



## September 2023 Newsletter

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FROM THE

**GENERAL  
MANAGER**



Hello Cooperators!

September is going to be an extremely busy month for us, and for you, here at the co-op! We have an amazing amount of sales and activities going on just for all of you!

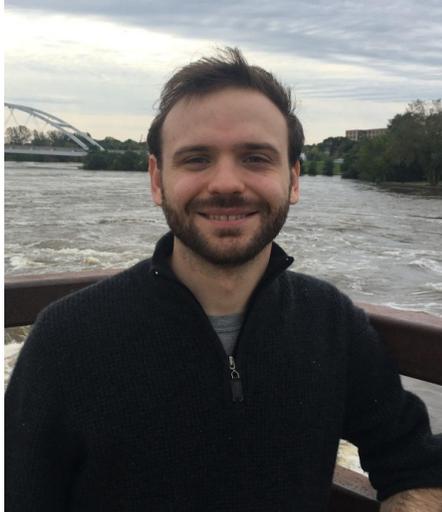
[Read full article](#)

FROM THE

**BOARD OF  
DIRECTORS**

**Common Ground Wins "Best Vegan Cake" in Vegan Chef Challenge**

This month the Board of Directors is proud to congratulate the Common



Ground team for winning 'Best Vegan Cake' in the Champaign Vegan Chef Challenge!

[Read full article](#)

# STORE CLOSED

Monday,  
September 4th

*in honor of Labor Day*

**COMMON GROUND**

FOOD CO-OPERATIVE

## 2023 Owner Elections

It's almost time to vote in the 2023 Owner Elections!

Every year, Common Ground owners can vote for new Board of Directors and 10 organizations to be featured in our Round Up For Good Program.

Voting begins on Thursday, September 7th and concludes on Thursday, September 14th. Owners will receive a separate email with an eballot to vote. If you do not receive an eballot on September 7th, please contact [board@commonground.coop](mailto:board@commonground.coop)

Click below to learn more about our 2 Board of Directors Candidates and 67 Round Up For Good Nominees and their project proposals!

Board of Directors Candidates

Round Up For Good  
Organizations



## 2023 Meeting of Owners



You're Invited  
to the

# Annual Meeting of Owners!

- free taco bar
- local farmer panel
- co-op presentations
- kombucha, local beer, wine, & a special cocktail by Katie Carrillo
- socializing
- free co-op tshirt
- coloring area for kids

**THURSDAY, SEPTEMBER 14  
6 PM - 8 PM**

At Cloud Mountain Kombucha  
in Lincoln Square Mall

**\*RSVP Required\***

**FREE ENTRY!**



## September Owner Appreciation Days

# owner appreciation days

*September 13 - 19*

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

Get a sneak peak of OAD deals!

## Upcoming Classes & Events

Summer Harvest Virtual Class & Meal Kit



## Summer Harvest Cooking Class & Meal Kit

All proceeds benefit Sola Gratia Farm

**Saturday, Sept 23rd 3-5pm**

### Homemade Corn Tortillas

with seasoned black beans, roasted sweet potatoes and bell pepper, and garnished with local queso fresco, cilantro, and red cabbage

### Homemade Salsa

with tomatoes, red onion, jalapeño, lime, and cilantro

### Cilantro Lime Crema

sour cream, lime juice, cilantro, and spices

### Blistered Shishito Peppers

with flaky sea salt

### Ensalada

with salted red cabbage, cherry tomatoes, lime, and cilantro

**REGISTER**

\$40 Meal Kit

[commonground.coop/summer-harvest](http://commonground.coop/summer-harvest)

Register

## Kitchen Herb Skills: Salts, Rubs & Butters Virtual Class

**Saturday, September 16th 2 - 3 pm**

Elevate your culinary endeavors with a few simple recipes that bring out the natural flavors of any dish using the herbs from your own garden. This class will teach how to infuse the flavors of fresh and dried herbs into your culinary endeavors. Create high-end herbal-infused salts, compound butters that will make your meals sing, and secret ingredient rubs that pack a punch of flavor. Amy will even share her award-winning BBQ rub or secret herb infused mustard recipe!

Class registration is free with an option to purchase a class kit to use during the live virtual class. This class will feature Thai basil, sweet basil, parsley, oregano, lemon thyme, garlic, and more. There is an option to select a \$30 kit that includes unsalted butter, Pacific Blue Flake Sea Salt, six fresh herbs, spices for Rib Rubs to use to make each recipe during the class.

Register for class with kit

Register for free class without kit



## Brandy & The Sidecar In-person Cocktail Class

**Friday, September 29th 6:30 - 8 pm**

Join us for our next cocktail class with Katie Carrillo and learn all about Brandy and The Sidecar! The Sidecar is a classic cocktail made with brandy, orange liquor, and lemon juice that was invented around World War I and was named after the motorcycle attachment that was very popular at the time.

This class will include a fruit plate, a tasting of 3 brandys, lessons on the history and making of brandy and The Sidecar, and a demonstration on making the classic cocktail. Students will then make their own Sidecar using a unique combination of ingredients from the Co-op including a variety of fresh fruits and liquors. \$40/person.

