



November 2021 Newsletter

In this month's newsletter:

- Interview with the GM & Board President
- Co-op Local Loyalty Program
- Preorder your local turkey
- Grab & Go Thanksgiving
- Irish Beef Stew & Soda Bread Cooking Class & Meal Kit
- Warm Winter Gear Donation Drive
- Looking ahead: Mistletoe Market
- Common Ground History Corner
- New Products
- Round Up For Good

FROM THE BOARD OF DIRECTORS



What's the Supply Chain Got to Do with it?

You may have noticed empty shelves and low or missing products around town, including Common Ground.

For this month's CGFC Board newsletter article and General Manager article, I (Ming Kuo) wanted to hear from some real experts on supply chain issues — Gary Taylor, CGFC's General Manager, and Robert Taylor, CGFC's Board President (and no relation to Gary. That we know of.)

[Read the Full Interview](#)

Calling All Local Businesses!

We are creating a local loyalty shoppers card!

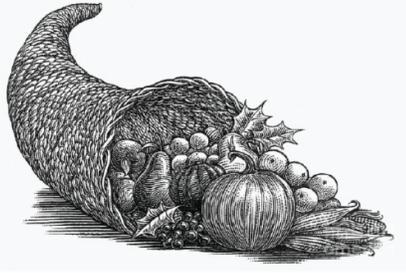
With local businesses being hit hard by COVID, we are looking for ways to incentivize folks to shop local and collaborate with other neighboring business owners. You can offer a special promotion that we would advertise on our website database and in the program brochure.

Participation is completely free!



Co-op Local Loyalty Program

Announcements



Thanksgiving Hours

Wednesday 11/24
7:30 am - 6:00 pm

Thursday 11/25
CLOSED

PREORDER YOUR local turkey

\$20 DEPOSIT
ORDER BY NOV 9th:
50¢ OFF/LB
FREE TURKEY
RAFFLE ENTRY



COMMON GROUND
food co-operative • urbana, illinois

[Preorder your Local Turkey](#)

COMMON GROUND FOOD CO-OP
grab n go
THANKSGIVING

Friday, November 19 - Wednesday, Nov 25

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

Every dish
is Co-op made
from scratch!

L Local Ingredients

WF Wheat-Free

V Vegan

Events & Programs

**Irish Stew & Scone
Cooking Class & Meal Kit**



Irish Stew & Scone Cooking Class & Meal Kit

Sunday, Nov 14 4-6pm

Irish Beef or Seitan Stew

made with local carrots, local potatoes, local herbs, and your choice of local beef or homemade seitan

Irish Soda Bread Scones

with Kerrygold butter, raisins, buttermilk, and local flour

Beer & Wine Selections

add on a Guinness 4-pack, red wine, or white wine

PRE-ORDER

MEAL KIT FOR ZOOM CLASS
<https://bit.ly/irishstewclass>

Stay cozy this fall and learn how to make Irish Stew and Irish Soda Bread Scones in the next cooking class. Sarah, Co-op staff member and class instructor, will share her favorite family recipes, local farm stories, and walk you through making these staple recipes that are perfect for the cold weather and highlight peak harvest ingredients. Attendees can select either Irish Beef Stew using local beef or a vegetarian Irish Seitan Stew with homemade seitan. This \$30 Meal Kit is portioned for four and includes all ingredients needed to cook these dishes. Add on a Guinness Nitro Four Pack, a bottle of Grenache Noir, or a bottle of Yalumba Viognier to pair with your meal and sip while you cook!

Preorder Meal Kit

Warm Winter Gear Donation Drive

We're partnering up with Cunningham Township, Channing-Murray Foundation and the Urbana Free Library for a warm winter gear donation drive. Donations are already being accepted! Stop by any of the locations below to drop off clothing.

Stop into Common Ground & purchase a new pair of socks for the drive for \$2. Common Ground will match up to \$500 in donations!

The giveaway event will take place on Saturday, November 20th from 2-4 pm at the Southeast entrance to the mall.

