



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

CITRUS SEASON



**ORGANIC
ORO BLANCO &
MELOGOLD
GRAPEFRUIT**
California
Reg. \$2.99/lb
\$1.96 lb

Fresh & Juicy Citrus
to brighten your January

Sale Effective January 20 to 26

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Opal Apples**
Northwest
Reg. \$2.49/lb

\$1.64 lb



**ORGANIC
Blueberries**
California
Pint • Reg. \$5.95/ea

\$4.98 ea



**ORGANIC
Meyer Lemons**
California
Reg. \$3.99/lb

\$2.54 lb



**ORGANIC
Cara Cara
Navel Oranges**
California
Reg. \$2.99/lb

\$1.72 lb



**ORGANIC
Yellow Onions**
Northwest
Reg. \$1.29/lb

88¢ lb



**ORGANIC
Bunch Carrots**
California
Reg. \$3.29/ea

\$1.99 ea



**ORGANIC
Heirloom Tomatoes**
Mexico
Reg. \$5.95/lb

\$4.24 lb



**ORGANIC
Broccolini**
California
Bunch • Reg. \$2.99/ea

\$1.96 ea

coop deals

Grocery

coop deals

Noosa Yoghurt
8 oz. • Reg. \$2.49

\$1.59



Organic Valley
Organic Large Brown Eggs

Dozen • Reg. \$5.29

\$4.29

SAVE \$1



Cascadian Farm
Organic Broccoli Florets

10 oz. • Reg. \$2.99

\$2.39



Little Northern
Bakehouse
Gluten-Free
Sliced Bread

16 oz. • Reg. \$5.99

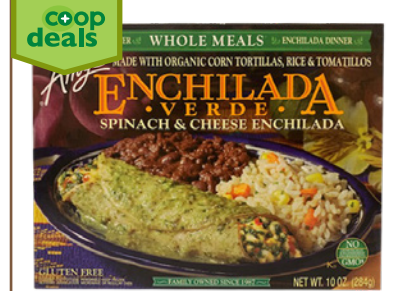
\$4.99



Wolfgang Puck
Organic Soup

14.5 oz. • Reg. \$2.69

2/\$4



Amy's
Frozen Entrées

8-10.3 oz. • Reg. \$5.59-\$5.89

\$3.99



Munk Pack
Protein Cookies

2.96 oz. • Reg. \$2.49

\$1.99



Newman's Own
Newman O's

13 oz. • Reg. \$5.49

\$4.49



Simple Mills
Almond Flour
Crackers

4.25 oz. • Reg. \$4.89

\$3.49



ORGANIC
Small Red Chili Beans

Reg. \$2.29/lb

\$1.69 lb



ORGANIC
White Basmati Rice

\$2.39 lb



Pachamama
La Flor Light Roast
Coffee Blend

Reg. \$14.99/lb

\$12.99 lb



ORGANIC
Amaranth

Reg. \$2.29/lb

\$1.89 lb

Bulk

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INFO GUIDE



Organic Chandler Pummelo

Largest and oldest variety of citrus in the world. Bright yellow outside with a pale pink flesh easily segmented for peeling and eating. Delicate acidity, sweet and mildly bitter.



Organic Lavender Gem Tangelo

Cross between a grapefruit and a Sampson tangelo. Taste similar to a tangerine with sweet notes and mild acidity with mellow Meyer lemon undertones. Pink and violet inside!

Available Late January
or Early February!



Organic Gold Nugget Mandarin

Cross between a Clementine and a Ponkan mandarin. Seedless, easy to peel, the perfect treat. Don't let their size fool you. Smaller fruit with a giant burst of flavor!



Organic Lemonade Lemons

Cross of a lemon and Navel orange. Smooth skin with pale yellow flesh. Juicy with a sweet lemon-like flavor. Low acidity provides the flavor instead of a higher sugar content. The lemon you can eat like an orange!

Available Late January
or Early February!



Organic Kishu Mandarin

Cross between a Clementine and a Ponkan mandarin. Seedless, easy to peel, the perfect treat. Don't let their size fool you. Smaller fruit with a giant burst of flavor!



Organic Page Mandarin

Perfect for fresh eating or juicing, peels easy. On the sweeter side with some tart kick.

