



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

grateful
TO BE YOUR
CO+OP

**FROM THE CO-OP
TO YOUR TABLE!**



**We'll cook.
You feast.**

Relax with
friends and family
and order our
housemade
Thanksgiving
meals today!

**READY TO
HEAT & SERVE!**

Sale Effective November 18 to 24

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Celery**

California & Mexico
Reg. \$1.29/lb

96¢/lb



**ORGANIC
Garnet & Jewel Yams
Sweet Potato Bags**

California
3 lb. Bag • Reg. \$6.45/ea

\$4⁶⁴ea



**ORGANIC
Russet Potato Bags**

Northwest Grown
5 lb. Bag • Reg. \$4.95/ea

2/\$5



**ORGANIC
Brussels Sprouts**

California
Reg. \$5.95/lb

\$3⁹⁹lb



**SAVE
\$1/lb**



**ORGANIC
Granny Smith Apples**

Northwest Grown
Reg. \$1.99/lb

99¢/lb



**ORGANIC
Cranberries**

Northwest Grown
7.5 oz. Container • Reg. \$4.95/ea

\$2⁹⁹ea



**ORGANIC
Pomegranates**

California
Reg. \$3.99/ea

2/\$5



**SAVE
\$1/lb**



**ORGANIC
Seedless Red Grapes**

California
Reg. \$2.99/lb

\$1⁹⁹lb



Tofurky Plant-Based Roast & Wild Rice Stuffing

26 oz. • Reg. \$11.99

\$7⁹⁹



Grocery



Field Roast Celebration Roast

2 lb. • Reg. \$13.99

\$9⁹⁹



Farmer's Market Organic Cranberry Sauce

15 oz. • Reg. \$2.59

\$1⁷⁹



Canyon Bakehouse Gluten Free Sliced Bread

Mountain White • 7 Grain

18 oz. • Reg. \$5.99

\$4⁴⁹



Organic Valley Organic Eggnog

32 oz. • Reg. \$5.49

\$3⁷⁹



Organic Valley Organic Cream Cheese

Original • Neufchatel

8 oz. • Reg. \$3.99

\$2⁹⁹



Farmer's Market Organic Pumpkin

15 oz. • Reg. \$2.29

2/\$3



Alden's Organic Ice Cream

48 oz. • Reg. \$8.89

2/\$10



Wholly Wholesome Organic Pie Shells

Traditional • Whole Wheat

14 oz. • Reg. \$5.79

\$3⁹⁹



ORGANIC Rolled Oats

89¢_{lb}



ORGANIC Extra Virgin Olive Oil

\$7⁹⁹_{lb}

Bulk



Griffin Creek Sumatra Dark Roast Coffee

Women's Coop

Reg. \$11.99/lb

\$9⁹⁹_{lb}



ORGANIC Cannellini Beans

Reg. \$2.99/lb

\$2⁴⁹_{lb}

SPUDTACULAR!

FREE
ORGANIC
5 LB BAG
RUSSET
POTATOES

November 18 to
November 25

while supplies last

with a purchase of the following:



**ALWAYS FRESH,
NEVER FROZEN**

Diestel Turkey Ranch
Organic • Non-GMO
Fresh Whole Turkey
All Varieties



SAVE
\$8



Tofurky
Holiday Vegetarian
Feast
3.5 lb. • Reg. \$25.99
\$17⁹⁹



SAVE
\$4



Field Roast
Celebration Roast
2 lb. • Reg. \$13.99
\$9⁹⁹

grateful TO BE YOUR CO+OP



**ASHLAND
FOOD CO+OP**

EST. 1972

We'll cook. You feast.

Relax with friends and family
and order our housemade
Thanksgiving meals today!

FROM OUR KITCHEN TO YOUR TABLE!

**READY TO HEAT
& SERVE!**

FULL TRADITIONAL THANKSGIVING MEAL

Family-Style
Serves 6-8 adults

\$149.95

- Organic Whole Diestel Roasted Turkey
- Vegan Maple Glazed Yams
- Classic Mashed Potatoes
- Tuscan Kale Salad
- Vegan Cornbread Stuffing
- Vegan Cranberry Orange Sauce
- Poultry Gravy
- Dinner Rolls

FULL VEGETARIAN THANKSGIVING MEAL

Family-Style
Serves 6-8 adults

\$139.95

- Butternut Squash Lasagna
- Vegan Maple Glazed Yams
- Vegan Mashed Potatoes
- Tuscan Kale Salad
- Vegan Cornbread Stuffing
- Vegan Cranberry Orange Sauce
- Vegan Mushroom Gravy
- Dinner Rolls

