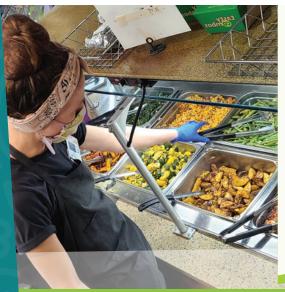


CO-OP KITCHEN

savings

from our kitchen to your table





Sale Effective April 7 to 13

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



ORGANIC Crimson Delight Apples

Northwest Grown Reg. \$2.29/lb



ORGANIC Triplecross Mandarins

California



ORGANIC Gold Nugget Mandarins

California Reg. \$3.29/lb



ORGANIC Cara Cara **Navel Oranges**

California Reg. \$2.99/lb



ORGANIC

Celery California & Mexico

Reg. \$1.49/lb



ORGANIC Brussels Sprouts

Mexico Reg. \$4.95/lb



ORGANIC Slicing Tomatoes

Mexico Reg. \$2.99/lb



ORGANIC Savoy Cabbage

California Reg. \$1.99/lb



Santa Cruz Organic Peanut Butter

Dark • Light 16 oz. • Reg. \$5.65

2/^{\$}8



Little Northern Bakehouse Gluten-Free Sliced Bread

Millet & Chia • Seeds & Grains 16-17 oz. • Reg. \$5.99

\$399





Organic Valley Organic Shredded Cheese

All Varieties 6 oz. • Reg. \$4.99

\$399



Late JulyOrganic Multigrain Tortilla Chips

5.5 oz. • Reg. \$2.99

2/\$4



Bonne Maman Fruit Preserves

13 oz. • Reg. \$4.69

2/\$7



R.W. Knudsen Mega Antioxidant Juice

32 oz. • Reg. \$3.49

2/\$5



Nature's Path Organic Waffles

7.4 oz. • Reg. \$3.29

\$229



Coconut Bliss Organic Frozen Dessert

Pint • Reg. \$6.29

\$479



Profits Charity NEWMAN-Os Vanilla Made with Organic Wheat Flour & Organic Supar But Man But Days When we there of the supar But Man But Days When we there of the supar But Man But Days But Man But Day

Newman's Own Newman O's

13 oz. • Reg. \$5.99

\$429



ORGANICFrench Green Lentils

Reg. \$2.29/lb

\$499_{lb}



ORGANICGrind Your Own Almond Butter

\$10⁵⁹lb



Pachamama Organic Peru Medium Roast Coffee

Reg. \$13.59/lb

\$11⁹⁹lb



ORGANICPitted Dates

Reg. \$5.99/lb

\$4⁴⁹lb



Our kitchen & bakery is

90% Organic!



Team of

50 AFC Culinary Peeps!



We curate over

250

products in our kitchen & bakery



We even cater!

Check out our menu at

www.ashlandfood.coop









Land & Sea



Applegate Naturals No Sugar Bacon

8 oz. • Reg. \$5.99



Beeler's Heluka Boneless Pork Shoulder Roast

Reg. \$6.99/lb



House-Made

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Heat & Eat Chile Relleno

Reg. \$11.95/ea



PLEWOOD SMOKED NCURED HAM



Niman Ranch Sliced Ham

All Varieties 6 oz. • Reg. \$7.49



Thousand Hills Ground Beef

80% Lean 20% Fat Located in Freezer 16 oz. • Reg. \$8.49



EST. 1972

Co-op Kitchen Made to Order Divine 9 Juice

16 oz. • Reg. \$7.95/ea



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.





CO+OP Basics

Applegate Naturals Gluten Free **Chicken Nuggets**

16 oz.





Co-op Kitchen Made to Order **PCT Breakfast Burrito**



Co-op Bakery Snickerdoodle Cookie



Co-op Kitchen Made to Order **Keep It Simple Juice**

12 oz.



Co-op Kitchen Hot Grab-n-Go Egg & Cheese Break-fast Sandwich







From Fire to Flowers is an initiative by Pollinator Project Rogue Valley (PPRV) to distribute native pollinator plants to those who lost their homes and gardens in the Almeda Fire.

APRIL 1 TO APRIL 30



OMMushroom Superfood Master Blend

10 Mushroom Species 3.17 oz. • Reg. \$21.99

\$18⁴⁹





Moon ValleyAll Products

20% OFF



20% OFF



coop deals



Similasan Allergy Eye Relief

Multi Symptom Relief 0.33 oz. • Reg. \$12.99

\$949





Nordic Naturals Ultimate Omega

High-Intensity Omega 3 60 gel. • Reg. \$27.99

\$22⁹⁹

Bruce's Picks

Monte Tondo Garganega Frizzante

750 ml.

This is a super-refreshing sparkling Italian Soave. Dry and aromatic with a refreshing light carbonation ideal for warm weather.

\$10⁹⁹



Goldback Rosé of Grenache

750 ml.
New 2020 vintage, grown and bottled here in Ashland.
Very pale, quite dry, with flavors of raspberry, cranberry

and apple peel. \$1699

