



**ASHLAND
FOOD CO+OP**

EST. 1972

**SALE EFFECTIVE
APRIL 18 - 24**

EARTH DAY
Savings

**SIMPLE
SUPERFOODS
Organic Pesto**

Rogue River, Oregon

The Farming Fish is an Organic farm centered on Aquaponics and practices sustainable & holistic farming.

7 oz.
\$7.49

Local
200 MILES



**ORGANIC
Honey Mangos**
Mexico

5/\$5



**ORGANIC
Meyer Lemons**
California

\$1.98 lb.



**ORGANIC
Abate Fetel Pears**
Argentina

\$1.78 lb.



**ORGANIC
Large Hass Avocados**
California & Mexico

2/\$4



**ORGANIC
Zucchini**
Mexico

\$1.28 lb.



**ORGANIC
Texas Sweet Onions**
New Crop • Texas

\$1.48 lb.



**ORGANIC
Cherry Tomatoes**
Pint • Mexico

\$2.42 ea.



**ORGANIC
Large Artichokes**
California

2/\$5

**Applegate Naturals
Breakfast Sausage**
All Varieties • 7 oz.

\$4⁹⁹



coop deals

**Annie's Homegrown
Organic
Macaroni & Cheese**
Selected Varieties
6 oz.

2/\$3



**Applegate Naturals
Turkey Bacon**
8 oz.

\$4⁹⁹

coop deals



**Epic
Bone Broth**
14 oz.

\$4⁹⁹

**Woodstock
Vegetables**
Selected Varieties
10 oz.

2/\$4



coop deals



**Field Day
Wild Caught
Albacore Tuna**
5 oz.

\$1⁸⁹

coop deals



**Sir Kensington
Mayo & Mustard**
Selected Varieties
10- 11 oz.

\$3⁹⁹

coop deals



**Annie's
Organic Dressing &
Vinaigrette**
8 oz.

2/\$5

coop deals



**Luna
Nutrition Bar**
1.69 oz.

10/\$10



**ORGANIC
Pachamama
5 Sisters Coffee**

\$10¹⁹ lb.

coop deals



**Wallaby
Organic
Aussie Greek Yogurt**
5.3-6 oz.

\$1⁴⁹



**Wilcox
Organic
Large White Eggs**
Dozen

\$3²⁹

coop deals



**Lifeway
Organic
Kefir**
32 oz.

\$3⁹⁹

Earth Day **20% OFF** BULK SALE

OVER 200 SELECT BULK ITEMS

4/18-4/22

Special Orders Not Included

LOOK FOR THIS
TAG TO SAVE



Himalayan Pink Salt



**Bob's Red Mill
Almond Flour**



**Grizzlies
Organic
Swiss Muesli**



**Golden Temple
Organic French
Vanilla Granola**



**Grizzlies
Organic
Oregon Trail Mix**



**Aunt Patty's
Organic Mount Rainier
Trail Mix**



**Woodstock Farms
Organic Tamari
Sunflower Seeds**



**Hummingbird
Organic Pumpkin Seeds
Raw & Hullless**



**ORGANIC
Cashews
Whole • Raw**



**Deluxe Mixed Nuts
Roasted & Salted**

Earth Day **20% OFF** BULK SALE

OVER 200 SELECT BULK ITEMS

4/18-4/22

Special Orders Not Included

LOOK FOR THIS
TAG TO SAVE



Lotus Foods
Organic Jasmine Rice



ORGANIC
Red Lentils



Hummingbird
Organic Mung Dal
Split Mung Beans



Lotus Foods
Organic Forbidden
Rice Ramen



Hummingbird
Organic Great
Northern Beans



Hummingbird
Organic Yellow
Masa Harina
Gold Mine



ORGANIC
Red Quinoa



ORGANIC
Steel Cut Oats



ORGANIC
Yellow Popcorn

coop deals

Organic Valley Raw Cheese
Mild & Sharp Cheddar Jack Style
8 oz.

\$3⁹⁹



coop deals

Natural Vitality Natural Calm
The Anti-Stress Drink
Vegan • Non-GMO
Select Varieties
8 oz.

\$14⁹⁹



Jilz Gluten Free CrackerZ
5.5 oz.

\$4⁹⁹



Doctor Kracker Organic Crispbread
7 oz.

\$2⁸⁹



Herb Pharm Pollen Defense
Respiratory System Support
Local • 1 oz.

\$8⁹⁹



Similasan Eye Relief Drops
Homeopathic
Select Varieties • 0.33 oz.

\$9⁶⁹



How does the Co-op's bicycle benefits program work?

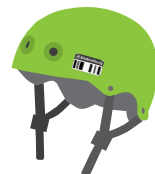
Step 1
Buy a Sticker

Helmet stickers are \$5 at the Info Desk

Step 2
Bike to the Co-op



Step 3
Show your helmet sticker to save 5% on your shop



coop deals

Preserve Shave 5
Made with Love and Recycled Yogurt Cups
5 Blade Cartridges
1 ct.

\$7³⁹



coop deals



Andalou Naturals Lift and Firm Cream
Hyaluronic DMAE • Non-GMO
Age Defying • 1.7 oz.

\$16⁴⁹



Aura Cacia Chakra Balancing Aromatherapy Roll-On
Pure Essential Oils • Organic
All Varieties • 0.31 oz.

\$9⁶⁹



Earth DAY Sustainability Tour

Sunday, April 22
Noon to 2:00PM
Co-op Courtyard

Get to know your Co-op a little better on Earth Day. The Ashland Food Co-op is offering 30-minute walking tours of our sustainability efforts from Noon to 2pm on April 22nd.

DISCOVER

- The co-op's 20 different categories for sorting waste for reuse or recycling
- Our myriad of in-store initiatives to reduce energy and conserve resources

• How we save an estimated 125,000 gallons of water per year with just one simple change in-store

Join us for 30 minute Sustainability walking tours of the Co-op Campus every half hour from noon to 2pm on Sunday, April 22nd. No registration necessary.

Visit www.ashlandfood.coop for more information.



AFC DELI
Grab-n-Go
Vegan Black Bean
Quesadilla
\$2.25



TOWNSHEND'S
BREW DR.
KOMBUCHA
AFC DELI
Filled to Order
Kombucha Growler Fills
See cashier for rotating
Brew Dr. flavors!
32 oz. 64 oz.
\$3.95 \$8.95

Armas de Guerra Mencia

This red is grown in the Bierzo region of NE Spain. I often describe the Mencia grape as tasting like fruity Zinfandel, but with the subtlety, weight, and alcohol levels of Gamay. An easy-drinking red that will be great with a variety of foods, a fire up the barbeque red.



\$11.99

Algueira "Brandan" Godello Ribeira Sacra

30-80 year old Godello vines grown in schist soils on terraced and incredibly steep vineyards above the Sil River in NW Spain. Natural yeasts, no oak, unfiltered, vibrant, layered, apple, pear, flowers, stone fruit, vibrant acidity, lingering minerality on the finish.



\$16.99



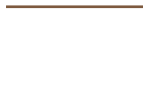
Pacific Organic Coconut Milk
32 oz.

\$1.79



GloryBee Raw Honey
All Varieties
18 oz.

\$6.59



Peace Cereal
10-11 oz.

\$2.99



Yogi Teas
16 Bag

\$2.89



Visit www.ashlandfood.coop for more recipes