



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

# SMART GIVING



**ON  
SALE!**  
**\$3<sup>49</sup>lb**



**Organic Smart Chicken  
Whole Chicken**  
Reg. \$3.99/lb

Sale Effective November 3 to 9

## Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Baby Bok Choy**  
California  
Reg. \$3.99/lb

**\$1<sup>48</sup>lb**



**ORGANIC  
Orange & Purple  
Cauliflower**  
California  
Reg. \$3.99/lb

**\$2<sup>76</sup>lb**



**ORGANIC  
Cherry Tomatoes**  
Poppies • Darlings • Valentinos  
Mexico  
12-14 oz. • Reg. \$5.95-\$6.95/ea

**\$4<sup>56</sup> - \$4<sup>98</sup>ea**



**ORGANIC  
Garnet & Jewel Yams**  
California  
Reg. \$2.99/lb

**\$1<sup>68</sup>lb**



**ORGANIC  
Lemons**  
California  
Reg. \$2.99/lb

**\$1<sup>24</sup>lb**



**ORGANIC  
Sugar Bee Apples**  
Northwest  
Reg. \$3.49/lb

**\$2<sup>44</sup>lb**



**ORGANIC  
Rockit Apples**  
Northwest  
3 lb. Pack • Reg. \$9.45/ea

**\$6<sup>98</sup>ea**



**ORGANIC  
Comice Pears**  
Northwest  
Reg. \$2.99/lb

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

coop  
deals

## Blake's Shepherd's & Chicken Pot Pie

8 oz. • Reg. \$5.69

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



Grocery

## Pacific Organic Broth

Chicken • Beef  
32 oz. • Reg. \$3.99

**2/\$6**



coop  
deals



## Vital Farms Pasture-Raised Butter

8 oz. • Reg. \$3.79

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

coop  
deals



## Organic Valley Organic Cheese Blocks

Muenster • Pepper Jack  
Mozzarella

8 oz. • Reg. \$6.59

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

coop  
deals



## Straus Family Creamery Organic Yogurt

32 oz. • Reg. \$5.29-\$5.99

**\$4<sup>69</sup>**

coop  
deals



## Rudi's Organic Bakery Organic English Muffins

12 oz. • Reg. \$4.99

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

coop  
deals



## Nature's Path Organic Cereal

10.6-14 oz. • Reg. \$4.29-\$4.59

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

coop  
deals



## Cascadian Farm Organic Berries

8-10 oz. • Reg. \$4.99-\$5.29

**2/\$6**



## Loacker Quadratini Wafer Cookies

8.82 oz • Reg. \$5.29

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

coop  
basics



## ORGANIC Rolled Oats

**99¢<sub>lb</sub>**

coop  
deals



## ORGANIC Cranberries

Cane Juice Sweetened  
Reg. \$5.69/lb

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

Bulk



## Pachamama Organic Five Sisters Coffee Blend

Reg. \$13.59/lb

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

coop  
deals



## ORGANIC Green Lentils

Reg. \$2.39/lb

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





# SmartGiving

*Helping those in need*

EXCLUSIVE  
TO THE  
ASHLAND  
FOOD CO-OP!

**For every 10 lbs of Smart Chicken®  
purchased throughout November,  
1 lb will be donated to a  
local food bank or shelter.**

**Premium Chicken that's Tender, Juicy, & Flavorful**

We are dedicated to producing the safest, highest quality chicken for you and your family.

- Organic & Natural Options
- Humanely Raised • Vegetable Grain Diet
- No Antibiotics EVER • Pure Air-Chilled
- No Added Water • Hand-Trimmed



# ROASTED CHICKEN

BY MICHELLE GUERRIE

1) For a one-pan meal, roast your bird with the vegetables. Layer the veg under and around the bird. Add in a cup of water. Root veg with onions and garlic are particularly nice with chicken.

2) Season with paprika, salt, pepper, minced rosemary and thyme for a pretty and juicy roast chicken. For a large 4lb chicken, bake at 350 for about 90 minutes. Every oven is different, and it depends on the size of the bird, so you may have to adjust your cooking time accordingly.

