



August 2022 Newsletter

In this month's newsletter:

- A Word from the GM: Meeting Our 3rd End
- A Word from the Board of Directors: NCG Guest Speaker
- Tour of Prairie Fruits Farm
- Nominate Round Up For Good Organizations
- Run For the Board of Directors
- Upcoming Cooking Classes
- Save the Date: September Owner Appreciation Days
- Back to School Week
- Round Up For Good
- Where are the Blueberries?
- Recipe Features
- New Products

FROM THE **GENERAL MANAGER**



Meeting Our 3rd End

By Gary Taylor

Dear Cooperators,

I am dedicating this newsletter to our 3rd End which states "The Co-op is an educational resource on food issues." This End covers a multitude of topics ranging from farming practices to cooking classes to food security and affordability issues. At this point in time the greatest issue weighing on my mind is the latter.

We all know that food security has always been an issue worldwide with many thousands not able to secure enough food to fill their needs. We here at the Co-op have done our best to help ease this problem locally with our Food For All (FFA) program, our Basics program, and, before Covid, free classes for cooking on a budget. Stay tuned, we are making plans to resume budget cooking classes in the future. Information on FFA and our Basics program are available in the store.

[Read full article](#)

FROM THE **BOARD OF DIRECTORS**

NCG Guest Speaker at Next Board Meeting

by Robert Taylor



In last month's newsletter I mentioned the Board of Directors have a focal area around food inflation. We are kicking off our discussions on this with a special guest at the August board meeting. Tony Alongi from National Co+op Grocers (NCG) will present on Inflation in Grocery and Co-ops. Tony gave me a sneak peek of his presentation. It really is full of very interesting information, including ideas on what Co-ops can do to help with this problem.

[Read full article](#)

Getting to Know the Goats at Prairie Fruits Farm

The Summer 22' Common Ground Farm Tour Circuit continues! This time we went for a quick drive and stopped off at Prairie Fruits Farm right here in Champaign. We have been selling their cheese for many years now and they are definitely a customer favorite.

We walked into the Farm Store and were immediately greeted by Blu - resident farm dog and gracious host. Next we met Wes, who owns and operates the farm with his wife Leslie. Wes and Leslie moved to Champaign-Urbana and started the farm in 2003. Wes grew up on a farm as a kid so he was very familiar with farming and raising livestock. Leslie fell in love with goats and farming while attending a PHD program in Costa Rica. When they opened their doors, they were the first licensed Farmstead Creamery in Illinois, which means that all of their milk and cheese is produced on the farm where the creamery sits. Today they have 7 acres of organically farmed land, and a fleet of happy, healthy goats.



[Read full article](#)

Announcements

Round Up For Good Nominations

It's time! Nominate your favorite local organizations for the 2023 Round Up For Good Grant between August 1st & August 14th.



[Nomination form](#)



Do you have the passion to not just think of the Co-op as a grocery store but instead as a pillar of the community? Do you want to help make change in our local food network? Come join a group of dedicated people that serve on the board and the amazing staff we have in our store. Experience is not necessary, but passion is.

Applications due by August 14th, 2022.

[Learn more & apply](#)

Buy One, Get One
FREE 

shop and save throughout the store with  **op deals.**

Keep an eye out in the store and the weekly sales flyer for our newest promotion - BOGO!
BOGO deals will be available select weeks. Some restrictions apply.

Upcoming Cooking Classes

Virtual Sola Gratia
Cooking Class & Meal Kit



Sola Gratia Cooking Class & Meal Kit

All class proceeds will benefit Sola Gratia Farm & menu will highlight their harvest

Sunday, August 21th 3-5pm

Roasted Eggplant

with cherry tomatoes and crispy seasoned chickpeas

Tulsi Basil Tahini Sauce

served with pita

Cucumber Quinoa Salad

with a jalapeño vinaigrette

PRE-ORDER

\$30 Meal Kit serves 3 people
bit.ly/coopcooking

Preorder meal kit



In-Person Class Series with Paul Young



Taste of Asia Demonstration Class

In this introduction to Asian cuisines, we'll survey the flavor profiles of Chinese, Vietnamese, Thai, and Japanese traditions. Our tasting menu for the evening will consist of four easy-to-make appetizers and a variety of beer and wine to taste. This class will be limited to ten people for an in-person cultural cuisine class!

This demonstration cooking class is designed for beginners who may not have tried to make Asian dishes at home. Join self-taught home cook Paul Young as we learn how to break down the flavor principles of Asian culinary traditions, deconstruct recipes and customize the ingredients to your liking. Come hungry because we'll be making and tasting at the same time.

