



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

**OREGON
BEER**



**Buoy
Pacific Pale Ale**
6-Pack, 12 oz. Cans
\$9.99

Sale Effective October 13 to 19

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Cucumbers**
California
Reg. \$3.49/lb

\$1.24 lb



**ORGANIC
Mycopia Mushrooms**
California • Chef Sampler Mix
Trumpet Royale • Brown Beach
Specialty Trio Mix
Packaged • Reg. \$4.95-\$8.95/ea

\$3.99-\$6.99 ea



**ORGANIC
Zucchini**
Oregon Grown
Reg. \$2.99/lb

\$1.98 lb



**ORGANIC
Savoy &
Napa Cabbage**
Oregon & California
Reg. \$2.49/lb

\$1.54 lb



**ORGANIC
Bosc Pears**
Valley View Orchards, Ashland, OR
Reg. \$2.29/lb

\$1.64 lb



**ORGANIC
3 lb. Apple Bags**
Northwest Grown
Gala • Grannysmith
Lady Alice • Honeycrisp
Reg. \$4.95-\$7.95/ea

\$3.98-\$5.24 ea



**ORGANIC
Red Bartlett & Red
D'anjou Pears**
Northwest Grown
Reg. \$2.99/lb

\$1.96 lb



**ORGANIC
Opal Apples**
Northwest Grown
Reg. \$2.99/lb

\$1.88 lb

coop deals

Bitchin' Sauce

8 oz. • Reg. \$5.99

2/\$9



Grocery

Annie's Homegrown Macaroni & Cheese

Selected Varieties

5.25-6 oz. • Reg. \$2.49

10/\$10



coop deals

coop deals

SAVE \$1



Tucson Tamale Company Tamales

5 oz. • Reg. \$3.29

\$2.29

coop deals



Organic Valley Organic Shredded Cheese

6 oz. • Reg. \$4.99

\$3.49

coop deals



Manna Organic Manna Bread

14 oz. • Reg. \$4.59

2/\$6

coop deals



Tofurky Plant-Based Chick'n

8 oz. • Reg. \$4.29

\$3.49

coop deals

SAVE \$1



Hail Merry Tarts

3 oz. • Reg. \$4.99

\$3.99

coop deals

Equal Exchange Organic Tea

20 Bag • Reg. \$4.29

2/\$6



coop deals



Alter Eco Organic Chocolate Bars

2.65-2.82 oz. • Reg. \$3.89

2/\$5

coop deals



ORGANIC Dark Red Kidney Beans

Reg. \$1.99/lb

\$1.79 lb

coop basics



ORGANIC Extra Virgin Olive Oil

\$7.99 lb

Bulk



Pachamama Organic Peru Medium Roast Coffee

Reg. \$13.59/lb

\$11.99 lb

coop deals



ORGANIC Currants

Reg. \$4.99/lb

\$3.99 lb

SAVE \$1 /lb



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

**Oregon
MADE**

BREAKSIDE

PORTLAND, OREGON
EMPLOYEE-OWNED



**Breakside
India Pale Ale**
Rainbows & Unicorns
6-Pack, 12 oz. Cans

\$10⁹⁹

YUMMY CHEESE
TO PAIR WITH
A REFRESHING
OREGON MADE
BEER!



**SAVE
\$2 /lb**

**Rumiano
Dry Jack**
Sweet and nutty,
rubbed with cacao
and aged for flavor
Reg. \$13.99/lb

\$11⁹⁹ lb



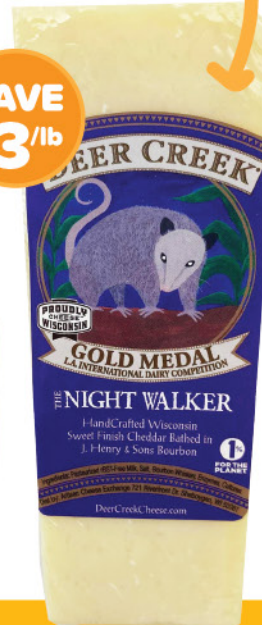
**Belfiore
Smoked Mozzarella**
Liven up your pizza with
this smoked cheese
8 oz. • Reg. \$4.29

\$3⁹⁹

**Deer Creek
Night Walker
Cheddar**
Aged for 18 months!
Reg. \$22.99/lb

\$19⁹⁹ lb

**SAVE
\$3 /lb**



**pFriem
Pilsner or
Pale Ale**
6-Pack, 12 oz. cans

\$10⁹⁹

**Oregon
MADE**



**OREGON
BEER**

**Block 15
Sticky Hands**
4-Pack, 12 oz. Cans

\$12²⁹

**Oregon
MADE**



**Occidental
Hefeweizen or Kolsh**
4-Pack, Pint Cans

\$9⁴⁹

**Oregon
MADE**



BEER BRAT

WITH KRAUT

Cool fall nights call for warm hearty comfort food. These beer brats and herbed mashed potatoes will be sure to satisfy you to the core. Top with local Pickled Planet great plains sauerkraut and pair with a crisp cold brew or chilled apple cider for the perfect autumn supper.

