



November 2022 Newsletter

In this month's newsletter:

- A Word from the General Manager
- A Word from the Board of Directors
- Holiday Hours
- Turkey Preorders
- New Artist Installation
- Grab n Go Thanksgiving
- Fermentation Cooking Class & Meal Kit
- December Owner Appreciation Days
- Mistletoe Market
- Round Up For Good
- Recipe Features
- New Products

FROM THE GENERAL MANAGER



Hello Cooperators!

It is so crazy how fast time flies in the grocery industry. It seems like yesterday that the outdoor farmers market started and it has already come to a close for 2022. In this newsletter I wanted to be sure to thank the attendees, organizers and all of the local businesses that sell their products at the market every weekend, rain or shine! This weekly event does so much to support our local economy and I hate to wait until next May for it to start back up.

[Read full article](#)

FROM THE BOARD OF DIRECTORS

By Ben Galewsky

Autumn...time for cooler weather, changing leaf colors, and the start of the new Co-op Board year! The Meeting of Owners wrapped up this year's board election. We are so lucky to be able to welcome three new directors, Morgan Montgomery, Sandy Budde, and Blake Hackler, and welcome



back Jon Barnes. Many thanks to the owners who voted in this election and showed their support for these candidates.

[Read full article](#)

Announcements



Pre-order your local turkey!

Get a jump start on your holidays by pre-ordering your local, pasture-raised turkey from Triple S Farms in Stewardson, IL. Preorder your turkey at the registers or online by Nov 1st:

- 50¢ OFF/lb
- Free store coupons
- Enter into a raffle to win a free turkey

PREORDER
commonground.coop/turkey-preorder-form

[Order Now](#)

HOLIDAY HOURS

Wednesday, November 23rd:
7:30 am - 6:00 pm

Thursday, November 24th:
CLOSED

COMMON GROUND
FOOD CO-OPERATIVE

Winter Gear Donation

Enoch Miller Sr. Coat & Winter Donation Drive

Accepting Donations of:

- Coats/Jackets
- Mittens
- Gloves
- Hats
- New Socks

For our neighbors without an address.

Come drop off donations at:

Urbana

Cunningham Township Office -
205 W Green

Champaign County Clerk - 1776 E Washington

Channing Murray Foundation - 1209 W Oregon

Common Ground co-op - 300 S Broadway, 166

Cunningham Township Assessor's Office - 152
Lincoln Square

CU Women's Boxing - 1908 N Linview, 3W

H2O Salon - 109 N Broadway

Sola Gratia - 2200 S Philo

Urbana Free Library - 210 W Green

Urbana School District 116 Central Office - 1101
E University, B

Champaign

Bridgewater-Sullivan - 401 E Park

Farren's Pub & Eatery - 117 N Walnut

University YMCA - 1001 S Wright



New Artist Installation Laurent Souqui



Stop by the Flatlander classroom to see our newest art installation!

About the Artist: "I wanted to paint since I was a child, but it took me 20 years and the realization that it would not happen unless I try by myself to finally begin in 2016 in Linkoping, Sweden. Since then I have been experimenting quite a bit with acrylic paint.

Art is a world of infinite dimension, the tiny portion of which each can access being constrained by the limitations of the human as an individual. Akin to an explorer, I take on the mental journey to go beyond my own boundaries and hope to come back with something to share with others in the so-called "real"

world, whether it is to make people smile, reflect or to bring awareness.

I think that most important is the process, as each project starts as a new challenge, with its questions and reflections, and often involving innovative techniques and approaches, ultimately becomes a stepping-stone, for myself but also for others. No matter the result, this inevitably leads to positive growth as a human being, which is a goal that, I believe, anyone as a human should strive towards.

[Learn more](#)

Upcoming Events

Grab n' Go Thanksgiving

Make your holidays easier and stock up on Thanksgiving dishes made from scratch at the Co-op. Our kitchen and bakery are cooking up a full menu of dishes to supplement your holiday meal. Starting Friday, November 19th - Wednesday, November 23rd our Grab n Go case will be stocked with Thanksgiving entrees, essential sides, sauces, seasonal pies, and bakery treats. The menu highlights local and organic ingredients and has a huge selection of vegan, gluten free, and vegetarian options that are perfect for all of your guests! Check out the full menu of offerings.

