicious holiday brunch! We're excited to have Adam Wisniewski of Breakfast, Life, & Dinner back to teach another fun class! The menu includes:

Dutch Baby Pancakes

similar to a large popover, these pancakes have an eggy, custard taste with the texture of a thick crepe and topped with powdered sugar, lemon wedges, and homemade jam

Homemade Raspberry Jam

frozen raspberries simmered with sugar and lemon juice

Sweet Potato Egg Bites

grated sweet potatoes and zucchini, shredded cheddar and parmesan, green onions, and local eggs baked in muffin tins

Plus, Holiday Mimosa Add-on!

REGISTER

Preorder \$40 Class Kit
commonground.coop/holiday-brunch-class

Register

In-person American Jewish Cooking Class

Saturday, December 9th 11 am - 1 pm

Join us for an in-person American Jewish cooking class taught by Co-op instructor Seth Fein. This demonstration-based cooking class will cover Seth's family recipes for matzo ball soup, salmon lox bagels, and latkes! This class will take place in our Flatlander Classroom at Common Ground Food Co-op.

\$50/person. Limited seating available - only 12 seats per class. A waiting list will be made available once tickets are sold out.

Register



Pre-order your local turkey



TRIPLE S FARMS' BROAD-BREADED

Heritage Breed Local Turkey

ORGANIC PASTURE RAISED, HORMONE & ANTIBIOTIC FREE

CHOOSE YOUR SIZE, PICK UP DATE, & BE ENTERED INTO A FREE TURKEY RAFFLE

Order Online

LIMITED SUPPLY - ORDER TODAY

[Preorder Turkey](#)

Grab n' Go Thanksgiving

Join us for this year's Grab n Go Thanksgiving! Our kitchen and bakery have created a full menu to supplement your special holiday meal. Starting Friday, November 17 - Wednesday, November 22, our Grab n Go case will be transformed with delicious dishes made from scratch using organic and local ingredients. Grab entrees, essential sides, and our seasonal pies and baked goods.



grab n go Thanksgiving

Friday, November 17 - Wednesday, November 22

Entrees & Sides

- Herb Roasted Turkey Breast
- Savory Seitan with Cranberries, Mushrooms & Leeks
- Veggie & Herb Cornbread Stuffing
- Sauage & Herb Stuffing
- Traditional Gravy
- Savory Vegan Gravy
- Garlicy Buttery Mashed Potatoes
- Mashed Potatoes with Kale & Olive Oil
- Lemon Roasted Brussels Sprouts
- Smashed Sweet Potatoes with Maple Candied Pecans
- Cranberry Sauce
- Cranberry Apple Dressing
- Butternut Squash Mac & Cheese
- Vegan Cashew Mac & Cheezy
- Creamy Chicken & Noodles
- Pumpkin Sage Bisque
- Pumpkin Dinner Rolls
- Ciabatta Dinner Rolls

Holiday Desserts

- Apple Pie
- Traditional Pumpkin Pie
- Peanut Butter Pie
- Humble Pie
- Cranberry Key Lime Pie
- Vegan and Wheat-free Pumpkin Pie
- Ooey Goey Butter Cookies
- Pumpkin Cake Cookies
- Cranberry Orange Bread
- Wheat-free Pumpkin Bars

• Local Ingredients

• Wheat-Free

• Vegan

owner appreciation days

December 6 - 12

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

[Learn more](#)

Community

ROUND UP FOR GOOD UPDATE

Last month we raised over \$4,500 for Courage Connection!

Mission: Courage Connection's mission is to ensure everyone in our community has the education, support, and resources to live in safe, healthy relationships.

Project Proposal: "Over the years, Courage Connection's outreach and education programs have benefited the Common Ground Round-up For Good Grant. This grant has allowed us to buy materials for training on domestic violence awareness and prevention. This gift will help us further our mission by having our information translated into French, Mandarin, and Spanish."



