



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

# FATHER'S DAY

*savings*



Caldera  
Select Varieties  
6-Pack  
**\$6<sup>99</sup>**

**Co-op  
Price!**

Sale Effective June 16 to 22

## Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Seedless Watermelon**  
California  
Reg. \$0.98/lb

**82¢<sub>lb</sub>**



**ORGANIC  
Honey Mangoes**  
Mexico  
Reg. \$2.50/ea

**2/\$3**



**ORGANIC  
Cherries**  
Washington  
Reg. \$8.95/lb

**\$6<sup>86</sup><sub>lb</sub>**



**ORGANIC  
Cantaloupe**  
California  
Reg. \$1.29/lb

**86¢<sub>lb</sub>**



**ORGANIC  
Sweet Vidalia Onions**  
Georgia  
Reg. \$1.99/lb

**\$1<sup>42</sup><sub>lb</sub>**



**ORGANIC  
Fingerling Potatoes**  
California  
1.5 lb. Bag • Reg. \$4.95/ea

**\$3<sup>48</sup><sub>ea</sub>**



**ORGANIC  
Sweet Corn**  
California  
Reg. \$1.99/ea

**5/\$5**



**ORGANIC  
Red Bell Peppers**  
Mexico  
Reg. \$3.99/lb

**\$2<sup>24</sup><sub>lb</sub>**



**Violife  
Vegan Cheese  
Alternative Slices**

Cheddar • Provolone  
7.05 oz. • Reg. \$5.29

**\$3<sup>99</sup>**



**Grocery**



**Hilary's  
Organic Bean  
& Veggie  
Burgers**

6.4 oz. • Reg. \$3.59

**2/\$5**



**Rhythm Superfoods  
Organic Kale Chips**

Original • Zesty Nacho  
2 oz. • Reg. \$4.99

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



**Table 5  
Cornmeal Crust Pizza**

12.5 oz. • Reg. \$7.79

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



**Safe Catch  
Albacore Tuna**

5 oz. • Reg. \$4.69

**2/\$7**



**Annie's  
Organic Dressing &  
Vinaigrette**

8 oz. • Reg. \$3.99

**2/\$6**



**Kettle Brand  
Organic Potato Chips**

5 oz. • Reg. \$2.99

**2/\$4**



**Coolhaus  
Ice Cream**

Pint • Reg. \$5.69-\$5.99

**2/\$8**



**Newman's Own  
Newman-O's**

13 oz. • Reg. \$5.99

**\$4<sup>59</sup>**



**ORGANIC  
Red Lentils**

Reg. \$1.79/lb

**\$1<sup>49</sup> lb**



**ORGANIC  
Almonds  
Pasteurized**

**\$9<sup>29</sup> lb**

**Bulk**



**SAVE  
\$2/lb**



**Pachamama  
La Flor Light Roast**

