



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

GET
JUICY!

ITS CITRUS
SEASON



**ORGANIC
GRAPEFRUIT**
Texas & California
Reg. \$2.99/lb

20% OFF

Citrus
SEASON

Sale Effective January 22 to 28

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Yellow Onions**
Northwest
Reg. \$0.99/lb

72¢ lb



**ORGANIC
Persian Cucumbers**
Mexico
Reg. \$3.29/lb

\$1⁹⁸ lb



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

2/\$4



**ORGANIC
Chard**
All Varieties • California
Reg. \$2.99/ea

\$1⁸⁸ ea



**ORGANIC
Crimson
Delight Apples**
Northwest
Reg. \$1.99/lb

98¢ lb



**ORGANIC
Meyer Lemons**
California
Reg. \$3.29/lb

\$2²⁴ lb



**ORGANIC
Cara Cara
Navel Oranges**
California
Reg. \$2.49/lb

\$1⁸⁶ lb



**ORGANIC
Blood Oranges**
California
Reg. \$3.29/lb

\$2⁴⁸ lb



Bitchin' Sauce
8 oz. • Reg. \$5.99
\$3.99



SAVE \$2

Grocery



Field Roast Grain Meat Sausages
Vegetarian
12.95 oz. • Reg. \$5.69
\$3.99



Wild Planet Sardines
4.4 oz. • Reg. \$2.49-\$2.79
\$1.69 - \$1.99



Flax 4 Life Flax Muffins
14 oz. • Reg. \$6.59
\$5.59

SAVE \$1



Yogi Tea
16 Bag. • Reg. \$3.89
2/\$6



Sejoyia Coco-Thins
3.5 oz. • Reg. \$4.69
\$3.99



Annie Chun's Organic Potstickers
7.6 oz. • Reg. \$4.19
\$3.29



Nature's Path Organic Eco Pac Cereal
26.4-32 oz. • Reg. \$6.79-\$8.69
\$4.99 - \$5.99



Three Twins Organic Ice Cream
Pint • Reg. \$5.49
\$3.99



ORGANIC Buckwheat Groats
Raw
Reg. \$2.91/lb
\$2.49 lb

Bulk



ORGANIC Raw Walnuts
Pieces
Reg. \$10.22/lb
\$8.39 lb



Equal Exchange Organic Love Buzz Coffee Blend
\$8.99 lb



ORGANIC Small Red Chili Beans
Reg. \$1.91/lb
\$1.69 lb

CITRUS SALE

get Juicy



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

**ORANGE YOU GLAD TO SEE ME?
SAVE EXTRA WITH CASE PACKS!**

A squeeze of sunshine!

**ORGANIC
Rio Star
Grapefruits**
Texas
Reg. \$2.49/lb
\$1.98 lb



**20%
OFF**
Regular Price



**ORGANIC
Navel
Oranges**
California
Reg. \$1.20/lb
95¢ lb



**20%
OFF**
Regular Price



**ORGANIC
Lemons**
California & Mexico
Reg. \$1.99/lb
\$1.58 lb



**20%
OFF**
Regular Price



**ORGANIC
Meyer
Lemons**
California
Reg. \$3.29/lb
\$2.24 lb



**20%
OFF**
Regular Price



**ORGANIC
Limes**
Mexico
Reg. \$1.99/lb
\$1.58 lb



**20%
OFF**
Regular Price



**ORGANIC
Cara Cara
Navel Oranges**
California
Reg. \$2.99/lb
\$1.86 lb



**20%
OFF**
Regular Price



**ORGANIC
Star Ruby
Grapefruit**
California
Reg. \$2.49/lb
\$1.98 lb



**20%
OFF**
Regular Price





**ASHLAND
FOOD CO+OP**

EST. 1972

CITRUS SALE

get Juicy

PRICED AS MARKED

20% OFF

Regular Price

1/24-1/26, 2020

Land & Sea



SAVE \$1

Diestel Turkey Ranch Sliced Turkey Breast
Selected Varieties
6 oz. • Reg. \$5.99

\$4.99



Homegrown Meats 100% Grass-Fed Beef Jerky
All Varieties

2.5 oz. • Reg. \$8.49

\$7.49

House-Made

ASHLAND FOOD CO+OP
EST. 1972

AFC Grab-n-Go Sunflower Paté

Reg. \$12.95/lb

\$9.95/lb



SAVE \$3/lb



Beeler's Heluka Bone-In Pork Chops

Reg. \$8.49/lb

\$6.99/lb



Emerald Hills Beef Stew Meat
100% Grassfed

Reg. \$11.99/lb

\$8.99/lb

SAVE \$3



ASHLAND FOOD CO+OP
EST. 1972

AFC Made to Order Ashland Sunrise

16 oz. • Reg. \$5.95/ea

\$4.95/ea



SAVE \$1

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

Organic Smart Chicken Whole Chicken

\$3.99/lb



Co+op basics

Organic Spinach
1 lb.

\$4.98



Co+op basics

Silk Unsweetened Cashewmilk

64 oz.
Reg. \$3.99



ON SALE!
\$3.29

Co+op basics

Vega Performance Protein
Vanilla • 29.2 oz.

\$43.49



Co+op basics

Herb Pharm Black Elderberry
1 oz.

\$9.33





coop deals

Wellness



SAVE \$2

Child Life Liquid Vitamin C
Immune System Support
4 oz. • Reg. \$7.79

\$5.79



SAVE \$2

Baby Carrot Baby Bubble Bath
8 oz. • Reg. \$11.79

\$9.79

A NEW YEAR!
Discover Your Potential with Moving Into Harmony

Vitnica All Products
20% OFF



UPCOMING FREE LECTURE!

Monday, January 27, 2020
6pm to 8pm
Co-op Classroom
300 Pioneer St.

FREE Event!

Come enjoy an interactive exploration with movement and stillness.

Experience some traditional, complementary and integrative methods in cultivating vitality and resilience to promote wellness.

Your wellness is less about the activities you do, and more about how they are performed. Participation is encouraged - please wear comfortable clothes.

Check out more of our Free Monday Night Lectures or cooking classes at www.ashlandfood.coop



SAVE \$2

Life-Flo Rosehip Seed Oil
Replenishes & Restores
1 oz. • Reg. \$7.49

\$5.49



Flora All Products
25% OFF

Bruce's Picks

Pizzolato Fields Prosecco Brut
750 ml.
Organically grown Italian sparkler. Soft and easy-drinking.

\$11.99



Millbrandt Cabernet Sauvignon
750 ml.
Typical Washington dark berry fruit backed up with some spice and black pepper. Nice tannic structure, especially at this price.

\$11.99