IN COLLABORATION WITH:
CUNNINGHAM TOWNSHIP
CHANNING-MURRAY FOUNDATION
THE URBANA FREE LIBRARY
COMMON GROUND FOOD CO-OP



**ENOCH MILLER SR.
WARM WINTER GEAR
DONATION DRIVE**

ACCEPTING DONATIONS OF:

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

**COME DROP IT OFF AT ANY
OF THESE LOCATIONS:**

CUNNINGHAM TOWNSHIP OFFICE

205 W. GREEN ST, URBANA

CHANNING-MURRAY FOUNDATION

1209 W. OREGON, URBANA

COMMON GROUND FOOD CO-OP

300 S. BROADWAY AVE, URBANA

THE URBANA FREE LIBRARY

210 W. GREEN ST, URBANA

UNIVERSITY YMCA NEW AMERICAN

WELCOME CENTER

1001 SOUTH WRIGHT, CHAMPAIGN



Co-op owner, Kinsey created these amazing graphics to teach how to dress for the winter!

• FABRIC + LAYERING • How to STAY WARM in ILLINOIS WINTER

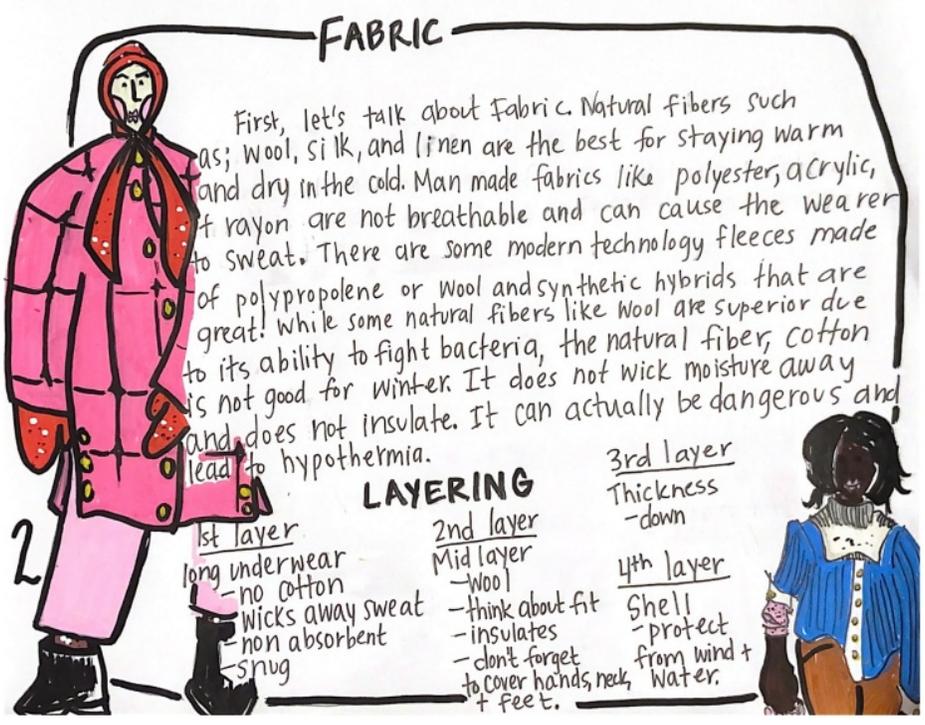
Kinsey Fitzgerald
2021



There is a saying in Scandinavia, "There is no such thing as bad weather, only bad clothing." Due to COVID-19, hanging out indoors during the long winter months seems more challenging than ever. More + more activities and social events are taking place outdoors. Let's learn about fabric + layering so we can spend more time with family + friends comfortably outdoors, as well as, discern fabrics we might donate for our family + friends who benefit from the local clothing drive.

References: • WWM, Life in Norway, net/no-bad-weather-only-bad-clothes/
• Outside Magazine, April/May 2021
• www.Mayoclinic.org/diseases-conditions/hypothermia/symptoms-causes/syc-20352682
• www.common-sense-home.com/best-cold-weather-clothing

FABRIC



First, let's talk about fabric. Natural fibers such as; wool, silk, and linen are the best for staying warm and dry in the cold. Man made fabrics like polyester, acrylic, and rayon are not breathable and can cause the wearer to sweat. There are some modern technology fleeces made of polypropylene or wool and synthetic hybrids that are great! While some natural fibers like wool are superior due to its ability to fight bacteria, the natural fiber, cotton is not good for winter. It does not wick moisture away and does not insulate. It can actually be dangerous and lead to hypothermia.

