



**ASHLAND  
FOOD CO+OP**

EST. 1972

# New Crop! Apples & Pears



**ORGANIC  
Honeycrisp Apples**  
Northwest  
Reg. \$2.99  
**\$1.84<sup>lb</sup>**

Sale Effective September 22 to 28

## Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Asian Pears**  
Northwest  
Reg. \$4.95/lb

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



**ORGANIC  
Yellow Peaches & Nectarines**  
Northwest  
Reg. \$3.99/lb

**\$2<sup>56</sup><sup>lb</sup>**



**ORGANIC  
Concord Grapes**  
Northwest  
Reg. \$3.99/lb

**\$3<sup>42</sup><sup>lb</sup>**



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

**98<sup>c</sup><sup>lb</sup>**



**ORGANIC  
Mini Sweet Peppers**  
Northwest  
1 lb. Bag • Reg. \$6.95/ea

**\$3<sup>96</sup><sup>ea</sup>**



**ORGANIC  
Small Hass Avocados**  
Mexico  
Reg. \$1.69/ea

**2/\$3**



**ORGANIC  
Kale Bunches**  
All Varieties • Northwest  
Reg. \$2.99/ea

**\$1<sup>98</sup><sup>ea</sup>**

coop deals

**Daiya**  
Vegan Cheese  
Alternative  
Slices & Shreds

71-8 oz. • Reg. \$4.99

**\$3.49**



Grocery

coop deals

**Genuine Bavarian  
Organic  
Whole Grain  
Bread**

Sunflowerseed • Flaxseed  
Pumpernickel  
17.6 oz. • Reg. \$4.99

**\$3.99**



**Indian Life  
Naan**  
Garlic • Tandoori  
17.6 oz. • Reg. \$4.99

**\$3.79**



**Pacific Foods  
Organic Broth**  
32 oz. • Reg. \$3.59-\$3.99

**2/\$5**



**Cascadian Farm  
Organic Berries**  
8-10 oz. • Reg. \$4.99

**2/\$6**



**Noosa  
Yoghurt**  
8 oz. • Reg. \$2.49

**2/\$4**



**Kettle Brand  
Potato Chips**  
Selected Varieties  
5 oz. • Reg. \$2.69

**\$1.69**



**Yogi Tea  
Organic Tea**  
16 ct. • Reg. \$4.29

**2/\$7**



**Chocolove  
Chocolate Bars**  
Selected Varieties  
3.2 oz. • Reg. \$3.29

**2/\$5**



**ORGANIC  
Green Split Peas**  
Reg. \$1.79/lb

**\$1.59** lb



**ORGANIC  
Extra Virgin Olive Oil**

**\$7.99** lb



**Pachamama  
Organic Peru Medium  
Roast Coffee**  
Reg. \$13.59/lb

**\$11.99** lb



**ORGANIC  
Brazil Nuts**  
Reg. \$7.99/lb

**\$6.99** lb

**SAVE \$1** /lb

Bulk



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*New Crop!*



# Apple VARIETIES

## INFO CHART

### *Granny Smith Apples* Northwest Grown

Granny Smith apples make a beautifully smooth applesauce, but when roasted whole or baked, they don't collapse or disintegrate, making it the preferred apple for tarts and pies. Granny Smith apples are naturally very tart and acidic. While they become slightly more sweet as they are baked, they also keep a stable shape and that delicious fresh apple tartness.



### *Gala Apples* *New Crop!* Northwest Grown

Sweet, aromatic and highly versatile, Galas rank among the nation's most-popular apple varieties for a reason. They're especially suitable for creating sauces, but you can also add them to salads or serve them baked.



### *Fuji Apples* *New Crop!* Northwest Grown

Many people think Fuji apples are named after Mount Fuji, but the name actually comes from Fujisaki, the Japanese town where they were developed. Fuji apples are crisp and very juicy with a sugary-sweet flavor that resembles freshly-pressed apple juice.



### *Honeycrisp Apples* Northwest Grown

It is fantastically crisp, it boasts a perfect balance of sweet-tart flavor. It looks great – bright crimson and a rich chartreuse – and stores well.

*New Crop!*



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## *Red & Green Bartlett Pears*

Northwest Grown

The Anjou is truly an all-purpose pear. They are juicy when ripe, and their subtle sweetness...Their dense flesh holds up well in heated applications like baking, poaching, roasting, or grilling and they are delicious when sliced fresh in salads or eaten as an out-of-hand snack.



