



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

SUMMER KICK-OFF SAVINGS



**JOLLY LLAMA
SORBET POPS**
4 pack • Reg. \$4.89
\$3.49

Sale Effective June 19 to 25

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Green & Orange
Honeydew**
California
Reg. \$2.29/lb

\$1.24 lb



**ORGANIC
Green-Red-Black
Seedless Grapes**
California & Mexico
Reg. \$3.99/lb

\$2.68 lb



**ORGANIC
Yellow & White
Nectarines**
California
Reg. \$3.99/lb

\$2.98 lb



**ORGANIC
Galia Melons**
California
Reg. \$2.29/lb

\$1.48 lb



**ORGANIC
Cauliflower**
California
Reg. \$2.29/lb

\$1.56 lb



**ORGANIC
Heirloom Tomatoes**
California
Reg. \$6.95/lb

\$4.45 lb



**ORGANIC
Shiitake Mushrooms**
Oregon
Reg. \$7.95/lb

\$6.45 lb



**ORGANIC
Broccolini**
California
Reg. \$2.99/ea

\$1.99 ea

coop deals

Santa Cruz Organic Lemonade

32 oz. • Reg. \$2.69

2/\$3



Grocery

coop deals

Cascadian Farm Organic Berries

8-10 oz. • Reg. \$4.49-\$4.69

2/\$7



coop deals



Mediterranean Organic Pitted Olives

2.5 oz. • Reg. \$2.99

\$1.69

coop deals



Pamela's Figgies & Jammies

9 oz. • Reg. \$4.29

\$2.99

coop deals



Nancy's Organic Kefir

32 oz. • Reg. \$5.39

\$3.99

coop deals



Sonoma Creamery Cheese Crisp Bars

.74-.8 oz. • Reg. \$1.99

\$1.49



Kettle Brand Potato Chips

13 oz. • Reg. \$4.59

\$3.39

coop deals

Clif Energy Bars

2.4 oz. • Reg. \$1.25

10/\$10



coop deals



Cocomama Milk Chocolate Chip Brownie Mix

16.2 oz. • Reg. \$6.49

\$4.59

coop deals



ORGANIC Red Lentils

Reg. \$1.77/lb

\$1.59 lb

coop deals



ORGANIC Whole Cashews

Raw

Reg. \$10.40/lb

\$8.69 lb

Bulk



Pachamama Organic 5 Sisters Coffee Blend

Reg. \$13.59/lb

\$10.99 lb

coop deals



ORGANIC Pitted Prunes

Reg. \$7.67/lb

\$7.49 lb

Land & Sea



**Niman Ranch
Fearless Beef Franks
& Bratwurst**
11-12 oz. • Reg. \$7.99
\$5⁹⁹

SAVE
\$2



**Applegate Organics
Sliced Turkey Breast**
Oven Roasted • Smoked
6 oz. • Reg. \$7.49
\$6⁴⁹

SAVE
\$1



House-Made

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

**AFC DELI
Grab-n-Go
BLT Sandwich**
Reg. \$6.95/ea
\$4⁹⁵ ea



SAVE
\$2



**Diestel Turkey Ranch
Turkey Thigh**
Reg. \$4.99/lb
\$3⁹⁹ lb

SAVE
\$1 /lb



**Emerald Hills
Ground Beef**
Not to Exceed
10% Fat
Reg. \$8.99/lb
\$7⁴⁹ lb



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

**AFC DELI
Grab-n-Go
Spinach
Artichoke Dip**
Reg. \$12.25/lb
\$10⁹⁵ lb



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

**Smart Chicken
Boneless
Skinless Breast**
\$6⁹⁹ lb



Co+op
basics

**Franz
Organic Bread**
Selected Varieties
18-27 oz.
\$2⁹⁹



Co+op
basics

**Field Day
Organic Pasta**
16 oz.
\$1⁷⁹



Co+op
basics

**Napa Valley Naturals
Organic Extra Virgin
Olive Oil**
25.4 oz.
\$8⁵⁹



Co+op
basics

**ORGANIC
Spinach**
1 lb.
\$4⁹⁸





Tempeh and Shiitake Stroganoff

Enjoy local shiitakes in this vegetarian twist on a classic.

Makes 4 servings

Ingredients

- 2 tablespoons olive oil
- 1 12oz package tempeh cut into ¼ inch strips
- 1 medium yellow onion, chopped
- 3 cloves garlic, minced
- ½ tsp sea salt
- 1 tsp sweet marjoram, dried
- 8 shiitake mushrooms, cut into ¼ inch strips
- 6 sundried tomatoes, sliced (optional)
- 2 Tbsp whole wheat pastry flour or brown rice flour
- ¼ cup cooking sherry or sweet white wine
- 3 Tbsp tamari
- 2 cups water
- ½ tsp fresh ground nutmeg
- Fresh ground coarse black pepper
- 2 cups spinach, chopped

Directions

- 1) Heat 2-quart skillet. Add oil, then tempeh slices. Brown on both sides; set aside.
- 2) Wipe skillet. Add tablespoon of oil. Sauté onion and marjoram until onion is translucent.
- 3) Add garlic and sea salt, sauté for a few minutes.
- 4) Add mushrooms, stir to coat with oil. Add tomato slices, continue to sauté for 5 minutes, stirring occasionally.
- 5) Add flour and stir to coat ingredients.
- 6) Combine water, sherry and tamari. Slowly add to skillet, stirring to make a gravy.
- 7) Add tempeh and fold into the sauce. Add black pepper and nutmeg. Simmer on low for 10 minutes.
- 8) Stir in spinach so it wilts, but retains its bright color.
- 9) Remove from heat, and serve over quinoa or rice.



SAVE \$6

Naturtint Permanent Hair Color

All Varieties
5.6 oz. • Reg. \$17.99

\$11⁹⁹

Wellness



MegaFood All Products

25% OFF

WishGarden Herbs All Products

20% OFF



SAVE \$2

Desert Essence Shampoo & Conditioner

Anti-Breakage • Smoothing
10 oz. • Reg. \$8.99

\$6⁹⁹



SAVE \$11

NutriGold Triple Strength Omega-3 Fish Oil

Sustainable • Wild Caught Alaskan Pollock
120 soft gels • Reg. \$43.29

\$32²⁹

Bruce's Picks

54°40' Brewing IPA and Kolsch

6-Pack Cans
Brewed just across the Columbia River in Washougal, WA. Fresh and tasty. The Kolsch, with its' easy-drinking, lemony, thirst quenching character, is soon to be your new favorite warm weather beer.

\$9⁴⁹



Vitiano Rosato

750 ml.
With the price on this Umbrian rose so low it's time to stock the fridge for Summer. Strawberry and tart cranberry flavors, refreshing and dry.

\$6⁹⁹

