

Weekly Sales

Sep 27 - Oct 2, 2017 *for everyone*



Produce



\$1.39/lb

BARTLETT PEARS
save \$1.60/lb



\$1.99/lb

ZUCCHINI
save \$1/lb



\$3.39/lb

HONEYCRISP
save \$1.60/lb



2/\$3

1 LB LOCAL ONION BAGS
VARIOUS COLORS
save 49¢ ea



2/\$5

5 LB RUSSET BAGS
save \$4.49 ea



99¢/lb

PIE PUMPKINS
save 70¢/lb



\$1.99/lb

JICAMA
save \$1/lb

Use CASH it saves us **lots of money**

29



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

8



**EXPLORERS:
TOMATILLOS**
4 - 5 pm
FREE

11



**3 EASY RECIPES:
CROCK POT PORK
SHOULDER**
6 - 7:30 pm
\$10 owners/\$15 non

in the **Classroom**

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

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

Sep 27 - Oct 2

Prepared Foods

SAVE 50¢
PIE SLICES



SAVE \$1
WHOLE PIZZAS

SAVE 15%
SELECT DELI SALADS

- Butternut & Farro
- Quintessential Quinoa Tabouli
- Curried Cous Cous
- Roasted Roots & Squash
- Peanut Noodles
- Samosa Potato Salad

Cheese



SAVE 15%
MONTCHEVRE
Goat Cheese Log Honey

ARTIKAAS
Aged Gouda

Meat

SAVE 20%



TRIPLE S

- Nitrate Free Bacon (Frozen)
- No Sugar Added Bacon (Frozen)
- Beef Stew Meat (Fresh)



CENTRAL LEAN

- Smoked Bacon
- Pork Shoulder Roast Boneless



Wellness

\$6.99

ALAFFIA
Baby Lav-Lemon Wash
save \$2 ea



\$8.99

ALAFFIA
Euc-Mint Bubble Bath
save \$3.60 ea

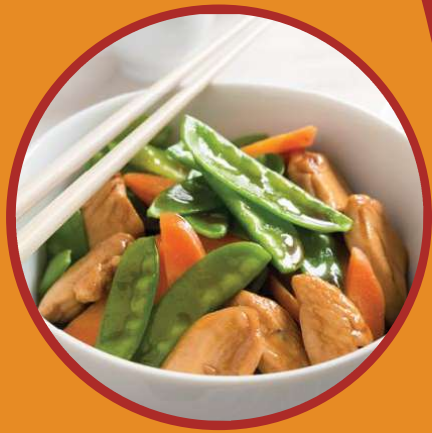


\$10.20

NASOPURE
Little Squirt Nasal
Wash & Refill Kits
save \$5 ea



plus \$3
coupon



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



is within 100 miles



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