

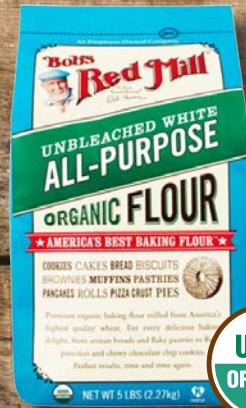


**ASHLAND  
FOOD CO+OP**

EST. 1972

**SALE EFFECTIVE  
DECEMBER 13 - 19**

**HOLIDAY**  
*Savings*



**BOB'S RED MILL  
ORGANIC FLOUR**

All Purpose Unbleached White

5 lbs.

**\$4<sup>59</sup>**



**ORGANIC  
Fuji Apples**  
Washington

**94¢ lb.**



**ORGANIC  
Rio Star Grapefruit**  
Texas

**\$1<sup>94</sup> lb.**



**ORGANIC  
Zucchini**  
Mexico

**98¢ lb.**



**ORGANIC  
Eggplant**  
Mexico

**\$2<sup>46</sup> lb.**



**ORGANIC  
Large Hass Avocados**  
Mexico

**2/\$5**



**ORGANIC  
Cherry Tomatoes  
on the Vine**  
Mexico • 12 oz. Bag

**\$3<sup>74</sup>**



**Toby's Dressing**  
All Varieties

**\$3<sup>99</sup>**



**Wild Cooked  
Shrimpmeal**  
Previously Frozen

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

coop deals

**Celestial Seasoning Holiday Tea**  
20 bag

**\$2<sup>29</sup>**



**Buenatural Tamales**  
18 oz.

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



coop deals

**Nancy's Organic Cream Cheese**  
8 oz.

**\$2<sup>59</sup>**



coop deals

**Rudi's Organic Bakery English Muffins**  
12 oz.

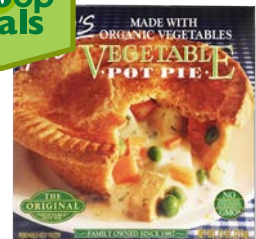
**\$2<sup>89</sup>**



coop deals

**Amy's Pot Pies**  
7.5 oz.

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



coop basics

**Wilcox Large Brown Eggs**  
Free Range • Omega 3  
Dozen

**\$3<sup>39</sup>**



coop deals

**Organic Valley Organic Butter**  
Salted • Unsalted  
1 lb.

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



coop deals

**Spectrum Canola Oil**  
32 oz.

**\$4<sup>89</sup>-\$6<sup>99</sup>**



coop deals

**Cascadian Farm Organic Cereal**  
8.6-13.5 oz.

**\$2<sup>69</sup>**



USDA ORGANIC

**ORGANIC GoodBean Dark Mountain Coffee**

**\$10<sup>69</sup> lb.**



USDA ORGANIC

**ORGANIC Pistachios**  
Roasted • Salted

**\$7<sup>49</sup> lb.**

coop basics

**ORGANIC Extra Virgin Olive Oil**  
Cold Pressed

**\$6<sup>06</sup> lb.**



USDA ORGANIC

coop basics

**ORGANIC Grind Your Own Almond Butter**

**\$9<sup>19</sup> lb.**



USDA ORGANIC

# ASHLAND FOOD CO+OP

EST. 1972

## DELI HOT APPLE CIDER

Made to Order  
12 oz

**\$3<sup>25</sup>**



## Applegate Naturals Breakfast Sausage

All Varieties • Located in Freezer

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



## Durham Ranch Ground Meat

Venison \* Wild Boar \* Wagyu Beef  
Located in freezer

16oz

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

coop  
deals



## Tofurky Vegetarian Feast

3.5 lb.

