



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

Let's **TACO** bout it

**From housemade salsa
to housemade sausage, we got you!**



**ORDER
ONLINE &
TAKE AN
ADDITIONAL
10% OFF!**

Available from 11am to 8pm daily!

**CO-OP KITCHEN
MADE TO ORDER
TACOS**
Veggie • Carnitas • Ground Beef
Cilantro Lime Chicken
Reg. \$2.95

2/\$5

Sale Effective February 24 to March 2

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Cara Cara
Navel Oranges**

California
Reg. \$2.99/lb

\$1.48 lb



**ORGANIC
Tommy Atkin Mangos**

Mexico
Reg. \$2.99/ea

\$1.75 ea



**ORGANIC
Lemons**

California & Mexico
Reg. \$2.99/lb

\$1.48 lb



**ORGANIC
D'Anjou Pears**

Northwest
Reg. \$1.99/lb

\$1.24 lb



**SAVE
\$1** /lb



**ORGANIC
Broccoli Crowns**

California & Mexico
Reg. \$1.99/lb

99¢ lb



**ORGANIC
Mini Sweet Peppers**

Mexico
1 lb. Pack • Reg. \$4.95/ea

\$3.28 ea



**ORGANIC
Asparagus**

Mexico
Reg. \$4.95/lb

\$2.96 lb



**ORGANIC
Tomato on the Vine**

Mexico
Reg. \$4.95/lb

\$2.96 lb

coop deals



Rumiano Family Organic Cheese Blocks

8 oz. • Reg. \$5.59

\$3.99

Grocery

coop deals



Rudi's Organic Bakery Organic Spelt Tortillas

6 ct. • Reg. \$5.39

\$4.49

coop deals



Garden of Eatin' Taco Shells

Yellow • Blue

5.5 oz. • Reg. \$3.89

\$2.99

coop deals



Rudi's Organic Bakery Organic English Muffins

12 oz. • Reg. \$4.49

\$3.49

coop deals



Cascadian Farm Organic Vegetable Blends

10 oz. • Reg. \$2.99

2/\$4

coop deals



Garden of Eatin' Corn Tortilla Chips

16 oz. • Reg. \$4.49

\$3.49

coop deals



Uncle Matt's Organic Orange Juice

52 oz. • Reg. \$7.39

\$5.99

coop deals



Santa Cruz Organic Peanut Butter

Dark • Light

16 oz. • Reg. \$5.65

\$4.49

coop deals



Cascadian Farm Organic Cereal & Granola

9.5-13.5 oz. • Reg. \$4.79-\$4.89

2/\$6

Bulk

coop basics



ORGANIC Black Beans

\$1.79 lb

coop deals



ORGANIC Tricolor Quinoa

Reg. \$3.29/lb

\$2.79 lb

coop basics



Equal Exchange Organic AFC House Blend Coffee

\$7.99 lb

coop deals



ORGANIC Cannellini Beans

Reg. \$2.59/lb

\$2.39 lb



**ASHLAND
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Let's TACO bout it

SAVE
\$3/lb

**Ashland Food Co-op
House-Made Chorizo
Pork Sausage**

Reg. \$9.99/lb

\$6⁹⁹ lb

AFC House-Made



CHORIZO PORK SAUSAGE

**Beeler's
Boneless Pork
Shoulder Roast**

Reg. \$6.99/lb

\$4⁹⁹ lb



Beeler's



boneless pork shoulder roast

SAVE
\$2/lb



Emerald Hills



SAVE
\$1/lb

ground beef

**Emerald Hills
Ground Beef**
Not to Exceed 20% Fat
Reg. \$6.49/lb

\$5⁴⁹ lb



**Organic
Smart Chicken
Boneless Skinless
Thighs**

Reg. \$7.99/lb

\$6⁹⁹ lb

SAVE
\$1/lb



ORGANIC

yellow onion

**ORGANIC
Yellow Onion
Northwest**

\$1²⁹ lb



**ASHLAND
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Let's **TACO** bout it



**Co-op Kitchen
Grab-n-Go
Chicken Quesadilla**
Organic Chicken and Cheddar
Cheese with Enchilada Sauce!
1 ct.

\$3⁹⁵ ea



**Co-op Kitchen
Heat-n-Eat
Vegan Jackfruit
Enchiladas**
Made fresh for our Grab-n-Go
for your convenience
2 servings.

\$8⁹⁵ lb



**Co-op Kitchen
Grab-n-Go
Pinto Bean Quesadilla**
Vegan Quesadillas Ready to
Heat and Eat!
1 ct.

\$3⁴⁵ ea



**Co-op Kitchen
Grab-n-Go
Fresh Salsa**
Mild, House-Made Salsa made
with Organic Ingredients!
16 oz.

\$4⁵⁰ ea



STACKED **CHICKEN SAUSAGE** ENCHILADAS

Stack your
enchiladas, it will
cut your prep time
in half. Try this
recipe with our
housemade ground
chicken sausage!

