



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



PEACE



LOVE



VEGAN



**CURIOS
ABOUT OUR
VEGAN &
VEGGIE
PRODUCTS?**



**SAVE
\$1**

**AFC HOUSEMADE
GRAB-N-GO
TEMPEH CLUB**
Reg. \$6.95/ea
\$5⁹⁵ ea

Sale Effective February 19 to 25

Fresh Produce
Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Green Cabbage**
California
Reg. \$1.29/lb

72¢ lb



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

2/\$3



**ORGANIC
Red & Yellow
5 lb. Potato Bags**
Northwest
Reg. \$5.95/ea

\$3⁹⁸ ea



**ORGANIC
Eggplant**
Mexico
Reg. \$2.99/lb

\$1⁷⁸ lb



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

\$1²⁰ lb



**ORGANIC
Sweet Tango
Murcotts**
California
Reg. \$2.99/lb

\$1⁹⁸ lb



**ORGANIC
Blood Oranges**
California
Reg. \$2.99/lb

\$2²⁴ lb



**ORGANIC
Honey Mangos**
Mexico
Reg. \$2.99/ea

\$1⁸⁸ ea



Daiya Dairy Free Shredded Cheese
8 oz. • Reg. \$4.99

\$3⁹⁹



Grocery

Jilz Gluten Free Crackers
5.5 oz. • Reg. \$5.49

\$4⁴⁹



Wolfgang Puck Organic Hearty Garden Vegetable Soup
14.5 oz. • Reg. \$2.69

2/\$4



Cascadian Farm Organic Berries
Strawberries • Blueberries
28-32 oz. • Reg. \$9.99

\$7⁹⁹



Cascadian Farm Organic Cereal
8.6-13.5 oz. • Reg. \$4.79

2/\$6



Maya Kaimal Organic Everyday Dal Entrée Pouches
10 oz. • Reg. \$3.99

2/\$6



San Pellegrino Mineral Water
25.3 oz. • Reg. \$1.99

2/\$3



Luna & Larry's Organic Coconut Bliss Frozen Dessert
Dairy Free
Pint • Reg. \$6.29

\$4⁷⁹



Santa Cruz Organic Peanut Butter
Light • Dark
16 oz. • Reg. \$5.65

2/\$8



ORGANIC Red Lentils
Reg. \$1.77/lb

\$1¹⁹ lb

Bulk



ORGANIC Cashew Pieces
Raw
Reg. \$8.95/lb

\$6⁹⁹ lb



Pachamama Organic Farmer's Extra Dark Coffee
Reg. \$13.59/lb

\$10⁹⁹ lb



ORGANIC Pitted Prunes
Reg. \$5.36/lb

\$4¹⁹ lb



PEACE



LOVE



VEGAN



ASHLAND FOOD CO+OP

EST. 1972



Veggies never tasted so good!

ROMAINE CALM! WE HAVE ALL YOUR VEGAN & VEGGIE NEEDS COVERED

ORGANIC Artichokes California Reg. \$4.95/ea **\$3²⁴** ea



Surata Organic Tempeh 12 oz. **\$5²⁹**



ORGANIC Heirloom Tomatoes Mexico • Reg. \$4.95/lb **\$3⁴⁸** lb

coop basics



Surata Organic Firm Tofu 16 oz. **\$2⁷⁸**



Nu Culture Creamy Cashew Spread 8 oz. **\$7¹⁹**



Save the date!

SUNDAY, JULY 19TH, 2020 10AM TO 3PM

3RD ANNUAL ROGUE VALLEY FARM TOUR

presented by



ASHLAND FOOD CO+OP EST. 1972

Medford Food Co-op

Meet your local farmers on the third annual Rogue Valley Farm Tour this July! Discover the abundance of our local food system. This fun, family-friendly event is free and open to the public.

FARM TOUR KICK-OFF PARTY! Saturday, July 18th 3-7pm

Fry Family Farm Farm Store

For more information visit us at

@ROGUEVALLEYFARMTOUR



**PEACE
LOVE
VEGAN**



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



**TRY OUR FAVORITE
VEGAN PRODUCTS!**

power to the plants!



**Beyond Meat
Burger**
8 oz.
\$6³⁹



**Upton's Naturals
Bar-b-Que Jackfruit**
10.6 oz.
\$5²⁹



**Hail Merry
Tarts**
3 oz.
\$4⁴⁹



**Bitchin'
Sauce**
8 oz.
\$5⁹⁹



**Follow Your Heart
Dairy Free
Sliced Cheese**
7 oz.
\$5³⁹



**Field Roast
Vegan Sausage**
12.95 oz.
\$5⁶⁹



**Raised Gluten Free
Pot Pie**
9 oz.
\$8²⁹



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

SIGN UP FOR

**Rogue
TO GO**

a reusable container program

ONLY \$10
Eliminate your
single use containers



visit the
Info Desk
for more
information or
to sign-up!

