



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

Grateful GREENS



ORGANIC BULK SPINACH

California
Reg. \$5.95/lb

\$4⁷⁵ lb

Sale Effective March 18 to March 24

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



ORGANIC Brussels Sprouts

Mexico
Reg. \$3.99/lb

\$2⁹⁸ lb



ORGANIC Cherry & Grape Tomatoes

Del Cabo, Mexico
Pint • Reg. \$4.95/ea

\$3⁶⁴ ea



ORGANIC Purple Sprouting Broccolini

Oregon Grown!
Reg. \$4.45/ea

\$3⁴⁸ ea



ORGANIC Red & Yellow Spring Onions

California
Reg. \$3.49/ea

\$2⁹⁴ ea



ORGANIC Jazz Apples

Northwest
Reg. \$2.99/lb

\$1⁶⁸ lb



ORGANIC Sweet Tango Mandarins

California
Reg. \$2.99/lb

\$2²⁴ lb



ORGANIC Raspberries

Mexico
6 oz. Container • Reg. \$5.95/ea

\$4⁶⁴ ea



ORGANIC Blood Oranges

California
Reg. \$2.99/lb

\$1⁹⁸ lb



Field Roast Vegan Chao Slices

7 oz. • Reg. \$5.49

\$3⁹⁹



Grocery

Nancy's Oatmilk Yogurt

6 oz. • Reg. \$1.69

4/\$5



Annie's Dressing & Vinaigrette

Selected Varieties

8 oz. • Reg. \$3.29

2/\$4



Koyo Ramen

2-2.1 oz. • Reg. \$1.19

79¢



ORGANIC Amaranth

Reg. \$1.99/lb

\$1³⁹ lb



Food For Life Ezekiel 4:9 Bread

Selected Varieties

24 oz. • Reg. \$5.39

\$4³⁹



Amy's Organic Chili

14.7 oz. • Reg. \$3.59

2/\$5



The Mountain Valley Sparkling & Spring Water

1ltr. • Reg. \$2.19

2/\$3



Amy's Entrees

8.5-10 oz. • Reg. \$5.59

\$3⁹⁹

Back to Nature Crackers

4-8.5 oz. • Reg. \$3.49

2/\$5



Bulk



Deluxe Mixed Nuts

Roasted & Salted

Reg. \$13.15/lb

\$10⁸⁹ lb



Pachamama Organic Farmers Extra Dark Roast

Reg. \$13.59/lb

\$10⁹⁹ lb



Lotus Foods Organic Forbidden Rice

Reg. \$3.29/lb

\$2⁶⁹ lb

Grateful GREENS



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



**IS SPINACH DELICIOUS?
OH, KALE YEAH!**

Smoothies, Salads, & More!

**ORGANIC
Bunched Kale**
All Varieties
California
Reg. \$2.99/ea
\$1.96 ea



**ORGANIC
Bunched Chard**
All Varieties
California
Reg. \$2.49/ea
\$1.96 ea



**ORGANIC
Bulk Kale**
California
Reg. \$5.95/lb
\$4.75 lb



**ORGANIC
Bulk Arugula**
California
Reg. \$5.95/lb
\$4.75 lb



**ORGANIC
Bulk Spring Mix**
California
Reg. \$5.95/lb
\$4.75 lb



**ORGANIC
Bulk Arcadia Mix**
California
Reg. \$5.95/lb
\$4.75 lb



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

*Save the
date!*



**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

Ashland Food Co-op | Open Every Day 7AM to 9PM | www.ashlandfood.coop



**ASHLAND
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VEGAN

Nacho Momma's **CHEESY KALE CHIPS**

Make
this!

Ingredients

- 2 cups Cashews, soaked
- 1/2 cup Nutritional Yeast
- 1 cup Roasted Red Peppers
- 1 Fresh Lemon, squeezed
- 2 tsp Salt
- 1 tsp Cayenne
- 3/4 cup Water
- 2 Bunches of Curly Kale

1 Blend Cashew Mix

In a blender, combine cashews, nutritional yeast, roasted red peppers, fresh lemon, salt, cayenne, and water. Blend until smooth.



