



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

PIZZA ON THE BBQ



**Cappello's
Naked Pizza Crust**
Made with Almond Flour
6 oz. • Reg. \$8.29
\$5.99

Sale Effective June 22 to 28

Fresh Produce

Your only Southern Oregon Certified organic Grocer



**ORGANIC
Valencia Oranges**

California
Reg. \$0.98/lb

\$1³⁶ lb



**ORGANIC
Black Mission Figs**

California
Pint • Reg. \$6.95 each

\$5⁹⁸ each



**ORGANIC
Dark Sweet Cherries**

Northwest Grown
Reg. \$12.95/lb

\$9⁹⁶ lb



**ORGANIC
Blenheim Apricot
Pints**

California
Reg. \$5.45 each

\$3⁹⁸ each



**ORGANIC
Bunched Carrots**

California
Reg. \$3.99 each

\$2⁶⁴ each



**ORGANIC
Reed Avocadoes**

California
Reg. \$4.95 each

\$3⁹⁸ each



**ORGANIC
Wandering Roots
Salad Bags**

Local Southern Oregon
1/2 lb bag • Reg. \$5.45 each

\$3⁹⁶ each



**ORGANIC
Blackberries**

California
6 oz container • Reg. \$5.45 each

\$3⁹⁶ each

coop
deals

Endangered Species Chocolate Bars

3 oz. • Reg. \$3.39

2/\$5



Grocery

Garden of Eatin' Corn Tortilla Chips

5.5 oz. • Reg. \$3.79

2/\$5



coop
deals



Rumiano Family Organic Cheese Blocks

8 oz. • Reg. \$5.59

\$3.99



coop
deals



Upton's Bacon Seitan

5-8 oz. • Reg. \$5.19

\$3.99



Dry Botanical Bubbly Beverage

4-Pack • Reg. \$7.79

\$6.59



Rhythm Organic Kale Chips

Original • Zesty Nacho

2 oz. • Reg. \$5.19

\$3.99



Lundberg Family Farms Organic Mini Rice Cakes

5 oz. • Reg. \$3.59

\$2.99



Talenti Gelato & Sorbetto

Pint • Reg. \$4.99

\$4.29

coop
deals



Stalbusch Island Farms Berries

Sustainably Grown in the USA

10 oz. • Reg. \$4.99

\$3.99

coop
deals



Nancy's Organic Plain Yogurt

Whole Milk • Non Fat • Low Fat

32 oz. • Reg. \$4.79-\$5.39

\$3.99



ORGANIC Quick Rolled Oats

Reg. \$1.59/lb

\$1.39 lb



ORGANIC Raw Buckwheat Groats

Reg. \$3.79/lb

\$3.49 lb

Bulk



Equal Exchange Organic AFC House Blend Coffee

\$8.99 lb



ORGANIC Red Flame Raisins

Cane Juice Sweetened

Reg. \$3.29/lb

\$2.99 lb

SAVE THE
DATE



ROGUE VALLEY FARM TOUR

• THIS SUMMER! •

JULY 17TH, 2022
10AM TO 3PM
FREE TO ALL

Meet your local farmers on the annual
Rogue Valley Farm Tour! Learn, explore, and
taste your way through farms, ranches, and more
in Jackson and Josephine counties this July. This
family-friendly event is free and open to the public.

BROUGHT TO YOU BY



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

**Medford
Food Coop**
Good. Local. Food.

Rogue Valley
Food System
NETWORK
growing our local food system

WITH GENEROUS HELP FROM OUR SPONSORS



WWW.ROGUEVALLEYFARMTOUR.COM OR   @ROGUEVALLEYFARMTOUR

HONEY PEAR PIZZA



Turn Pizza night into a classy occasion, this is perfect for a romantic weeknight date night.

