

Weekly Sales

Sept 13 - 19, 2017

for everyone



Produce



\$4.99
3 LB GALA BAGS
save \$2 ea



\$1.99/lb
ZUCCHINI
save \$1/lb



\$2.99
FINGERLING POTATO BAGS
save \$1.70 ea



\$2.29/lb
RED GRAPES
save \$1.40/lb



\$1.99
CELERY
save 40¢ ea



\$2.29/lb
GREEN GRAPES
save \$1.40/lb

SPLASH SALE 10% off rosé thru 9/19



14 **SELF CARE:
PRANAYAMA**
6:30 - 7:30 pm
\$5 owners/\$10 non



16 **LARB &
STICKY RICE**
5 - 7 pm
\$5 owners/\$10 non



in the **Classroom**
17 **3 EASY RECIPES:
CHICKPEAS**
3 - 4:30 pm
\$7 owners/\$12 non

descriptions: commonground.coop/store/calendar
questions: mia.hanneken@commonground.coop

**OWNER
EVENTS**

OWNER DAYS
CGFC Board Elections
Round Up voting
M00/Owner Party @Civic Center 7-9 pm Sept 21
Sept 14-17
Sept 14-21
Sept 14-21

Open daily 8am to 10pm 300 S Broadway, Urbana, IL (217)352-3347

Sept 13 - 19

Prepared Foods



15% OFF
ALL HUMMUS



50¢ OFF
SCONES

\$1 OFF
ALL PARFAITS

(V) or Original*



Honey Teriyaki Chicken Stir-Fry

Ingredients (serves 2)

- ★ 1 lg boneless, skinless chicken breast
- ★ 2 lg carrots, halved and sliced
- ★ 2 C snow peas, stems removed
- ★ 1/3 C teriyaki sauce
- ★ 2 T honey
- ★ 1 T canola oil
- ★ Red pepper flakes (optional)

Preparation (20 min)

- ★ Slice the chicken breast across the grain in thin slices, then cut them into 3/4 inch strips. Set aside.
- ★ Prep the vegetables and reserve. In a cup, mix the teriyaki sauce and honey.
- ★ Place a large wok or skillet over high heat for a minute, until the pan is very hot. Add the oil and swirl to coat the pan, then add the chicken. If using red pepper flakes, add a generous pinch now. Stir frequently for about 3 minutes, until the chicken is no longer pink and has some browned spots.
- ★ Add the carrots and snow peas and keep stirring for about 1 minute. When the chicken is cooked through and the vegetables are crisp-tender, stir the teriyaki sauce mixture again and pour it over the chicken and vegetables. Stir to coat and thicken the sauce for 1-2 minutes, and serve hot.

Nutritional Info

- ★ 340 cal, 9 g fat, 50 mg chol., 940 mg sodium, 42 g carbo., 5 g fiber, 25 g protein



Cheese

15% OFF



BROOKLYN BRINE
Whiskey Sour Pickles **reg \$9.59**
NYC Deli Pickles **reg \$8.35**

ARTIKAAS
Aged Gouda **reg \$19.99/lb**

Meat

20% OFF



CENTRAL LEAN

1/4 LB Patties **reg \$8.58/lb**

Beef Stew Meat **reg \$9.65/lb**



TRIPLE S

Beef Stew Meat **reg \$9.73/lb**



MOORE FAMILY FARM

Ground Pork **reg \$4.99 ea**



Wellness

\$4.19
PRESERVE
Storage Squares
save \$1.50 ea



\$1.19
PRESERVE
Snack Containers
save 80¢ ea



\$6.99
BENTOLOGY
Beach 5-in-1
Lunch Box System
save \$4 ea



\$9.99
BENTO 7 pc
save \$5 ea



is within 100 miles



made in-house, from scratch,
with love & local ingredients