**ORGANIC BULK
Whole Raw Cashews**
BIN # 1562 • Reg. \$10.40/lb
\$7⁹⁹ lb



**BULK
Nutritional Yeast**
BIN # 465
\$7³⁹ lb



**ORGANIC
Red Bell Peppers**
Mexico
\$3⁹⁹ lb



**ORGANIC
Lemon**
California
\$1⁹⁹ lb

2 Toss in the Kale

Place kale in a large bowl and add in cashew mix. Toss until Kale is coated evenly



**ORGANIC
Bunched Kale**
All Varieties • California
Reg. \$2.99/ea
\$1⁹⁶ ea

3 Bake the Kale

Heat oven to 255°F. Spray 2 baking sheets with olive oil and spread kale evenly. Bake for 60 minutes.



Land & Sea

SAVE
\$2

USDA
ORGANIC

Roli Roti Butcher's Organic Bone Broth

24 oz. • Reg. \$9.99

\$7⁹⁹



Homegrown Meats 100% Grass-Fed Beef Jerky

All Varieties
2.5 oz. • Reg. \$8.49

\$7⁴⁹

House-Made

**ASHLAND
FOOD CO+OP**

EST. 1972

AFC House-made Grab-n-Go Greek Garden Sandwich

Reg. \$6.95/ea

\$5⁹⁵_{ea}



SAVE
\$1

Co+op
basics

Applegate Naturals Oven Roasted Turkey Breast

6 oz.

\$6⁴⁹



**ASHLAND
FOOD CO+OP**

EST. 1972

AFC House-Made Sun Dried Tomato Feta Spread

Reg. \$12.95/lb

\$9⁹⁵_{lb}



SAVE
\$3_{/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



Applegate Naturals Hickory Smoked Uncured Sunday Bacon

8 oz.

\$5⁹⁹

Co+op
basics



USDA
ORGANIC

Organic Girl Spinach

1 lb.

\$4⁹⁸_{ea}

Co+op
basics



USDA
ORGANIC

Organic Girl Baby Spring Mix

1 lb.

\$4⁹⁸_{ea}

Co+op
basics



USDA
ORGANIC

Nutribiotic Raw Organic Vanilla Rice Protein

3 lb.

\$44⁹⁹

Co+op
basics



Enzymedica Digest Gold

45 vcap

\$19⁴⁹



GROW THE CO-OP

**2020
BOARD OF DIRECTORS
Candidate Information**

APPLY TODAY!

**Complete the online
application by 9PM on
March 26, 2020!**

Become a Central Force in the Health of Our Community

Deepen your connection with our Co-op as a prospective candidate for our Board of Directors. The experience of serving on the Ashland Food Co-op Board of Directors is rich, rewarding and engaging. Over the last 48 years, our Co-op has seen nearly unparalleled growth and has become a powerful community marketplace and energy center in our valley. We are continually realizing and growing our potential to enrich people's lives and health. Now, more than ever, it is crucial that passionate, experienced community members join us at the governance level.

Want more information?
visit www.ashlandfood.coop



@ashlandfoodcoop

Wellness



**SAVE
\$2**



**Genuine Health
Organic Snack Bars**
Dark Chocolate Sea Salt • Chocolate Mint
1.41 oz. • Reg. \$3.99

\$1.99



**Everyone
3-in-1 Soap for the Body**
Unscented • Mint Coconut
Lavender Aloe • Coconut Lemon
32 oz. • Reg. \$9.99

\$7.49

**Hemp Fusion
All Products**

**25%
OFF**



**SAVE
\$2**

**Alba Botanica
Hawaiian 3-in-1 Towelettes**
Makeup Remover + Cleanser + Toner
30 ct. • Reg. \$5.99

\$3.99



**SAVE
\$2**

**Weleda
Toothpaste**
Salt • Ratanhia • Calendula
2.5 oz. • Reg. \$7.99

\$5.99

Bruce's Picks

**Charavin
Cotes du Rhone
Cuvee Laure**

750 ml.
Co-planted Grenache and Cinsault, no oak, whole cluster fermentation adds tannins and bright fruit, dark color belies the raspberry and strawberry flavors. Blood orange, winter mulling spices, vibrant and complex.

\$15.99



**Irvine & Roberts
Rosé of
Pinot Noir**

750 ml.
Strawberry and Meyer lemon flavors, refreshing, stunning color. Estate grown right here in Ashland.

\$25.99

