



**ASHLAND  
FOOD CO+OP**

EST. 1972

# Summer SAVINGS



*Oregon*  
**GROWN**



**ORGANIC  
Cantaloupe**  
Hermiston, Oregon!  
Reg. \$1.69/lb

**99¢ lb**

Sale Effective July 21 to 27

## Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
White Peaches**

California  
Reg. \$4.95/lb

**\$2<sup>99</sup> lb**



**ORGANIC  
Blackberries**

California  
6 oz. • Reg. \$4.95/ea

**\$3<sup>64</sup> ea**



**ORGANIC  
Raspberries**

California  
6 oz. • Reg. \$4.95/ea

**\$3<sup>24</sup> ea**



**ORGANIC  
White Nectarines**

California  
Reg. \$4.95/lb

**\$2<sup>99</sup> lb**



**ORGANIC  
Walla Walla  
Sweet Onions**

Washington  
Reg. \$1.99/lb

**99¢ lb**



**ORGANIC  
Heirloom Tomatoes**

Oregon & California  
Reg. \$5.95/lb

**\$4<sup>74</sup> lb**



**ORGANIC  
English Cucumbers**

Mexico  
Reg. \$3.99/ea

**\$1<sup>96</sup> ea**



**ORGANIC  
Cauliflower**

California  
Reg. \$2.99/lb

**\$1<sup>28</sup> lb**

coop  
deals

## LightLife Plant-Based Hot Dogs

12-13.5 oz.  
Reg. \$4.69-\$4.89

**\$3<sup>29</sup>**



Grocery

## Dr. Praeger's Veggie Burgers

8-10 oz. • Reg. \$5.59

**\$4<sup>29</sup>**



coop  
deals

## Organic Valley Organic Stringles

String Cheese  
6 oz. • Reg. \$4.69

**\$3<sup>49</sup>**



coop  
deals

## Barbara's Cereal

10-15 oz. • Reg. \$4.59-\$4.99

**\$3<sup>49</sup>-\$3<sup>89</sup>**



## Jem Organic Almond Butter

6.52 oz. • Reg. \$11.59

**\$9<sup>59</sup>**



coop  
deals

## Talenti Gelato & Sorbetto

Pint • Reg. \$5.59

**2/\$7**



coop  
deals

## Brown Cow Cream Top Yogurt

Whole Milk  
5.3 oz. • Reg. \$1.29

**79¢**



coop  
deals

## Santa Cruz Organic Lemonade

All Varieties  
32 oz. • Reg. \$2.69

**2/\$3**



coop  
deals

## Blue Diamond Almond Breeze Almondmilk

32 oz. • Reg. \$2.49

**\$1<sup>79</sup>**



Bulk

coop  
deals

## ORGANIC Steel Cut Oats

Reg. \$1.29/lb

**99¢<sub>lb</sub>**



coop  
deals

## ORGANIC Red Flame Raisins

Reg. \$3.29/lb

**\$2<sup>49</sup><sub>lb</sub>**



coop  
basics

## Equal Exchange Mind, Body, Soul Coffee Blend

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



coop  
deals

## ORGANIC Golden Flax Seeds

Reg. \$2.49/lb

**\$1<sup>99</sup><sub>lb</sub>**





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# ROLLING HILLS *Peaches*



**ORGANIC**  
**Rolling Hills Peaches**  
Southern Oregon!

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



Meet  
Dave!



The wait is over. That local, sweet orb of sunshine has finally arrived. That's right.  
***Rolling Hills peaches are here!***

Rolling Hills peaches is owned and operated by Dave Belzberg, a.k.a. The Peach Guy. Dave has been growing organic peaches in the Rogue Valley for 35 years. And for all those 35 years, he has sold his peaches to the Co-op.

He runs a simple, hands-on operation: just Dave, his sons and two yellow labs. Even after 35 plus years, Dave can still be found out in his orchard, picking, sorting and packing the fruit.

## *Divine Blueberry Peach* **COBBLER**



### INGREDIENTS

#### Filling:

3 large ripe peaches  
1 cup blueberries  
3 tablespoons honey  
2 tablespoons pastry flour  
Pinch sea salt

#### Biscuit Dough:

½ cup, 2 tablespoons  
pastry flour  
2 tablespoons honey  
½ teaspoon sea salt  
½ cup melted butter or oil  
¼ cup milk  
1 egg white, beaten until stiff

#### Topping:

¼ cup almonds, ground fine

### INSTRUCTIONS

1) Heat the oven to 375 degrees.