Land & Sea



SAVE \$1

Hempler's Applewood Smoked Center Cut Bacon

10 oz. • Reg. \$5.99

\$4.99



SAVE \$2/lb

Diestel Family Ranch Turkey Chunks

All Varieties
Reg. \$11.99/lb

\$9.99 lb



SAVE \$2/lb

Beeler's Boneless Pork Shoulder Roast

Reg. \$6.99/lb

\$4.99 lb



SAVE \$1/lb

Organic Smart Chicken Boneless Skinless Thighs

Reg. \$7.99/lb

\$6.99 lb



House-Made

ASHLAND FOOD CO+OP

EST. 1972

AFC House-Made Made to Order ACBC Juice

16 oz. • Reg. \$6.95/ea

\$5.95 ea



SAVE \$1



Beeler's Boneless Pork Shoulder Roast

Reg. \$6.99/lb

\$4.99 lb



Organic Smart Chicken Boneless Skinless Thighs

Reg. \$7.99/lb

\$6.99 lb



ASHLAND FOOD CO+OP

EST. 1972

AFC House-Made Artichoke Dip

Reg. \$11.95/lb

\$9.95 lb



SAVE \$2/lb

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



Emerald Hills Ground Beef

Not to Exceed 20% Fat

\$6.49 lb



Co+op basics



ORGANIC Russet Potatoes

5 lb. Bag

\$3.99

Co+op basics



Woodstock Organic Ketchup

20 oz.

\$2.99

Co+op basics



AFC House-Made Keep It Simple Juice

16 oz.

\$4.95

Co+op basics



ORGANIC Quinoa

\$2.59 lb



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

coop
deals



**Andalou
Shea + Cocoa
Butter Hand Cream**
Lavender
3.4 oz. • Reg. \$8.99

\$4⁹⁹

Wellness

SAVE
\$4



**Barlean's
All Products**

25% OFF

UPCOMING CLASSES

**HAPPY HORMONES:
FROM PMS TO MENOPAUSE**

FREE LECTURE
Monday, March 2, 2020
6pm to 8pm

**CHINESE HERBS AND
LONGEVITY – BEYOND
ADAPTOGENS**

FREE LECTURE
Monday, March 9, 2020
6pm to 8pm

**2020 NUMEROLOGY
PERSONAL POWER FOR
CONSCIOUS EVOLUTION**

FREE LECTURE
Monday, March 16, 2020
6pm to 8pm

**KIDS COOKING CLASS!
SPRING BREAK CAMP: GET
GROWING, GET COOKING!**
Go to ashlandfood.coop for
pricing and more information.

Ages 8 to 11
Monday, March 23 to
Tuesday, March 24, 2020
9am to 1pm

**KIDS COOKING CLASS!
SPRING BREAK CAMP: GET
GROWING, GET COOKING!**
Go to ashlandfood.coop for
pricing and more information.

Ages 9 to 13
Wednesday, March 25 to
Thursday, March 26, 2020
9am to 1pm

CONNECTED FAMILY MEDICINE
FREE LECTURE
Monday, March 30, 2020
6pm to 8pm



@ashlandfoodcoop

**Moon Valley
Organics
All Products**

**20%
OFF**



**Mickelberry Gardens
Honey Propolis Throat Spray**
With Raw Apple Cider Vinegar
2 oz. • Reg. \$12.99

\$8⁹⁹

SAVE
\$4

coop
deals



**Nature's Way
Umcka Coldcare Syrup**
Cherry Flavor • Shortens Duration &
Reduces Severity
4 oz. • Reg. \$14.99

\$11⁹⁹

SAVE
\$3

Bruce's Picks

**Apple Outlaw
Hard Cider**

500 ml.
Our favorite local cidery
will be in-store Friday,
4-6pm, pouring several
of their ciders, including
the newly released
fourth vintage of
Community Cider.

\$2⁴⁹



**Ciro Picariello
Fiano di Avellino**

750 ml.
Southern Italian
(Campania), the cool high
elevation vineyards lets
the Fiano grape show
its' lively, bright and
bracing mineral character.
Natural winemaking with
no filtering.

\$21⁹⁹