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INFO GUIDE



Organic Melogold Grapefruit

Cross between a pummelo and a Marsh grapefruit. Named after its interior and exterior color and its "mellow" flavor. Its lower acidity presents a nice combination with super-sweet juice with refreshing grapefruit bitter components that grapefruit fans know and love.



Organic Star Ruby Grapefruit

Known for its deep red color and exceptional flavor. Nice combination of sweet, tart, along with the grapefruit bitter we all love. Great for eating out of hand or juicing.



Organic Oro Blanco Grapefruit

Cross between a pummelo and a Duncan White grapefruit, Oro Blanco translates to White Gold. The sweetest of the grapefruit varieties; tender, juicy, refreshing and delicious. Enjoy while they are in season!



Organic Supernova Mandarin

Also known as the "Lee Nova" mandarin as it is a cross between a Lee mandarin and a Nova mandarin. Sometimes referred to as Sugarbombs, they are a sweet treat loved by kids everywhere.



Available Early to
Mid February

Organic Pixie Mandarins

This seedless, easy peeling mandarin is a perfect snack for those who love mild-flavored citrus. Not too sweet, not too tangy. The just-right treat for some citrus lovers.



Organic Triple Cross Mandarin

Also known as the TDE mandarin. It is called the triple cross as it's a cross between the Temple Tangor, Dancy and Encore mandarins. Juicy with the perfect combination of sweet and tangy rich flavor. Seedless and very easy to peel.



Land & Sea



SAVE \$1/lb

Organic Smart Chicken Bone-In Thighs

Reg. \$5.99/lb

\$4⁹⁹ lb



Beeler's Bone-In Chops

Reg. \$8.49/lb

\$6⁹⁹ lb



House-Made

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Bakery Garlic & Rosemary Focaccia Bread

Reg. \$4.95/ea

\$3⁹⁵ ea



SAVE \$1



SAVE \$1

Niman Ranch Beef Pastrami, Corned Beef, & Roast Beef Sliced

6 oz. • Reg. \$7.49

\$6⁴⁹



SAVE \$2/lb

Wild Cooked Bay Shrimp

Reg. \$9.99/lb

\$7⁹⁹ lb

ASHLAND FOOD CO+OP

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Co-op Kitchen House-Made Pesto

Reg. \$19.95/lb

\$17⁹⁵ 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

Applegate Organics Organic Uncured Genoa Salami

4 oz.

\$5⁹⁹



CO+OP basics

ORGANIC Navel Oranges
California

\$2⁴⁹ lb



CO+OP basics

Franz Organic Sliced Bread
Select Varieties • 20-27 oz.

\$3⁴⁹



CO+OP basics

Field Day Organic Mini Rod Pretzels

8 oz.

\$2⁴⁹



CO+OP basics

Organic Valley Organic Stringles

6 oz.

\$4⁶⁹



ROUND UP ★★★★★ TO ★★★★★ Give BACK

CHANGE
for good



ROGUE VALLEY MENTORING

Rogue Valley Mentoring lets young people know that they are not alone: a caring and compassionate ear shows them that they matter, and that they are the experts of their own experience. Rogue Valley Mentoring has trained over 500 adults who have mentored over 2,000 youth in our valley through individual mentor & mentee matches and in group circles.

**JANUARY 1 TO
JANUARY 31**

Wellness



**Terry Naturally
All Products**

20% OFF



**Pranarom
All Products**

20% OFF

**Ashland Food
Co-op Brand
All Products**

**15%
OFF**



**coop
deals**



**Dr. Bronner's
Toothpaste**

Anise • Peppermint • Spearmint
5 oz. • Reg. \$5.99

\$4.49



**SAVE
\$2**

**Wishgarden Herbs
Kick-Ass Immune**

Immune Activator
0.66 oz. • Reg. \$8.99

\$6.99

Bruce's Picks

**Troon
Kubli Bench Blanc**

750 ml.
Applegate Valley
grown and bottled.
Co-fermented
Marsanne and
Viognier, aged
six months in
oak, yet remains
light and floral.

\$9.99



**Pio Cesare
Barbera d'Alba**

750 ml.
Dark and structured, yet
wonderful grace and
elegance.

\$20.99

