



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

**coop  
deals**

*grateful*  
TO BE YOUR  
**CO+OP**



**TOFURKY  
VEGGIE ROAST &  
WILD RICE STUFFING**  
26 oz • Reg. \$13.39  
**\$7<sup>99</sup>**

Sale Effective November 13 to 19

**Fresh Produce**  
Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Bosc Pears**  
Northwest Grown  
Reg. \$1.69/lb

**98¢<sub>lb</sub>**



**ORGANIC  
Satsuma Mandarins**  
California  
Reg. \$3.99/lb

**\$2<sup>96</sup><sub>lb</sub>**



**ORGANIC  
Raspberries**  
California & Mexico  
6 oz. Container • Reg. \$5.95/ea

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



**ORGANIC  
Pink Lady Apples**  
Northwest Grown  
Reg. \$2.99/lb

**\$1<sup>88</sup><sub>lb</sub>**



**ORGANIC  
Eggplant**  
Mexico  
Reg. \$3.99/lb

**\$1<sup>74</sup><sub>lb</sub>**



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

**\$4<sup>98</sup><sub>ea</sub>**



**ORGANIC  
Chards**  
All Varieties  
Oregon & California  
Reg. \$2.49/ea

**2/\$3**



**ORGANIC  
English Cucumbers**  
Northwest Grown  
Reg. \$2.99/ea

**\$1<sup>86</sup><sub>ea</sub>**

coop deals

### Wholly Wholesome Organic Pie Shells

Selected Varieties  
14 oz. • Reg. \$5.79

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



## Grocery

### Truwhip Whipped Topping

10 oz. • Reg. \$3.99

**2/\$6**



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### Lisanatti Almond Cheese Alternative

8 oz. • Reg. \$3.89

**\$2<sup>29</sup>**

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### Jilz Gluten Free Crackerz

5.5 oz. • Reg. \$5.49

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

coop deals



### Alden's Organic Ice Cream

48 oz. • Reg. \$8.89

**2/\$10**

coop deals



### Organic Valley Organic Egg Nog

32 oz. • Reg. \$5.49

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

coop deals



### Wholesome Sweeteners Organic Brown Sugar

Light • Dark  
24 oz. • Reg. \$4.89

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

coop deals

### Bob's Red Mill Organic Unbleached All-Purpose Flour

5 lb. • Reg. \$5.99

**2/\$9**



Oregon MADE



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### Bonafide Provisions Organic Bone Broth

24 oz. • Reg. \$7.99

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

SAVE \$2



coop basics



### ORGANIC Quinoa

**\$2<sup>81</sup> lb**



## Bulk



### ORGANIC Pecans

Seasonal  
Reg. \$13.65/lb

**\$10<sup>69</sup> lb**



### Pachamama Organic 5 Sisters Coffee

Reg. \$13.59/lb

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



### Lundberg Family Farms Organic Wild Rice Blend

Reg. \$3.99/lb

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



SAVE \$1/lb



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# Fall ENTERTAINING



Have the bounty of the Rogue Valley at your dinner table this fall holiday!



## Expert in the Aisle

### Entertaining for Fall

Which wine to drink with dinner has evolved into a much more interesting question, going far beyond the classic white wine with fish, tannic red wine with heavier flavors, into the realms of serious fun.

Food pairings, the type of gathering you are hosting or joining and the right bottle of wine that supports your wallet, all come into play when considering your wine choice.

With over **20 years** of experience, you can find our Coop wine experts in the aisle, sure to ease the pain of your wine purchase during this holiday season.

### Enjoy Wine Tasting?

Please join us on Wednesday and Friday afternoons at 4pm in the Tasting Kiosk.

Bruce, our Coop wine expert or one of our winery aficionados, will be available to pour and answer questions.



**Irvine & Roberts  
Pinot Noir Estate**  
Rogue Valley 2015  
750ml.

“Bursting with ripe red and black fruits, with intriguing spicy notes. Pairs well with Saint Andre Triple Cream Brie (\$8.99 for 7 oz.), from France. Triple the cream for triple the flavor.”

**\$32<sup>99</sup>**

### Quady North GSM

Rogue Valley 2017  
Red blend of Grenache, Syrah, and  
Mourvedre. • 750ml.

“Robust and balanced, notes of dark pepper and fruit. Pairs well with our Double Cream Gouda (\$11.99/lb), from Holland. This cheese has a creamy texture, a bold cheese to pair with a bold wine.”

**\$19<sup>99</sup>**



**Cowhorn  
Viogier Block 2**  
Applegate Valley 2017  
Demeter Certified Biodynamic  
750ml.

“Citrus notes and bold stone fruit flavors. Pairs well with Woolwich Dairy, Soft Ripened Goat Brie (\$6.99 for 6.5oz.). Slightly tangy and creamy.”

**\$21<sup>99</sup>**

# grateful

TO BE YOUR

# CO+OP



**ASHLAND  
FOOD CO+OP**

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We'll cook. You feast.

