



**ASHLAND
FOOD CO+OP**

EST. 1972

**SALE EFFECTIVE
MAY 23 - 29**

**Memorial Day
Savings**



TETON WATERS RANCH

**BEEF HOT DOGS
& SAUSAGES**

All Varieties
100% Grass-Fed
8-10 oz.

\$5⁹⁹



**ORGANIC
Seedless Watermelon**
California

69¢ lb.



**ORGANIC
Raspberries**
California & Mexico
6 oz. Container

\$3⁹⁸ ea.



**ORGANIC
Seedless Grapes**
Red • Green • Black

\$2⁹⁸ lb.



**ORGANIC
Cherry Tomatoes
on the Vine**
12 oz. Bag

\$3⁴⁸ ea.



**ORGANIC
Portabella
Mushrooms**
Great on the Grill!

\$5⁹⁵ lb.



**ORGANIC
Blueberries**
California
12 oz. Container

\$5⁹⁵ ea.



**ORGANIC
Strawberries**
California
1 lb. Container

\$3⁹⁸ ea.

coop deals

Late July
Organic Multigrain
Tortilla Chips
5.5 oz.

\$1.79



coop deals

Woodstock
Organic Pickles
24 oz.

\$3.29-\$3.99



coop deals

Rudi's
Organic Bakery
Hamburger &
Hot Dog Buns
12-18 oz.

\$2.99



coop deals

Organic Prairie
Organic Beef
Hot Dogs
100% Grass-Fed
12 oz.

\$6.99



coop deals

Califia
Almond Milk
Non-Dairy Beverage • 48 oz.

\$3.99



coop deals

Kashi
Organic Cereal
10.3-16.3 oz.

\$2.79



coop deals

Feel Good Foods
Taquitos
9 oz.

2/\$7



coop deals

Westbræ
Organic Beans
25 oz.

\$1.89



coop basics

ORGANIC
Equal Exchange
Decaf French Coffee

\$11.59 lb.



ORGANIC
Buckwheat Groats

\$2.19 lb.



ORGANIC
Golden Flax

\$1.79 lb.



coop deals

ORGANIC
Grind Your Own
Peanut Butter

\$3.19 lb.



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Local
200 MILES

EMERALD HILLS GROUND BEEF

Not to Exceed 20% Fat
100% Grass-Fed

\$4⁹⁹ lb.



Smart Chicken Whole Legs

\$2²⁹ lb.



Tillamook Medium Cheddar Cheese

2 lb.

\$6⁹⁹



Ashland Food Co-op Housemade Pork Bratwurst

\$6⁹⁹ lb.

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ORGANIC LARGE HASS AVOCADOS

California & Mexico

2/\$4



**ORGANIC
Asparagus**
Northwest Grown

\$4⁹⁵ lb.



**ORGANIC
Nectarines**
California

\$3⁷⁴ lb.



**Beeler's Heluka
Boneless Pork
Country Style Ribs**

\$4⁹⁹ lb.



**ORGANIC
Red & Yellow
Potatoes**
New Crop! • California

\$1³⁴ lb.



**ORGANIC
Mini Sweet Peppers**
1 lb. Bag
Mexico

\$2⁹⁸ ea.

coop deals

Organic Valley Grassmilk Cheese Raw Cheddar
Medium • Sharp
8 oz.

\$5⁹⁹ - \$6⁴⁹



Pranarōm Veriditas Botanicals All Products

20% OFF



Jilz Gluten-Free Crackers
5.5 oz.

\$4⁹⁹

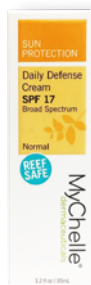
coop deals



Sesmark Rice Thins
3.45-4.25 oz.

\$1⁹⁹

coop deals



MyChelle Dermaceuticals Daily Defense Cream SPF 17

Broad Spectrum • Reef Safe
GMO & Gluten-Free • 1.2 oz.

\$14⁴⁹

coop deals



Andalou Naturals Probiotic + C Renewal Cream

Fruit Stem Cell Science
Brightening • 1.7 oz.

\$15⁹⁹

WE LOVE THIS!



Organic Smart Chicken Tenderloins

Fire up the grill! Organic Smart Chicken Tenderloins are fast and easy to cook and a kid favorite. Plus, you can feel good about feeding your family sustainable, quality protein. Organic Smart Chickens are raised on certified organic, certified non-GMO feed without antibiotics, growth stimulants, and animal by-products.

Vitania All Products

20% OFF



coop deals



Tera's Whey Organic Whey Protein
Grass-Fed • All Varieties
12 oz.

\$23⁷⁹



Solaray Activated Coconut Charcoal Powder
Non-GMO Coconut Shell • 2.65 oz.

\$13⁹⁹



Tzatziki Potato Salad

A tangy take on a BBQ staple, this potato salad skips the mayonnaise for a delightfully fresh taste.

Ingredients

- 4 pounds of Yukon gold potatoes
- 1 ¼ cup Greek style yogurt
- ¼ cup sour cream
- 2 tablespoons lemon juice
- 1 tablespoon white wine vinegar
- 1 tablespoon minced fresh dill
- 1 garlic clove minced
- 2 teaspoon sea salt
- Fresh ground black pepper
- 1 cucumber unpeeled but quartered lengthwise seeds removed

Directions

- 1) In a medium pot cover the potatoes with cold water and bring them to a boil over high heat. Cover and reduce heat to medium. Let potatoes simmer until fork tender. This should take about 30 minutes. Let cool completely.
- 2) In the bottom of a large bowl stir together the yogurt, sour cream, lemon juice, vinegar, dill, garlic, salt and black pepper.
- 3) Grate the cucumber on a box grater. Remove excess water by squeezing with your hands. Add to the yogurt mixture. Cut the potatoes into quarters or smaller and add to the yogurt mixture. Stir to coat.

Enjoy!

Next Cooking Class
August Kids Summer
Camp: Food Preservation
Experimentation!
Monday, August 13 to
Friday, August 17
9AM to 1:30PM

Sign-up at www.ashlandfood.coop



AFC DELI
Bakery
Hooty Creek Cookie
\$1.25 ea.



AFC DELI
Made to Order
Paleo Bowl
\$6.95 ea.

Upper Five Rosé of Grenache

From their Organic and Biodynamic certified vineyard in Talent, this has a low 11.8% alcohol, with raspberry and watermelon flavors, and just a touch of watermelon rind on the finish. It gains only a hint of creaminess from neutral oak barrel fermentation, with bright acidity leading the way. Join us in-store on Friday the 25th as vigneron Terry Sullivan will be pouring samples.



\$18.99

Valley View Viognier

Just released for Summer sipping, the new vintage of this terrific Southern Oregon value. Fresh, aromatic, and displays the unique quality of Viognier with both weight, and a lightness on the palate. We will be celebrating Oregon Wine Month by pouring this in-store Wednesday the 23rd from 4 to 6 at the Tasting Kiosk.



\$12.99

Alden's Organic Ice Cream

1.5 qt.
2/\$10



Pamela's Cookies

7.25 oz.
\$2.89



Clif Builder's Protein Bar

2.4 oz.
4/\$5

Visit www.ashlandfood.coop for more recipes