COMMON GROUND FOOD CO-OP *grab n go* THANKSGIVING

Friday, November 18 - Wednesday, November 23

-  Herb Roasted Turkey
-  Savory Seitan with Cranberries, Mushrooms & Leeks
-    Veggie & Herb Cornbread Stuffing
-   Herb Focaccia Stuffing with Local Sausage
- Tasty Turkey Gravy
-   Savory Veggie Gravy
-  Garlickly Buttery Mashed Potatoes
-   Mashed Potatoes with Kale & Olive Oil
-   Lemon Roasted Brussels Sprouts
-   Smashed Sweet Potatoes with Maple Candied Pecans
-   Cranberry Sauce
-  Butternut Squash Mac & Cheese
-   Vegan Cashew Mac & Cheezy
-  Creamy Chicken & Amish Noodles
-  Pumpkin Sage Bisque
- Traditional Pumpkin Pie
-  Apple Pie
-   Vegan/WF Pumpkin Pie
-  Peanut Butter Pie
-  Pumpkin Bars
- Ooey Goey Butter Cookies
- Pumpkin Cake Cookies
- Pumpkin Dinner Rolls
- Orange Cranberry Bread

Every dish
is Co-op made
from scratch!

 Local Ingredients

 Wheat-Free

 Vegan

Fermentation Cooking Class & Meal Kit



Fermentation Virtual Class & Kit Saturday, Nov 12th 12-2pm

Learn the basics of lacto-fermentation from local farmer Kaitie Adams and Co-op staff Sarah Buckman as they teach you how to make four popular types of ferments!

Sauerkraut

with green cabbage & root vegetables

Preserved Lemons

with salt, lemons, and lemon juice

Fermented Root Vegetables

with colorful carrots, beets & spices

Beet Kvass

a nutrient-rich probiotic drink & tonic
made with fermented beets

REGISTER

Preorder \$30 Class Kit
bit.ly/coop-classkit

Register for class

owner appreciation days

December 7 - 13

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

[Read more](#)

Mistletoe Market

The Mistletoe Market is an annual holiday tradition since 2017 and features a curated selection of local artists and artisans. The goal of the market is to highlight/celebrate/feature creative, local businesses that produce a variety of high-quality goods & gifts.

The market will take place in the Common Ground mall hallway on Saturday, December 3rd from 10 am - 5 pm.

Stop by the Common Ground booth to try some traditional Gluhwein (spiced mulled wine) to sip while you shop!



Community

ROUND UP FOR GOOD UPDATE

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

Courage Connection is committed to ensuring every member of our community has the education and resources to live in safe healthy relationships. Grant funds will go towards growing their youth



outreach program RESPECT. It is a 7th-grade curriculum that teaches the dynamics of relationship violence, the importance of self-love, and bystander intervention. Their goal is to see this program in every middle school in the 4 counties they serve.

[Learn more](#)

November's Round Up For Good organization is Prairie Rivers Network



Mission: "At Prairie Rivers Network, we protect water, heal land, and inspire change. Using the creative power of science, law, and collective action, we protect and restore our rivers and return healthy soils and diverse wildlife to our lands."

Project Proposal: "These funds will be used to support PRN's work to promote a food system that is based on regenerative agriculture practices, which build healthy soil, protect water, and support biodiversity while producing healthy food. The influence of the chemical agriculture industry in Illinois is strong and far reaching. This grant will support our ongoing work to build alliances, reduce agricultural water pollution, and address herbicide damage."

[Learn more](#)

Recipe Features



Our produce section is beaming with squash! We have so many different varieties perfect for cooking or display. We've got acorn squash, butternut squash, pie pumpkins, carving pumpkins, gourds, baby butternut squash, buttercup squash, delicata squash, kabocha squash, and spaghetti squash!