All the planned menu items below will use locally-sourced ingredients but are subject to change based on availability of fresh ingredients at local markets:

- Chinese Wood ear Mushroom Salad
- Vietnamese Spring Rolls
- Thai Green Papaya Salad
- Japanese Tuna Poke

\$60/person with \$10 OFF promo code for Co-op Owners. Apply promo code: OWNER
Limited seating available - only 10 seats per class. Ticket includes class plus tasting menu. Must be 21 or older to partake in alcoholic beverage tasting, valid ID required. No refunds due to limited space, but waiting list will be made available once tickets are sold out.

[Register Now](#)

Taste of China Demonstration 3-Part Class Series

Do a deep dive into the world of Chinese cooking with Co-op instructor and self-taught home cook Paul Young as we survey the vast flavors of Cantonese, Sichuan, and Shanghai cuisines. In this hands-on series, learn how to break down the flavor principles of each culinary tradition, deconstruct recipes and customize the ingredients to your liking. Students will have the opportunity to watch demos and participate in the preparation of our dinner party. Do come hungry and thirsty because we'll be cooking and tasting at the same time. The tuition also includes beer and wine tastings.

Students will leave each session with easy-to-follow recipes of all the dishes on the menu. These recipes have all been adapted for the typical home cook and contain many tips & tricks to help minimize your time in the kitchen while staying true to the spirit of the original flavor profiles. All menu items below will use locally-sourced ingredients but are subject to change based on availability of fresh ingredients at local markets.

Sign up for one class or all three in this series!

[Learn More & Register](#)

About the Instructor

Paul Young is a self-taught cook, educator and graphic designer with over 30 years of experience in the marketing communications industry. His favorite pastime is trying new dishes in restaurants and then attempting to recreate them at home. He's a curious foodie and an adventurous international culinary explorer

who has traveled to 25 different countries (so far). He has also been a regular contributor to [Smile Politely](#) since 2007.



Upcoming Events

Save the Date!

Owner appreciation days

September 7 - 13

SALES ★ COUPONS ★ RAFFLES ★ 10% OFF

Back to School

Back to school week is just around the corner! We've got you covered for any situation - whether you're packing for a kiddo, a mid-day lecture, or all day office snacks & lunch. Look to Common Ground for a variety of reusable containers, snacks, grab n go options, and drinks! We'll be putting a ton of Back to School items on sale the week of August 17th - 23rd. You won't want to miss it!





Community

ROUND UP FOR GOOD UPDATE

Last month we raised **\$5,988.35** for Planned Parenthood of Illinois: Champaign Health Center!



The Round Up For Good grant money will support the provision of high quality, affordable sexual and reproductive health care at our local Champaign Health Center. PPIL's Champaign Health Center serves nearly 2,000 patients each year - helping to prevent unintended pregnancies through contraception, reducing the spread of sexually transmitted infections through testing and treatment, and screening for cervical and other cancers.

[Learn more](#)

August's Round Up For Good organization is Sola Gratia Farm.

Mission: Sola Gratia Farm is a community-based farm dedicated to producing locally-grown, high-quality, natural produce. SGF is

committed to helping those who lack adequate food resources by donating a minimum of 10% of its produce to support regional hunger programs.



Project Proposal: "SGF has consistently provided at least 20-30% of our fresh vegetable harvest to our local foodbank, food pantries, soup kitchens, little free markets and pantries and special requests and events. We offer educational and outreach support in our community so that neighbors in need have an opportunity to learn more about and engage in food production, food preparation and food enjoyment. Much of our mission-related work is made possible through donations and grants. Thank you for your support!"

[Learn more](#)

Where are the Blueberries?

Usually this time of year, we're up to our ears in blueberries. We would have organic blueberries, regional blueberries, with local blueberries and regional 5 pound boxes on the horizon. People would be eating and freezing blueberries to their heart's delight.

And no one ever seems to get tired of them.

This year? Yeah, that's not happening. It's hot and dry here, putting local and regional blueberries at risk. It's too hot in California, shortening the season and reducing the yield. And it's been cooler than normal in the Pacific Northwest, meaning that crop is delayed. And blueberries are not alone; we're having trouble sourcing any number of things off and on this year, because the weather is awry all over the place. As climate change progresses, we'll see this more and more. We'll have to do whatever we can to adapt to the omnishambles.

Our order of priorities in sourcing produce will remain the same; local and regional first, non-local organic next, and non-local conventional last. Our first priority, however, is simply keeping the shelves full. If a local or organic item we usually have is not available, it's prohibitively expensive, or the quality is consistently poor, we will switch to conventional simply to have it. And of course, just because we order a conventional item doesn't mean we'll get it; it's been difficult to get conventional blueberries too.

