



**ASHLAND
FOOD CO+OP**
EST. 1972

coop
basics

ORGANIC BULK COFFEE

Equal Exchange
Ashland Food Co-op
House Blend

\$7⁹⁹ lb.



**SALE EFFECTIVE
JANUARY 10 - 16**

coop
basics
Savings



**ORGANIC
Meyer Lemons**
California

\$1⁷⁴ lb.



**ORGANIC
Blood Oranges**
California

\$2⁹⁸ lb.



**ORGANIC
Bosc Pears**
Washington

\$1²⁴ lb.



**ORGANIC
Navel Oranges**
Orland, California • 5 lb. Bag

\$5⁹⁵ ea.



**ORGANIC
Large Hass Avocados**
California & Mexico

2/\$5



**ORGANIC
Cherry Tomatoes**
on the vine • Mexico • 12 oz.

\$3⁸⁶ ea.



**ORGANIC
Red Butter Lettuce**
California

\$1⁴⁸ ea.



**ORGANIC
Brussels Sprouts**
Mexico

\$4⁹⁵ lb.



**Beeler's Heluka
Boneless
Pork Loin Chop**
Non-GMO Verified

\$6⁹⁹ lb.



**Perfect Bar
Protein Bar**

All Varieties
2.3-2.5 oz.

5/\$10



**Organic Smart Chicken
Chicken Thighs**

\$3⁹⁹ lb.



**Organic Valley
Cream Cheese &
Neufchatel**

Tubs & Bars • 8 oz.

\$2⁷⁹



Maple Hill Creamery

**Organic
Greek Yogurt**

5.3 oz.

\$1⁵⁹



**R.W. Knudsen
Just Pomegranate Juice**
32 oz.

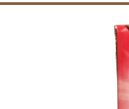
\$5⁶⁹



**Straus Family Creamery
Organic Yogurt**

Non-Fat • Whole Milk
32 oz.

\$4²⁹



**So Delicious
Coconut Milk**

Dairy-Free Beverage
32 oz.

\$1⁹⁹



**Cascadian Farm
Organic Cereal**

8.6-13.5 oz.

\$2⁷⁹



**ORGANIC
GoodBean
Dark Mountain Coffee**

\$10⁶⁹ lb.



**ORGANIC
Dark Red
Kidney Beans**

\$1⁶⁹ lb.



**ORGANIC
Red Flame Raisins**
Jumbo

\$2⁶⁹ lb.



**ORGANIC
Cashew Pieces**
Large • Raw • Fancy

\$7³⁹ lb.

ASHLAND FOOD CO+OP

EST. 1972

WHAT IS CO+OP BASICS?

LOOK FOR THE
PURPLE TAGS
TO SAVE!



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.

Co+op
basics

EMERALD HILLS

GROUND BEEF

Not to exceed
20% fat

\$5⁹⁹ lb.

Co+op
basics



Tillamook Medium Cheddar Cheese

2 lb.

\$8⁹³

Co+op
basics



Field Day Organic Broth

All Varieties • 32 oz.

\$1⁹⁹

ASHLAND FOOD CO+OP

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ORGANIC NAVEL ORANGES

California

\$124
lb.

coop
basics



**Field Day
Organic
Coconut Milk**
13.5 oz.

\$199

coop
basics



**Field Day
Organic Beans**
All Varieties
15 oz.

\$139

coop
basics



**Field Day
Organic Apple Juice**
1 gal.

\$859

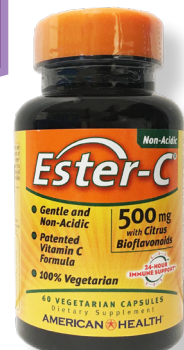
coop
basics



**Nordic Naturals
Nordic Berries**
Multi-vitamin Gummies for
Adults & Kids • 120 ct.

\$1694

coop
basics



**American Health
Ester-C 500mg**
with Citrus Bioflavanoids
Non-Acidic • 60 vcap

\$749

coop deals

Montebello Organic Pasta
16 oz.