[Register](#)



## Announcements

Back to School Field Day BOGO Sale

We are hosting a huge Back to School BOGO Sale from August 30 - September 12! Enjoy Buy One, Get One Free deals on select Field Day products including mac & cheese, peanut butter, jelly, cereal, granola, apple sauce, crackers, fruit cups, sparkling water, and more!



# Back-to-School Fuel

**Buy One, Get One FREE**  
**Aug. 30 – Sept. 12**

[See what's on sale](#)

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Link Match at the Co-op



# GET MORE WITH LINK MATCH



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

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



Learn more: [www.commonground.coop/link-match](http://www.commonground.coop/link-match)

[Learn more](#)

## Community

# ROUND UP FOR GOOD UPDATE

Last month we raised **\$4,356.67** for Salt and Light!

**Mission:** To share the love of God by fighting poverty with opportunities that empower people for lasting change.

**Project Proposal:** "The Round Up For Good Grant will be used to fund the store credit our participants earn and use to purchase food, clothing, and other basic resources. As of the date of this application, approximately 70% of all credit spend is on food."



[Learn more](#)

September's Round Up For Good organization is Immigrant Services of CU.

**Mission:** To help immigrants, refugees, and asylum seekers to become autonomous, secure and productive members of our community. We do this through a holistic approach supporting our client families with medical, educational, legal, housing, job-related and transportation issues as well as with free furniture and household items that are home-delivered from their warehouse.

**Project Proposal:** "ISCU will use Round Up For Good funds to provide emergency food, utilities, and rent for clients to help meet basic needs. Federal and state programs to fill these needs have dried up, but many poor immigrant families continue to be food-insecure and at risk of eviction. We are the only organization in our county that helps immigrants, refugees, and asylum seekers through comprehensive assistance. Other organizations call on ISCU to help their own clients who need help beyond their own focused programs."



[Learn more](#)

## Recipe Features

### Local Pepper Veggie Fajitas



This is the best time of year at the Co-op when it comes to local produce. We have over 60 different fruits and vegetables right now all from local farms!

When walking through the produce department, it was impossible to not notice the bright, beautiful array of local peppers. The first thing that came to mind was veggie fajitas! We used 3 different kinds of bell peppers, added onions and black beans, and topped it with mashed avocado and a new Botana sauce from Siete. This recipe is super quick and easy and is a perfect summer dinner.

[Get recipe](#)

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### Co+op Basics: Corn Chowder with Bacon



It's time for some summer soup to get you looking forward to the cooler weather! We've put together this delicious and creamy corn chowder recipe with bacon and potatoes. This is our latest recipe using Co+op Basics products, and comes out to only \$2.87 per serving! Serve with croutons or a nice crusty bread for dipping.

[Get recipe](#)

## New Products

### Grocery



#### Da Rosario Truffle Butter

You can now have the fresh taste of real White Truffles and Black Winter Truffles from Italy without the dairy! Made exclusively with plant-based Miyokos cultured butter, this is a perfect addition to a mushroom risotto.

\$8.99

#### Siete Sauces

This is a mildly-spiced, tangy, and versatile sauce made with garlic, pequin peppers, & guajillo peppers. Serve drizzled atop dishes like enchiladas & tostadas, or mixed into pots of chili! Available in traditional and chamoy.

\$6.99



#### Spindriff Seltzer

Spindriff is a sparkling water made with real squeezed fruit, resulting in a refreshing beverage that is light, bright, and slightly pulpy.

\$6.99



## Meat & Cheese

### Cello Cheeses

Cello takes mild, creamy fontal cheese and adds unique ingredients to make it their own. The Creamy Dill takes a fresh, vibrant blend of dill and fragrant summer herbs and hand-rubs them onto the fontal wheel, while the Mayan Cheese is an earthy and exotic blend of sweet, spicy Mayan spices combined with real cocoa and coffee in a rub that adds rich flavors.

\$6.25



### Tulip Tree Trillium

Trillum is a triple cream, bloomy-rind cheese inspired by classic Fench Camembert and Brie. It has a soft, butter texture with rich smooth flavors and gentle lactic tones.

\$15.39



### Fusha Stirfrys

This Stir Fried Shrimp is inspired by legendary Chongqing Chinese cuisine, known for its mouth-watering spicy touch. Using certified sustainable shrimp and a blend of multi-grain macaroni, quinoa, edamame, kale, and other whole grains, this pre-packaged meal is a must have.

\$10.49



## Wellness

### Hume Deodorant

Powered by plants and probiotics to keep your skin healthy, happy, & smelling like sunshine. Made with antioxidants & vitamin-rich ingredients to keep your pits feeling smooth & soft.

\$13.99



### Mill Creek Hair Products

Mill Creek makes botanical hair products, sourcing only the most naturally effective and organic ingredients for their shampoos and conditioners.

\$12.49



## Beer & Wine

### Wild Basin Seltzer

Created by one of America's most innovative craft beer pioneers, Oskar Blues



Brewery, Wild Basin was the world's first craft seltzer.

- Watermelon
- Grapefruit
- Strawberry

\$19.99 12-pack

### Stefanini Il Selese Soave

This Italian white wine is delicate and flowery, with notes of elderberry and hawthorn, together with juicy sensations of ripe peach, apricot and tropical fruits. It is best served with lighter first courses, white meat and vegetable recipes, and fish and shellfish dishes.

\$13.99



**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 September.



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