



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

**EASTER  
Savings**



**SAVE  
\$2/lb**



**BEELEER'S  
BONE-IN SPIRAL  
SLICED HAM**  
Hickory Smoked

Reg. \$5.99/lb

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

Sale Effective April 17 to 23

**Fresh Produce**

Your only Southern Oregon Certified organic Grocer



**SAVE  
\$1**



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

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



**ORGANIC  
Green Beans**  
Mexico  
Reg. \$3.99/lb

**\$2<sup>24</sup>  
lb**



**ORGANIC  
Asparagus**  
Oregon & California  
Reg. \$5.95/lb

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

*New Crop!*



**ORGANIC  
Yellow Potatoes**  
California  
Reg. \$2.29/lb

**\$1<sup>48</sup>  
lb**



**ORGANIC  
Fuji Apples**  
Washington  
Reg. \$0.98/lb

**79¢  
lb**



**SAVE  
\$2**



**ORGANIC  
Strawberries**  
California  
Pint • Reg. \$5.95/ea

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



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

**5/\$5**



**SAVE  
\$1/lb**

**ORGANIC  
Gold Nugget  
Mandarins**  
California  
Reg. \$2.99/lb

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

Grocery



**Wilcox Family Farms  
Large White Cage-Free Eggs**

1 Dozen • Reg. \$3.39

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



**Nature's Path  
Organic Waffles**

7.4 oz. • Reg. \$3.29

**2/\$4**



**Bellwether Farms  
Sheep Milk Yogurt**

6 oz. • Reg. \$2.59

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



**Maya Kaimal  
Indian Simmer Sauce**

12.5 oz. • Reg. \$4.99

**2/\$7**



**Rumiano Cheese Co.  
Organic Cheese Blocks**

8 oz. • Reg. \$5.29

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



**Sonoma Creamery  
Cheese Crisp Snacks**

2.25 oz. • Reg. \$3.99

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



**Barbara's Bakery  
Cereal**

8-14 oz. • Reg. \$4.49-\$4.59

**2/\$6**



**Imagine  
Organic Soup**

32 oz. • Reg. \$4.29

**2/\$6**



**Luna  
Nutrition Bars**

1.69 oz. • Reg. \$1.25

**10/\$10**

Bulk



**ORGANIC  
Rolled Oats**

**84<sup>c</sup> lb**



**ORGANIC  
Grind Your Own  
Almond Butter**

**\$11<sup>08</sup> lb**



**Pachamama  
Organic Peru  
Medium Roast**

Reg. \$13.59/lb

**\$10<sup>99</sup> lb**



**ORGANIC  
Thompson Raisins**

**\$3<sup>17</sup> lb**

## Land & Sea



### Beeler's Hickory Smoked Bacon

16 oz. • Reg. \$8.49

**\$6<sup>99</sup>**



### Hill's Pork Breakfast Link Sausage

Reg. \$5.99/lb

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



### Cooked, Peeled, & Cleaned Shrimp 31/40 Count

Farm Raised  
Reg. \$16.99/lb

**\$12<sup>99</sup> lb**

## House-Made

### ASHLAND FOOD CO+OP

EST. 1972

### AFC DELI Made to Order CannaCool Shot

2 oz. • Reg. \$4.95/ea

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



### ASHLAND FOOD CO+OP

EST. 1972

### AFC DELI Grab-n-Go Large Quiche

Reg. \$22.00/ea

**\$19<sup>95</sup> ea**



## CO+OP Basics

### 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**

### Smart Chicken Boneless Skinless Breast

**\$6<sup>99</sup> lb**



**Co+op basics**

### Franz Organic Bread

Selected Varieties  
18-27 oz.

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



**Co+op basics**

### Umpqua Orange Juice

64 oz.

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



**Co+op basics**

### Organic Valley Butter

1 lb.

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



**Co+op basics**

### Coombs Family Farms Organic Dark Maple Syrup

32 oz.

**\$15<sup>99</sup>**





spring  
asparagus  
soup

**This soup is a great way to eat more asparagus, and a generous helping of other veggies coming up fresh in the spring.**

**Ingredients**

- 2 tablespoons extra virgin olive oil
- ¾ cups leeks sliced
- 4 cloves garlic minced
- 1 teaspoon fresh thyme
- 4 cups vegetable stock
- 3 medium-size russet potatoes, peeled and finely chopped
- 1 bunch asparagus, ends snapped then coarsely chopped
- 1 teaspoon sea salt
- ⅛ teaspoon nutmeg
- Black pepper to taste
- ½ cup cream or half and half (optional)

**Directions**

- 1) Heat the oil in a heavy-bottomed soup pot.
- 2) Add the leeks garlic and thyme.
- 3) Sauté for 5 minutes.
- 4) Add the veggie stock and the potatoes. Simmer for 20 minutes.
- 5) Add the asparagus and simmer for another 5 minutes or until it is tender.
- 6) Add the salt nutmeg and pepper.
- 7) Cool slightly and puree in batches in a blender.
- 8) Stir in cream if desired.

**Enjoy!**

coop deals



SAVE  
\$3

**Mineral Fusion Nail Polish**

All Varieties  
0.33 oz. • Reg. \$8.99

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

coop deals

Wellness

coop deals



SAVE  
\$11

**MegaFood Men's One Daily**

Fresh from Farm to Tablet  
30 ct. • Reg. \$25.99

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



SAVE  
\$9

**Bulletproof Brain Octane Oil**

Fat for Fuel  
16 oz. • Reg. \$25.99

**\$16<sup>99</sup>**



**The Natural Dentist Healthy Teeth • Healthy Gums**

Mouthwash • Fluoride • Fluoride-Free  
16.9 oz. • Reg. \$10.49

**\$7<sup>29</sup>**



SAVE  
\$2

**bioAllers Tree Pollen**

Allergy Treatment • Homeopathic  
1 oz. • Reg. \$10.79

**\$8<sup>79</sup>**

Bruce's Picks

**Barkan Cabernet Sauvignon**

750 ml.  
Kosher for Passover  
Israeli red. Dark in color, big and ripe berry fruit flavors.

**\$13<sup>49</sup>**



**Upper Five Rosé of Grenache**

750 ml.  
New vintage. Organically grown in Talent, native yeasts fermentation, neutral oak aged. As always, dry, light and refreshing.

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

