



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

# Melons



**ORGANIC  
Hermiston Cantaloupe**  
Oregon Grown!  
**99¢ lb**

Sale Effective August 3 to 9

## Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Honeydew &  
Galia Melons**  
California

**99¢ lb**



**ORGANIC  
Blueberries**  
2 lb Container  
Northwest

**\$9<sup>98</sup> ea**



**ORGANIC  
Open Pint Figs**  
Black Mission • Sierra  
Brown Turkey  
California • Pint

**\$5<sup>45</sup> ea**



**ORGANIC  
Specialty Grapes**  
Candy Snap • Julep  
Sweet Mayabelle  
California

**\$3<sup>24</sup> lb**



**ORGANIC  
Red & Yellow  
Potatoes**  
Northwest

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



**ORGANIC  
Cherry Tomatoes**  
All Varieties • Pint  
Southern Oregon

**\$4<sup>86</sup> ea**



**ORGANIC  
Heirloom Tomatoes**  
Southern Oregon

**\$3<sup>98</sup> lb**



**ORGANIC  
Summer Squash**  
All Varieties  
Southern Oregon

**\$1<sup>98</sup> lb**



**Hi★Ball  
Sparkling  
Energy Water**  
16 oz.

**2/\$4**



**Grocery**

**St. Benoit  
Organic Yogurt**  
4.75 oz.

**2/\$4**



**Harmless Harvest  
Organic Coconut  
Panna Cotta**

Mixed Berry • Mango  
3.5 oz.

**\$2<sup>79</sup>**



**Organic Valley  
Organic Raw  
Cheese Blocks**

Mild Cheddar • Sharp Cheddar  
Monterey Jack • 8 oz.

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



**Amy's  
Pizzas**

12-14 oz.

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



**Annie's  
Organic Condiments**

Ketchup • Mustard • BBQ Sauce  
9-24 oz.

**2/\$6**



**Perfect Bar  
Protein Bars**

2.3-2.5 oz.

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



**Annie's  
Organic Dressing  
& Vinaigrette**

8 oz.

**2/\$7**



**Straus Family  
Creamery  
Organic Ice Cream**

Quart

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



**Barbara's  
Cheese Puffs**

7 oz.

**2/\$5**



**ORGANIC  
Quinoa**

**\$2<sup>39</sup> lb**

**Bulk**



**ORGANIC  
Pitted Prunes**

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



**Pachamama  
Organic Peru Medium  
Roast Coffee**

**\$12<sup>49</sup> lb**



**ORGANIC  
Golden Flax Seeds**

**\$3<sup>29</sup> lb**





**ASHLAND  
FOOD CO+OP**

EST. 1972

PEAK SEASON

*Summer is  
Earth Candy Season!*



## *Homemade* **SIMPLE SYRUP:**

Gently heat equal parts water and sweetener in a pan (1 cup of water and 1 cup of granulated sugar or maple syrup. If you prefer to use honey, use ½ cup of sweetener.) until the sugar is dissolved. Transfer to an easy-to-pour container and let cool.

## *Watermelon Mint* **POPSICLE:**

### **Ingredients**

4 cups watermelon  
(chunked, any seeds  
removed)  
1 TBSP lime juice  
(about ½ fresh  
squeezed lime or  
½ oz)  
1 TBSP simple syrup (½ oz or  
adjust to your taste)  
10-25 mint leaves (or ½ oz)



### **Instructions**

Put chunked watermelon, lime juice, washed mint leaves, and simple syrup into a high power blender and puree until smooth. Pour mixture into popsicle molds (or paper cups or silicone muffin tin) and place in the freezer until fully frozen.

