



**ASHLAND  
FOOD CO+OP**

EST. 1972

**SALE EFFECTIVE  
MARCH 21 - 27**

**SPRING  
Savings**

*Locally Grown*

**ORGANIC  
PLANT  
STARTS**

from Fry Family Farm

4" Pots 6 Packs

**\$2.49**

**\$2.99**



**ORGANIC  
Cara Cara  
Navel Oranges**  
California

**\$1.74** lb.



**ORGANIC  
Pink Lady Apples**  
Washington

**\$1.48** lb.



**ORGANIC  
Bosc Pears**  
Washington

**\$1.36** lb.



**ORGANIC  
Strawberries**

16 oz. Container  
Fair Trade Certified • Mexico

**\$4.95** ea.



**ORGANIC  
Large Hass Avocados**  
California & Mexico

**2/\$4**



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

**\$3.74** ea.



**Organic Girl  
Butter Plus!**  
5 oz. Container • Arizona

**\$3.88** ea.



**ORGANIC  
Brussels Sprouts**  
Mexico

**\$2.98** lb.

**Diestel Turkey Ranch  
Turkey Thighs**

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



**coop deals**

**Montebello  
Organic Pasta**  
16 oz.

**2/\$5**



**USDA ORGANIC**



**USDA ORGANIC**

**Organic Smart Chicken Sausages**  
All Varieties  
12 oz.

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

**coop deals**



**Follow Your Heart  
Vegan Cheese Alternative**  
Sliced Mozzarella & Provolone  
7 oz.

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

**coop deals**

**Muir Glen  
Organic Pasta Sauce**  
25.5 oz.

**2/\$5**



**USDA ORGANIC**

**coop deals**



**Earth Balance  
Buttery Spread**  
Non-Dairy • 10-16 oz.

**\$3<sup>49</sup>**

**coop deals**



**USDA ORGANIC**

**Organic Valley  
Organic Large Brown Eggs**  
6 ct.

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

**coop deals**



**USDA ORGANIC**

**Organic Valley  
Cream Cheese & Neufchatel**  
Tubs & Bars • 8 oz.

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

**coop deals**



**USDA ORGANIC**

**Uncle Matt's  
Organic Orange Juice**  
With Pulp • Pulp-Free • 59 oz.

**\$5<sup>59</sup>**



**USDA ORGANIC**

**ORGANIC  
Café Mam  
Tango Coffee**  
**\$9<sup>29</sup> lb.**

**coop deals**



**USDA ORGANIC**

**ORGANIC  
Green Lentils**  
**\$1<sup>69</sup> lb.**



**USDA ORGANIC**

**ORGANIC  
Whole Cashews**  
Raw  
**\$8<sup>49</sup> lb.**



**USDA ORGANIC**

**ORGANIC  
Cane Sugar**  
Unrefined  
**\$1<sup>19</sup> lb.**



### Spectrum Organic Extra Virgin Olive Oil

25.4 oz.

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



### Garden of Life Organic Kids+

Dr. Formulated Probiotics Promotes Immune System & Digestive Health All Varieties 30 chewables

**\$16<sup>29</sup>**



### Ancient Harvest Organic Polenta

18 oz.

**\$1<sup>99</sup>**



### Annie's Organic Dressing & Vinaigrette

8 oz.

**2/\$4**



### MegaFood Blood Builder

Fresh from Farm to Tablet 30 tab.

**\$12<sup>29</sup>**



### Herb Pharm Organic Bitters

Classic • Absinthium Bittersweet • Orange 1 oz.

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

# WE LOVE THIS!



### Alba Botanica Hawaiian Sunscreen

Broad Spectrum Water Resistant Select Varieties 4 oz.

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



### Tiger Balm Pain Relieving Ointment

Works Where it Hurts Extra Strength • 0.63 oz.

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



### Giovanni 2Chic Shampoo & Conditioner

Ultra Moisturizing • Sleek Berry Coconut • 8.5 oz.

**\$5<sup>79</sup>**



### LETTUCE, Crisp Mint

(55 days) Vigorous, uniquely savoyed upright, green romaine. Heads are large and tight. Fairly bolt & disease-resistant. Beautiful, sweet-tasting lettuce is a real standout & has become one of our favorites. (1 g) Packed for 2018



### Siskiyou Seeds

Siskiyou Seeds are grown right here in Southern Oregon. They are certified organic, open pollinated and part of the open source seed initiative. Seeds to directly sow outdoors this month include, but are not limited to, carrots, beets, peas, lettuce and kale.

**\$3<sup>75</sup> ea.**



# INDIAN Pickles & Chutneys

Thursday, March 22  
6:30PM to 8:30PM  
Co-op Classroom  
300 Pioneer St.

Instructor: Kumud Gokani

Learn to create tantalizing flavors using natural ingredients such as turmeric root, fresh cilantro, green mango, chillies, molasses, ginger, lemon peel, peanuts, split mustard, and tamarind. This pickling process uses no artificial preservatives. Kumud Gokani will share original recipes from the Ayurvedic Indian kitchen, with a sprinkling of stories from her life growing up in a large Indian family and cooking daily for everyone.

For more information, visit  
[www.ashlandfood.coop](http://www.ashlandfood.coop)



**AFC DELI  
Bakery  
Grain-Free  
Peanut Butter Cookie**  
**\$1.25**



**AFC DELI  
Made to Order  
Café au lait**  
1/2 Drip Coffee, 1/2 Steamed Milk  
16 oz.  
**\$2.50**

**Quady North  
La Battalla**  
The fruitiness of the Cabernet Franc (72%) and the Malbec (28%) pair nicely to the spice and herb that emerge toward the finish. Native yeasts, 1/3 whole cluster fermentation. Another Rogue Valley wine that competes with anyone on quality, price and value.

**\$18.99**



**Scenic Valley  
Gruner**  
A Willamette Valley take on the classic Austrian white grape Gruner Veltliner, right down to the bottle capped one litre bottle. Crisp and refreshing, with that unique Gruner profile of light and easy-drinking, yet having an unmistakable weightiness. With the weather warming this will be a great wine for asparagus season or by itself while enjoying the sunshine.

**\$14.99**



**Crystal Geyser  
Sparkling Spring Water**  
4 pk.  
**\$2.29**

**Ciao Bella  
Gelato &  
Sorbetto**  
16 oz.  
**\$3.99**



**coop  
deals**



**Larabar  
Fruit & Nut Bar**  
1.6-1.7 oz.  
**10/\$10**

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