



October 2021 Newsletter

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FROM THE GENERAL MANAGER



Word from the GM

Hello Cooperators!

As we enter the holiday season I would like to let you all know about what is happening at the Co-op!

First, please check out our [new website!](#) We hope that you find it to be cleaner, more informative and easier to navigate than our previous version. My deepest gratitude goes out our Marketing team who has worked so hard on it for the past few months.

Turkey preorders have begun! Please come into the store to submit your order over the weekend, or if you prefer, [you can order online!](#)

[Read full article](#)



FROM THE BOARD OF DIRECTORS

2021 Election Results

October 1st brings with it the kick-off of a new Board of Director year. But before we start the new one, we close out the previous one that wraps up with our MOO or Meeting of Owners.

On Wednesday night Sarah presented that 11% of active owners voted in 2020 which was a record. We are pleased to announce this year that record was broken with 13% of



[Read full article](#)

Local Producers Spotlight Janie's Flour Mill

When you think local food, visions of vegetable farms, cows grazing in pastures and cheese creameries often come to mind. Less common is a local flour mill, but here at Common Ground we've got you covered!

During the early days of the Covid-19 pandemic, flour was one of the many products that experienced worldwide shortages. Our Grocery manager stumbled upon a small organic flour mill an hour north of Urbana called Janie's Mill. Our story is not unique, as Janie's Mill experienced tremendous growth over the past 2 years. Their extreme dedication to fulfill all of their orders combined with their high quality product has gained them national recognition. A group of Common Ground employees was fortunate enough to get a first-class tour of the mill and farmland.



[Read full article](#)

Announcements

PREORDER YOUR
local turkey

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



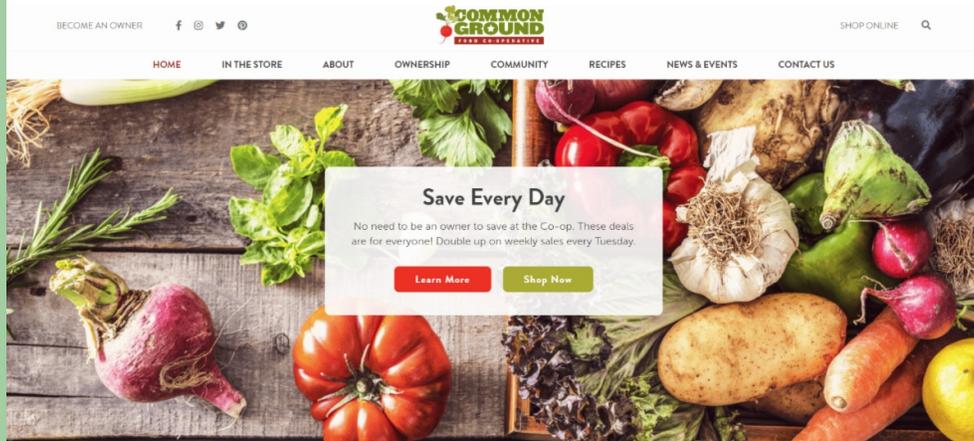
COMMON GROUND
food co-operative • urbana, illinois

[Preorder your Local Turkey Now](#)

New Website is Finally Here!

After nearly a decade, Common Ground's website was due for an upgrade. Explore the new site and keep an eye out for special coupons for dollars off in the store! There will be coupon codes hidden throughout the website but act fast! They will disappear after a few days.

[Visit New Website](#)



October is Fair Trade Month & Non-GMO Month!

We'll be celebrating in the store all month. We'll have free Non-GMO buttons and stickers at the registers as well as information posted throughout the store. We will also be featuring a favorite Fair Trade brand, Equal Exchange. We'll have great deals on their coffee, chocolate bars, tea, hot cocoa, baking cocoa, and chocolate chips!

Stop in the weekend of **October 16th** for our canvas bag giveaway! Purchase 3 Fair Trade products and get this bag for free. Make sure you act fast - we only have 60 bags to give away!



What is Fair Trade?

Fairtrade is an ethical certification system that promotes equality and sustainability on farms and in supply chains. Fairtrade stands for changing the way that trade works. It is an alternative approach to trade based on partnership instead of exploitation. Through Fairtrade, consumers can support farming communities and push for fairer trading conditions.

Fairtrade puts more money into the hands of farmers and workers through a unique pricing model, sets and monitors rigorous standards at every step of the supply chain, supports producers through local and regional expert networks, and creates demand for ethical goods in countries like the US.