2) Peel the peaches, and slice into thin pieces. Combine the flour and salt. Sprinkle over the peaches. Drizzle the honey over the peaches. Carefully fold together.

3) Transfer to a 9X9in baking dish.

4) Combine the flour and salt in a bowl. Add the oil or melted butter.

5) Stir in the milk. Fold in the stiffly beaten egg white and drizzle in honey. Let the batter sit for 5 minutes.

6) Drop by the tablespoon over the peaches.

7) Sprinkle the almonds on top.

8) Bake at 375 degrees until the fruit is bubbling, about 35 minutes.

**WANT MORE RECIPES?**  
Go to [ashlandfood.coop](http://ashlandfood.coop)



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# Fresh Summer BERRIES



**ORGANIC  
Blueberries**  
Northwest Grown!  
Pint • Reg. \$5.25/ea

**\$3.98** ea



**ORGANIC  
Strawberries**  
California  
2 lb. • Reg. \$7.45/ea

**\$5.75** ea



**ORGANIC  
Blueberries**  
Northwest Grown!  
18 oz. • Reg. \$7.45/ea

**\$5.48** ea

**ORGANIC  
Raspberries**  
California  
12 oz. • Reg. \$79.95/ea

**\$5.95** ea



**ORGANIC  
Strawberries**  
California  
1 lb. • Reg. \$4.95/ea

**\$2.99** ea

## Land & Sea



### Diestel Turkey Ranch Ground Dark Turkey

Reg. \$6.99/lb

**\$4<sup>99</sup> lb**



### Beeler's Hickory Smoked Bacon

16 oz. • Reg. \$10.99

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



### Beeler's Boneless Pork Loin Chops

Reg. \$7.99/lb

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



### Smart Chicken Boneless Skinless Thighs

Reg. \$7.49/lb

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

## House-Made

### ASHLAND FOOD CO+OP

EST. 1972

### Co-op Kitchen Grab-n-Go Cobb Salad

Reg. \$8.95/ea

**\$7<sup>95</sup> ea**



### ASHLAND FOOD CO+OP

EST. 1972

### Co-op Kitchen Grab-n-Go Vegan Quesadillas

Reg. \$3.45/ea

**\$2<sup>95</sup> ea**



## 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



### Emerald Hills Beef Ground Beef

Not to Exceed 20% Fat

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



Co+op basics



### Fage Total 0% Nonfat Greek Yogurt

6 oz.

**\$1<sup>39</sup>**

Co+op basics



### Field Day Organic Saigon Cinnamon

1.5 oz.

**\$3<sup>49</sup>**

Co+op basics



### Field Day Salted Chunk White Albacore Tuna

5 oz.

**\$2<sup>39</sup>**

Co+op basics



### Field Day Organic Lite Coconut Milk

13.5 oz.

**\$1<sup>99</sup>**

# ROUND UP ★★★★★ TO ★★★★★ Give BACK



Southern Oregon  
**LAND**  
CONSERVANCY

Protecting and enhancing precious land in the Rogue River region to benefit our human and natural communities since 1978.

**JULY 1 TO  
JULY 31**



**Lily of the Desert  
Aloe Vera Juice**  
Supports a Healthy Digestive System  
32 oz. • Reg. \$9.99  
**\$5<sup>99</sup>**

Wellness

**SAVE  
\$4**



**T-Relief  
Pain Relief Gel**  
Plant Based Relief  
1.76 oz. • Reg. \$11.99  
**\$8<sup>49</sup>**



**Solaray  
Red Yeast Rice**  
Healthy Heart &  
Cardiovascular  
System Support  
90 cap. • Reg. \$20.49  
**\$14<sup>49</sup>**



**SAVE  
\$6**



**Bulletproof  
XCT Oil**  
Fat Burning Fuel  
16 oz. • Reg. \$17.49  
**\$11<sup>99</sup>**



**Wild Carrot  
Firefly Sparkle Body Lotion**  
Shimmering with Golden Sunshine Mica  
6.8 oz. • Reg. \$17.49  
**\$14<sup>49</sup>**

**SAVE  
\$3**

Bruce's Picks

**Sean Minor  
Sauvignon Blanc**  
750 ml.  
Refreshing and bright,  
with a nice mix of citrus  
and melon flavors.  
**\$11<sup>99</sup>**



**Piaugier - Sablet  
Cotes du  
Rhône Villages**  
750 ml.  
80% Grenache, 20% Syrah from 20-50+ year old vines. Natural winemaking, dark berry flavors with an earthy and spicy touch.  
**\$16<sup>99</sup>**

