



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

# Citrus Season!



**ORGANIC  
Mandarins &  
Tangerines**  
All Varieties • California  
Reg. \$3.49-3.99/lb  
**\$2<sup>56</sup> lb**

Sale Effective January 12 to 18

## Fresh Produce

Your only Southern Oregon Certified organic Grocer



**ORGANIC  
Zucchini & Yellow  
Squash**  
Mexico  
Reg. \$1.99/lb

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



**ORGANIC  
Heirloom Tomatoes**  
Mexico  
Reg. \$6.95/lb

**\$3<sup>54</sup> lb**



**ORGANIC  
Crimini & White  
Mushrooms**  
Oregon & Canada  
Reg. \$5.95/lb

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



**ORGANIC  
Cauliflower**  
California  
Reg. \$3.99/lb

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



**ORGANIC  
Honeycrisp Apples**  
Northwest  
Reg. \$2.99/lb

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



**ORGANIC  
Meyer Lemons**  
California  
Reg. \$3.49/lb

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



**ORGANIC  
Mango Valencias &  
Sweet Limes**  
California  
Reg. \$3.99/lb

**\$2<sup>98</sup> lb**



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

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



# Grocery



**Safe Catch**  
Wild Albacore Tuna  
Selected Varieties  
5 oz • Reg. \$4.69

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



**Annie's**  
Organic Dressing & Vinaigrette  
8 oz • Reg. \$4.29

**2/\$6**



**Crunchsters**  
Sprouted Protein Snack  
4 oz • Reg. \$4.59

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



**Siete**  
Grain Free Tortillas  
Almond • Chickpea • Cassava  
7 oz • Reg. \$9.79

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



**SAVE \$2**

**Maranatha**  
Almond Butter  
12 oz • Reg. \$10.99

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

**SAVE \$1**



**Rudi's Organic Bakery**  
English Muffins  
12 oz • Reg. \$4.99

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



**Nancy's**  
Organic Plain Yogurt  
Non-Fat • Low-Fat • Whole  
32 oz • Reg. \$4.79-5.39

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



**LäRabar**  
Fruit & Nut Bars  
1.6-1.7 oz • Reg. \$1.69

**10/\$10**



**Caulipower**  
Cauliflower Crust  
Pizza  
10.9 oz • Reg. \$8.49

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

# Bulk



**ORGANIC**  
Dark Red  
Kidney Beans  
Reg. \$2.89/lb

**\$2<sup>19</sup> lb**



**ORGANIC**  
Quinoa  
Reg. \$2.69/lb

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



**Equal Exchange**  
Organic Mind, Body  
& Soul Coffee

**\$10<sup>49</sup> lb**



**ORGANIC**  
French Green Lentils  
Reg. \$2.29/lb

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



# Winter Citrus HARVEST REPORT

with help from our friends at Organic Grown Co.



## Triple Cross Mandarins

(February-March)

Mild Acid | Juicy, Sweet | Fresh Eating, Juicing

Seeds: No

Easy Peeling: Yes

The TDE Triple Cross Mandarin is a triple cross between Temple Tangor, Dancy mandarin and Encore mandarin. AKA a Shasta/Yosemite/Tahoe. This firm fruit is small with juicy flesh that's very sweet, savory and rich. TDE mandarins peel and section well. Another classic favorite in the mandarin category, you can't beat its attributes: high sugar, high juice, excellent flavor and mild acid.

## Satsuma Mandarin

(November-February)

Balanced Acidity | High Sugar, Sweet | Fresh Eating

Seeds: Mostly Seedless

Easy Peeling: Yes

Satsuma mandarins have a red-orange, leathery, oily peel known as "zipper skin" that clings so loosely it can be torn off in just a few pieces. Satsuma mandarins are fragrant, juicy, sweet and one of the most popular citrus varieties.