INGREDIENTS

- ½ cup red onion, chopped fine
- Red wine vinegar to cover the onion
- 1 pound chicken sausage
- 12 corn tortillas
- 1 bunch spinach washed and torn
- 1 cup feta cheese, crumbled
- Olive oil as needed
- 1 16oz. jar Sweet Creek Enchilada Sauce
- 3 green onions, chopped

INSTRUCTIONS

- 1) Preheat the oven to 425 degrees.
- 2) Pour vinegar over the onions and let sit for at least 30 minutes. Drain and set aside. Keep the vinegar to make salad dressing.
- 3) Heat a medium skillet and add the sausage, mashing it up a bit. Continue to cook until it is well browned. Set aside.
- 4) Lightly oil a 9x9 inch baking pan. Add two or three tortillas to cover the bottom.
- 5) Sprinkle some red onion, sausage, spinach and cheese on top of the tortillas.
- 6) Pour 1/2 cup of the sauce over all. Repeat the layering so you make 3 or 4 layers. End with tortillas, cheese and sauce on top. Add a little water to the sauce container if needed to extend the sauce.
- 7) Cover with foil and bake for 30 minutes.
- 8) Reduce heat to 350. Cook for another 10 minutes.
- 9) Remove the tin foil. Cook an additional 10 minutes.

Serve sprinkled with a little of the cheese and some green onion.

Co-op basics

Land & Sea



**Applegate Naturals
Chicken Sage
Breakfast Sausage**

7 oz.

\$4.99



**Coleman Natural
Applewood
Smoked Bacon**

12 oz. • Reg. \$8.99

\$7.49

House-Made

**ASHLAND
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**Co-op Kitchen
Made to Order
Mocha**

16 oz. • Reg. \$5.95

\$4.95



**SAVE
\$1**

Co-op basics



**Organic Smart Chicken
Whole Chicken**

\$3.99 lb



**Niman Ranch
Sausages &
Beef Franks**

11-12 oz. • Reg. \$8.49

\$7.49

**ASHLAND
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EST. 1972

**Co-op Kitchen
Grab-n-Go
Guacamole**

Reg. \$9.95/lb

\$8.95 lb



**SAVE
\$1/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



**Smart Chicken
Boneless
Skinless Breast**

\$6.99 lb



Co-op basics



**Emerald Valley Kitchen
Organic Salsa**

14 oz.

\$3.39

Co-op basics



**ORGANIC
Organic Pinto Beans**

\$1.79 lb

Co-op basics



**Field Day
Organic Ground Cumin**

1.7 oz.

\$3.99

Co-op basics



**Lundberg Family Farms
Organic White
Basmati Rice**

\$2.39 lb

ROUND UP ★★★★★ TO ★★★★★ Give BACK



Ashland High Arts Advocates

Ashland High Arts Advocates (AHAHA) will be using these funds for their AHS Culinary Arts Program

FEBRUARY 1 TO FEBRUARY 28



Applications open now!

ashlandfood.coop/afcgives

Wellness



Vital Leaf All Products

20% OFF



Sunsoil All Products

25% OFF

HempFusion All Products

25% OFF



Gabriel Nail Polish

0.5 oz. • Reg. \$7.49

\$5⁹⁹



Wild Carrot Rosehip & Raspberry Serum

Revitalizes Your Radiant Rosiness

0.5 oz. • Reg. \$22.99

\$18⁹⁹

SAVE \$4

Bruce's Picks

Moncaro Sangiovese

750 ml.

Produced by an Italian wine cooperative, this bursts with red fruits, while finishing dry.

\$9⁹⁹



Monte Tondo Garganega Frizzante

750 ml.

This is a super-refreshing sparkling Italian Soave. Dry and aromatic.

\$10⁹⁹

