



**ASHLAND  
FOOD CO+OP**

EST. 1972

**SALE EFFECTIVE  
MAY 2 - 8**

**MAY IS  
OREGON  
WINE  
MONTH!**



*Local*  
200 MILES

**SLAGLE CREEK  
ELLA REESE**

**ROSÉ OF  
TEMPRANILLO**

Southern Oregon

**\$8.99**



**ORGANIC  
Large Hass Avocados**  
Guac bottom prices!  
Mexico & California

**3/\$5**



**ORGANIC  
Green Onions**  
California

**86¢ ea.**



**ORGANIC  
Heirloom Tomatoes**  
All Varieties

**\$3.46 lb.**



**ORGANIC  
Cilantro**  
California

**98¢ ea.**



**ORGANIC  
Garlic**  
Mexico

**\$4.95 lb.**



**ORGANIC  
Papaya**  
Mexico

**\$1.64 lb.**



**ORGANIC  
Limes**  
Mexico

**\$1.98 lb.**



**ORGANIC  
Tommy Atkins  
Mangos**  
Mexico

**2/\$3**



**DIESTEL**  
TURKEY RANCH

**Ashland Food Co-op  
Housemade Ground  
Turkey Sausage**  
Breakfast • Mild Italian  
Garlic & Basil

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

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



**CAPPELLO'S**  
FRESH PASTA MADE WITH ALL  
NATURAL ALMOND FLOUR

**PALEO FRIENDLY  
GLUTEN FREE  
GRAIN FREE**

EQUAL BITES  
FOR ALL

**FETTUCCINE**

**Capello's  
Gluten-Free Pasta**  
Fettuccine • Lasagna  
9 oz.

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

**coop deals**



**Chobani  
Greek Yogurt**  
Non-Fat • 5.3 oz.

**99¢**

**coop deals**



**Nancy's  
Plain Yogurt**  
Non-Fat • Low-Fat • Honey  
32 oz.

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

**coop deals**



**Daiya  
Cream Cheeze  
Style Spread**  
Dairy-Free  
8 oz.

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

**coop deals**



**Equal Exchange  
Organic Coffee**  
10-12 oz.

**\$6<sup>39</sup>**

FAIR TRADE  
CERTIFIED

USDA  
ORGANIC

**coop deals**



**Alter Eco  
Organic Chocolate**  
2.82 oz.

**2/\$5**

FAIR TRADE  
CERTIFIED

USDA  
ORGANIC

**coop deals**



**Annie's Homegrown  
Condiments**  
6.25-24 oz.

**\$2<sup>49</sup>**

**coop deals**



**Bionaturae  
Organic Pasta**  
Selected Varieties • 16 oz.

**\$1<sup>79</sup>**

USDA  
ORGANIC



**ORGANIC  
Griffin Creek  
Sumatra Dark Roast**

**\$9<sup>89</sup> lb.**

USDA  
ORGANIC



**ORGANIC  
Cannellini Beans**

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

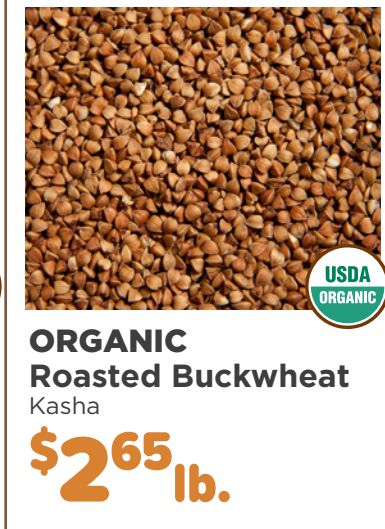
USDA  
ORGANIC



**ORGANIC  
Bulk Packaged  
Pitted Dates**  
Deglet Noor

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

USDA  
ORGANIC



**ORGANIC  
Roasted Buckwheat  
Kasha**

**\$2<sup>65</sup> lb.**

USDA  
ORGANIC



# Oregon WINE MONTH



**Brandborg  
Pinot Gris  
Umpqua Valley**

The nose is big, the citrus and mineral flavors are light and fresh.

**\$14<sup>99</sup>**



**Scenic Valley  
Gruner  
Willamette Valley**

A Willamette Valley take on the classic Austrian white grape Gruner Veltliner. Crisp and refreshing, with that unique Gruner profile of light and easy-drinking, yet having an unmistakable weightiness.

**\$14<sup>99</sup>**



**Plaisance  
Cabernet Franc  
Applegate Valley**

Big and ripe, with herbal and smoky oak accents.

**\$24<sup>99</sup>**



**Quady North  
La Battalla  
Rogue Valley**

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.

**\$18<sup>99</sup>**



**Upper Five  
Rosé of Grenache  
Rogue Valley**

Upper Five's vineyard in Talent is certified organic, and now has biodynamic certification as well. It gains a hint of creaminess from neutral oak barrel fermentation.

**\$18<sup>99</sup>**



**Seven of Hearts  
Pinot Noir  
Willamette Valley**

Ripe without being sweet, think cranberry and pomegranate. A hint of loamy earth and acidity, fresh and vibrant.