Mushroom Ravioli with Roasted Butternut Squash Sauce

As fall approaches, what could be better than a creamy, comforting butternut squash pasta? We used Kite Hill mushroom ravioli as the base for this dish, but any kind of pasta would work well. The ravioli is completely plant based, so if you need a vegan option simply omit the Parmesan cheese! This pasta comes together easily and looks stunning on the plate.



[Get recipe](#)

Co+op Basics: Chocolate Chip Cookies

Baking season is here! This is the perfect recipe for a night at home when you want an easy but indulgent snack. This recipe features products from our Co+op Basics line and prices out to \$0.98 per cookie.



[Get recipe](#)

New Products

Grocery

Suckerpunch Pickles

These resealable snack packs keep the



crunchy cucumbers fresh in their flavor-packed pickle juice and are designed to be everywhere you are whenever you need something to snack on.

\$2.19

Laoban Dumplings

Steam, boil or pan-fry these tasty dumplings and enjoy them as a delicious appetizer or toss them in a hot bowl of soup for some extra substance!

\$6.99



Tcho Chocolate

Tcho is a B Corp Certified company with the highest social and environmental performance standards. These chocolate bars are ethically sourced and are 100% vegan!

\$4.99



Produce

Cindy's Kitchen Dressings

We've got new dressings in our salad cooler! These dressings are creamy and the perfect finish to any salad.

\$9.99



Field + Farmer Buffalo Dip

This vegan dip is creamy, mildly spicy and gives you all of the delicious buffalo flavor you crave without dairy or chemical additives. Try it with nuggets, celery, cauliflower, or tortilla chips for a spicy treat.

\$6.69

Valued Naturals Nuts

Stop by the produce section and pick up a bag of nuts for all of your snacking, salad, and baking needs!

- Sunflower Seeds \$3.99
- Walnuts \$6.99
- Pecans \$8.99



Meat & Cheese



Smoked Salmon Poke Bowl

The single-serve bowl contains smoked salmon cubes, a microwave-ready rice packet, Acme's signature Poke sauce, and its special blend of Poke seasoning. Simply heat rice and combine ingredients!

\$9.89

Ivy's Reserve Cheddar

Not only is this cheese incredibly tasty, it is the world's first carbon neutral cheddar cheese! [Read more](#) about how they obtained this certification.

\$7.99



Farmer Focus Lemon Pepper Chicken Breast

Our newest chicken is pre-seasoned with lemon and black pepper. Try our amazing [recipe](#) for lemon chicken cobb salad!

\$10.99/pound



Wellness



Jarrow Formula Immune Booster

Just one convenient single-serve packet per day helps maintain a healthy immune system, normal digestion and regularity. No water is needed - simply place the powder on your tongue and let it dissolve.

\$19.39

Alaffia African Black Soap

This soap is super versatile and can be used as body wash, facial cleanser, shampoo, hand soap, or for shaving! Available in Eucalyptus Tea Tree & Wild Lavender.

\$12.39



Grab n' Go



Harvest Vegetable Soup

Our newest soup is vegan and gluten-free and is packed full of vegetables like butternut squash, onion, carrot, celery, zucchini, potatoes, green beans, spinach and corn.

\$8.99

Beer & Wine

Sketchbook Brewing Common Culture Stout

Stout season is here! This stout, brewed with toasted oats, has rich coffee tones and a soft fruitiness. Silky, smooth and full-bodied. Common Culture is great for drinking by the fire!

\$10.99 for a 4-pack



Berton Vineyards Wine

Cabernet Sauvignon

This Cab impresses with impenetrable violet hues, it has intense aromas displaying red berry fruits coupled with hints of sweet blackberry jam and a touch of vanillin oak. Subtle fine tannins marry perfectly with the intense concentrated palate of ripe blackberries, black currant and well integrated oak.

Sauvignon Blanc

Aromas of green grass, gooseberry and sweet capsicum with underlying tropical notes culminating in a zesty palate that displays crisp snow pea with hints of passionfruit and a delightful fruit depth that persists to a lingering finish.

\$12.99



**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 November.



Common Ground Food Co-op | 300 S. Broadway Ave #166, Urbana, IL 61801

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