So please bear with us. We'll do what we can to make sure we have what people want to buy available. But between climate change, the pandemic, and inflation, we've found we have to be more flexible than ever, and I don't think this is a situation that will be changing any time soon.

-Anne Bargar, Produce Buyer



Recipe Features

Halloumi Salad with Lemon Basil Vinaigrette

This beautiful salad pairs local, seasonal vegetables with our newest cheese to hit the shelf - Kynthos Halloumi! Halloumi is a salty, Greek cheese that has a high melting point so it is perfect for frying. The result is an incredible, balanced salad with a fresh tangy vinaigrette, all perfect for summer.



[Get recipe](#)

Co+op Basics: Strawberry, Blueberry & Banana Smoothie

We recently added Field Day frozen fruit to our Co+op Basics list, so we came up with this super simple fruit smoothie! Featuring frozen blueberries & strawberries, as well as banana, yogurt, and almond milk. This smoothie is only \$2.16 per serving and is perfect for a quick breakfast on the go.



[Get recipe](#)

Co+op Basics: Chocolate Peanut Butter Oat Bars

These chocolate peanut butter bars will have you snacking all week long!

This recipe makes a huge tray of delicious dessert bars that sneak in some healthy rolled oats for added nutrition. Featuring 7 different Co+op Basics, this is a great affordable option for a big batch dessert.



[Get recipe](#)

New Products

Grocery



Mayana Chocolate

This Wisconsin chocolatier takes the best chocolate and combines it with unique combinations of foods that everyone loves.

- Space Bar - Toasted Almond-Vanilla
- Coffee Break - Coffee, Marshmallow, & Salted Caramel
- Pride Bar - Salted Peanut & Caramel

\$3.49 each

Patch Kimchi

Patch cabbage is grown on family farms and has been - for over 100 years. They still make kraut the traditional way. Their fresh, raw cabbage naturally ferments, yielding a wealth of incredibly beneficial probiotics. Add it to eggs, serve over rice, or eat it straight up!

\$5.69



Field Day Frozen Fruit

One of our favorite brands, Field Day, can now be found in the frozen section! We're



happy to offer 32 oz bags of frozen blueberries & strawberries, perfect for simple smoothies. Check out a recipe [here!](#)

\$7.99 each

Produce

Stone Fruit Varieties

We've got all the stone fruit you could want in our produce section!

- Black plums \$3.99/lb
- Red plums \$2.99/lb
- Pluots \$4.69/lb
- Nectarines \$4.69/lb



Meat & Cheese



Pristine Seafood Meals

Treat yourself to a decadent seafood meal that is ready in minutes! Available in Norwegian Salmon with Dill Lemon Scampi Butter & Langoustine Mac N' Cheese.

\$8.99 each

Thousand Hills Tallow

Made by using the fat/suet of the animal and can be used as a substitute for butter. Great for keto, paleo, and carnivore diets as a way to add more fat into your daily intake.

\$6.99



Prepared Foods



Tiramisu

There's Tiramisu in the bakery case!! Our bakery manager Shelby says this is her favorite thing to make right now, and trust us - it will be your favorite thing to eat.

\$4.99 per slice

Turkey, Feta, & Pesto Wrap

Our newest café creation combines turkey, feta, cucumber, spinach and homemade pesto all wrapped up in a tomato basil tortilla.

\$6.50 each



Wellness

Legendary Milk Supplements

These supplements are made with 100% organic herbs designed to optimize breast milk production. Legendary Milk is trusted by moms with over 25,000 5-star reviews.

\$18.99 each



Skullcap Bulk Herbs

Skullcap is a hardy perennial found near marshes, meadows, and other wetland habitats. Like the environment it grows in, skullcap herb has been known to instill a sense of gentle calm and has been used in traditional folk practices to promote wellbeing and relaxation during times of occasional distress.

\$3.02 per ounce

Liken Plant Deodorant

Made with goldenseal, sage and other popular herbal ingredients, Liken Deodorant doesn't contain any aluminum or heavy metals.

\$4.00



Beer & Wine



Smooj Orange Delight Seltzer Smoothie

Smooj is brought to you by HOMES Brewery in Ann Arbor, MI. Smooj is a fruit-packed hard smoothie with just a hint of carbonation and is gluten-free & vegan.

\$11.99 for 4-pack

Dogfish Head Craft Cocktails

Dogfish Head has been brewing beer since 1995, and distilling their own liquor since 2002! Now they offer ready-to-drink, premixed cocktails for extra convenience.

\$12.99 for 4-pack



Luna Bay Watermelon Sea Salt Hard Kombucha

This is a limited edition kombucha from Luna Bay so make sure you try it soon! It is juicy and semi-tart with a pinch of sea salt.

\$3.79 each

**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 August.



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