



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

Citrus SEASON



**ORGANIC
JOHANSON
NAVEL BAGS**

Orland, California
5 lb. Bag • Reg. \$6.95/ea

20% OFF

Sale Effective January 8 to 14

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Bosc Pears**
California
Reg. \$1.99/lb

88¢ lb



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

20% OFF



**ORGANIC
Satsuma Mandarin
Gift Box**
California
5 lb. Box • Reg. \$11.95/ea

20% OFF



**ORGANIC
Honeycrisp Apples**
Northwest Grown
Reg. \$1.99/lb

\$1²⁴ lb



**ORGANIC
Green Cabbage**
California
Reg. \$1.49/lb

84¢ lb



**ORGANIC
Bunched Kale**
All Varieties
California
Reg. \$2.99/ea

2/\$4



**ORGANIC
Bunched Beets**
California
Reg. \$2.99/ea

2/\$4



**ORGANIC
Celery**
California & Mexico
Reg. \$1.49/lb

96¢ lb

Grocery

Imagine Organic Broth
Chicken • Vegetable

32 oz. • Reg. \$3.49
\$2.49



SAVE \$1

Silver Hills Organic Sprouted Wheat Bread
The Queen's Korasan
Big Red's

18 oz. • Reg. \$4.79
\$3.49



coop deals



coop deals



LightLife Gimme Lean Veggie Sausage
Meatless

14 oz. • Reg. \$4.39
\$3.29



Wallaby Organic Greek Yogurt

32 oz. • Reg. \$8.49
\$5.99



ORGANIC Red Quinoa
Reg. \$3.00/lb
\$2.59 lb



coop deals



Cascadian Farm Organic Cereal

8.6-13.5 oz. • Reg. \$4.79
2/\$6



coop deals



Hilary's Organic Veggie Burgers

6.4 oz. • Reg. \$3.59
2/\$5



coop deals



Rumiano Organic Cheese Blocks

8 oz. • Reg. \$5.29
\$3.99



coop deals



Larabar Fruit & Nut Bars
Selected Varieties

1.6-1.7 oz. • Reg. \$1.69
10/\$10

coop deals



Cascadian Farm Organic Fruit

8-10 oz. • Reg. \$4.49-\$4.79
2/\$6



Bulk



ORGANIC Raw Cashew Pieces
Large

Reg. \$8.57/lb
\$6.99 lb



Equal Exchange Organic French Roast

\$8.99 lb



ORGANIC Black Chia Seeds
Reg. \$3.74/lb
\$3.29 lb

coop deals



Celebrate CITRUS



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



Brighten Cold, Wintery Days with Citrus!

ORGANIC
Rio Star
Grapefruit
Texas
Reg. \$2.99/lb

**20%
OFF**



ORGANIC
Lemonade
Lemons
California
Reg. \$3.99/lb

**20%
OFF**



ORGANIC
Buddha's Hand
California
Reg. \$7.95/lb

20% OFF



ORGANIC
Meiwa Kumquats
California
Reg. \$9.95/lb

20% OFF



ORGANIC
Finger Limes
California
Reg. \$5.95/lb

20% OFF



ORGANIC
Daisy Tangerines
California
Reg. \$3.29/lb

20% OFF



ORGANIC
Limes
Mexico
Reg. \$1.99/lb

20% OFF



ORGANIC
Melo Gold
Grapefruit
California • Reg. \$2.99/lb

20% OFF



ORGANIC
Minneolas
California
Reg. \$2.99/lb

20% OFF



ORGANIC
Chandler Pummelo
California
Reg. \$2.99/lb

20% OFF





**ASHLAND
FOOD CO+OP**

EST. 1972



Celebrate
CITRUS

PRICED AS MARKED

20% OFF

1/8-1/12, 2020

Land & Sea



**Pederson's Farms
Hickory Smoked Bacon**
No Sugar Added
10 oz. • Reg. \$8.99
\$7.49



**Ashland Food Co-op
Housemade Pork Sausage**
All Varieties
Reg. \$9.99/lb
\$7.99 lb

SAVE
\$2/lb

House-Made

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

**AFC
Made to Order
Grapefruit Juice**
12 oz. • Reg. \$4.95
\$3.95



SAVE
\$1



**Organic Smart Chicken
Thighs**
Reg. \$5.99/lb
\$4.99 lb

SAVE
\$1/lb



**Beeler's Heluka
Boneless Pork
Shoulder Roast**
Reg. \$6.99/lb
\$4.99 lb

SAVE
\$2/lb



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

**AFC Grab-n-Go
Vegan
Quesadilla**
Reg. \$3.45/ea
2/\$5



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**
\$6.99 lb



CO+OP
basics



**Applegate Organics
Uncured Turkey Bacon**
8 oz.
\$6.99



CO+OP
basics



**Field Day
Sparkling Water**
33.8 oz.
99¢

CO+OP
basics



**ORGANIC
Pasteurized Almonds**
\$9.29 lb

CO+OP
basics



**Bionaturæ
Organic Spaghetti**
16 oz.
\$2.19



HERBAL Allies

For Winter Wellness

RECEIVE YOUR OWN FIRE CIDER TO TAKE HOME!

UPCOMING COOKING CLASS!

Saturday, January 18, 2020
12pm to 2pm

Learn how to stay in good health naturally this winter with local herbalist and medicine maker Sam Roberts. And take home your own fire cider!

Do you feel depleted in the cold rainy months? Feel like you catch every cold that goes around?

In this class, you will learn about safe, simple and effective herbal remedies like Elderberry Syrup, Ginger Spice Cold Care Tea, Respiratory Relief Honey, Eucalyptus Breathe Easy Steam and more.

The class will cover how to care for those pesky colds as well as immune nurturing strategies to cut sickness off at the pass.

Come prepared for a lively evening of sampling and making herbal remedies! Plus, head home with your own fire cider to add to your home medicine cabinet.

This class is led by Sam Roberts, Herbalist and Nutritional Counselor.

Register online at ashlandfood.coop

  @ashlandfoodcoop

coop deals



Earth Mama Organic Diaper Balm
Soothing Comfort for Baby's Bum
2 oz. • Reg. \$12.99

\$8⁹⁹



SAVE \$4

Wellness



Country Life All Products

10% OFF

Mickelberry Gardens All Products

15% OFF



Earth Science Natural Deodorant
Unscented • Herbal • Mint Rosemary
2.45 oz. • Reg. \$5.99

\$4⁹⁹

SAVE \$1



Ener-C 1,000mg Vitamin C
All Varieties
30 ct. • Reg. \$11.49

\$9⁹⁹

Bruce's Picks

Chateau Petit-Freyron Bordeaux Rouge
750 ml.

Cabernet Sauvignon with 25% Merlot, this is pleasantly fruity and light, with just a whiff of licorice and earthiness on the finish.

\$9⁹⁹



Quady North GSM
750 ml.

Rogue Valley red blend of traditional Rhone Valley grapes. Plenty of juicy and ripe berry fruit, matched with a touch of tannic strength.

\$19⁹⁹

