



November 2020

In this month's newsletter:

- A Word from the General Manager
- A Word from Your Board
- Events, Announcements, & Community Happenings
 - Grab n' Go Thanksgiving
 - Pre-order Your Local Turkey
 - Shopping Online with Common Ground
 - CGFC Cafe Features
 - Holiday Hours in November
 - Latest Blog Posts
- Exciting New Products
- Round Up For Good Update
- Classes Canceled Until Further Notice
- Thanks for Reading \$2 Off Coupon



"In this month's newsletter, I would like to issue a call to action! I have heard many times that our owners would like to volunteer their time to help the Co-op; however, because of labor laws and insurance reasons there is little that our owners can volunteer to do here in the store. But we've found an excellent alternative...For those of you who want to help your Co-op and our community, I would like to inform all owners about an exciting volunteer opportunity."



[Read Gary's full article here!](#)

FROM THE

BOARD OF DIRECTORS

"When I stop to think about this past year and all the heartache, illness, and unrest, I can also see the highlights from the challenges including teamwork, conversations, and growth. In my normal "day job" I have a position that didn't exist a year ago: COVID-19 Task Force Leader. In this position I have met some absolutely amazing people and worked with teams that have put aside any sort of normal difference or scheduling issues to focus on ensuring the health and safety of our teams and support to our customers and communities. That is exactly what so many other organizations, including Common Ground, have done through this pandemic. We are all suffering from "COVID fatigue". We want things to just be normal. So, let's do something normal for November and give thanks."



[Read Roberts's full article here!](#)

*The Board of Directors typically meets the second Monday of the month from 6:15 to 8:15 pm in the Flatlander Classroom.
Due to the COVID-19 pandemic, the Board of Directors meets online via Zoom.
Email board@commonground.coop for more information!*

GOOD TO KNOW

EVENTS, ANNOUNCEMENTS, & COMMUNITY HAPPENINGS



GRAB N' GO THANKSGIVING: THIS YEAR'S THANKSGIVING IN THE DELI!

Nothing can stop our Thanksgiving in the Deli -- but COVID sure can alter it. This year, we are foregoing the buffet and opting for a Grab n' Go Thanksgiving. All your favorite dishes will be there, including tons of wheat-free and vegan options.

Select Grab n' Go Thanksgiving dishes will be available starting early November in our Grab n' Go case near the Cafe, alongside some of our regular Grab n' Go offerings. **The week of Thanksgiving, though, the Grab n' Go will be completely full of all Our Own Thanksgiving offerings.**

What is Thanksgiving in the Deli?

Thanksgiving in the Deli is our prized autumn event where the salad bar is transformed into a Thanksgiving buffet. People flock to the Co-op to get their Thanksgiving meals made by Our Own kitchen staff. Everything is made in-house and completely from scratch.

This year we're making some adjustments, though. Be sure to try out some of Our Own pre-packaged Thanksgiving goodies starting in early November!

Grab n' Go Thanksgiving Menu:

Savory Seitan with Cranberries, Mushrooms and Leeks (Vegan)
Herb Roasted Turkey Breast (available starting 11/20)
Mashed Potatoes with Kale and Olive Oil (Vegan, Wheat-Free)
Veggie & Herb Cornbread Stuffing (Vegan, Wheat-free)
Local Sausage & Bread Stuffing (Local Sausage)
Butternut Macaroni & Cheese (Local, Vegetarian)
Roasted Brussels Sprouts (Vegan, Wheat-Free)
Smashed Sweet Potatoes with Maple Candied Pecans (Vegan, Wheat-Free)
Savory Veggie Gravy (Vegan, Wheat-Free)
Turkey Gravy
Cranberry Sauce (Vegan, Wheat-Free)
Apple Pie (Vegan)
Traditional Pumpkin Pie
Vegan and Wheat-free Pumpkin Pie (Vegan & Wheat-Free)
Peanut Butter Pie (Wheat-Free)

**PRE-ORDER YOUR LOCAL
TRIPLE S FARMS TURKEY**

PREORDER YOUR local turkey

**HERITAGE BREED
HUMANELY RAISED
AT TRIPLE S FARMS**

**ORDER BEFORE
NOVEMBER 19**

50¢ OFF/LB

CO-OP COUPONS

**JAR OF NATURE'S
KEEPERS BLACK
CURRANT JAM**



COMMON GROUND
food co-operative • urbana, illinois

Get a jump start on your holidays by pre-ordering your local, pasture-raised turkey from Triple S Farms of Stewardson, IL.

Pre-order before November 19th for 50¢ off per pound, co-op coupons, plus receive a complementary jar of regional Nature's Keeper black currant jam!

Early Bird Special: pre-order before November 6th to be entered in our Free Turkey raffle!

A nonrefundable \$20 deposit is required for pre-orders.

Pre-orders are taken both in-store and online. Follow the link below to order online!

Pre-orders can be picked up in-store in the mall hallway and through our curbside

service. Turkeys are only available during the designated dates and time frames.

READ MORE ABOUT TURKEY PRE-ORDERS!

SHOP CO-OP FROM
THE COMFORT OF YOUR HOME
Try our online ordering with curbside pick-up service!

Leave the shopping to the pros.

