



**ASHLAND  
FOOD CO+OP**

EST. 1972

*Holiday  
happy  
hour*



**SAVE  
\$2**

**King Floyd's  
Bitters**  
Variety of Flavors!  
3.4 oz. • Reg. \$16.99  
**\$14<sup>99</sup>**

Sale Effective November 24 to 30

## Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Navel Oranges**  
California  
Reg. \$2.49/lb

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



**ORGANIC  
Cosmic Crisp Apples**  
Northwest Grown!  
Reg. \$4.95/lb

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



**ORGANIC  
Satsumas**  
California  
5 lb. Boxes • Reg. \$15.95/ea

**\$11<sup>96</sup><sub>ea</sub>**



**ORGANIC  
Star Krimson Pears**  
Northwest  
Reg. \$2.99/lb

**\$1<sup>78</sup><sub>lb</sub>**



**ORGANIC  
Broccolini**  
California  
Reg. \$3.99/ea

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



**ORGANIC  
Red & Yellow  
Potato Bags**  
Northwest & Canada  
3 lb. Paper Bag • Reg. \$3.99/ea

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



**ORGANIC  
Asparagus**  
Mexico  
Reg. \$6.95/lb

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



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

**\$2<sup>88</sup><sub>lb</sub>**



**Theo Organic Chocolate**  
3 oz. • Reg. \$3.49

**2/\$5**



Grocery

**King Arthur Organic All Purpose Flour**  
5 lb. • Reg. \$9.29

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



**Violife Vegan Cheese Alternative with Coconut Oil**  
Slices • Shreds  
7.1-8 oz. • Reg. \$5.29

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



**Stahlbush Island Farms Vegetables**  
Sustainably Grown in the USA  
10 oz. • Reg. \$2.69

**2/\$4**



**SAVE \$2**

**Bonafide Organic Bone Broth**  
24 oz. • Reg. \$8.99

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



**Wallaby Organic Greek Yogurt**  
32 oz. • Reg. \$8.69

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



**SAVE \$2**

**Maranatha Organic Peanut Butter**  
16 oz. • Reg. \$6.79

**\$4<sup>79</sup>**



**Cascadian Farm Organic Riced Vegetables**  
12 oz. • Reg. \$4.29

**2/\$6**



**Pamela's Gluten-Free Shortbread Cookies**  
6.25 oz. • Reg. \$3.99

**2/\$6**



**ORGANIC Cannellini Beans**  
Reg. \$3.39/lb

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



Bulk



**Deluxe Mixed Nuts**  
Roasted & Salted  
Reg. \$13.69/lb

**\$11<sup>59</sup> lb**



**Equal Exchange Organic AFC House Coffee Blend**

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



**ORGANIC Extra Virgin Olive Oil**

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







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# *Holiday happy hour*



## *Cranberry Cardamom Old Fashioned Cocktail*

1 tsp of granular sugar  
or 1 sugar cube

3 dashes of King Floyd's  
Cardamom Bitters

.5 oz of water

1.5 oz Rye or Tennessee whiskey  
splash of cranberry juice

ice  
peel of Satsuma mandarin or  
orange of your choice

Shake and serve over ice in a  
lowball glass.

Optional: garnish with fresh  
cranberry and a sprig  
of rosemary

## KING FLOYD'S BITTERS

King Floyd's sources the finest ingredients available, grinds the herbs and spices by hand, and then percolates and macerates the freshly ground herbs and spices for up to two months to ensure a robust flavor, letting time work its magic.

They stir and taste the mixture every day while it extracts all the essential flavors into the spirit. When the mix has matured to the desired depth of flavor, and its aromas are strong and vibrant, they filter the bitters, and add just the right amount of maple syrup to slightly sweeten the blends before bottling.

King Floyd is obsessed with creating the finest hand-crafted bitters in the world, and we are so excited to be bringing their selection to our co-op community this holiday season.

**ON SALE**  
at the  
Ashland Food  
Co-op through  
November 30th







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# *Follow us*

to see Chris craft cocktails with  
our favorite ingredients!



@AshlandFoodCoop



## Land & Sea



**SAVE  
\$2**



### Roli Roti Butcher's Organic Bone Broth

All Varieties  
24 oz. • Reg. \$9.99

**\$7.99**



**SAVE  
\$2**

### Beeler's Hickory Smoked Bacon

16 oz. • Reg. \$11.99

**\$9.99**

## House-Made

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### Co-op Kitchen Bakery Traditional Chocolate Chip Cookie

Reg. \$1.95/ea

**\$1.45** ea



**SAVE  
\$1** /lb

### Smart Chicken Whole Chicken

Reg. \$3.49/lb

**\$2.49** lb



**SAVE  
\$2** /lb

### Beeler's Bone-In Pork Chops

Reg. \$7.99/lb

**\$5.99** lb



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### Co-op Kitchen Grab-n-Go Sundried Tomato Feta Spread

Reg. \$12.95/lb

**\$10.95** lb



**SAVE  
\$2** /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**



### Emerald Hills Beef Ground Beef

Not to Exceed 20% Fat

**\$6.99** lb



**Co+op  
basics**



### Field Day Organic Tea

16 Bag

**\$4.29**

**Co+op  
basics**



### Field Day Course Sea Salt

24.7 oz.

**\$1.99**

**Co+op  
basics**



### Columbia Gorge Organic Apple Cider

48 oz.

**\$7.19**

**Co+op  
basics**



### Field Day Green Pitted Olives

6 oz.

**\$2.39**



# GINGERBREAD COOKIE PARTY

TAKE HOME  
YOUR OWN  
COOKIE  
PARTY KIT!

## SATURDAY, DECEMBER 11<sup>TH</sup>

11am to 2pm (or while supplies last)  
Pick-up outside of the  
Ashland Food Co-op

Celebrate the holiday season with us at our 7th annual Gingerbread Cookie Decorating Party. Create your edible masterpiece from scratch-made, wheat-free gingerbread cookies, featuring Bob's Gluten Free Flour.

We will be giving out cookie party kits so you can have your own decorating party at home. Our kit will come with cookies, frosting, candy and extra goodies.

Take a photo of your creation and tag us for a chance to win a Co-op Gift Certificate valued at \$50!



**Boiron  
Children's Chestal Honey**  
Cough & Chest Congestion  
6.7 oz. • Reg. \$12.49  
**\$10<sup>99</sup>**

Wellness



**Moon Valley  
All Products**  
**20% OFF**

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



**Nourish  
Hydrating Body Lotion**  
Almond Vanilla  
8 oz. • Reg. \$13.99  
**\$10<sup>49</sup>**



**Tints of Nature  
Bold Colours • Semi Permanent**  
All Colors  
2.46 oz. • Reg. \$13.99  
**\$11<sup>49</sup>**

Bruce's Picks

**G. Chon  
Jousseliniaire  
Chardonnay**  
750 ml.  
Loire Valley, unoaked,  
super bright and fresh  
with just a hint of mid-  
palate richness.  
**\$9<sup>99</sup>**



**Ego Goru  
Verde**  
750 ml.  
Organically grown  
Spanish Monastrell  
(Mourvedre). Raspberry,  
cherry, plum, licorice,  
cocoa, chocolate.  
**\$9<sup>99</sup>**

