



July 2022 Newsletter

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FROM THE **BOARD OF DIRECTORS**



2022 Board of Directors Elections by Robert Taylor

We made it through the first six months of the year and July is here! That means it is time for us to open our annual application process for the Board of Directors election. This year we will have four director spots up for election.

Will you join us? 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? What are you waiting for? Come join a group of dedicated people that serve with me on the board and the amazing staff we have in our store. Experience is not necessary, but passion is.

[Read full article](#)

A Tour of Kilgus Farmstead

Common Ground has been selling Kilgus products for years and it is unbelievable the superior quality their milk has compared to national brands. A small group of staff got to tour the grounds, meeting the family and all of the animals that make their farm what it is. Kilgus is very transparent about their practices - what they do and why they do it, so they were happy to show us around, and welcome any questions from their customers.



[Read article](#)

Virtual Cooking Classes



Indian Cooking Class & Meal Kit

Sunday, July 24th 3-5pm

Khamang Kakdi

a refreshing cucumber salad

Vegetable Poriyal

a light and simple stir fried vegetable dish

Mung Bean Curry

green mung bean curry with onions,
tomatoes, ginger garlic

Basmati Rice

PRE-ORDER

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

Preorder meal kit

Upcoming Events

CLOSING EARLY

Fourth of July
7:30am - 6pm

COMMON GROUND
FOOD CO-OPERATIVE

Fourth of July Sales

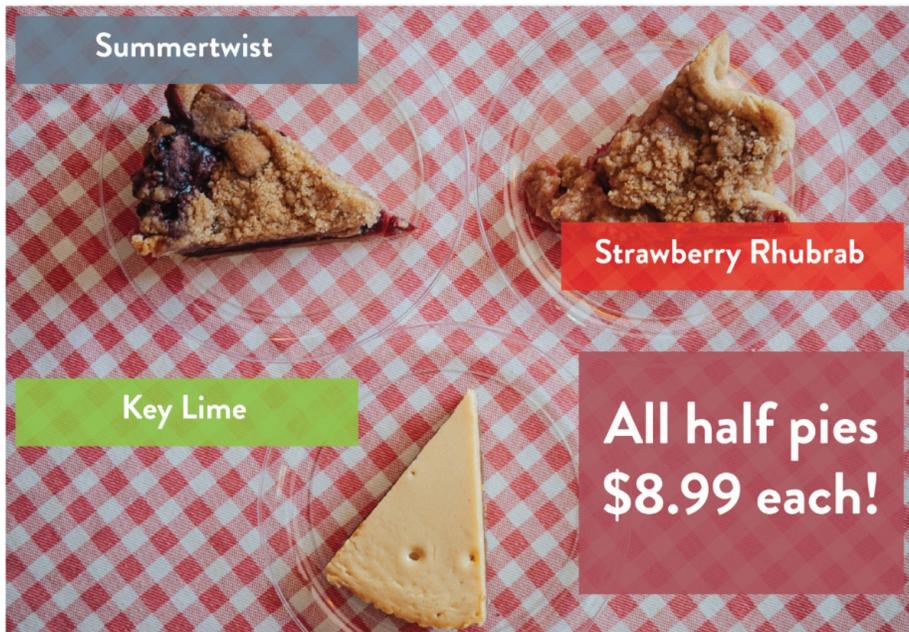




Teton Waters Burgers
\$8.40 for 4

Triple S Bratwurst
\$9.45 per pound

Co-op Black Bean Burgers
\$3.24 for 3



Summertwist

Strawberry Rhubarb

Key Lime

All half pies
\$8.99 each!

New Artist Installation: Hua Nian's Pen & Ink Drawings



Shown here is Urbana-based artist Hua Nian's collection of pen and ink drawings of dancers and musicians. Minimalist rather than overly detailed, her sparing use of lines serves to capture a scene just enough to allow the viewer to expand it using their own imagination.

Hua Nian's pen and ink drawing adventure started when her children were little. Earlier, she practiced as a photojournalist and taught photography in a college for years. Drawing has changed her way to record life. She uses her "eyes, mind, and hand to trace the images, rather than a quick click on the camera". Her work has been shown locally, nationally and

internationally. She is currently an exhibiting artist and instructor at Hua Nian Art Studio, 1308 South Race Street, Urbana.

[Learn more](#)

Announcements

Volunteer at Eastern Illinois Foodbank

A group of Common Ground staff will be volunteering at EIF for one of their July repacking events and we would love for you to join us! When EIF receives food in bulk, they rely on volunteers to repackage that product into smaller amounts for their agencies to give out to individuals and families facing food insecurity. Repacks are a fun activity for those to give back to their community.

The repack event is taking place on Tuesday, July 19th from 5:30-7:30 pm

[Register here](#)



Curbside Hours are changing

**Beginning July 11th,
the new hours are as follows:**

**Tuesday, Thursday & Sunday
11:00 am - 7:00 pm**

Community

ROUND UP FOR GOOD

UPDATE

Last month we raised **\$4,476.61** for Eastern Illinois Foodbank!