PLACE AN ONLINE ORDER
& PICK UP CURBSIDE



COMMON GROUND
food co-operative • urbana, illinois

We've added more than 1000 items to the Co-op Shop -- and we're still growing!
As COVID continues and the weather starts to turn chilly, let us do the shopping for you! Order from the comfort of your home; pick up from the comfort of your car!

All Grab n' Go Thanksgiving items will be listed on the Co-op Shop as they become available in the Grab n' Go case.

Did you know you can pick up your pre-ordered turkey through curbside too? When placing your grocery order, visit the "Thanksgiving" tab and indicate that you pre-ordered a turkey. We'll include it with your groceries! **Please know that turkeys are only available during your designated pick-up date and time range.** Turkeys cannot be picked up before or after the designated time frame.

READ MORE ABOUT ONLINE ORDERING!

CGFC CAFE SEASONAL FEATURES
Try these refreshed menu items & old favorites!



Cafe Miel

Two shots of espresso + local honey + cinnamon + your choice of steamed milk

Add a dash of cayenne to make it a spicy miel!

Honeybee Latte

Lemon ginger tea + local honey +
cinnamon + your choice of steamed
milk



Chai Tea Latte

Our Own chai concentrate + your choice
of steamed milk

Add two shots of espresso for a Dirty
Chai Latte!

Butternut Squash Sandwich

Eat seasonally with Our Own
Butternut Squash Sandwich! This
delightful sandwich features local &
organic ingredients. Plus it can
easily be made vegan!



Butternut Squash Pizza

We're featuring this classic favorite pizza the
month of November! Did you know you can get
made-to-order whole pizzas every day? Don't
feel like cooking? Give us a call and we can
make one of Our Own signature pizzas from
scratch!

HOLIDAY HOURS IN NOVEMBER

Wednesday, November 25

7:30am - 7:00pm

senior hours 7:30am - 9:00am

regular hours 9:00am - 7:00pm

Thursday, November 26 CLOSED

Friday, November 27 standard hours

senior hours 7:30am - 9:00am
regular hours 9:00am - 9:00pm

HAVE YOU VISITED THE COMMON GROUND
BLOG RECENTLY?

Take a look at our latest blog posts!



Sarah's Kitchen Creations: Pear & Prosciutto Galette

"Impress your family with this gorgeous and decadent galette, highlighting local ripe pears, artisan prosciutto, regional Voss pecans, and local Gouda cheese."

**Read the full article
here!**

5 Common Misconceptions about Food Co-ops

"Food co-ops have been around for decades, but there are still tons of misunderstandings about what they are and how they operate. As we wrap up National Co-op Month, let's break down some of these common misconceptions and reveal the truth behind our truly awesome cooperative grocery store."



Read the full article here!

Sarah's Kitchen Creations: Purple Mashed Potatoes

"Want to make mashed potatoes

more special for the holidays? Use local purple mashed potatoes from PrairiErth Farm! It makes pretty lavender-colored mashed potatoes. Leave the skins on and boil the potatoes whole to keep more of the color."

**Read the full article
here!**



NEW ITEMS



LOCAL PRODUCE UPDATE

We must now say goodbye to the crops we've enjoyed all summer, but we still have delicious salad mix, greens, and carrots from Blue Moon Farm, sweet potatoes and potatoes

from PrairiErth Farm, tasty winter squash from Wolf Creek Farm, and fabulous apples from Cary's Garden of Eatin'. So eat up! The local goodness continues!

BAKING EXTRACTS & FLAVORINGS



Nelsen-Massey Rose Water
Flavororganics Coffee Extract
Flavororganics Coconut Extract

HOLIDAY CHEESES



- 1) Red Dragon Cheddar with Mustard Seed & Ale
- 2) Somerdale Wensleydale & Cranberries
- 3) St. Angel

WOODSTOCK ORGANIC FROZEN DICED AVOCADO



LOCAL JANIE'S MILL FLOURS, 3LB BAGS



NIBMOR ORGANIC HOT CHOCOLATE MIXES



**KETTLE & FIRE
KETO TOM YUM CHICKEN BONE BROTH**



GT'S ROSE BERRY KOMBUCHA



ROUND UP FOR GOOD

UPDATE

November Round Up For Good: Crisis Nursery



In November, we are rounding up for Crisis Nursery. Crisis Nursery creates an "Island of Safety" dedicated to the prevention of child abuse and neglect by providing 24-hour emergency care for children and support to strengthen families in crisis. Crisis

Nursery is the only emergency-based child care facility in Champaign County that is open 24 hours, 365 days a year for the entire community to access with no fees or income eligibility.

October Round Up For Good: Courage Connection



In October, we rounded up over \$3,600 for Courage Connection. Courage Connection is a local non-profit, providing comprehensive domestic violence services including

housing and other supportive services to individuals and families who are victims of domestic violence. Courage Connection is committed to ensuring every member of our community can live in healthy, safe relationships.

CLASSES & WORKSHOPS



Due to COVID-19, all classes and events have been canceled until further notice.

THANKS FOR READING!

Enjoy \$2 off your next purchase of \$15 or more

Just bring in this slip or show it on your device. Valid through the end of November. May *not* be reused or used for sale items, Co-op Basics, or alcohol.

Common Ground Food Co-op
217-352-3347
marketing@commonground.coop
www.commonground.coop

Connect with us

