



## May 2022 Newsletter

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## Owner appreciation days

*May 4 - 10*

**SALES**



**COUPONS**



**RAFFLES**



**10% OFF**

[Learn more](#)

### Owner Referral Program

During May OADs, refer an owner and you will both get \$10 in Radish Rewards as well as this orzo product pack!

Once we receive the sign-up form and equity from the new owner, you will be contacted to pick up your product pack!

\$11 value



**WEDNESDAY MAY 4 - WEDNESDAY MAY 10**  
**TOMATOES - SUCCULENTS- 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, PRAIRIERTH FARM,  
OLD TOWN FLOWERS & DELIGHT FLOWER FARM,

[Visit event page](#)

# FROM THE GENERAL MANAGER



Hello Cooperators,

In my last newsletter I shared the news that we are finishing up paying back all owner loans. I shared this also at the Financial Meeting of Owners. Please let me know if you have not received the paperwork required to pay you if you still have a loan outstanding.

In this month's newsletter I would like to address one of the questions that came up at the Financial Meeting of Owners in regards to the highest levels of inflation that we have seen since 1981. Food inflation was nearly 8% for the month of February and March is expected to be up similarly.

[Read full article](#)

# FROM THE BOARD OF DIRECTORS



**Meet the Board: Interview with Madeleine Wolske**  
by Ming Kuo

This continues an intermittent series of interviews, in which Ming Kuo (CGFC Board Member) interviews other members of our Board.

Madeleine Wolske is a former staffer at Common Ground who currently works in the Champaign Public Library. She's also managed a league of charitable amateur wrestlers, run a school library, organized large events and art markets, and supervised staff and volunteers. We're glad to have her on the Board.

[Read interview](#)

## Cafe Update



# OUR SERVICE COUNTER IS CLOSED UNTIL FURTHER NOTICE DUE TO STAFFING SHORTAGES

**We're still offering self-serve  
coffee, frozen pizzas, packaged  
breakfast sandwiches, salads,  
& grab n go wraps.**

**Thanks for understanding!**

## Virtual Cooking Classes

### Kids Brunch Class: Animal French Toast & Berry Smoothies

Learn how to make fancy Animal French Toast and Mixed Berry Smoothies in the next virtual cooking class, focused on cooking with kids! Join Co-op staff member, Mackensie Archibald and her daughter Athena as they teach you how to make delicious brunch recipes. Kids will have the chance to decorate and transform their French Toast into cats, birds, fish, or bears! Meal kits can be modified to be vegan and include the option between chocolate hazelnut spread (dairy-free) or peanut butter and their preferred choice of bacon or plant-based bacon. The \$30 class kit is portioned for four people and includes everything you need for the brunch.

Tune in to the virtual Zoom cooking class on Sunday, May 22nd from 11am - 1pm. The meal kit will be available for pick up in the Flatlander Classroom on Friday, May 20th from 4-6 pm and Saturday, May 21st from 9-11 am.



Preorder meal kit

Perennial Class Series  
with The Land Connection:  
Asparagus Quiche with Hazelnut Crust



Learn how to make a delicious asparagus quiche with local herbs and a homemade hazelnut crust that highlights perennial crops that can be grown here in Illinois. Co-op staff member and local food educator, Sarah Buckman will share tips on how to make a unique savory crust, fluffy quiche, and stories about local farms and perennial foods.

The virtual Zoom class on Saturday, May 28 from 2-3:30 pm is free to attend and class participants have the option to preorder a class kit for \$30 to make during the class with the instructor. Preordered class kits can be picked up at the Co-op on Friday, May 27 from 4-6 pm. Funding for this class is provided in whole or in part by the Illinois Department of Agriculture's Illinois Specialty Crop Block Grant program, awarded to The Land Connection and in collaboration with Common Ground Food Co-op.

[Register for class](#)

## Upcoming Events



The Well Fed Caterpillar and  
Common Ground Food Co-Op  
present

## Native Plant Sale

on **Saturday May 21st**  
**10:00 am to 1:00 pm**

at **Common Ground Food Co-Op**  
**300 S Broadway Ave**  
**Urbana, IL 61801**

We will have a selection of native perennials, including shade plants, ephemerals, and shorter, urban garden appropriate species in addition to some of the more common full sun prairie plants.