The Eastern Illinois Foodbank exists to alleviate hunger in eastern Illinois by providing a reliable source of food for the hungry through cooperation with a network of food pantries and agencies. Eastern Illinois is located in a low manufacturing area. This paired with disruptions to the food chain and rising costs during the pandemic made it difficult to meet the increased need in their 18-county service area. To ensure they are poised to continue providing product to the more than 100,000 people in eastern Illinois facing food insecurity, an efficient delivery system with foodbanks in our network is key. Proceeds will directly fund the delivery of 8-10 truckloads of donated product for our community.



[Learn more](#)

July's Round Up For Good organization is Planned Parenthood of Illinois: Champaign Health Center. This month, they need our help more than ever. Please consider rounding up so they can continue to provide the necessary care to those in our community and beyond.

 Planned Parenthood

Mission: Planned Parenthood of Illinois (PPIL) is the leader in providing and promoting comprehensive, compassionate health care, education, and rights.

Project Proposal: "A Round Up for Good Grant from the Common Ground Co-op 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 3,000 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](#)

Recipe Features

Co+op Basics: Tofu Fried Rice

Do you know about Co+op Basics? Co+op Basics are discounted items for everyone. Over 147 unique Co-ops nationwide have teamed up for collective buying power so we can offer low prices on healthy, organic, and wholesome foods everyday. This is restaurant quality fried rice and can be made at home for only \$2.02 per serving. Get the recipe below.



[Get recipe](#)

Produce Feature: Kohlrabi

Switch up your coleslaw and try kohlrabi instead of cabbage! Kohlrabi is

another cultivar of the same species as cabbage. Paired with apples, broccoli & carrots, this summer slaw is sure to impress.



Kohlrabi Slaw Recipe

New Products

Grocery

Miyokos Liquid Mozzarella



WOAH. IT'S A LIQUID MOZZARELLA. Rather than creating a traditional solid block of vegan cheese that is shredded, Miyoko stripped out the solids and ingredients that hinder meltability. Simply squeeze it onto your pizza, bake in the oven, and await a delicious, gooey plant-based cheese.

\$6.49 each

Produce

Pico De Gallo & Mango Salsa

Grab some fresh, pre-made Pico de Gallo or Mango Salsa for a quick & easy dip or taco topping!

\$5.99 each



Local Berries

It doesn't get any better than this. We've got local berries from Cary's Garden of Eatin' and Havilah Gardens grown right here in Illinois.

Blueberries \$8.99
Raspberries \$5.99



Meat & Cheese

Urban Stead Quark

Fresh creamy farmer's cheese made in the traditional Eastern-European style. This bright, tangy and versatile cheese pairs beautifully with fruit and honey for breakfast or dessert, can be incorporated into cheese sauces and pastas and also serves as the perfect ingredient for baking cheesecakes, blintzes or strudels.

\$9.25 each



Merry Goat Round

This is Firefly Farms best-selling retail cheese. It is smooth and silky with a pleasant sharp taste when young, and becomes softer and creamier with age developing a complex, earthy flavor. Merry Goat is perfect for any Brie or goat cheese lover.

\$8.39 each



Belgioioso Gorgonzola

This award winning cheese is handcrafted with fresh milk gathered daily and aged 90 days in special caves. During this time, each wheel is pierced with small holes, allowing air to penetrate and facilitating the growth of beneficial mold. This complex aging process gives gorgonzola its full earthy flavor, deep aroma and crumbly texture

\$3.49 each



Bakery

Summer Twist Pie

This pie is the summer fruit trifecta: plums,



blueberries & peaches! Lightly spiced with cinnamon and poured into a buttery vegan crust.

- Slice \$3.99
- Half pie \$9.99
- Whole pie \$16.99

Wellness

Glow By Lola Bug Off Water

Keep critters away with this all natural, safe bug spray. Made right here in Urbana!

\$9.99



Beer & Wine



Starcut Pulsar Dry Cider

Pulsar is a dry cider made with Michigan apples and Pinot Noir yeast. This cider blends tangy apple sweetness with a slight tartness before finishing crisp, clean, and dry.

\$11.99 for 6-pack

Hard Past Seltzers

Grapefruit with Rosemary seltzer is a light, gluten-free, and low ABV beverage for summertime sipping.

\$13.99 for 6-pack



MadFish Shiraz

The MadFish Shiraz shows the southwestern version of the grape in classic, juicy style - fruit-forward, plush, and downright delicious! An opulent, full-bodied wine that will drink well now and will develop complex aging characters of rich earth, leather and forest floor over the next 5 years. Fresh aromas of black cherry, plums and poached strawberries. A little liquorice, sweet spice and chocolate compliment the fruit on the

palate.

\$13.99 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 July.



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