Reg. \$14.99/lb

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



**SAVE  
\$2/lb**



**ORGANIC  
Black Mission Figs**

Reg. \$7.69/lb

**\$5<sup>69</sup> lb**



**ASHLAND  
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*happy*

# FATHER'S DAY

**WOW  
FACTOR**

**Co-op Kitchen  
Hot Bar  
Teriyaki Wings**  
Happy Father's Day!

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



**Co-op Kitchen  
Hot Bar Adobo Pulled Pork**

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



**Co-op Kitchen  
Hot Bar Bratwurst  
Pork Sausages**

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



**Co-op Kitchen  
Hot Bar  
Chile Relleno Casserole**

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



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# OREGON Wine & Cider Week



**Blossom Barn  
Front Porch  
Perry**  
4-Pack, 16 oz. Cans

**\$13<sup>49</sup>**



**Wildcraft  
Honeycrisp**  
16.9 oz.

**\$5<sup>59</sup>**



**Upper Five  
Rosado and  
Rose of  
Grenache**  
750 ml.

**\$18<sup>99</sup>**



**Goldback  
Cuvee**  
750 ml.

**\$19<sup>99</sup>**

**Apple Outlaw  
Jefferson Dry**  
16.9 oz.

**\$5<sup>59</sup>**



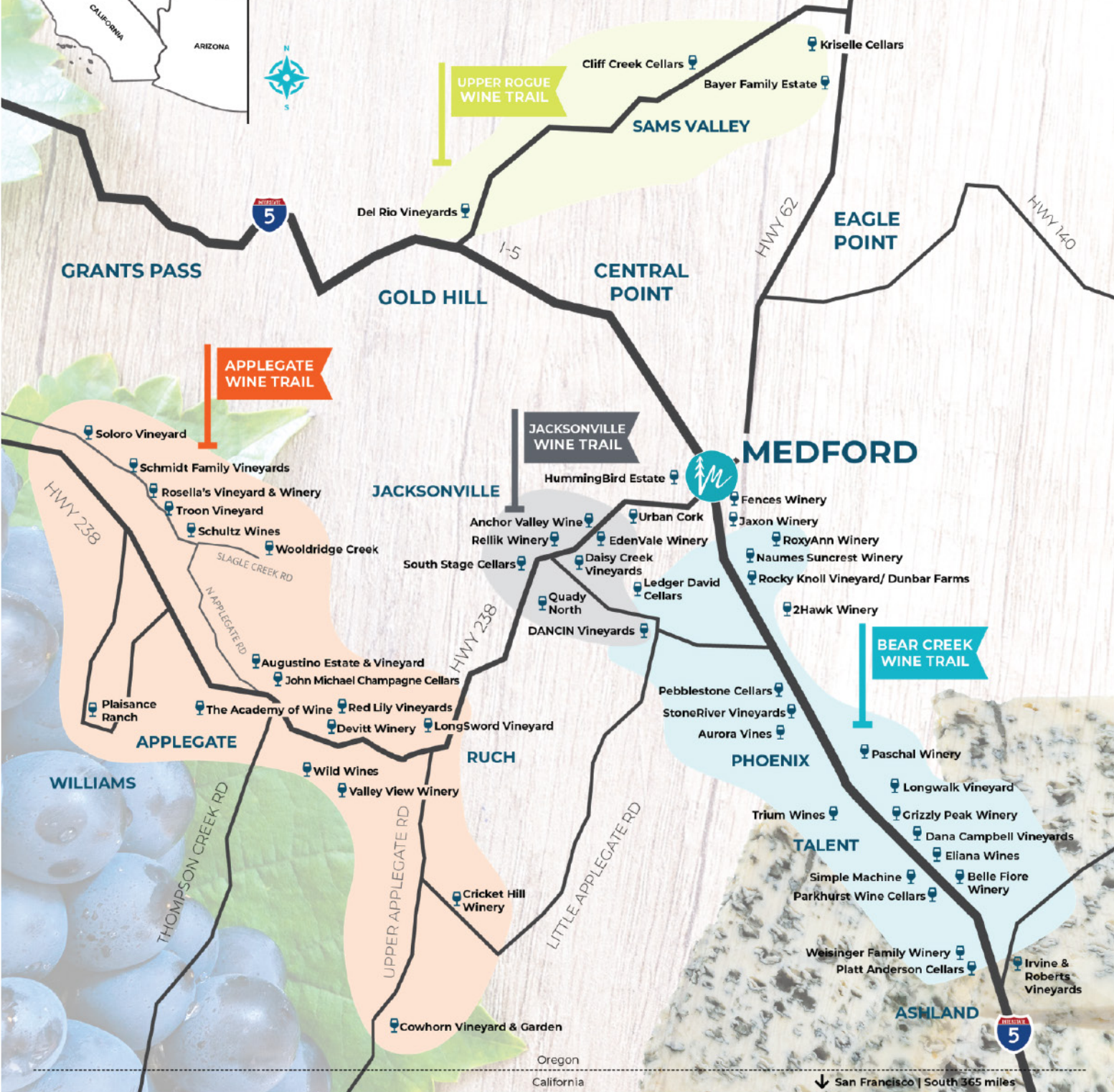
**Quady North  
Pistoleta**  
750 ml.

**\$15<sup>99</sup>**

# Medford

HEART OF THE ROGUE

Crater Lake National Park  
North 65 miles





**ASHLAND  
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# FATHER'S DAY *wellness*



**Thayers  
Aftershave Lotion**  
Witch Hazel,  
Aloe Vera Formula  
4 oz. • Reg. \$7.99

**\$6<sup>49</sup>**

**Balm of Gilead  
Cedar &  
Black Spruce**  
Complete Care for Men  
4 oz. • Reg. \$21.49

**\$17<sup>49</sup>**



**SAVE  
\$4**

**Bass  
Beard Brush**  
Perfect for All  
Beard Types  
7 oz. • Reg. \$13.99

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



**SAVE  
\$5**



**Gaia Herbs  
Turmeric  
Supreme Pain**  
Traditionally for  
Relief of Occasional  
Aches & Pains When  
You Overdo it  
60 cap. • Reg. \$23.49