[Check out our article on Fair Trade](#)

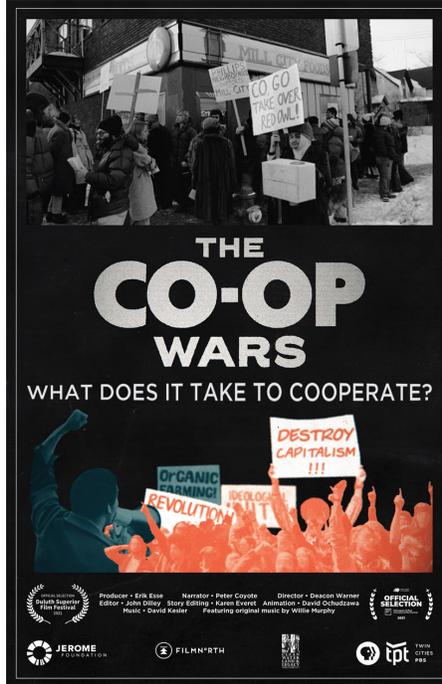
Additional Resources:

[Fairtrade America](#)

[The Non-GMO Project – Everyone Deserves an Informed Choice \(nongmoproject.org\)](http://nongmoproject.org)

Events & Programs

The Co-op Wars Virtual Screening



The Co-op Wars is a powerful one-hour documentary about the tumultuous years faced by the food Co-ops of the Twin Cities (Minneapolis and St. Paul). The film was directed by Deacon Warner, produced by Erik Esse and narrated by renowned actor Peter Coyote, known for his work on Ken Burns documentaries such as The Vietnam War. Any donations and proceeds for the film go to supporting Fair Trade filmmaking as well as the emerging Co-ops of Chicago: Wild Onion, Southside, and Chicago Market.

You can watch the film anytime between September 29th and October 5th via the virtual screening platform Show and Tell. When you are ready to watch the film during that timeframe, [click here to access the platform](#).

And there's more! There will also be a virtual Q & A Event on Tuesday, October 5th from 6:00 pm - 7:00 pm with the film director, producer, and other speakers to be announced. [Click here for information on registering to attend the Q & A](#).

Homemade Pasta Cooking Class & Meal Kit



HOMEMADE PASTA CLASS & MEAL KIT

Sunday, Oct 24 4-6pm

Handmade Linguini

made with local Janie's Mill organic flour, local eggs and a roasted tomato & parmesan sauce

Autumn Mixed Green Salad

with sweet potatoes, beets, Janie's Mill Einkorn wheat berries & avocado greek yogurt dressing



*in collaboration with
Janie's Mill*

PRE-ORDER

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

Common Ground's Cooking Classes are back with an online class and Meal Kit! Learn to make a simple homemade pasta using local freshly-milled organic flour. Cecilia Gunther of Janie's Mill will guide you through making handmade linguini with a roasted tomato sauce and autumn mixed greens salad with local Janie's Mill Einkorn wheat berries, local sweet potatoes, local beets, and an avocado Greek yogurt dressing. The \$30 Meal Kit is portioned for two and includes all ingredients needed to cook these dishes. Add on a bottle of Côtes-du-Rhône red wine or Tintero Arneis white wine to pair with your meal and sip while you cook!

Preorder Meal Kit

C-U Folk & Roots Festival

Join us on the porch on Saturday, October 23rd from 10:00 am – 3:30 pm for live music! Brought to you by the 2021 C-U Folk & Roots Festival, the schedule is as follows:

10:00 am – 12:00 pm: Old Time Jam
12:30 pm – 2:00 pm: Bluegrass Jam



CU FOLK & ROOTS FESTIVAL

Downtown Urbana • OCT 21-23, 2021

**Dom Flemons • Son Monarcas • Yasmin Williams
Nikki D and the Browns • Kyshona • Jake Blount**

Afro D and Global Soundwaves • Alexa Rose • Ayla and Emily • The Bashful Youngens
Big Daddy Pride • Black-Eyed Lillies • Bryan Wilson & Family • Chickadee Sermon • The Dig 3
Fiddle Sax Fusion • Flamenco Jazz Collective • Golden Oak • Horseshoe Bender
Hot Club of Urbana • Hot Iron String Band • Ibrahim Quedraogo and Jason Finkelman
Inland Calypso • The Jaybirds • Joybird • Los Guapos • Los Texanos • LoveSeat • Meadowhawk
The Mean Lids • Mhondoro Rhythm Success • Milly Raccoon • Painkillers Blues Band
Paul Kotheimer • Ryan Koenig and The Goldenrods • Wendell
Plus workshops, jams, storytelling, and kids shows!

folkandroots.org

Generously supported by the Urbana Arts & Culture Program



Local Food For All Mural Ribbon Cutting

Join us on the front porch to celebrate our new Local Food For All mural! This project was funded by a 2021 grant from the Urbana Arts and Culture Program and the mural was designed and painted by local artist, Madelyn Witruk. The mural encapsulates images of the local food movement, food access, diversity of Urbana residents, cultural cuisines, and highlights imagery from our local farms, like Blue Moon Farm, Sola Gratia Farm, and Prairie Fruits Farm & Creamery. This artwork aims to serve as a celebration of Urbana's uniqueness, including its strong local food system, its vibrant art community, and its warm, inclusive culture.

A ribbon cutting will take place during the celebration and will include a short presentation. The event will be followed by music from the CU Folk and Roots Festival.

October 23, 2021
12:00pm - 12:30pm



Help Us Fill the Radish!