1 ct Pie and vine pizza crust
8 oz Rogue Creamery smokey blue, crumbled
2 tablespoon olive oil, divided
1 pear, cored and thinly sliced
1 tbs honey
2 tablespoons walnuts, coarsely chopped
2 cups arugula, washed
1 tbs balsamic vinegar
Black pepper

1) Preheat the oven to 400°F

2) In a cast-iron skillet, drizzle about a tablespoon of olive oil. When hot add sage and walnuts until just crisping and set aside.

3) Place pizza crust on a sheet pan and drizzle with olive oil, use a brush to spread over the entire crust. Spread the pear slices evenly on top, and sprinkle with blue cheese, sage, walnuts and drizzle; with honey. Bake for 6 to 8 minutes until the cheese is bubbly. Remove from the oven.

4) While the pizza is baking toss the arugula with balsamic vinegar. Top pizza with dressed greens, sprinkle with black pepper and serve.

Pares well with a
Sauvignon blanc and
your favorite rom-com.



co+op
deals

Land & Sea

co+op
deals



Niman Ranch Pork Sausage

Bratwurst • Sweet Italian
Apple Gouda • Andouille
Spicy Italian
12 oz. • Reg. \$8.99

\$5⁹⁹

SAVE
\$3



Applegate Great Organic Beef Hotdogs

100% Grass Fed Beef
14 oz. • Reg. \$11.49

\$7⁴⁹

SAVE
\$4



House-Made

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Grab-n-Go Vegan Quesadillas

Reg. \$3.45/ea

\$2⁹⁵ ea



Organic Smart Chicken Boneless Skinless Thighs

Reg. \$8.99/lb

\$7⁴⁹ lb



Wild Ahi Tuna Fillet Previously Frozen

Reg. \$18.99/lb

\$15⁹⁹ lb

SAVE
\$3/lb

ASHLAND FOOD CO+OP

EST. 1972

Co-op Bakery Grab-n-Go Linzertorte Cookies

Reg. \$12.95/lb

\$11⁹⁵ 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

Applegate Naturals Uncured Pork & Beef Pepperoni

5 oz.

\$5⁴⁹



co+op
basics



Organic Valley Finely Shredded Mozzarella

6 oz.

\$5⁴⁹



co+op
basics



Field Day Organic Pizza Sauce

15.5 oz.

\$1⁹⁹



co+op
basics



ORGANIC Spinach

1 lb. Container

\$5⁹⁸



co+op
basics



Field Day Medium Pitted Olives

6 oz.

\$2³⁹



OWNERS! REMEMBER TO USE YOUR 10% OFF ONE ENTIRE SHOP COUPON

& combine it with other discounts to save even more:

1

Buy into the Bike Benefits program for \$5 and save an additional 5% when you shop!

2

Buy 4/more wines & save an additional 10% on those bottles

3

Spend \$100/more in wellness and save an additional 10% on those items

4

Purchase a gift card at the front desk by with cash/check and save an additional 3% (avoiding credit card merchant fees, savings passed on to you!)



Earth Therapeutics 7" Loofah

Exfoliation and circulation
1 ct. • Reg. \$3.99

\$2⁹⁹

Wellness

SAVE
\$1



SAVE
\$3

Kuli Kuli Moringa Powder

Plant-based Superfood
7.4 oz. • Reg. \$19.99

\$16⁹⁹

Heritage Store All Products

**10%
OFF**



SAVE
\$5

Himalaya Mind Care

For mental sharpness and focus
60 cap. • Reg. \$24.49

\$19⁴⁹



SAVE
\$6

Healthforce Superfoods Vanilla Warrior Food

Plant-based Protein
500 gm. • Reg. \$35.49

\$29⁴⁹

Bruce's Picks

L'Umami Sauvignon Blanc

750 ml.
Willamette Valley grown, a fresh and bright style with crisp acidity, lemon and grapefruit flavors.

\$14⁹⁹



Lapierre Beaujolais Moulin-à-Vent

750 ml.
Cru Beaujolais, estate grown and bottled. Structured, while remaining approachable, plum, cassis, black cherry.

\$16⁹⁹