*Homemade*  
**POPSICLES**

**SEE THE FULL  
ARTICLE IN OUR  
SUMMER EDITION  
NEWSLETTER!**

[ashlandfood.coop/1st-street-beet](http://ashlandfood.coop/1st-street-beet)





# Strawberry Basil POPSICLE:

## Ingredients

16 oz fresh strawberries (1 pint)  
2 TBSP lime juice (about 1 fresh squeeze lime or 1 oz)  
2 TBSP simple syrup (1 oz or adjust to your taste)  
10-15 basil leaves (or ½ oz)  
1 tsp coarse sea salt

## Instructions

Put strawberries (leaves and stems removed optionally), lime juice, washed basil leaves, and simple syrup into a high power blender and puree until smooth. Pour mixture into popsicle molds (or paper cups or silicone muffin tin) and lightly sprinkle coarse sea salt on bottoms. Place in the freezer until fully frozen.

**Blended Strawberry Basil Margarita:** follow instructions above but skip salt then freeze in an ice tray instead of popsicle molds. Once frozen, blend with 1 cup tequila blanco, ½ cup orange liqueur, ½ TBSP simple syrup, and slowly add water if needed. Rim glass with lime juice and coarse sea salt to serve.



**ASHLAND  
FOOD CO-OP**

FOUNDED 1972

Come pamper  
your pooch and  
support FOTAS  
at the 29th  
annual dog  
wash.

*dog wash*  
PAMPER YOUR PET

**August 14**

10am - 2pm • AFC Parking Lot

Choose from a full spaw day or just a nail trim.

**Spa Package: \$25**

(includes clipping by Land of Paws Owners; brush & bath)

**Nail Trim Only: \$10**

**Brush & Wash Only: \$20**

**Cash & Check Only**



**friends of the  
animal shelter**

Jackson County

Find more info at [AshlandFood.Coop/Dog-Wash-2022](https://AshlandFood.Coop/Dog-Wash-2022)



## Land & Sea



### Applegate Naturals Breakfast Sausage Links

Apple • Maple • Sage • Turkey  
Classic Pork • 7 oz.

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



### Aidell's Chicken Sausage & Meatballs

All Varieties • 12 oz.

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



### Beeler's Bone-in Pork Chops

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



### Organic Smart Chicken Tenderloins

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

## House-Made

### ASHLAND FOOD CO+OP

EST. 1972

### Co-op Kitchen Made to Order Funky Monkey Smoothie

16 oz.

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



### ASHLAND FOOD CO+OP

EST. 1972

### Co-op Kitchen Grab-n-Go House-Made Salsa

16 oz.

**\$3<sup>95</sup>**



## 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 Organic Chicken Sausage

12 oz.

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



**Co+op basics**

LE INGRED  
BREAD

### NAKED ORGANIC HOT DOG BUNS

**Naked Bread Organic Hot Dog Buns**  
15 oz.

**\$4<sup>29</sup>**



**Co+op basics**



### ORGANIC Yellow Onions

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



**Co+op basics**



### ORGANIC Spring Mix

1 lb. Container

**\$5<sup>98</sup>**



**Co+op basics**



### Organic Valley Thick-Cut Shredded 3 Cheese Mexican Blend

6 oz.

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



# ROUND UP TO Give Back

**CHANGE**  
for good



**COMMUNITY WORKS**

Domestic Violence · Sexual Abuse · Sex Trafficking  
RESOURCE CENTER

Community Works  
provides hope,  
support, and  
empowerment to  
anyone impacted by  
violence.

**AUGUST 1 TO  
AUGUST 31**

coop  
deals



**Uncle Harry's  
Toothache Relief**  
relieve pain naturally  
0.5 oz.

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

Wellness



**MRM  
All Products**

**15% OFF**

**Eclectic Institute  
All Products**

**20%  
OFF**



**Wild Carrot  
Love Mist Facial Toner**  
softens and hydrates  
5 oz.

**\$16<sup>99</sup>**



**Herb Pharm  
Kava**  
calming and stabilizing  
4 oz.

**\$37<sup>99</sup>**

Bruce's Picks

**Pelaquie  
Lirac**

750 ml.  
Single Cru Cotes du  
Rhône for a wonderful  
price. This blend of  
Grenache and Mourvedre  
shows red and black  
fruits. Full-bodied, yet  
remains smooth.

**\$13<sup>99</sup>**



**L'Umami  
Sauvignon Blanc**  
750 ml.

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

**\$14<sup>99</sup>**

