



**ASHLAND  
FOOD CO+OP**

EST. 1972



# ST. PATRICK'S DAY SAVINGS

SALE FLYER | MARCH 13 TO 19, 2024



## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC**  
**Red & Russet Potatoes**  
California & Canada

**\$99¢<sub>lb</sub>**

SAVE \$0.70/lb



**ORGANIC**  
**Parsnips**  
Oregon & California

**\$2<sup>74</sup><sub>lb</sub>**

SAVE \$1.25/lb



**ORGANIC**  
**Carrots 5 lb. Bag**  
Oregon & California

**\$4<sup>99</sup><sub>ea</sub>**

SAVE \$1.76



**ORGANIC**  
**Green Cabbage**  
Oregon & California

**\$1<sup>29</sup><sub>lb</sub>**

SAVE \$0.70/lb



**ORGANIC**  
**Cosmic Crisp Apples**  
Washington

**\$1<sup>64</sup><sub>lb</sub>**

SAVE \$1.35/lb



**ORGANIC**  
**Gold Nugget &  
Murcott Mandarins**  
California

**\$2<sup>68</sup><sub>lb</sub>**

SAVE \$1.31/lb



**ORGANIC**  
**Kiwi Fruit**  
California

**\$3<sup>56</sup><sub>lb</sub>**

SAVE \$1.69/lb



**ORGANIC**  
**Minneola Tangelos**  
California

**\$1<sup>84</sup><sub>lb</sub>**

SAVE \$1.15/lb

ASHLAND FOOD CO-OP | OPEN EVERY DAY 7AM TO 9PM | [WWW.ASHLANDFOOD.COOP](http://WWW.ASHLANDFOOD.COOP)



**Equal Exchange  
Organic  
Herbal Tea**  
20 Bag

**2/\$7**



## GROCERY

**Health Valley  
Organic Soup**  
15 oz.

**2/\$7**



**Annie's  
Macaroni & Cheese**  
Selected Varieties • 5.25-6 oz.

**2/\$3**



**Little Northern  
Bakehouse  
Gluten-Free Sliced Bread**  
Millet & Chia • Seeds & Grains • 16 oz.

**\$4<sup>99</sup>**

SAVE \$1.70



**Once Again  
Organic  
Peanut Butter**  
Creamy • Crunchy • 16 oz.

**\$6<sup>49</sup>**

SAVE \$1.50



**Daiya  
Dairy-Free Cheese**  
Block • Sliced • 7.1-7.8 oz.

**\$3<sup>89</sup>**

SAVE \$1.40



**Forager  
Organic Cashew Yogurt**  
5.3 oz.

**\$1<sup>69</sup>**

SAVE \$0.60



**GT's  
Alive Ancient  
Mushroom Elixir**  
16 oz.

**2/\$6**



**Maxine's Heavenly  
Gluten Free Soft  
Baked Cookies**  
7.2 oz.

**\$4<sup>99</sup>**

SAVE \$1.50



**ORGANIC  
Red Lentils**

**\$1<sup>89</sup> lb**

SAVE \$0.40/lb



**ORGANIC  
Whole Cashews  
Raw**

**\$6<sup>39</sup> lb**

SAVE \$1.30/lb

## BULK



**Pachamama  
Organic Machu Picchu  
Vienna Roast**

**\$12<sup>89</sup> lb**

SAVE \$1.40/lb



**ORGANIC  
Chia Seeds**

**\$2<sup>99</sup> lb**

SAVE \$0.90/lb



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# ST. PATRICK'S DAY SAVINGS



**SALE FLYER | MARCH 13 TO 19, 2024**

**Kerrygold  
Cheese**  
Dubliner  
Reserve Cheddar  
7 oz.

**\$3.79**



**SAVE  
\$2.80**



## BEER BRAISED BEEF STEW



### Ingredients

2 1/2 lbs. beef chuck roast,  
cubed  
1/2 teaspoon kosher salt  
1/2 teaspoon black pepper  
2 tablespoons olive oil  
4 cloves garlic, whole  
1 medium sweet onion,  
chopped  
1/4 cup tomato paste (optional)  
1 12-oz. Caldera Lawnmower  
Lager or Guinness  
2 cups beef stock  
1 lb. russet potatoes, peeled  
and cubed  
2 stalks celery, chopped  
18-20 baby carrots  
3 sprigs of fresh thyme  
1 sprig of fresh rosemary  
1 tablespoon balsamic vinegar  
Fresh parsley, garnish  
Crusty bread, for serving

### Instructions

1. Preheat oven to 325
2. In a large Dutch oven start to brown the beef cubes with 1 tablespoon of olive oil. Add salt and pepper.
3. Add your onions and garlic. When the onions become clear in appearance, add the 12 oz of beer and beef stock to the beef.
4. The beer and beef stock will begin braising. Place the lid on the Dutch oven and place in your oven at 325 for 90 minutes.
5. After 90 minutes, add your veggies to the Dutch oven. Place the stew back in the oven for 30 to 45 minutes
6. Top with garnish and enjoy with a fresh soda bread from our bakery.



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# LUCKY US!

Don't miss out on our  
St. Patrick's Day Hot Bar!



## MARCH 17, 2023

You will find corned beef in our meat case, soda breads and  
Irish-inspired cheese & beverages in our Specialties Department

coop  
deals

## LAND & SEA



### Applegate Naturals Sunday Bacon

8 oz.

**\$4<sup>79</sup>**

SAVE \$2.50



### Beeler's Bone-In Pork Chops

**\$5<sup>99</sup> lb**

SAVE \$2.00/lb



## HOUSE-MADE

### ASHLAND FOOD CO+OP

EST. 1972

### Co-op Kitchen Made to Order Matcha Latte

16 oz.

