



**ASHLAND
FOOD CO+OP**

EST. 1972

**SALE EFFECTIVE
JULY 18 - 24**

**S'more
Savings**



**SAVE
\$1**

**PAMELA'S
GLUTEN-FREE
GRAHAMS**

Honey • Cinnamon
7.5 oz. • Reg. \$4.29

\$3.29

**OREGON
GROWN**



**ORGANIC
Cantaloupe**
Hermiston, OR
Reg. \$0.99/lb

69¢ lb



**ORGANIC
Dapple Dandy Pluots**
California
Reg. \$3.99/lb

\$2.68 lb



**ORGANIC
Dark Sweet Cherries**
Northwest
Reg. \$5.95/lb

\$3.98 lb



**ORGANIC
Seedless Watermelon**
California
Reg. \$0.79

64¢ lb

**Local
200 MILES**



**ORGANIC
Napa Cabbage**
Rogue Valley
Reg. \$1.99/lb

\$1.24 lb



**ORGANIC
Large Hass Avocados**
California & Mexico
Reg. \$2.50 ea

2/\$4

**Local
200 MILES**



**ORGANIC
Green Cabbage**
Rogue Valley
Reg. \$1.49/lb

98¢ lb

**Local
200 MILES**



**ORGANIC
Cucumbers**
Rogue Valley
Reg. \$2.99/lb

\$1.99 lb

**SAVE
\$1/lb**



Diestel Turkey Ranch Ground Dark Turkey
Reg. \$5.99/lb
\$4⁹⁹ lb

SAVE \$1/lb

DIESTEL
SINCE 1849
TURKEY RANCH

Applegate Naturals Breakfast Sausages

All Varieties
7 oz. • Reg. \$5.99

\$4⁹⁹



SAVE \$1



coop deals

Nancy's Organic Plain Whole Milk Yogurt
4 lb. • Reg. \$7.99
\$6⁴⁹

USDA ORGANIC



coop deals

Organic Valley Organic Large Brown Eggs
Dozen • Reg. \$5.29
\$4³⁹

USDA ORGANIC



coop deals

Larabar Fruit & Nut Bar
1.6-1.7 oz. • Reg. \$1.69
10/\$10

PEANUT BUTTER CHOCOLATE CHIP
NET WT 1.6 OZ (45g)



coop deals

Almond Breeze Almond Milk
32 oz. • Reg. \$2.49
\$1⁴⁹

UNWEETENED Original
30% ALMOND MILK
SAVE \$1



coop deals

Kashi Organic Cereal
10.3-16.3 oz. • Reg. \$4.99
\$2⁹⁹

Organic Strawberry Fields
SAVE \$2
USDA ORGANIC



coop deals

Santa Cruz Organic Lemonade
32 oz. • Reg. \$1.99
\$1³⁹

USDA ORGANIC



coop deals

Divine Chocolate Bars
3.5 oz. • Reg. \$3.59
\$2⁵⁹

SAVE \$1
FAIR TRADE CERTIFIED



coop deals

Pachamama Organic Farmer's Extra Dark Roast
Reg. \$13.59/lb
\$10¹⁹ lb

USDA ORGANIC



coop deals

ORGANIC Red Quinoa
Reg. \$2.61/lb
\$2¹⁹ lb

USDA ORGANIC



coop deals

Taste Adventure Organic Soup Mix
Split Pea • Curry Lentil
Reg. \$9.43/lb
\$7⁵⁹ lb

USDA ORGANIC



coop deals

ORGANIC Pistachios
Roasted • Salted
Reg. \$9.82/lb
\$7⁸⁹ lb

USDA ORGANIC

coop deals

Sunshine Burger Organic Veggie Burgers

3 pk. • Reg. \$5.49

\$3.79



Herb Pharm Good Mood Nervous System Stabilizing

1 oz. • Reg. \$10.99

\$8.99



SAVE \$2

coop deals



Organic Valley Cheese

Muenster • Pepperjack Mozzarella

8 oz. • Reg. \$5.89

\$4.59

coop deals



Alexia Smart Classics Crinkle Cut Fries

20-32 oz. • Reg. \$4.49

\$3.49

SAVE \$1

coop deals



Spectrum Organic Ground Premium Flaxseed

14 oz. • Reg. \$7.49

\$4.99

coop deals



HealthForce SuperFoods Truly Natural Vitamin C

3.7 oz. • Reg. \$19.99

\$15.99

SAVE \$4

ROGUE VALLEY FARM TOUR



SUNDAY, JULY 22 • 10 AM TO 4 PM

Meet your local farmers!

This free family event features field tours of your favorite local farms and vineyards, tastings, kids activities and more.

FOR MORE INFORMATION @ROGUEVALLEYFARMTOUR

coop deals

Schmidt's Natural Deodorant

Lavender Sage
Rose Vanilla
Bergamot Lime
Cedar Juniper

3.25 oz. • Reg. \$9.99

\$6.49



coop deals



Andalou Naturals Shampoo & Conditioner

Non-GMO • All Varieties

11.5 oz. • Reg. \$9.95

\$6.59



Jason Toothpaste

Sea Fresh • Healthy Mouth

Nutrismile

4.2-6 oz. • Reg \$4.99-\$5.29

\$2.99



Rolling Hills Peach Crisp

This crowd pleasing dessert features local Rolling Hills peaches and is a great addition to any summer BBQ.

Ingredients

8 large peaches, sliced
 1/3 cup honey
 4 tablespoons whole wheat pastry flour
 Pinch sea salt

Crisp Topping:

1/2 cup unsalted butter
 1/4 cup honey
 2 cups whole wheat pastry flour
 1/2 teaspoon sea salt
 1 1/4 cup almonds, roasted and chopped fine

Directions

- 1) Pre-heat oven to 375 degrees.
- 2) Slice the peaches into a large bowl. Drizzle the honey over the top and mix into the fruit. Add the pastry flour and salt. Mix again.
- 3) Heat the butter in a small saucepan. When it is melted stir in the honey and remove from the heat.
- 4) Meanwhile combine the flour, salt and almonds in a mixing bowl.
- 5) Pour the butter and honey over the flour and nuts. Fold in to make a dry crumble.
- 6) Pour the peaches into a 9 by 13 baking dish. Distribute the topping over the fruit.
- 7) Bake about 30 minutes or until the mixture is bubbling in the dish and the topping is golden.

Enjoy!



AFC DELI Grab-n-Go Smoked Turkey Sandwich

Reg. \$7.95

\$6²⁵ ea



AFC DELI Bakery Sundrop & O's Cereal Bar

Reg. \$13.95/lb

\$10⁹⁵ lb

Quinta das Bageiras Bruto Natural

'Natural' indicates there is no sugar added. That keeps this really dry Champagne Method sparkler light and pure. An ideal aperitif.

\$15⁹⁹



Hazana Rioja

Tempranillo with 15% Graciano. Starts with loads of modern ripe fruit, then ends with wonderful old-world dusty tannins. Aged ten months in a mixture of American and French oak barrels.

\$13⁹⁹



Hail Merry Cups

1.52-1.76 oz.
Reg. \$2.49

\$1⁷⁹



Alden's Organic Ice Cream Bars

12 oz. • Reg. \$4.49

\$3²⁹



Clif Builder's Protein Bar

2.4 oz. • Reg. \$1.99

4/\$5