

Weekly Sales

11/24 - 11/30

for everyone



2/\$4
GREEN PANTRY NURSERY
HERB VARIETIES
SAVE 99¢ EACH



\$2.29
BLUE MOON FARM
BULK CARROTS
SAVE 40¢ PER LB



\$3.99
BRUSSELS SPROUTS
SAVE \$1.00 PER LB



2/\$3
CELERY
SAVE \$1.49¢ each



25% OFF
FONTIER, BULK PARSLEY,
SAGE, ROSEMARY, THYME
SAVINGS VARY



\$4.69
FRUIT BLISS
DRIED FRUIT MEDLEY
SAVE 80¢ EACH



25% OFF
LONG CLAWSON DAIRY COOP
AGED RUTLAND RED CHEDDAR
SAVE \$3.50 PER LB



25% OFF
NORDIC CREAMERY
GRUMPY GOAT CHEESE
SAVE \$2.30 EACH



\$2.29
TOFUTTI
BETTER THAN SOUR CREAM
SAVE \$1.10 EACH



\$10.99
YALUMBA
ROSE
SAVE \$1.00 EACH

*Comforting vegetarian & vegan side dishes
located in our Weekly Sales Recipes!*

Open 7:30am-9:00pm daily 300 S. Broadway Ave, Urbana, IL (217)352-3347

Weekly Sales

11/24 - 11/30 *for everyone*



99¢
YELLOW ONIONS
SAVE 70¢ PER LB



\$3.99
RUSSET BAGS, 5LBS
SAVE \$2.00 EACH



\$3.69
CAULIFLOWER
SAVE \$2.30 EACH



\$1.99
GRANNY SMITH APPLES
SAVE \$1.40 PER LB



2/\$3
WISCONSIN, 12 OZ
CRANBERRIES
SAVE 89¢ EACH



\$1.99
PRAIRIERTH FARM
SWEET POTATOES
SAVE 40¢ PER LB



25% OFF
GOPI
PANEER CHEESE
SAVE \$1.50 EACH



25% OFF
ORGANIC VALLEY
MUENSTER RED RIND CHEESE
SAVE \$1.74 EACH



\$6.59
PAMELA'S
BAKING & PANCAKE MIX
SAVE \$1.70 EACH



\$6.99
BULK
BLUEBERRY FLAX GRANOLA
SAVE 80¢ EACH



\$10.99
YALUMA
SHIRAZ-VIOGNIER
SAVE \$1.00 EACH



\$3.99
ZION
ZION BAR SOAPS
SAVE \$2.60 EACH

Weekly Sales Recipes

Try one of these comforting side dishes for Thanksgiving, or for a simple weeknight meal!

COMMON GROUND
FOOD CO-OPERATIVE

Herb Goat Cheese Mashed Potatoes



INGREDIENTS

3 medium Russet potatoes, chopped **SALE**
1/2 cup milk
1/2 cup Nordic Grumpy Goat cheese, grated **SALE**
3 tablespoons butter
1/2 teaspoon salt
1/2 teaspoon pepper
2 teaspoons fresh thyme, minced **SALE**
2 teaspoons fresh rosemary, minced **SALE**

Save
\$5.28!

DIRECTIONS

- 1) Place potatoes in a large pot and cover with water. Salt the pot, and bring to a boil over high heat. Once boiling, reduce heat to low and simmer for 15-20 minutes, until potatoes are fork tender.
- 2) Drain the potatoes and place them back in the pot. Add butter, salt and pepper and mash with a potato masher or electric mixer.
- 3) Add in the Grumpy Goat cheese, thyme and rosemary and mash or mix until the cheese is melted and fully incorporated.
- 4) Serve with additional butter, and enjoy!

COMMON GROUND
FOOD CO-OPERATIVE

Roasted Vegetables with Creamy Vegan Dill Sauce



INGREDIENTS

2 tablespoons olive oil
1 yellow onion, sliced **SALE**
1 head cauliflower, chopped into florets **SALE**
1/2 pound brussels sprouts, cut in half **SALE**
1/2 pound carrots, cut into 1/4" slices **SALE**
1/2 teaspoon salt
1/2 teaspoon pepper
2 teaspoons fresh thyme, minced **SALE**
2 teaspoons fresh sage, minced **SALE**

1/2 cup Tofutti Better than Sour Cream **SALE**
2 teaspoons fresh dill, chopped **SALE**
2 teaspoons lemon juice
1 teaspoon honey
Salt and pepper, to taste

Save
\$3.58!

DIRECTIONS

- 1) Preheat oven to 400 degrees. Place the onion, cauliflower, brussels sprouts and carrots onto a large baking sheet. Toss with olive oil, salt, pepper, thyme and sage. Roast for 30-35 minutes until vegetables are tender.
- 2) Meanwhile, make the dill sauce. Combine sour cream, dill, lemon juice, honey salt and pepper in a bowl until completely mixed. Cover and refrigerate until ready to use.
- 3) Top the roasted vegetables with the creamy dill sauce and serve!