## Cara Cara Navel Oranges

(December-April)

Mild Acid/Sweet | Juicing, Fresh Eating

Seeds: No

Easy Peeling: No

Likely a cross between a Washington and a Brazilian Bahia Navel. Extraordinary Cara Cara oranges boast vivid salmon-colored flesh. Some describe its balanced flavor as a perfect blend of tangerine and grapefruit; others note a mild strawberry to cranberry-like finish. Size varies from small and medium to large. Great for eating fresh. It was discovered in Valencia, Venezuela.





# *Winter Citrus* **HARVEST REPORT** \*

with help from our friends at Organic Grown Co.



## **Navel Oranges**

(November-May)

Less Juicy | Good Eating

Seeds: No

Easy Peeling: Yes

There are several varieties sold as a classic navel orange. Fukumoto, Robertson, Skaggs, Bonaza and Riverside are a few. The common orange cultivar that graces our home countertops is the seedless, flavorful, and easy-to-peel sweet navel orange. Unlike other orange varieties, you can quickly tell navels apart because of the navel-like formation found at one end of the fruit.

## **Melogold Grapefruit**

(January)

Mild Acidity | Sweet, Juicy

Fresh Eating

Seed: Few

Cross between a pummelo and a Marsh grapefruit. Named for its “mellow” flavor and lower acidity, and “gold” for its deep rind color. Related to Oro Blanco grapefruit, this fruit has a smooth rind and pale yellow flesh that’s mild and sweet like a pummelo, but with slight lemon notes. While very juicy, Melogold may have a slight bitterness.







## Land & Sea

**Organic  
Smart Chicken  
Boneless Skinless  
Thighs**

Reg. \$8.99/lb

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



**Diestel Turkey Ranch  
Ground Dark Turkey**

Reg. \$6.99/lb

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



**Beeler's  
Hickory Smoked  
Bacon**

Reg. \$11.99/ea

**\$9<sup>99</sup> ea**



**Beeler's  
Boneless Pork  
Loin Chops**

Reg. \$7.99/lb

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



**ASHLAND  
FOOD CO+OP**  
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**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 Bakery  
Oatmeal  
Ginger Cookie**

Reg. \$1.95/ea

**\$1<sup>45</sup> ea**



## 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 Breast**

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



**Co+op  
basics**



**Field Day  
Organic  
Macaroni & Cheese**  
6 oz.

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

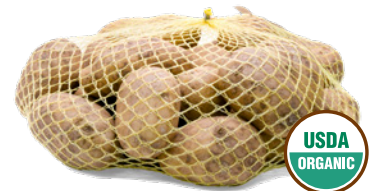
**Co+op  
basics**



**Field Day  
Organic Apple Juice**  
128 oz.

**\$9<sup>99</sup>**

**Co+op  
basics**



**ORGANIC  
Russet Potato Bag**  
5 lb. Bag

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

**Co+op  
basics**



**Garden of Eatin'  
Corn Tortilla Chips**  
16 oz.

**\$5<sup>49</sup>**

# ROUND UP ★★★★★ TO ★★★★★ Give BACK

**CHANGE**  
for good



**Rogue  
Climate**

Our mission is to empower Southern Oregon communities most impacted by climate change, including low-income, rural, youth, seniors, and communities of color, to win climate justice by organizing for clean energy, sustainable jobs, and a healthy environment.

**JANUARY 1 TO  
JANUARY 31**

Wellness



**Pranarom  
All Products**

**15% off**



**Barlean's  
All Products**

**25% off**

**Sprout Living  
All Products**

**20% off**



**SAVE  
\$2**

**Earth Science  
Apricot Face Scrub**  
Daily Exfoliant & Moisturizing Cleanser  
4 oz • Reg. \$10.99

**\$8.99**



**Pacific Resources Int.  
Maunka Honey Lozenges**  
Lemon Honey • Original • Strawberry Honey  
20 ct • Reg. \$7.99

**\$6.49**

Bruce's Picks

**Quady North  
Viognier**  
Peach and apricot  
flavors and aromas,  
brightened by crisp,  
citrusy acidity.

**\$19.99**



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

**\$16.99**