TRADITIONAL THANKSGIVING PLATE

\$24.95 per plate

- Organic Diestel Roasted Turkey
- Vegan Maple Glazed Yams
- Vegan Mashed Potatoes
- Tuscan Kale Salad
- Vegan Cornbread Stuffing
- Vegan Cranberry Orange Sauce
- Poultry Gravy
- Dinner Roll

VEGAN/VEGETARIAN THANKSGIVING PLATE

\$22.95 per plate

- Butternut Squash Lasagna OR Quinoa Cashew Loaf
- Vegan Maple Glazed Yams
- Vegan Mashed Potatoes
- Tuscan Kale Salad
- Vegan Cornbread Stuffing
- Vegan Cranberry Orange Sauce
- Vegan Mushroom Gravy
- Dinner Roll

**a la carte
PIE
\$19.95!**

Save & Add
a pie to your
Thanksgiving
meal for
\$17.95!

9" Pumpkin Pie \$19.95
Traditional or Wheat Free Crust

9" Vegan Wheat Free Pumpkin Pie \$19.95

9" Apple Pie \$19.95
Traditional Crust

9" Vegan Wheat Free \$19.95
Crumb Top Apple Pie

9" Pecan Pie \$19.95
Traditional or Wheat Free Crust

**In a hurry?
Check out our
Thanksgiving
Grab-n-Go!**



**Thanksgiving
Grab-n-Go
Available
November
16th!**



Land & Sea

SAVE
\$2



Organic Smart Chicken Organic Bone Broth

All Varieties
16.9 oz. • Reg. \$7.99

\$5⁹⁹



SAVE
\$2

Beeler's Hickory Smoked Bacon

16 oz. • Reg. \$9.99

\$7⁹⁹

House-Made

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Made to Order Mocha

16 oz. • Reg. \$5.95/ea

\$4⁹⁵ ea



SAVE
\$1



SAVE
\$2/lb

Ashland Food Co-op House-Made Chicken Sausage

All Varieties
Reg. \$9.99/lb

\$7⁹⁹ lb



SAVE
\$2/lb

Cooked, Peeled & Cleaned Shrimp 31/40 Count

Farm Raised
Reg. \$14.99/lb

\$12⁹⁹ lb

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Grab-n-Go Soup

12 oz • Reg. \$4.95/ea

\$3⁹⁵ ea



SAVE
\$1

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



Emerald Hills Beef Ground Beef

Not to Exceed
20% Fat

\$6⁴⁹ lb



Co+op
basics



ON
SALE!
10%
OFF



Herb Pharm Black Elderberry

1 oz. • Alcohol-Free

Reg. \$9⁴⁹

Co+op
basics



Franz Organic Bread

Selected Varieties • 20-27 oz.

\$3⁴⁹

Co+op
basics



ORGANIC Carrots

5 lb.

\$6⁴⁵ ea

Co+op
basics



Co-op Kitchen Egg & Cheese Breakfast Sandwich

\$3⁵⁰ ea

ROUND UP ★★★★★ TO ★★★★★ Give BACK

CHANGE
for good



ROGUE FARM CORPS

Training the next generation of
farmers and ranchers.

**NOVEMBER 1 TO
NOVEMBER 30**

Wellness



**Badger
All Products**

10% OFF



**Terry Naturally
All Products**

20% OFF

**Honey Garden's
All Products**

20% OFF



**SAVE
\$4**

**Wild Carrot
Radiant Rosewood Lotion**
Heart Warming Skin Softening
6.8 oz. • Reg. \$17.49

\$13⁴⁹

**coop
deals**



**SAVE
\$3**

**Bach
Flower Essences**
All Varieties
20 ml. • Reg. \$17.49

\$14⁴⁹

Bruce's Picks

**Schaad
Pinot Noir**
750 ml.
Estate-grown in the
Chehalem Mtn. AVA.
Pretty and delicate, a
beautiful expression of
Pinot unencumbered
by heavy oak or high
alcohol.

\$17⁹⁹



**Olivier Morin -
"Tentation"
Cremant de
Bourgogne**
750 ml.
This French sparkler
exhibits the same
refinement and elegance
as true Champagne, for
a fraction of the price.

\$18⁹⁹