**\$16<sup>99</sup>**

# ASHLAND FOOD CO+OP

EST. 1972

## ORGANIC FUYU PERSIMMONS

California

**\$1<sup>98</sup>** lb.

USDA  
ORGANIC

coop  
deals



USDA  
ORGANIC

**Organic Valley  
Egg Nog**  
32 oz.

**\$3<sup>99</sup>**

coop  
deals



USDA  
ORGANIC

**Wholly Wholesome  
Organic Pie Shells**  
14 oz.

**\$3<sup>99</sup>**



USDA  
ORGANIC

**ORGANIC  
Cara Cara Navel Oranges**  
California

**\$1<sup>98</sup>** lb.



USDA  
ORGANIC

**ORGANIC  
Olympic Asian  
Pears**  
Oregon

**\$2<sup>98</sup>** lb.



USDA  
ORGANIC

**Smart Chicken  
Organic Sausages  
& Franks**  
All Varieties • 12 oz.

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

coop deals



**Pamela's Cookies**  
Gluten Free  
5.29-7.25 oz.

**2/\$5**

coop deals

**Alter Eco Organic Chocolate**  
2.82 oz.

**2/\$5**



coop deals



**Muir Glen Organic Tomatoes**  
28 oz.

**\$1<sup>59</sup>**

coop deals



**Annie's Organic Graham Crackers**  
Cinnamon • Honey  
14.4 oz.

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

coop deals



**Bach Rescue Remedy Pastilles**  
Natural Stress Relief  
50 g.

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

coop deals



**Herb Pharm Kids Tinctures**  
Herbal Alcohol Free  
Select Varieties • 1 oz.

**\$8<sup>99</sup>**

**Give LOCAL**

This holiday season, and all year long, donate any amount at the register to the Ashland Schools Foundation, Access, or the Ashland Emergency Food Bank. Throw an extra item in your cart for the food bank and drop it in our donation bin by the exit.

**Happy giving!**



**LifeFlo All Products**

**15% OFF**



**Garden of Life Organic Digest+**  
29 Organic Fruits & Veggies  
Chewable Enzymes • 90 tab.

**\$20<sup>19</sup>**

coop deals



**Andalou Naturals Shower Gel**  
Fruit Stem Cell Science  
All Varieties • 8.5 oz.

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

coop deals



**Alaffia Triple Milled Shea Butter Soap**  
All Varieties • 5 oz.

**\$3<sup>79</sup>**



## Kale Dinner Salad

**Elegant and hearty, this vegetarian salad is a holiday dinner favorite.**

### Ingredients

- ½ cup walnut halves
- 1 bunch curly kale washed, stems removed and then finely chopped
- 2 Pink Lady or Winesap apples sliced fine
- 3 stalks celery sliced into ¼ inch half rounds
- ½ cup dried figs chopped
- 2 oranges peeled and cut into wedges
- 1 cup raw cashew pieces
- ½ cup orange juice concentrate
- ¼ cup lemon juice
- ½ cup water
- 1 tablespoon Dijon mustard
- ½ teaspoon sea salt

### Directions

- 1) Preheat the oven to 350° F
- 2) Place the walnuts on an ungreased cookie sheet. Roast in oven for about 6 minutes. Let cool and chop coarsely.
- 3) Combine the walnuts, kale, apple slices, celery, dried figs and orange wedges in a large bowl.
- 4) Place the cashew pieces, orange juice concentrate, lemon juice, water, Dijon mustard, and sea salt in a blender, and process into a smooth dressing. Add more water if needed.
- 5) Pour about ½ cup of the dressing over the salad and mix well. Add more dressing until the desired flavor

**Next Cooking Class**  
**DIY Kid's Class**  
**Saturday, December 16**  
**1PM to 4PM**

Sign-up at [www.ashlandfood.coop](http://www.ashlandfood.coop)



**AFC DELI**  
**Grab-n-Go**  
**Russian Tea Cakes**  
**\$1.95**



**AFC DELI**  
**Grab-n-Go**  
**Sesame Tofu**  
**\$10.95 lb.**

### Slagle Creek Vineyards Merlot

Always a source of terrific value local wines, Slagle Creek, located in the Applegate Valley, has just released this great Merlot. Quite big and weighty, with a nice backbone of acidity to balance.



**\$11.99**

### Cuckoo's Nest Syrah

Crafted by winemaker Brian Wilson, this is a big and burly local red. Oak, leather and tannic elements all play off the initial burst of ripe fruit. Another great local wine for a great price.



**\$13.99**



### Alden's Organic Ice Cream

48 oz.

**\$5.49**



### Crystal Geyser Sparkling Spring Water

4 pk

**\$2.29**



### Late July Organic Multigrain Tortilla Chips

5.5-6 oz.

**\$1.79**



Visit [www.ashlandfood.coop](http://www.ashlandfood.coop) for more recipes