## *Asian Pears* *New Crop!*

Northwest Grown

Asian pears are often referred to as apple pears, because they have a crisp texture, much like a good apple. Their unique, kid-friendly flavor deepens when ripe, but their texture always lends a nice bite to salads and stir-fries. They hold wonderfully in the refrigerator for up to a month.



*New Crop!*

# Pear VARIETIES

## INFO CHART



## *D'Anjou Pears* *New Crop!*

Northwest Grown

The Anjou is truly an all-purpose pear. They are juicy when ripe, with a subtle sweetness. Their dense flesh holds up well in heated applications like baking, poaching, roasting, or grilling and they are delicious when sliced fresh in salads or eaten as an out-of-hand snack.



## *Starkrimson Pears* *New Crop!*

Northwest Grown

Starkrimson (pronounced star-KRIM-son) pears are named for their brilliant crimson red color and feature a thick, stocky stem. The Starkrimson is a mild, sweet pear with a subtle floral aroma.

## *Bosc Pears*

Northwest Grown

Bosc pears are characterised for their hard flesh and brown skin. Once they have reached their state of full ripeness the flavour of Bosc pears tends to be sweeter, while the texture becomes softer.

Land & Sea



**Aidell's Chicken Sausages & Meatballs**  
All Varieties  
12 oz. • Reg. \$7.49  
**\$6.49**

SAVE \$1



**Wild Shell on Shrimp**  
16/20 Count  
Product of Mexico  
Reg. \$15.99/lb  
**\$12.99** lb

SAVE \$3/lb

House-Made

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

**Co-op Kitchen Made to Order Ashland Sunrise Juice**  
16 oz. • Reg. \$6.95  
**\$5.95**



SAVE \$1



**Beeler's Heluka Boneless Pork Shoulder Roast**  
Reg. \$6.99/lb  
**\$4.99** lb

SAVE \$2/lb



**Smart Chicken Boneless Skinless Thighs**  
Reg. \$7.49/lb  
**\$5.99** lb

**ASHLAND FOOD CO+OP**  
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**Co-op Kitchen Grab-n-Go Hot Soup**  
32 oz. • Reg. \$10.95/ea  
**\$9.95** ea



SAVE \$1

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



**Organic Smart Chicken Whole Chicken**  
**\$3.99** lb



Co+op basics



**ORGANIC Russet Potato Bag**  
1 ea.  
**\$7.45**

Co+op basics



**Organic Valley Finely Shredded Mozzarella Cheese**  
6 oz.  
**\$4.99**

Co+op basics



**Organic Valley Organic Butter**  
Salted • Unsalted • 1 lb.  
**\$8.29**

Co+op basics



**Field Day Organic Garlic Powder**  
2.5 oz.  
**\$3.49**

# ROUND UP TO Give BACK



## Center for NonProfit Legal Services Inc.

The Center for NonProfit Legal Services has provided free/low-cost civil legal assistance to low-income persons and seniors residing in Jackson County since 1972.

Legal Services' mission is: "To secure justice for and protect the rights of needy persons residing in Jackson County so that such persons shall not by reason of being in financial need be denied equal protection under the law."

**SEPTEMBER 1 TO  
SEPTEMBER 30**



**Olbas  
Analgesic Salve**  
Soothing Pain Relief  
1 oz. • Reg. \$8.99  
**\$7<sup>99</sup>**

## Wellness



**Shepard Moon  
All Products**

**10% OFF**

**Trilogy  
All Products**  
**20%  
OFF**



**coop  
deals**



**Host Defense  
MyCommunity**  
Comprehensive Immune Support  
1 oz. • Reg. \$16.99  
**\$13<sup>49</sup>**



**Portland Chocolate Lab  
Sleep Butter**  
A Spoonful of Sleepiness  
4 oz. • Reg. \$22.99  
**\$19<sup>49</sup>**

## Bruce's Picks

**Pacory  
Poire Domfront**  
750 ml.  
Hard pear cider from Normandy, France. Tall, old trees, off-dry with an amazing creamy and fresh taste.  
**\$13<sup>99</sup>**



**Schaad  
Pinot Noir**  
750 ml.  
Family owned, single vineyard, old vine Willamette Valley Pinot at a great price. Minimal oak, medium-bodied, classic red fruit flavors with just a whiff of rustic, earthiness on the finish.  
**\$17<sup>99</sup>**