**\$18<sup>49</sup>**

**Turmeric  
Supreme**  
PAIN

Traditionally for relief of  
occasional aches & pains  
when you overdo it\*

**SAVE  
\$5**



**SAVE  
\$5**

**Inesscents  
CBD  
Massage Oil**  
Pure & Unscented  
4 oz. • Reg. \$39.99

**\$34<sup>99</sup>**



**SAVE  
\$2**

**Acure  
Energizing Coffee  
Body Scrub**  
100% Vegan,  
0% Pretentious  
6 oz. • Reg. \$13.99

**\$11<sup>99</sup>**



**Fat and the Moon  
Olive & Clay Shave Cream**  
Shave Away with Confidence  
2 oz. • Reg. \$13.99

**\$11<sup>99</sup>**

**SAVE  
\$2**



**Herb Pharm  
Rhodiola**  
Energy & Vitality  
1 oz. • Reg. \$12.49

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



**Portland Bee Balm  
Solar Eclipse  
Lip Balm**  
Spf 15  
1 ct. • Reg. \$2.99

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



**Muddy H2O's  
Oatmeal Mask**  
For Dry & Sensitive Skin  
?? oz. • Reg. \$6.99

**\$6<sup>49</sup>**

Land & Sea



SAVE \$1

**Columbus Italian Dry Salame, Genoa Salame, & Pepperoni**

Sliced  
4 oz. • Reg. \$5.99

**\$4.99**



**Teton Waters Ranch Hotdogs & Sausages**

100% Grass Fed Beef  
10 oz. • Reg. \$7.49-\$8.49

**\$6.99**

House-Made

**ASHLAND FOOD CO+OP**

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**Co-op Kitchen Made to Order Kombucha**

16 oz. • Reg. \$3.95

**\$2.95**



SAVE \$1



SAVE \$2/lb

**Diestel Turkey Ranch Ground Dark Turkey**

Reg. \$6.99/lb

**\$4.99 lb**



SAVE \$2/lb

**Beeler's Boneless Pork Loin Chops**

Reg. \$7.99/lb

**\$5.99 lb**



**ASHLAND FOOD CO+OP**

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**Co-op Kitchen Grab-n-Go Asian Tofu Salad**

Reg. \$6.95/ea

**\$5.95 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



**Applegate Organics No Sugar Uncured Bacon**

8 oz.

**\$8.49**

Co+op basics



**Naked Bread Organic Bare White Sliced Bread**

22.5 oz.

**\$3.49**

Co+op basics



**Field Day Green Pitted Olives**

6 oz.

**\$2.39**

Co+op basics



**ORGANIC Extra Virgin Olive Oil**

**\$7.99 lb**

Co+op basics



**Desert Essence Pink Himalayan Salt Toothpaste**

6.25 oz.

**\$4.99**



BAHN MI  
*Cider Sliders*

Make this recipe with any chopped meat you desire, or even tofu! Just remember you will have to add oil to brown chicken, turkey or tofu.

**Quick Pickled Veg INGREDIENTS**

- 1 cup Daikon Radish, shredded (even the classic round ones work fine)
- ½ cup Carrot, shredded
- 1 cup Cucumber, peeled, seeds removed and sliced in half rounds or matchstick
- ½ teaspoon Kosher Salt
- 2 Tablespoons Rice Vinegar

**Quick Pickled Veg INSTRUCTIONS**

1) Toss everything together in a bowl and let sit for 30 minutes. Strain in a colander and squeeze to extract the juices. Lay the veggies on a clean towel to soak remaining juices, set aside.

**Filling INGREDIENTS**

- 1 pound Ground Pork, Lamb, Beef, Chicken, Turkey or Tofu
- 1 Tablespoon Fresh Ginger, grated
- 1 cup Green Onion, chopped (white and green portion)
- 1 Garlic Clove, minced
- 2 teaspoons Red Boat Fish Sauce
- 1 teaspoon Liquid Aminos or Soy Sauce
- ½ cup Apple Outlaw Dry Cider
- 1 Lime, zested and then juiced
- Vegenaise or Mayonnaise
- Crusty Bread Rolls
- Cilantro
- Sesame Seeds, toasted

**Filling INSTRUCTIONS**

1) Add protein to a large skillet and stir and break up over medium heat until cooked thoroughly or until it is golden brown. Drain any excess oils/fat.

2) Return the pork to the pan and add green onion, ginger and garlic, stirring until garlic is fragrant. Stir in fish sauce, soy sauce and cider. Cook until sauce is reduced. Remove from heat. Add lime zest and juice from half a lime.

3) Spread mayo on the split rolls, add ½ cup of the meat mix, top with a big spoonful of pickled veg and a healthy bit of cilantro and sesame seeds.



SAVE \$1

**One With Nature Bar Soaps**

All Varieties  
7 oz. • Reg. \$4.49

**\$3.49**

Wellness



**Boiron Arnica Gel**

Homeopathic Medicine  
1.5 oz. • Reg. \$7.99

**\$6.49**

**Oregon Soap Company All Products**

**20% OFF**



Oregon MADE



SAVE \$2

**Solaray Optizinc**

Zinc with Vitamin B6  
60 cap • Reg. \$6.49

**\$4.49**



SAVE \$3

**Avalon Shampoo & Conditioner**

All Varieties  
11 oz. • Reg. \$10.99

**\$7.99**

Bruce's Picks

**G. Chon Josseliniaire Chardonnay**

750 ml.  
Super bright and fresh with just a hint of mid-palate richness. New vintage just arrived. No trade war tariff equals lower price this year.

**\$9.99**



**Ego Bodegas Goru Verde**

750 ml.  
100% organically-grown Monastrell (Mourvedre) from Jumilla, Spain. Dark and intensely fruity, with a whole bouquet of spices thrown in for fun.

**\$11.99**