LAYERING

<p><u>1st layer</u> long underwear - no cotton - wicks away sweat - non absorbent - snug</p>	<p><u>2nd layer</u> <u>Mid layer</u> - wool - think about fit - insulates - don't forget to cover hands, neck + feet.</p>	<p><u>3rd layer</u> Thickness - down</p> <p><u>4th layer</u> Shell - protect from wind + water.</p>
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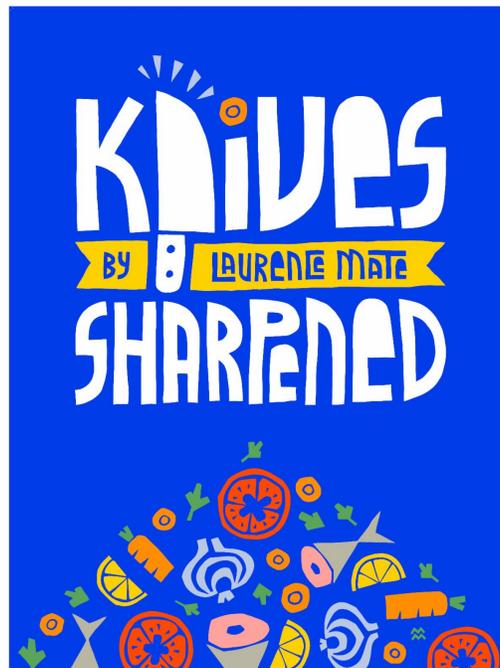
Join us for the 5th annual
Mistletoe Market!



Hosted by Norden at Home and MEW, join us in the Common Ground mall hallway to shop with local artisans, makers, growers and creators who will have their best locally made goods on offer.

[Visit Event Page](#)

Knife Sharpening is back in the classroom!



Saturday, October 30th 9-11 am
Saturday, November 13th 9-11 am
Saturday, November 20th 9-11 am
Saturday, December 4th 9-11 am
Saturday, December 11th 9-11 am
Saturday, December 18th 9-11 am

Common Ground History Corner

As you know, Common Ground has been around for almost 50 years! Our local Co-op has decades of history, and we dug up some artifacts that showcase our story. Here's another wonderful gem from Common Ground's past.

Vote With Your Dollar.

I first came to Common Ground Food Co-op as an escape from large impersonal supermarkets filled with their overprocessed and overpackaged foods. Later I realized that the Co-op was not simply a means of escape, but one way to rebuild our society with the characteristics we wanted: sustainable agriculture, healthy and whole foods, people working for people rather than profit, cooperation, community. Common Ground gives me many ways to vote with my dollar to create social change. I can also find out about boycotts, "buycotts," and food related issues such as community supported agriculture and the 1995 farm bill. Gosh! Shopping just never seemed that important 'til I came to Common Ground!

— John Barclay, Member since 1988.



Common Ground Food Coop

People Before Profit

Springfield & Wright (NW corner) Champaign
M-F 3-8 / Sat 12-6 • Non-members welcome • 352-3347

The Optimist

Do you have old pictures, newsletters, or ads from Common Ground? Send them in to marketing@commonground.coop to have them featured in our next newsletter!

Local Produce Spotlight

Even though summer vegetables have been harvested, there will be plenty of produce available through November and beyond! We have lots of variety if you are looking for some holiday sides. Check out our recipes for Garlic Butter Roasted Mushrooms, Roasted Cauliflower with Lime Dressing, & Green Beans with Caramelized Onions and Walnuts! All 3 recipes are vegan & gluten-free, and can be made for under \$3 a serving.



New Products

Grab & Go Thanksgiving has begun!

Our kitchen has already started making Thanksgiving favorites! Keep an eye out for the rest of the month as they hit the shelves.

- Smashed sweet potatoes & candied pecans - \$6.99/pound
- Veggie & herb cornbread stuffing - \$6.99/pound
- Mashed potatoes with kale & olive oil - \$6/pound
- Cranberry sauce - \$4.50/pound
- Lemon roasted brussels sprouts - \$12.99/pound
- Savory veggie gravy - \$4.49/pound
- Butternut squash mac & cheezy - \$6.49/pound
- Savory seitan - \$9.99/pound
- Herb roasted turkey breast - \$15/pound



New from Grocery



Unity Vibration Grapefruit Sage Kombucha

Made with organic cold-pressed grapefruit and organic rubbed sage. Sage is said to improve memory and alertness. A paradigm in kombucha - deep and savory and sparkly!

\$3.89 each

Hodo 5-Spice Tofu Nuggets

These tofu nuggets are plant-based and ready to go! Try them tossed into a salad, grill with some veggies, or throw into a ramen! We have the [perfect recipe](#) for a comforting ramen to warm you up as the weather gets colder.

\$6.79 each



Vital Farms Hardboiled Eggs

Vital Farms makes healthy, humane snacking easy with pasture-raised, hard-boiled eggs. Pick up a bag for breakfast on



the run, lunch at the desk or pre/post-workout protein perfection.