2/\$5



coop deals

Muir Glen Organic Pasta Sauce
25.5 oz.

\$2²⁹



coop deals

Rising Moon Ravioli
8 oz.

2/\$7



coop deals

Xlear Cough Drops
Non-GMO • Cough Suppressant
All Varieties • 30 drops

\$4³⁹



coop deals

Boiron Coldcalm Cold Relief
Sneezing • Runny Nose
Nasal Congestion • Sore Throat
60 tab.

\$7⁷⁹



coop deals

Bulletproof Brain Octane Oil
Rocket Fuel for Brain & Body
16 oz.

\$16⁹⁹



coop deals

Himalaya Botanique
Whitening Complete
Care Toothpaste
5.29 oz.

\$4⁷⁹



WE LOVE THIS!



coop basics



Tinkyada Organic Gluten-Free Spaghetti
12 oz.

\$3²³

This Co+op Basics item is the best gluten-free pasta I've ever tasted and it doesn't break my budget. At 25% less than our nearest competitor, it's the best price in town—I've checked!

—Stephanie Koerella, Education Coordinator

coop deals

Shikai Color Reflect Shampoo & Conditioner
Safe for Color Treated Hair
All Varieties • 8 oz.

\$6⁹⁹



EO Organic Deodorant Sprays
Lavender • Vetiver • Citrus
4 oz.

\$4²⁹





Turkey and Sweet Potato Chili

This hearty and healthy budget friendly recipe will be a staple in your recipe repertoire.

Ingredients

- 2 tablespoons canola oil
- 1/2 pound turkey sausage, casings removed
- 1 medium yellow onion, chopped
- 1 red bell pepper, seeded and chopped
- 3 sweet potatoes, chopped into small pieces
- 2 cloves garlic, minced
- 1 14.5-ounce can diced fire-roasted tomatoes, undrained
- 2 cups chicken broth
- 1 cup water
- 1 tablespoon chili powder
- 1 tablespoon cumin
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 1 15-ounce can cannellini beans, drained and rinsed
- Additional salt and pepper to taste

Directions

- 1) Warm oil in a large pot over medium-high heat.
- 2) Add sausage; break up any large chunks and sauté until no pink remains. Using a slotted spoon, transfer meat to a bowl; cover.
- 3) Add onion, bell pepper and sweet potato to pot and cook, stirring occasionally, until softened, about 6 minutes.
- 4) Add garlic and sauté for 1 minute. Return meat to pot.
- 5) Stir in tomatoes, beans, broth, water, spices and salt. Bring to a boil, then reduce heat to medium-low and stir in beans.
- 6) Cover and simmer until chili thickens slightly, about 30 minutes.
- 7) Season with additional salt and pepper to taste.

Enjoy!



AFC DELI
Made to Order
Bombshell Coffee
 12 oz.

\$1.95



AFC DELI
Grab-n-Go
Chocolate Coconut
Pudding

\$5.95 lb.

Pedroncelli Friends Red

There is an ocean of sweet red wine with clever labels. This is something better. This bottle is all about ripe fruit flavors, gentle acidity and soft tannins—but without the residual sugar. An easy-to-drink blend of Merlot, Zinfandel, Petite Sirah and Syrah, with just a touch of real oak barrel aging.

\$10.99



Chateau de Viella Madiran

Madiran is a region in Southwestern France whose red wines are dominated by the Tannat grape. Tannat is a thick-skinned grape, which contributes lots of color and tannin. This wine also contains 40% Cabernet Franc, another assertive grape known for big fruit and an herbal touch. Even with light oak, this is a big and dark wine; fruity with plenty of tannin.

\$12.99



Cascadian Farm Organic Fruit

All Varieties • 8-10 oz.

2/\$6



Clif Builder's Protein Bar

2.4 oz.

4/\$5



Annie Chun's Organic Potstickers

7.6 oz.

\$3.39



Visit www.ashlandfood.coop for more recipes