



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



**FUEL UP  
FOR WINTER**



Go Raw  
**ORGANIC  
SPROUTED  
SNACK BITES**  
3 oz. • Reg. \$4.59

**\$3<sup>39</sup>**



Sale Effective February 13 to 19

**Fresh Produce**

Your only Southern Oregon Certified Organic Grocer



**SAVE  
\$2/lb**



**ORGANIC  
Romanesco Cauliflower**  
California  
Reg. \$3.99/lb

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



**ORGANIC  
English Cucumbers**  
Mexico  
Reg. \$3.99/ea

**2/\$4**



**SAVE  
\$3/lb**



**ORGANIC  
Snap Peas**  
California  
Reg. \$6.95/lb

**\$3<sup>95</sup> lb**



**SAVE  
\$3**



**ORGANIC  
Mini Sweet Peppers**  
Mexico  
1 lb. Bag • Reg. \$5.95/ea

**\$2<sup>95</sup> ea**



**ORGANIC  
Braeburn Apples**  
Washington  
Reg. \$1.49/lb

**98¢ lb**



**ORGANIC  
Honey Mangos**  
Mexico  
Reg. \$1.99/ea

**2/\$3**



**SAVE  
\$3**



**ORGANIC  
Strawberries**  
Mexico  
1 lb. Container • Reg. \$9.95/ea

**\$6<sup>95</sup> ea**



**ORGANIC  
Triplecross Mandarins**  
California  
Reg. \$3.49/lb

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

coop deals

### Cascadian Farm Organic Cereal

9.6-13.5 oz. • Reg. \$4.79

2/\$5



## Grocery

### Blue Diamond Almond Breeze Unsweetened Almondmilk

Original • Vanilla  
64 oz. • Reg. \$5.49

2/\$8



SAVE \$1

### Chedz Cheese Snacks

Gluten-Free  
4 oz. • Reg. \$3.99

\$2.99

coop deals



### Doctor Kracker Organic Crispbread

7 oz. • Reg. \$3.59

2/\$5

coop deals



### Garden of Eatin' Tortilla Chips

16 oz. • Reg. \$3.99

2/\$5

coop deals



### Blake's Chicken & Shepard's Pie

8 oz. • Reg. \$5.39-\$5.69

\$3.99

coop deals



### Bionaturae Organic Fruit Spread

9 oz. • Reg. \$3.89-\$4.29

\$2.99-\$3.29

### Earth Balance Peanut Butter & Coconut Blend Spread

16 oz. • Reg. \$4.99

2/\$7



coop deals



### Organic Valley Organic Lactose-Free Milk

64 oz. • Reg. \$5.79

\$4.79

coop deals



### ORGANIC Steel Cut Oats

Reg. \$0.99/lb

85¢/lb



### ORGANIC Dark Red Kidney Beans

Reg. \$1.97/lb

\$1.69/lb

## Bulk



### Pachamama Organic Peru Coffee

Reg. \$13.59/lb

\$10.99/lb



### Lundberg Family Farms Organic American Brown Basmati Rice

Reg. \$2.46/lb

\$1.89/lb

## Land & Sea



SAVE \$1

### Beeler's Hickory Smoked Bacon

16 oz. • Reg. \$8.49

**\$7.49**



SAVE \$3/lb

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

Reg. \$14.99/lb

**\$11.99** lb



SAVE \$2/lb

USDA ORGANIC

### Organic Smart Chicken Tenderloins

Reg. \$8.99/lb

**\$6.99** lb



SAVE \$3/lb

### Wild Alaskan Copper River Coho Salmon Fillet

Reg. \$15.99/lb

**\$12.99** lb

## House-Made

### ASHLAND FOOD CO+OP

EST. 1972

### AFC DELI Bakery House-made Cakes

Reg. \$12.95/ea

**\$11.95** ea



SAVE \$1

### ASHLAND FOOD CO+OP

EST. 1972

### AFC DELI Made to Order ACBC Juice

16 oz. • Reg. \$6.49

**\$4.95**



## 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

### Applegate Naturals Black Forest Ham

7 oz.

**\$5.99**



Co+op basics

### Field Day Organic Apple Cider Vinegar

32 oz.

**\$3.99**



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### Field Day Organic Vegetable Broth

32 oz.

**\$1.99**



USDA ORGANIC

Co+op basics

### Field Day Organic Dark Maple Syrup

12 oz.

**\$8.99**



USDA ORGANIC

Co+op basics

### Biokleen Free & Clear Laundry Liquid

64 oz.

**\$9.69**





# Cinnamon Apple Coffee Cake

**This rich, moist cake featuring sweet apples, dried cranberries and whole grains is sure to please. Top with whipped cream and serve with coffee or tea.**

## Ingredients

- 1/2 cup whole wheat flour
- 1/2 cup all-purpose flour
- 1 cup rolled oats
- 3/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon allspice
- 1 1/2 teaspoons cinnamon
- 1 cup sugar
- 1/2 cup vegetable oil or melted coconut oil
- 1 egg, beaten
- 1/4 cup milk
- 1 teaspoon vanilla
- 1 cup diced apple
- 1/4 cup dried cranberries

## Directions

- 1) Heat the oven to 350°F. Butter or oil an 8 x 8 inch pan.
- 2) In a large mixing bowl, whisk together the flours, oats, baking soda, salt, spices and sugar. Stir in the remaining ingredients until just combined. The batter will be very thick. Spread the batter evenly into the pan. Bake for 35 to 40 minutes or until a toothpick stuck in the middle comes out clean.

Let cool before slicing.

**Enjoy!**

## Wellness



**Shepard Moon Concoctions  
All Products**

**15% OFF**



**Nature's Life  
All Products**

**15% OFF**



**LifeFlo  
All Products**

**15%  
OFF**



**SAVE  
\$3**

**Nature's Gate  
Shampoo & Conditioner**

All Varieties  
18 oz. • Reg. \$7.99

**\$4<sup>99</sup>**



**Source Naturals  
Wellness Herbal  
Resistance Liquid**

4 oz. • Reg. \$18.99

**\$15<sup>49</sup>**

## Bruce's Picks

**Buoy  
Cream Ale & IPA**  
6-Pack Cans

Brewed in Astoria, full flavored and eminently drinkable.

**\$8<sup>99</sup>**



**Dibon Cava  
Brut Rosé**  
750 ml.

Fruity, light and refreshing. This Spanish sparkling wine is an elegant value.

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