**\$3<sup>45</sup>**

SAVE \$1.50



### Organic Smart Chicken Boneless Skinless Breast

**\$9<sup>99</sup> lb**

SAVE \$2.00/lb



### Sunfed Ranch Corned Beef Brisket

100% Grassfed

**\$9<sup>99</sup> lb**

SAVE \$3.00/lb

### ASHLAND FOOD CO+OP

EST. 1972

### Co-op Kitchen Grab-n-Go Sugar Cookies

**\$1<sup>25</sup> ea**

SAVE \$1.00



## WHAT IS CO+OP BASICS?

Co+op Basics includes over 300 pantry and household staples. From beef to milk to cereal, we've lowered the price on all these items to make organic, healthy food accessible to every shopper.

LOOK FOR THE  
PURPLE TAGS  
TO SAVE!

coop  
basics

## CO+OP Basics

coop  
basics



### Emerald Hills Ground Beef

Not to Exceed 20% Fat

**\$6<sup>99</sup> lb**



coop  
basics



### Surata Organic Firm Tofu

16 oz.

**\$3<sup>89</sup>**



coop  
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### Umpqua Organic Whole Milk

1 Gallon

**\$6<sup>67</sup>**



coop  
basics



### Field Day Organic Blueberries

32 oz.

**\$9<sup>99</sup>**



coop  
basics

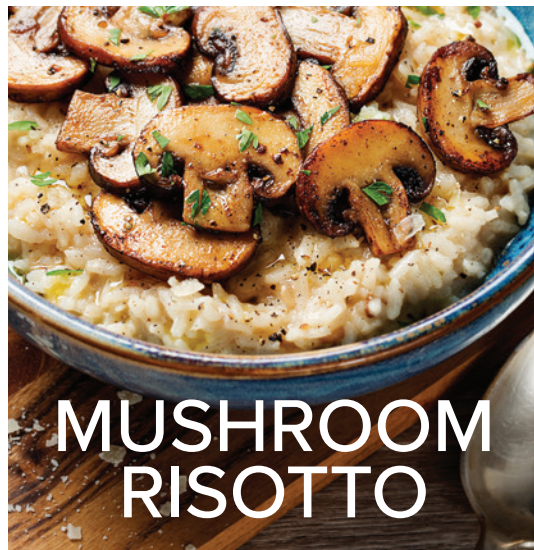


### Naked Bread Organic Hamburger Buns

15 oz.

**\$4<sup>29</sup>**





# MUSHROOM RISOTTO

## Ingredients

- 7 cups chicken stock
- 1/4 cup extra virgin olive oil
- 2 pounds mushrooms, mixed or any single varieties, washed and dried with a towel, cut in chunks
- 3 cups diced red onion
- 2 cups short grain rice, rinsed and drained
- 1 cup dry white wine
- 1 teaspoon salt
- 1/2 teaspoon fresh thyme or sage or rosemary
- 1/4 cup chopped fresh parsley
- 1/2 cup grated Asiago cheese
- 4 tablespoons butter, cut in small cubes
- Pepper to taste

## Direction

- 1) In a medium saucepan, heat the stock to a simmer. Keep hot and handy to ladle into rice later.
- 2) In a large straight sided skillet over medium heat, add the olive oil. When the oil is hot and just starting to shiver, add in 1/4 of the mushrooms. Let the mushroom cook without stirring. You are looking for some browning on at least one side of the mushrooms. A few minutes should do.
- 3) Now add in the onion, cook and stir, adjusting the heat so they don't color, about 5 minutes.
- 4) Add the rice and stir to coat in the oil. Keep stirring to toast the rice in the oil, stirring, until the edges of the kernels become translucent, about 2 minutes.
- 5) Add the wine, bring to a simmer and cook until the wine is absorbed, about 3 minutes. Season with the salt and fresh herb, stirring to bloom the herb then add enough hot stock to just cover the rice, about 1 1/2 cups.
- 6) Simmer gently, stirring, until almost all of the liquid is absorbed. After the first addition of stock is absorbed, add the rest of mushrooms and stir to incorporate.
- 7) Continue adding ladlefuls of stock periodically until the rice is creamy but al dente, about 18 minutes from the time you added the wine. Taste and adjust to your liking.
- 8) Stir in the parsley and the fresh herb of your choice. Remove the skillet from the heat and whisk in the grated cheese.
- 9) Drop in the butter and mix well until the rice is creamy and smooth.

Season with salt and pepper to taste.  
Serve immediately.

## WELLNESS



**Solaray**  
**L-Lysine 1000mg**  
Tissue Support & Immune System • 90 tab.  
**\$8<sup>79</sup>**  
SAVE \$1.70



**Boiron**  
**Arnicare Arthritis**  
Joint Pain / Rheumatic Pain • 60 tab.  
**\$10<sup>49</sup>**  
SAVE \$2.50

## Mad Hippie All Products

**20% OFF**



coop deals

**Avalon Organics**  
**Lavender Lotion**  
Hand & Body Lotion  
12 oz.  
**\$9<sup>99</sup>**  
SAVE \$5.00



**Bulldog**  
**Bamboo Razor**  
Original Bamboo Razor  
1 ct.  
**\$11<sup>29</sup>**  
SAVE \$3.00



## BRUCE'S PICKS

**WildCraft**  
**Hard Cider**  
4 pk. Cans  
Spontaneously fermented, un-manipulated, no sugar added, dry and unique Willamette Valley hard ciders.

**\$13<sup>99</sup>**



**Upper Five**  
**Rosé of Grenache**  
750 ml.  
New vintage of a Coop favorite. Always light, bright and fresh. Organically and Biodynamically grown in Talent.

**\$19<sup>99</sup>**