Relax with friends and family  
and order our housemade  
Thanksgiving meals today!

Ready to heat  
& serve!

FROM OUR KITCHEN TO YOUR TABLE!

### FULL HOLIDAY MEAL

Family-Style  
Serves 4-6 adults

**\$139.95**

Organic Whole Diestel  
Roasted Turkey  
Vegan Maple Glazed Yams  
Classic Mashed Potatoes  
Green Beans Almondine  
Vegan Cornbread Stuffing  
Cranberry Orange Sauce  
Poultry Gravy  
Dinner Rolls

Add a pie for \$17.95!

### HOLIDAY PLATE 1

Traditional  
Individual Servings

**\$24.95 per person**

Organic Sliced Diestel  
Roasted Turkey  
Vegan Maple Glazed Yams  
Classic Mashed Potatoes  
Green Beans Almondine  
Vegan Cornbread Stuffing  
Vegan Cranberry  
Orange Sauce  
Poultry Gravy  
Dinner Rolls

### HOLIDAY PLATE 2

Vegan/Vegetarian  
Individual Servings

**\$22.95 per person**

Butternut Lasagna OR  
Vegan Mushroom Loaf  
Vegan Maple Glazed Yams  
Vegan Mashed Potatoes  
Vegan Green Beans  
Almondine  
Vegan Cornbread Stuffing  
Vegan Cranberry  
Orange Sauce  
Vegan Mushroom Gravy  
Dinner Rolls

**PIE**



**\$19.95!**

Pumpkin Pie ..... \$19.95  
Traditional or Wheat Free Crust  
Vegan Wheat Free Pumpkin Pie ..... \$19.95  
Apple Pie ..... \$19.95  
Traditional Crust

Vegan Wheat Free ..... \$19.95  
Crumb Top Apple Pie  
Pecan Pie ..... \$19.95  
Traditional or Wheat Free Crust

In a hurry?  
Check out our  
Grab-n-Go!



Grab-n-Go  
Available  
November  
18th!

Land & Sea



SAVE \$2

**Echo Falls Hot Smoked Coho Salmon**

4 oz. • Reg. \$8.99

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



SAVE \$2/lb

**Beeler's Heluka Boneless Pork Shoulder Roast**

Reg. \$6.99/lb

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



House-Made

**ASHLAND FOOD CO+OP**

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**AFC DELI Bakery Loafers Glutenus Minimus Bread**

30 oz. • Reg. \$6.99

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



SAVE \$2



**Smart Chicken Whole Chicken**

Reg. \$3.39/lb

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



SAVE \$2/lb

**Emerald Hills Beef Stew Meat**

100% Grass-Fed

Reg. \$10.99/lb

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



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**AFC DELI Grab-n-Go Three Olive Tapenade**

Reg. \$8.95/lb

**\$7<sup>95</sup> lb**



SAVE \$1/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



**Emerald Hills Beef Ground Beef**

Not to Exceed 20% Fat

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



CO+OP basics



**ORGANIC Baby Spring Mix**

1 lb. **\$4<sup>98</sup>**



CO+OP basics



**Seventh Generation Unbleached Paper Towels**

120 ct. **\$2<sup>35</sup>**

CO+OP basics



**Tinkyada Organic Brown Rice Spaghetti Pasta**

12 oz. **\$3<sup>23</sup>**



CO+OP basics



**Field Day Organic Pasta Sauce**

26 oz. **\$2<sup>69</sup>**



**FREE**

5 lb. Bag of

**ORGANIC  
RUSSET POTATOES**  
with purchase of a whole turkey

OFFER VALID NOVEMBER 21 TO 27  
WHILE SUPPLIES LAST



**WE CARRY FRESH,  
WHOLE ORGANIC  
DIESTEL AND NON-GMO  
DIESTEL TURKEY.**



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**SAVE  
\$2**

**Bach  
Rescue Pastilles**  
Black Currant • Cranberry • Lemon  
Orange & Elderberry  
35 ct. • Reg. \$8.99

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

Wellness



**Moon Valley  
Organics  
All Products**

**20% OFF**

**Herb Pharm  
All Products**

**15%  
OFF**



coop deals



**SAVE  
\$1**

**Country Life  
Acid Rescue**  
For Occasional Acid Indigestion  
& Heartburn  
60 tab. • Reg. \$8.99

**\$7<sup>99</sup>**

coop deals



**SAVE  
\$4**

**Enzymedica  
Digest Basic**  
Essential Enzyme Formula  
90 cap • Reg. \$16.29

**\$12<sup>29</sup>**

Bruce's Picks

**Troon  
Merlot**  
750 ml.  
Berry flavors with a nice  
spicy touch. The terrific  
price, moderate tannins  
and medium weight  
make this is an  
ideal wine for a  
holiday gathering.

**\$9<sup>99</sup>**



**Goldback  
Rosé of Grenache**  
750 ml.  
Grown and bottled  
here in Ashland.  
Hint of sweetness  
balanced by  
fresh acidity.

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

