



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

*Holiday*  
**SAVINGS**

Sale Effective December 12 to 18

**CLAWSON**



**SAVE  
\$5/lb**

Clawson  
**WENSLEYDALE &  
CRANBERRIES**  
Reg. \$13.99/lb  
**\$8<sup>99</sup> lb**

## Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**SAVE  
\$1/lb**



**ORGANIC  
Jazz Apples**  
Washington  
Reg. \$2.99/lb

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



**ORGANIC  
Hachiya Persimmons**  
California  
Reg. \$5.45/lb

**\$3<sup>48</sup> lb**



**ORGANIC  
Pomegranates**  
California  
Reg. \$3.49/ea

**2/\$5**



**ORGANIC  
Cara Cara  
Navel Oranges**  
California  
Reg. \$3.29/lb

**\$1<sup>98</sup> lb**



**ORGANIC  
Bunched Carrots**  
Oregon & California  
Reg. \$2.99/ea

**\$1<sup>98</sup> ea**



**ORGANIC  
Cherry & Grape  
Tomatoes**  
Mexico  
Dry Pint • Reg. \$4.95/ea

**\$2<sup>96</sup> ea**



**ORGANIC  
Large Hass Avocados**  
Mexico  
Reg. \$2.99/ea

**2/\$4**



**ORGANIC  
Bunched Beets**  
Oregon & California  
Reg. \$2.49/ea

**\$1<sup>98</sup> ea**

coop  
deals

## Chocolove Chocolate Bars

3.2 oz. • Reg. \$2.99

**2/\$4**



Grocery

## Luna & Larry's Organic Coconut Bliss

Pint • Reg. \$6.29

**2/\$8**



coop  
deals



## Pamela's Gluten-Free Cookies

5.29-7.25 oz. • Reg. \$3.69

**\$2.89**

coop  
deals



## Nancy's Organic Sour Cream

16 oz. • Reg. \$3.99

**\$2.89**

coop  
deals



## Organic Valley Organic Large Brown Eggs

Selected Varieties

Dozen • Reg. \$5.29

**\$4.29**



## Genuine Bavarian Organic Bread

Pumpnickel • Flaxseed  
Sunflowerseed Rye

176 oz. • Reg. \$4.99

**\$3.49**

coop  
deals



## R.W. Knudsen Sparkling Fruit Juice

Apple • Pear • Cranberry

750 ml. • Reg. \$3.69-\$4.29

**\$2.79**

coop  
deals

## Crofter's Organic Premium Spread

16.5 oz. • Reg. \$4.33-\$4.99

**2/\$7**



coop  
deals



## Paleo Prime Cookie

Chocolate Chip  
Vanilla Blueberry

1.5 oz. • Reg. \$2.49

**\$1.49**

coop  
basics



## ORGANIC Pinto Beans

**\$1.61/lb**

coop  
deals



## ORGANIC Almonds

Pasteurized  
Reg. \$10.96/lb

**\$9.99/lb**

Bulk

coop  
basics



## Equal Exchange Organic Decaf French Roast Coffee

**\$11.59/lb**



## Lundberg Family Farms Organic Short Grain Brown Rice

Reg. \$1.64/lb

**\$1.39/lb**

## Land & Sea



SAVE  
\$1

### Pacific Sustainable Seafood Fish Sticks

Located in Freezer

9 oz. • Reg. \$5.99

**\$4.99**



SAVE  
\$1

### Beeler's Hickory Smoked Bacon

16 oz. • Reg. \$7.99

**\$6.99**

## House-Made

### ASHLAND FOOD CO+OP

EST. 1972

### AFC DELI Made to Order Peppermint Mocha

12 oz. • Reg. \$3.95

**\$2.95**



SAVE  
\$1



SAVE  
\$1

USDA  
ORGANIC

### Organic Valley Organic Pepperoni

5 oz. • Reg. \$6.99

**\$5.99**



SAVE  
\$1/lb

### Diestel Turkey Ranch Ground Turkey

Reg. \$5.99/lb

**\$4.99/lb**

### ASHLAND FOOD CO+OP

EST. 1972

### AFC DELI Bakery Russian Tea Cakes

Reg. \$2.95/ea

**\$2.25 ea**



## WHAT IS CO+OP BASICS?

Co+op Basics includes over 300 pantry and household staples. From beef to milk to cereal, we've lowered the price on all these items to make organic, healthy food accessible to every shopper.

LOOK FOR THE PURPLE TAGS TO SAVE!

Co+op  
basics

## CO+OP Basics

Co+op  
basics

### Source Naturals Wellness Formula

45 tab.

**\$7.94**



Co+op  
basics



### Nordic Naturals Nordic Berries

120 ct.

**\$16.94**

Co+op  
basics



### Boiron Arnica Cream

2.5 oz.

**\$8.40**

Co+op  
basics



### Nordic Naturals Omega-3

60 sgel.

**\$12.69**

Co+op  
basics



### Herb Pharm Super Echinacea

1 oz.

**\$9.97**

USDA  
ORGANIC



## Red Lentil & Fennel Ragout

with Bacon, Carrots, and Thyme

Add steamed kale or a green salad to this delicious gluten-free dinner.

### Ingredients

- 4 ounces sliced bacon, cut into ½ inch strips
- 2 carrots, sliced thin
- 1 bulb fennel, trimmed, halved, and sliced thin
- 1 small yellow onion, sliced thin
- 1 teaspoon sea salt
- 2 cups chicken stock
- 1 teaspoon fresh thyme, minced
- ½ teaspoon black pepper
- 1 cup red lentils, soaked for 1 hour and drained
- 1 teaspoon lemon zest
- 3 tablespoons lemon juice

### Directions

- 1) Heat a large skillet over medium heat. Add the bacon and cook until crisp. Remove and drain on paper towels.
- 2) Leave about a tablespoon of the bacon drippings in the skillet. Add the carrots, fennel, onion, and salt. Sauté for 6 to 8 minutes.
- 3) Stir in the stock, thyme, pepper, and lentils. Bring to a boil, reduce heat, and simmer for 10 minutes, stirring frequently. Look for the lentils to double in size and absorb most of the stock.
- 4) Mix in the bacon, zest, and lemon juice.
- 5) Serve with steamed kale or a green salad, and bread.

Enjoy!

coop deals



SAVE \$4

### Giovanni Shampoo & Conditioner

Selected Varieties

8.5 oz. • Reg. \$8.99

\$4<sup>99</sup>

Wellness



### Sunwarrior All Products

20% OFF

### Pranarom All Products

20% OFF



coop deals



SAVE \$2

### Soothing Touch Bath Salts

Eucalyptus Spruce • Tuscan Bouquet

32 oz. • Reg. \$5.99

\$3<sup>99</sup>

coop deals



SAVE \$3

### Himalaya Triphala

Easy Colon Cleanse & Detox

60 cap. • Reg. \$15.79

\$12<sup>79</sup>

Bruce's Picks

### Harper Voit Pinot Blanc Surlie

Willamette Valley

This incredible juxtaposition of crackling, vibrant acidity and verve with the hint of mid-palate mellowness is truly memorable.

\$19<sup>99</sup>



### Porrais Douro Tinto

My pick for best under 10 dollar red this year. This dry Portuguese wine is made from indigenous grapes, traditionally used in Port wine.

\$9<sup>99</sup>

