



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

# SNACKS

AT HOME

**TREAT YOURSELF!  
YOU DESERVE IT**



**coop deals**

**ALDEN'S ORGANIC ICE CREAM**  
48 oz. • Reg. \$8.89  
**2/\$11**

USDA ORGANIC

Sale Effective September 9 to 15

## Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Green & Red  
Bartlett Pears**  
Northwest  
Reg. \$2.99/lb

**\$1.42** lb



**ORGANIC  
Concord Grapes**  
California  
Reg. \$4.95/lb

**\$3.48** lb



**ORGANIC  
Yellow & White  
Peaches**  
Northwest & California  
Reg. \$3.99/lb

**\$2.68** lb



**ORGANIC  
Honeycrisp Apples**  
Northwest  
Reg. \$3.99/lb

**\$2.44** lb



**ORGANIC  
Yellow Potatoes**  
Northwest  
Reg. \$1.99/lb

**\$1.20** lb



**ORGANIC  
Heirloom Tomatoes**  
Oregon & California  
Reg. \$4.95/lb

**\$3.64** lb



**ORGANIC  
Mini Sweet Peppers**  
Northwest  
1 lb. Bag • Reg. \$4.95/ea

**\$3.98** ea



**ORGANIC  
Broccolini**  
California  
Reg. \$3.99/ea

**\$2.44** ea

Grocery

**Mestemacher  
Pumpnickel &  
Whole Rye Bread**

17.6 oz. • Reg. \$3.49

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



coop deals

**Organic Valley  
Organic  
Cheese Blocks**  
Muenster • Pepper Jack  
Mozzarella

8 oz. • Reg. \$5.89  
**\$4<sup>99</sup>**



**Mountain Valley  
Spring &  
Sparkling Water**

1 ltr. • Reg. \$2.19

**2/\$3**



**Blue Diamond  
Almond Breeze  
Almondmilk**

64 oz. • Reg. \$4.79

**2/\$7**



**Nature's Path  
Organic Waffles**

7.4 oz. • Reg. \$3.29

**2/\$4**



**Stahlbush Island Farm  
Berries**

Sustainably grown in the USA

10 oz. • Reg. \$3.69-\$4.99

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



**Wallaby  
Organic Greek Yogurt**

5.3 oz. • Reg. \$2.19

**2/\$3**



**Lärabar  
Fruit & Nut Bars**

1.6-1.7 oz. • Reg. \$1.69

**10/\$10**



**Lesser Evil  
Organic Popcorn**

5 oz. • Reg. \$3.39

**2/\$5**

Bulk



**ORGANIC  
Red Lentils**

Reg. \$1.49/lb

**\$1<sup>29</sup> lb**



**ORGANIC  
Raw Walnuts  
Halves & Pieces**

Reg. \$9.99/lb

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



**Pachamama  
Organic  
Peru Coffee Blend**  
Farmer Owned

Reg. \$13.59/lb

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



**ORGANIC  
Red Flame Raisins**

Reg. \$2.99/lb

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

Co-op basics

## Land & Sea



**Applegate Naturals Sunday Bacon**  
Hickory Smoked  
8 oz.

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



**Diestel Turkey Ranch Organic Sliced Turkey Breast**  
Oven Roasted • Smoked  
6 oz. • Reg. \$6.99

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

SAVE \$1

USDA ORGANIC

## House-Made

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

**Co-op Kitchen Grab-n-Go Sundried Tomato Feta Spread**  
Reg. \$12.95/lb

**\$10<sup>95</sup> lb**



SAVE \$2/lb



**Diestel Ranch Ground Dark Turkey**  
Reg. \$6.99/lb

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

SAVE \$2/lb



**Beeler's Boneless Pork Loin Chops**  
Reg. \$8.99/lb

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

SAVE \$2/lb

NON GMO Project VERIFIED

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

**Co-op Baked Country White Sandwich Bread**  
Reg. \$5.95/ea

**\$4<sup>95</sup> ea**



SAVE \$1

HOUSE MADE

## 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 Co-op deals

**Applegate Naturals Uncured Pepperoni**  
5 oz.

**Reg. \$4<sup>49</sup>**



ON SALE! \$3<sup>49</sup>

SAVE \$1

Co-op basics



**Luna Whole Nutrition Bar**  
1.69 oz.

**\$1<sup>25</sup>**

Co-op basics



**Field Day Organic Salsa**  
16 oz.

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

USDA ORGANIC

Co-op basics



**Garden of Eatin' Tortilla Chips**  
16 oz.

**\$4<sup>49</sup>**

Co-op basics



**Field Day Organic Wildlife Friends Cookies**  
8 oz.

**\$3<sup>29</sup>**

USDA ORGANIC

# GRILLED Peaches

with Gingered  
Crème Fraîche



A delicious dessert to satisfy on those long summer nights.

## INGREDIENTS

- 5 tablespoons unsalted butter
- 2 tablespoons cane sugar
- 1 cup crème fraîche
- 3 peaches halved and pitted
- 3 tablespoons crystallized ginger, chopped

## INSTRUCTIONS

- 1) Preheat your grill.
- 2) Melt the butter in a small sauce pan.
- 3) Add the sugar to the crème fraîche and set aside.
- 4) Generously butter the peach halves. Place on the grill, cut side down. Grill until just caramelized. Remove and cut into slices.
- 5) Arrange slices on a plate and dollop with the crème fraîche. Sprinkle the top with the ginger. Serve warm.

## TRIED & LOVED THIS RECIPE?

Post a photo of your creation & tag us on social!



@ashlandfoodcoop

#NailedIt #AshlandFoodCoop

## Wellness

SAVE  
\$2



### Wally's Natural Products Ear Candles

100% Beeswax • Soy Blend  
2 pack • Reg. \$7.99

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



### Planetary Herbals All Products

**20% OFF**

### Evan Healy All Products

**20%  
OFF**



### Humble Deodorant

All Varieties  
2.5 oz. • Reg. \$9.99

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

SAVE  
\$3



### Herb Pharm Daily Immune Builder

Immune Support  
1 oz. • Reg. \$11.49

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

## Bruce's Picks

### Scenic Valley Rosé

750 ml.  
Vibrant fresh berry aromas and flavors. Great family-run Willamette Valley winery, try their value Pinot Noir and unique Gruner Veltliner too.

**\$12<sup>99</sup>**



### WildCraft Cider Run of the Mill and Wild Rose

4-Pack Cans • 12 oz.  
Now available in cans. The same great naturally fermented, no additives, dry and complex tasting apple cider.

**\$13<sup>99</sup>**