**\$22<sup>99</sup>**



# Oregon

# WINE MONTH



**Cuckoo's Nest  
Chardonnay  
Rogue Valley**

Nicely ripe and soft, with both a touch of refreshing acidity and a noticeable hit of vanilla oak. Grapes come from Gold Vineyard in Talent.

**\$13<sup>99</sup>**



**Cowhorn  
Viognier Block 2  
Applegate Valley**

Shows the big aromatics and weight of the organic and biodynamically grown Viognier, but with wonderful restraint and balance. Lengthy, yet refreshing and bright.

**\$19<sup>99</sup>**



**Irvine Roberts  
Chardonnay  
Rogue Valley**

Elegant. The fruit is sweet, without getting into tropical flavors. The oak is nicely integrated, the acidity gives balancing structure.

**\$29<sup>99</sup>**



**Jaxon  
Tradicion  
Rogue Valley**

67% Tempranillo and 33% Garnacha, grown a few miles from the Co-op. Toasty oak on the finish adds to this structured, yet fruity red.

**\$21<sup>99</sup>**



**Abacela  
Albarino  
Umpqua Valley**

Super zingy acidity keeps this bright and fresh. Beautiful floral nose with flavors of peach and citrus.

**\$17<sup>99</sup>**



**Anne Amie  
"Cuvée A" Muller-Thurgau  
Yamhill-Carlton**

Estate-grown, nearly 40 year old vines. This white is very aromatic, with a nice hint of sweetness and the acidity to balance.

**\$13<sup>99</sup>**



**Wild Mexican  
26/30 Count  
Shell-On Shrimp**

**\$11<sup>99</sup> lb.**

**Vitanica  
All Products**

**20%  
OFF**



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

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



**Napa Valley Naturals  
Vinegars**  
12.7 oz.

**\$2<sup>99</sup> - \$5<sup>99</sup>**



**WishGarden  
Kick-Ass Allergy**  
Seasonal Rescue • 2 oz.

**\$12<sup>49</sup>**



**Lily of the Desert  
Aloe Vera Juice**  
Organic • Whole Leaf  
Preservative-Free • 32 oz.

**\$7<sup>79</sup>**



Did you know we offer free wine tastings every Wednesday and Friday from 4pm to 6pm at the Tasting Kiosk? In celebration of Oregon Wine Month, each tasting this month will feature an Oregon vintner or winery. Swirl, sip and savor all the unique varieties our wonderful state has to offer.

**Pacifica Beauty  
All Products**

**20%  
OFF**



**Acure  
Shampoo & Conditioner**  
All Varieties  
12 oz.

**\$5<sup>99</sup>**



**Jason  
Toothpaste**  
Sea Fresh • Healthy Mouth  
Nutrismile • 4.2-6 oz.

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





## Pear and Blue Cheese Flatbread

The classic combination of pears, walnuts and blue cheese pairs perfectly with your favorite Oregon white wine.

### Ingredients

- 4 small flatbreads or 2 lavash, cut in quarters or halves
- 1 tablespoon olive oil
- 1 pear, cored and thinly sliced
- 8 ounces blue cheese, crumbled
- 2 teaspoons minced fresh sage
- 2 tablespoons coarsely chopped walnuts
- 2 cups arugula, washed
- 1 tablespoon balsamic vinegar
- Black pepper

### Directions

- 1) Heat the oven to 450°F.
- 2) Place the flatbread or lavash pieces on a large sheet pan and drizzle with olive oil. Spread the pear slices evenly on top, sprinkle with blue cheese, sage and walnuts. Bake for 6 to 8 minutes until the cheese is bubbly.
- 3) Remove from the oven.
- 4) While the flatbreads are baking, toss the arugula with the balsamic vinegar. Top the hot flatbreads with the dressed greens, sprinkle with black pepper and serve.

Enjoy!

**Next Cooking Class**  
**Culinary 101:**  
**The Grill**  
**Tues., May 15 • 6:30PM**

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



**AFC DELI**  
**Made to Order**  
**Beef Tacos**  
**\$1.50 ea.**



**AFC DELI**  
**Grab-n-Go**  
**Fresh Mild Salsa**  
16 oz.  
**\$3.25**

## MAY IS OREGON WINE MONTH!



### Christopher Michael Pinot Noir

The creation of two brothers that specialize in value priced Oregon and Washington wines. Chris Mike is referred to as a negociant winery, meaning they use purchased grapes, as opposed to owning vineyards. This is a blend of Umpqua and Willamette Valley grapes, medium bodied, classic Pinot flavors, easy-drinking, and a great price.

**\$11.99**



**San Pellegrino**  
**Sparkling**  
**Mineral Water**  
750 ml.  
**2/\$3**

coop deals

**Alden's**  
**Organic**  
**Ice Cream**  
**Bars**  
12 oz.  
**\$3.59**



coop deals

**Kettle**  
**Potato Chips**  
5 oz.  
**\$1.79**



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