[Learn more](#)

November'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

Mashed Kabocha Squash: Sweet & Savory



We have a myriad of different squash varieties at the Co-op right now, so we thought we'd switch things up with a recipe for mashed kabocha squash! This recipe gives you a sweet and savory version so you can have it all. If you want to make only the sweet or only the savory version, simply double that portion of the recipe. This is a great alternative to mashed potatoes or a great extra side dish to serve on Thanksgiving.

[Get recipe](#)

Co+op Basics:
Tofu Bolognese



Try out this cozy and affordable dinner recipe for Tofu Bolognese! Tofu replaces meat in the sauce for a cheaper, plant-based alternative. This recipe can be made in under half an hour, and features 4 Co+op Basics products for only \$2.50 a serving!

[Get recipe](#)

New Products

Grocery



Lucini Pasta Sauce

Delicately cooked in small batches, Lucini's line of organic pasta sauces only use the freshest ingredients, packed with garden-fresh flavor sourced from producers in Tuscany.

- Tomato Basil
- Spicy Tuscan
- Marinara
- Garlic Marinara
- Savory Golden

\$10.99

Lillie's Chips

Lillie's small batch kettle chips are sliced thick and slow-cooked to perfection. They are hand-tossed in chef created Southern-inspired spice blends, and are available in 4 flavors!

- Original
- Carolina Dirt Barbeque
- Hot Pepper Vinegar
- Pimento Cheese

\$3.99



Good Food Feta Tzatziki

This refreshing Feta Cucumber dip is made with real herbs in a high-quality blend of cucumber, garlic, dill, feta, and Greek yogurt. Use it as a dip for veggies, mix it into protein bowls, or use it as a dip for chicken wings.



\$4.69

Meat & Cheese

Snapdragon Thai Chicken

These heat and eat meals are ready in 3 minutes! Try the Thai Red Curry or Thai Basil Chicken. Just add rice for a quick and complete meal.

\$10.39



Tulip Tree Creamery Cheeses

Queen Anne's Lace - A Geotrichum Rind that has a rich and yeasty flavor with a very delicate texture. Pairs well with honey, pears, apples, jam, chocolate, and crusty bread \$13.39

Snapdragon - A creamy, mold-ripened triple cream cheese filled with habanero peppers for the hot pepper cheese lover \$15.49

Fromage Frais - A soft, creamy, fresh cheese made out of whole cow's milk and cream, flavored with basil, garlic, dill, pepper, and salt. \$10.49

Sakura Farms Wagyu Beef

Sakura gives you Wagyu beef that has marbled flavor, is holistically raised on local family farms, and is all-natural with no hormones or antibiotics.

\$12.99



Wellness



Terra Naturals Merchandise

We've expanded one of our favorite brands, Terra Naturals, with TONS of amazing new products! Check out the new jewelry, winter accessories, keychains, eye masks, purses, and so much more.

Prices vary

Grab n' Go

3 Cheese Lasagna

Don't feel like cooking tonight? Stop by and pick up our newest pasta entree! This 3-cheese lasagna is decadent and delicious.

\$11.59



Herb Battered Chicken with Sweet Potatoes

Made with all-natural chicken and organic sweet potatoes, and seasoned with parsley, thyme, basil, oregano, sage, tarragon, and dill weed. If you can't wait for Thanksgiving, this is a perfect treat for you now.

\$9.99

Beer & Wine

Spoetzi Shiner Holiday Cheer

Shiner Cheer is a fresh twist on a traditional Dunkelweizen, combining chocolate, sweet flavors with hints of peach and pecan. Its thoroughly caramelized malts give it a deep color and complete taste that's perfect for the holidays.

\$9.99



Rekorderlig Cider

Made in Sweden with pure spring water! Available in Strawberry-Lime and Mango-Raspberry.

\$2.69 for a single

Finca Bacara Time Waits for No One Red Wine

Here is a juicy and moreish red wine made from 100% Monastrell grapes grown in organic vineyards located in southeastern Spain. Aged for three months in American oak, this red displays attractive floral aromas, ripe fruit and balsamic notes in the background. Pair with pasta dishes, red meats, fish, or cheese.

\$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 November.



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