Sale inventory will be posted on our website, [wellfedcaterpillar.com](http://wellfedcaterpillar.com), and our Facebook event page.

Prices start at \$6.

If you have any questions, feel free to contact The Well Fed Caterpillar at [amy@wellfedcaterpillar.com](mailto:amy@wellfedcaterpillar.com).

We hope to see you there!

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New Artist Installation

# Anthony Najera



*Featured Co-op Artist*  
*IG: @XOALN\_ORIGINALS & @XOALNSHOTS*  
*Website : XOALN.com*

**XO by ALN art work showcases places, nature, and objects in their colorful and vibrant surroundings. My pieces take you to a moment in time where beauty was found in the everyday details of life. The photographs I take are a combination of city life and peace in nature. Through my editing process I am able to provide the viewer with a new fresh perspective on the world in how I see it.**



**Community**

**ROUND UP FOR GOOD**

UPDATE

Last month we raised \$4,699.82 for Champaign-Urbana Books to Prisoners! Their mission is to provide free books to people incarcerated in Illinois, and to promote education about incarceration and prisons.



Funds from the Round Up Grant will enable B2P to buy books that complement the generous donations from our community. Books they describe as "never have enough of": GED Preparation, Urban Fiction, Addiction Recovery, Self-Help, and Science Fiction. They will send these books to inmates in Illinois State Prisons and Federal Correctional Institutions in Illinois for them to keep as always. B2P will also be able to supply needed books for the libraries in the Champaign County Jails.

[Learn more](#)

May's Round Up For Good organization is Common Grounds' Food For All Program.

**Mission:** Common Ground Food Co-op is a cooperatively run grocery store owned by over 9,000 Champaign-Urbana neighbors. We focus on supporting the local food system, fostering conscious consumerism, and building a vibrant community.

**Project Proposal:** Food For All is our community funded food accessibility program. One aspect of our fourth end is providing an equitable local food system. To us, this means ensuring that healthy and affordable food is accessible to all people. Our Food For All program 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 and all the benefits of ownership. Food For All members also get a 10% discount on our entire produce section, as well as all Co+op Basics products. Co+op Basics are staple items that are intentionally kept at low costs and include canned goods, bulk beans and grains, dairy, and even personal care products! All funds raised through the Round Up For Good Grant will go towards providing equity grants and discounts to our Food For All members.

## 2021 Food For All Stats

Food For All Equity Grants - 70 (\$4,200 equity value)

Food For All Discount total - \$16,979.53

Round Up For Good Grant total - \$4,675.75

Plant Sale Fundraiser total - \$2,977.79

Please help us continue to fund our Food For All program by rounding up at the registers during the month of May!

[Learn more](#)

## Recipe Features

### Co+op Basics: Nachos

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. We're going with an easy nacho appetizer this month that features simple ingredients and can be whipped up in no time.



[Get recipe](#)

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## Brown Butter Filet Mignon Tagliatelle with Asparagus & Mushrooms

Piedmontese is our new brand of 100% grassfed Nebraska beef. This recipe pairs decadent filet mignon with a white wine cream sauce, baby bella mushrooms, and fresh asparagus. This dish also features a new gluten-free pasta in the store from Jovial! This is the perfect weekend recipe when you want to take that extra step for a beautiful and delicious pasta dish.



[Get recipe](#)

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## Produce Feature: Green Pantry Nursery Herbs

While we do our best to keep the shelves stocked with fresh herbs all year long, there's nothing quite like local. Green Pantry Nursery herbs from Tuscola, IL are back in the store! We carry a wide variety of fresh local herbs from this wonderful farm. Click below for a Green Goddess dressing recipe featuring basil, chives and dill all from Green Pantry Nursery!



[Green Goddess Dressing Recipe](#)

**New Merch!**



Garden Tote \$15  
All profits go directly towards Food For All!



Lettuce Shirt \$17

## New Products

### Grocery

#### Plant Boss Mixes

This new line of products is brought to you by Frontier Co-op! All their products are shelf stable and completely plant-based featuring yellow peas.

Available in Mild Taco, Southwest Taco, All-Purpose, Chili, Burger, and Italian Sausage, all for \$6.79 each.