3) No thermometer? No problem. Use your nose, ears, eyes and fingers to determine your bird is done. When you smell cooked chicken wafting through the house, that is a good sign. You should hear it sizzling. Visually make sure juices are running clear. If you are still not sure, the final test is that you should be able to pull off a leg with ease.

4) After pulling it out of the oven, let the chicken rest 10-20 minutes to let the moisture redistribute for a tender and juicy bird.

5) Fabricate the chicken while it is still warm. The meat comes off the bones so much easier when it is still warm.

6) The easiest roast chicken? Buy one of delicious rotisserie chickens made here at the Co-op!



## MICHELLE'S ROASTED CHICKEN TIPS

1 Save all the bones and skin in the freezer until you are ready to make stock.

2 A pressure cooker will shave several hours of cooking time when making stock.

3 Simple Stock Recipe

1 chicken, meat removed  
1 quart water  
1 teaspoon salt  
2 teaspoons apple cider vinegar

1) Put everything in a large pot. Simmer for 4 hours or 1 hour if using a pressure cooker.

2) Strain, cool and pour into silicone trays for freezer storage.





## Land & Sea

### Organic Smart Chicken Sausages

All Varieties  
12 oz. • Reg. \$8.99

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



**SAVE \$3**



## House-Made

### ASHLAND FOOD CO+OP

EST. 1972

### Co-op Kitchen Grab-n-Go Honey Mustard Potato Salad

Reg. \$5.95/lb

**\$4<sup>95</sup>** lb



**SAVE \$1** /lb



**SAVE \$2** /lb

### Beeler's Boneless Pork Loin Chops

Reg. \$7.99/lb

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



### Diestel Turkey Ranch Organic Sliced Turkey Breast

Oven Roasted • Smoked

6 oz. • Reg. \$8.49

**\$6<sup>99</sup>**

### ASHLAND FOOD CO+OP

EST. 1972

### Co-op Kitchen Grab-n-Go Lemon Dill Salmon

Reg. \$16.50/lb

**\$15<sup>50</sup>** lb



**SAVE \$1** /lb

## 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**



### Smart Chicken Boneless Skinless Chicken Breast

**\$7<sup>49</sup>** lb



**Co+op basics**



### ORGANIC Russet Potato Bag

5 lb. Bag  
**\$3<sup>99</sup>**

**Co+op basics**



### Bio K Fermented Soy Probiotic Mango

3.5 oz.

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

**Co+op basics**



### ORGANIC Extra Virgin Olive Oil

**\$7<sup>99</sup>** lb

**Co+op basics**



### ORGANIC Baby Spinach

1 lb.

**\$4<sup>98</sup>**

# ROUND UP ★★★★★ TO ★★★★★ Give BACK



Southern Oregon Climate Action Now

## SOCAN

Confronting Climate Change

<https://socan.eco>

Promoting awareness and understanding about the science, causes, and consequences of climate change.

Southern Oregon Climate Action Now (SOCAN) works with individuals and organizations in Southern Oregon, statewide, nationally, and internationally to advocate for both personal and governmental actions that reduce the emissions and atmospheric concentration of greenhouse gases.

## NOVEMBER 1 TO NOVEMBER 30

coop  
deals



**Xlear  
Rescue Nasal Spray**  
Natural Sinus Care  
1.5 oz. • Reg. \$12.99  
**\$9<sup>99</sup>**

Wellness

SAVE  
**\$3**



**Alpinola  
All Products**

**15% OFF**

**Herb Pharm  
All Products**

**15%  
OFF**



coop  
deals



**Inesscents  
CBD Skin Salve**  
Hot Freeze  
0.5 oz. • Reg. \$15.49  
**\$11<sup>99</sup>**

coop  
deals



**Tera's Whey  
Organic Whey Protein**  
Plain • Vanilla • Chocolate  
12 oz. • Reg. \$32.99  
**\$26<sup>49</sup>**



Bruce's Picks

**Pépière  
La Pépie**

750 ml.  
French Muscadet, bright and racy acidity with a briny, mineral kick.

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



**Paolo Scavino  
Nebbiolo**

750 ml.  
Elegant and structured, beautiful Piedmont Nebbiolo.

**\$24<sup>99</sup>**

