

SALE EFFECTIVE

MARCH 21 - 27

SPRING Savings







ORGANIC
Cara Cara
Navel Oranges
California

\$1⁷⁴lb.



ORGANIC
Pink Lady Apples
Washington

\$148_{lb.}



ORGANIC Bosc Pears Washington

\$1³⁶lb.



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

\$3⁷⁴ea.



Organic Girl Butter Plus!

5 oz. Container • Arizona

\$388_{ea}



ORGANICBrussels Sprouts

Mexico

\$**2**⁹⁸lb.





Montebello Organic Pasta16 oz.

2/\$5





Organic Smart Chicken Sausages

All Varieties 12 oz.

\$699



Follow Your Heart Vegan Cheese Alternative

Sliced Mozzarella & Provolone 7 oz.

\$399



Muir Glen Organic Pasta Sauce 25.5 oz.

2/\$5





Earth Balance Buttery Spread

Non-Dairy • 10-16 oz.

\$349



Organic Valley Organic Large Brown Eggs

6 ct.

\$229



Organic Valley Cream Cheese & Neufchatel

Tubs & Bars • 8 oz.

\$299



Uncle Matt's Organic Orange Juice

With Pulp • Pulp-Free • 59 oz.

\$**5**59



ORGANICCafé Mam
Tango Coffee

\$9²⁹lb.



ORGANIC Green Lentils

\$469_{lb.}



ORGANIC
Whole Cashews
Raw

\$**8**49_{lb}



ORGANIC
Cane Sugar
Unrefined

\$419_{lb.}



Spectrum Organic Extra Virgin Olive Oil

25.4 oz.

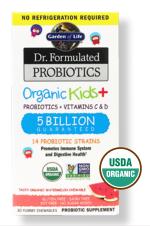
\$**6**⁹⁹



Garden of Life Organic Kids+

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

\$16²⁹





Ancient Harvest Organic Polenta

18 oz.

\$499



Annie'sOrganic Dressing & Vinaigrette

8 oz.

2/\$4



MegaFood Blood Builder

Fresh from Farm to Tablet 30 tab.

\$12²⁹

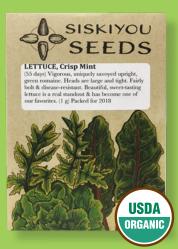


Herb Pharm Organic Bitters

Classic • Absinthium Bittersweet • Orange

\$749

WE LOVE THIS!



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.

\$3⁷⁵ea.



Alba Botanica Hawaiian Sunscreen

Broad Spectrum Water Resistant Select Varieties 4 oz.

\$699





Tiger Balm Pain Relieving Ointment

Works Where it Hurts Extra Strength • 0.63 oz.

\$499



Giovanni 2Chic Shampoo & Conditioner

Ultra Moisturizing • Sleek Berry Coconut • 8.5 oz.

579



Pickles & Plutneys

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



AFC DELI Bakery **Grain-Free Peanut Butter Cookie**

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 Roque Valley wine that competes with anyone on quality, price and value.





AFC DELI Made to Order Café au lait

1/2 Drip Coffee, 1/2 Steamed Milk

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.







Crystal Geyser Sparkling Spring Water



Lärabar Fruit & Nut Bar 1.6-1.7 oz.

Visit www.ashlandfood.coop for more recipes