INGREDIENTS

4-6 Ashland Food Co-op pork bratwurst
(you can use other bratwurst like chicken, but please note change in cook temperature)
1 yellow onion sliced into ribbons
1 tbsp whole peppercorns
24 oz. beer (we recommend Organic Eel River Blond Ale, but you can use any beer! However, an IPA might make them bitter.

INSTRUCTIONS

- 1) Add onions, sausages, peppercorns to a bowl and add beer. For the most flavorful results let soak for 12 hours or overnight. When marinated, transfer to a dutch oven. Bring the brats to a boil and simmer for 10 - 12 minutes or until core temperature reaches 145 degrees. If using chicken sausage, cook to 165.
- 2) For a little extra flavor, grill for 1 - 2 min.
- 3) Serve on toasted brioche hot dog buns with Pickled Planet Great Plains Sauerkraut, dijon mustard, and the beer-soaked onions from the beer bath.

HELLO OWNERS!

Did you use your
10% OFF
one shop coupon?



WITH
**HERBED
MASHED
POTATOES**



INGREDIENTS

8 medium potatoes
1 stick butter (softened/room temperature)
Ricotta cheese
Salt and pepper to taste
1 tbsp chives
1 tsp garlic powder

INSTRUCTIONS

- 1) Boil the potatoes until they are soft. Add to a stand mixer or mash by hand. Add butter, ricotta, salt, pepper, chives, and garlic powder. Mix all ingredients until evenly distributed. If you want more of something add it! This recipe is all your taste!
- 2) When mixed and tasty, transfer to an oven safe container and warm up for 15 min at about 350 degrees.

Feel your soul warm and enjoy!

NO? THAT'S OK! YOU HAVE UNTIL

**OCTOBER
31ST**

Land & Sea



SAVE
\$2/lb

Beeler's Heluka Boneless Pork Shoulder Roast

Reg. \$6.99/lb

\$4.99 lb



SAVE
\$2

Beeler's Hickory Smoked Bacon

16 oz. • Reg. \$11.99

\$9.99



SAVE
\$4/lb

Ashland Food Co-op House-Made Bratwurst Pork Sausage

Reg. \$9.99/lb

\$5.99 lb



Organic Smart Chicken Boneless Skinless Thighs

Reg. \$8.99/lb

\$7.49 lb



House-Made

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Grab-n-Go Quesadillas

Chicken
Vegan Pinto Bean
Reg. \$3.45-\$3.95/ea

\$2.95-

\$3.45- ea



ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Made to Order Funky Monkey Smoothie

16 oz. • Reg. \$5.95

\$4.95 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 Roast Beef

5 oz.

\$7.99



co+op
basics



Franz Organic Great Seed Bread

26 oz.

\$3.69

co+op
basics



ON
SALE!
\$3.39

Greek Gods Greek Style Yogurt

24 oz.

Reg. \$3.99

co+op
basics



Organic Valley Organic Whole Milk

1 Gallon

\$6.39

co+op
basics



Chino Valley Ranchers Organic Large Brown Eggs

12 ct.

\$4.99

ROUND UP ★★★★★ TO ★★★★★ Give BACK

CHANGE
for good



Our AFC Gives Community Grants program has given back to our local nonprofits' projects for more than two decades: supporting grassroots programs, giving support for small projects, and having funds on hand to respond to emergency issues in our region.

**OCTOBER 1 TO
OCTOBER 31**

coop
deals



Andalou
1000 Roses Body Lotion
Soothing Body Lotion
8 oz. • Reg. \$9.49

\$5⁹⁹

Wellness



Ener-C
All Flavors
Vitamin C Drink Mix
30 ct. • Reg. \$12.49

\$10⁹⁹

Wild Carrot
All Products

**20%
OFF**



coop
deals



Ark Naturals
Gentle Digest
Promotes Growth of 'Good Bacteria'
60 cap. • Reg. \$8.49

\$5⁹⁹



Doctors Best
Extra Strength Ginkgo
Helps Support Mental Function & Memory
120 vcap • Reg. \$13.99

\$12⁴⁹

Bruce's Picks

Chateau de Cugat
Bordeaux Rouge
750 ml.
Merlot and Cabernet Sauvignon, plum and raspberry with a terrific dusty finish.

\$16⁹⁹



Delmas
Pinot Noir
750 ml.
From Southwest France, 100% organically grown Pinot Noir. Medium bodied with nice balance to the cherry and berry fruit flavors.

\$14⁹⁹