We've had over 200 new owners sign up since July! We are so close to reaching our goal of 300 new owners by the end of October. Thanks for all your help spreading the word about Common Ground.

Refer a friend and you both get \$10 in Radish Rewards![Read more about Radish Rewards here.](#)



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.



An organization owned and run by its members;
An alternative foodstore featuring organic and commercial whole foods;
A source of information on nutrition, the food system and food politics.

Bulk Foods:
a low-cost alternative...
dried beans and peas
grains and flours
pastas
nuts, seeds & dried fruits
granolas
nut butters and honey
herbs, spices & teas
vegetable oils, shoyu & tamari
TVP, tofu, tempeh & miso

Also:
dairy products
and soy alternatives
(cheese, milk, yogurt)
produce
baked goods
cookbooks
basic canned goods
bodycare products
household cleaning products
recycled paper & giftwrap

HOURS:
Mon-Fri 3:00 to 8:00 pm
Sat 12:00 to 6:00 pm
On the NW corner of Springfield
& Wright in Champaign
PHONE: 352-3347

FOOD FOR PEOPLE,
NOT FOR PROFIT

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





It's squash season! We have such a variety of squash for you this fall, and almost all of them are local! We've got:

Acorn
Delicata
Shokinchi Kabocha
Red Kuri
Baby Blue Hubbard
Patty Pan
Buttercup
Baby Butternut
Pie Pumpkin

Check out this informative article from Co-op owner and squash enthusiast Mel Weinstein all about summer squash.

The Skinny on Summer
Squash

New Products

Grab & Go Feature

Mediterranean Lemon Chicken Bowl

This bowl has it all! All-natural chicken, quinoa, tomatoes, cucumber, red onion, feta & a dill tahini sauce.

\$9.50 per bowl



New from Grocery

Amy's Frozen Meals

- Cheese Pizza Snacks \$4.79



- Cheese Enchiladas \$5.49
- Vietnamese Banh Mi Wrap \$3.69
- Macaroni & Cheese \$3.99

Siete Cashew Queso

This mild nacho cashew queso is engineered for indulgent, dropped jaw, soul warming, "are you sure this doesn't have cheese?" reactions that you can share, as queso is meant to be.

\$6.69 each



Oatly Chocolate Milk

This chocolate oat drink is full of oats instead of milk! The cocoa that is sourced for this chocolate delight is certified by the Cocoa Horizon Foundation. This ensures that it is 100% sustainably sourced and helping to create a brighter future for cocoa farmers.

\$4.99 each



Mike's Mighty Good Ramen Noodles

- Fried Garlic Chicken
- Pork Tonkotsu
- Savory Miso
- Vegetarian Kimchi

\$2.39 each



New Wellness Items



Full Circle Reusable Bottles

12 oz Soap Dispenser \$14.99

16 oz Spray Bottle \$13.79

New from Meat & Cheese

Thousand Hills Blueberry Wild Rice Hickory Smoked Sausage

Cattle raised with no added hormones, no antibiotics, no grain, no grain byproducts – Ever.

Hot Dogs contain no preservatives, no nitrates, no nitrites, no soy, no MSG.

\$8.25 each



Beer & Wine



Schlafly Pumpkin Ale

Hailed as one of the best beers of its kind, it's the reason why fall is your favorite season. This Pumpkin Ale is well-balanced from start to finish, with notes of caramel and ginger throughout. Fermented in pounds of fresh pumpkin squash and a brewer's wort and sugar mix before being filtered through a spiced infusion of cinnamon, clove and nutmeg, it turns out exactly as intended: like a slice of pie in a bottle. 8.0% ABV

\$11.99 per 6-pack

Mas Donis Rosat

Donis is one of the Capcanes estates high up in the Llaberia hills south-west of Barcelona where old vines grow in small plots. After a careful vinification macerating it shortly on the skins this Rose results fresh, rich and full bodied with ripe seductive fruit flavors.

Fresh and aromatic, vibrant red fruit flavors of strawberry and raspberry with a hint of herby and spiciness. Medium to full-bodied and complex, elegant glycerin sweetness, ripe and fresh with a long fruity finish.

Pairs well with seafood, fish, chicken, paella, risotto or alone as an aperitif.

\$9.99



Community

ROUND UP FOR GOOD UPDATE

Last month we raised over **\$5,300 for Immigrant Services of C-U!** This local organization supports the integration of immigrants, refugees and asylees into our community as independent, secure and knowledgeable members. They use a holistic approach, helping with medical, educational, legal, housing, job-related and transportation issues.

[Read more about Immigrant Services](#)



October Round Up For Good: Courage Connection

Mission: "Our mission is to ensure everyone in our community has the education, support, and resources to live in safe, healthy relationships."



Project Proposal: We are in the process of strengthening or bilingual and rural outreach programs in efforts to meet people where they are. This grant will help us provide resources to or clients that may not have the means to travel or the income to cover these needs. Gas cards, bus token, and the purchase of household items or gift cards will go a long way in helping survivors of Domestic Violence rebuild their lives.

<https://www.courageconnection.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 October.