\$4.09 each

New from Meat & Cheese

Spero Sunflower Cream Cheese

This plant-based cream cheese has 8 simple ingredients that require as little water as possible. The main ingredient, sunflower seeds, uses 96% less water than nuts! Available in 3 flavors:

- Original
- Herb
- Smoked Salmon

\$5.50 each



Mighty Spark Fajita Seasoned Chicken

Made with premium cuts of all natural chicken, fajita seasoning, red & green peppers, and onions. This chicken is perfect for a warming chili!

\$7.25 each

Bilinski's Lemon Herb Chicken Sausage

Packed with bright lemon, basil and oregano, this organic lemon herb chicken sausage is the perfect way to add some extra flavor to your favorite nostalgic comfort foods.

\$7.99 each



Seasonal Bakery Features

Pumpkin Cake Cookies

These delicious pumpkin cookies with cream cheese frosting are a great dessert, or even a sweet treat for breakfast. Grab them while they are in season!

\$6.99 per 4-pack



Humble Pie

How can you resist those beautiful colors? This fall pie has blueberries and raspberries, with subtle hints of lemon, ginger and cinnamon. Grab a slice, half a pie, or a full pie!

Slice: \$3.99
Half: \$9.99
Whole: \$16.99



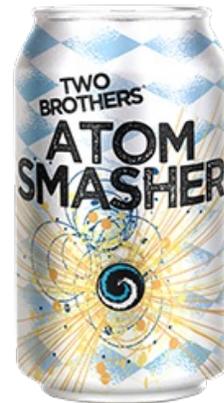
Beer & Wine Updates from Lisa

Hot Buy

Two Brothers Atom Smasher

Named with our atom-colliding scientific neighbor in mind, this Oktoberfest-style lager is oak-aged, providing added layers of depth to the signature flavors of roasted malt, caramel and toffee found in Marzen style beers. But a beer this exceptional shouldn't be limited to just Oktoberfest. Raise a glass, stein or boot to Augustfest, Septemberfest and beyond!

\$6.99 per 6-pack



Château de Lascaux "Garrigue" Rosé

This little beauty just landed in the store. Rosé's aren't just for summertime sipping! This one is medium bodied and I would let this one breathe a bit to open up all the deliciousness. It will pair nicely with the hearty soups and stews of the Fall season. They use the term Garrigue as the estate is surrounded by "garrigue scrub" which is descriptive of the terrior that directly influences the flavors in the finished wine. The blend is 40% Grenache, 30% Cinsault, 20% Syrah, 10% Mourvèdre

\$15.99

Yalumba Y-Series Rosé

We've carried some other offerings from this producer for quite some time, so the addition of the rose was a natural! Here are the notes direct from the winemaker: "Coral pink

in color, super aromatic wine showing watermelon, raspberry with hints of wild roses and white nectarine. The palate is all about bright pomegranate and rhubarb flavours with a clean finish." It is 100% Sangiovese and is also **vegan**.

\$11.99



Haut Lorca Bordeaux, Left Bank

This is a new approach to Bordeaux! Made from organic grapes, with no barrel aging to avoid a standardization of taste. No oak (you won't miss it!), 100% stainless steel. The blend is traditional Bordeaux: 65% Merlot, 15% Cabernet Sauvignon, 15% Cabernet Franc, 2.5% Malbec, 2.5% Petit Verdot
Winemaker notes: On the nose: ripe red fruit with distinct mineral notes. On the palate: black current, raspberry, cherry and strawberries.

\$15.99

Community

ROUND UP FOR GOOD UPDATE

Last month we raised over \$6,00 for **Courage Connection!** This local organization works to ensure everyone in our community has the education, support, and resources to live in safe, healthy relationships.

<http://www.courageconnection.org>



October Round Up For Good: Rape Advocacy, Counseling, Education and Services (R.A.C.E.S)



Mission: "We provide compassionate comprehensive support to those affected by sexual trauma. We care for our communities through prevention education programs that promote consent."

Project Proposal: The Round Up for Good Grant would be used to fund therapy services in Rantoul, IL for survivors of sexual violence. Many of our clients in the northern part of Champaign County and in rural Ford County find it difficult to get to Urbana for in-person therapy. Offering therapy services in the northern part of the county saves our clients much time and gas money as they utilize the crucial service of therapy after sexual assault.

<https://cu-races.org>

**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.