Check out our simple [burger recipe](#)! Also featuring new St. Pierre Brioche buns & Truly Grassfed cheddar cheese.



### Yolele Fonio Pilaf

Fonio is an ancient West African grain that is gluten-free and similar in texture to cous cous.

- Original
- Yassa! Onion, Lime & Chili
- Jollof Tomato & Bell Pepper
- Afro-Funk Dawadawa & Herbs



\$5.69 each



### St. Pierre Bread

Our newest bread line is all about the brioche! St. Pierre Bakery crafts a variety of bread products in the style of the sweet French brioche.

- Rolls \$6.99
- Bagels \$6.99
- Hotdog buns \$5.49
- Hamburger buns \$4.49
- Mini croissants \$5.49
- Brioche loaf \$6.99

## Meat & Cheese

### Piedmontese Beef

Piedmontese is 100% grassfed Nebraska beef. We carry a variety of their products including ribeye steak, filet mignon, hot dogs, and sirloin steak. Check out our [recipe](#) for Brown Butter Filet Mignon Tagliatelle with Mushrooms & Asparagus!



### Feel Good Foods Frozen Products

Feel Good frozen foods are a delicious gluten-free option for when you need a quick snack! Most are made using a cauliflower crust and are just as good as the real thing.

- Chicken Potstickers \$7.79
- Chicken Egg Rolls \$7.79

- Pork Potstickers \$7.79
- Pepperoni Bites \$6.69
- Three Cheese Bites \$6.69

### Truly Grassfed Natural Sharp Cheddar Cheese

Imported from the beautiful farms of Ireland, this cheddar is aged for 12 months which gives it a creamy texture and bold taste sure to please discerning cheese lovers.

\$6.49 each



### Nuts For Cheese

From farm to fermentation, these decadent 100% dairy-free plant-based cheeses are handcrafted and aged to perfection to offer an artisan touch that's a cut above the rest.

- Un-brie-lievable
- Super Blue
- Black Garlic
- Chipotle Cheddar

\$9.39 each

### K Pop Sauce

KPOP Foods is dedicated to uplifting spirits and bring people together by sharing Korean food and flavors in America. They aim to make these flavors more accessible to encourage discovery and exploration.

- Honey Glaze
- Korean Chili
- Mild Kimchi Aoli

\$5.99 each



### Grab n' Go



### Homestyle Country Bowl

Our new grab n' go dish is comfort in a bowl! This hearty meal features all-natural chicken, okra, corn and breadcrumbs with a side of home fries and a delicious gravy!

\$9.00 each

### Balsamic Parmesan Zucchini

This vegetarian dish is delicious and healthy! Fresh zucchini, broccoli florets and roasted red peppers sit atop a bed of seasoned cous cous.

\$7.79 per pound



## Bakery



### Strawberry Lemonade Cake

Try our latest vegan cake! This treat is full of fresh summer flavors and uses all organic and non-GMO ingredients.

\$14.99 per pound

## Beer & Wine



### Lil' Beaver Beer

Our grocery department is working hard to keep our beer cooler stocked with local brews! Lil' Beaver is a brewery located in Bloomington, IL and now you can get it here at the Co-op!

- Wainbows Pale Ale 4-pk \$11.99
- Space Crystals Citra IPA 4-pk \$16.99
- Lil' Bit More Wonderful Milk Stout \$16.99

### Kiki & Juan Wine

Kiki & Juan creates a certified organic liter that illuminates a nearly forgotten, historical wine region of Utiel Requena while highlighting the exceptional value and large format drinkability. Each liter is meant to bring joy and to capture the big love and spirited personalities that are Kiki and Juan.

#### Vino Blanco

Ripe Bartlett pear and starfruit jump from the glass, followed by a wallop of salty sea air. Racy, fresh and bright - the skin contact gives the wine grip on the mid-palate. Kiki & Juan Blanco is meant to be a fresh white wine that expresses the potential of Requena through minimal intervention.

#### Vino Tinto

The top note aromatics are fresh raspberries soaked in kirsch, smoked strawberry and Earl Grey. The palate is fresh with med-high acidity, with noticeable grip on the mid-palate.



**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.

