

Fresh Produce

Your only Southern Oregon (ertified Organic Grocer



ORGANIC Honeydew & Galia Melons California

99¢_{lb}



ORGANIC Blueberries 2 lb Container Northwest

\$998_{ea}



ORGANIC Open Pint FigsBlack Mission • Sierra

Brown Turkey
California • Pint

\$**5**45_{ea}



ORGANICSpecialty Grapes

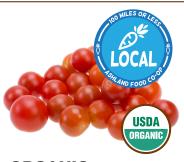
Candy Snap • Julep Sweet Mayabelle California

\$3²⁴lb



ORGANIC Red & Yellow Potatoes Northwest

\$1²⁴lb



ORGANIC
Cherry Tomatoes
All Varieties • Pint

\$486_{e8}

Southern Oregon



ORGANIC Heirloom Tomatoes Southern Oregon

\$398_{lh}



ORGANIC Summer Squash

All Varieties Southern Oregon

\$**1**98_{lb}



Hi★Ball Sparkling Energy Water

2/\$4



St. Benoit Organic Yogurt 4.75 oz.

2/\$4

Grocery





Harmless Harvest Organic Coconut Panna Cotta

Mixed Berry • Mango 3.5 oz.

\$279



Organic Valley Organic Raw Cheese Blocks

Mild Cheddar • Sharp Cheddar Monterey Jack • 8 oz.

\$499



Amy's Pizzas

12-14 oz.

\$799





Annie'sOrganic Condiments

Ketchup • Mustard • BBQ Sauce 9-24 oz.

2/^{\$}6





Perfect Bar Protein Bars 2.3-2.5 oz.

\$229



Annie's Organic Dressing & Vinaigrette

8 oz.

2/\$7



Straus Family Creamery Organic Ice Cream

Quart

\$749



Barbara's Cheese Puffs 7 oz.

2/^{\$}5



ORGANIC Quinoa

\$2³⁹lb



ORGANICPitted Prunes

\$**5**⁹⁹lb



Pachamama Organic Peru Medium Roast Coffee

\$12⁴⁹lb



ORGANICGolden Flax Seeds

\$3²⁹lk



(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.

SEE THE FULL ARTICLE IN OUR SUMMER EDITION NEWSLETTER!

ashlandfood.coop/lst-street-beet





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, 1/2 cup orange liqueur, ½ TBSP simple syrup, and slowly add water if needed. Rim glass with lime juice and coarse sea salt to serve.



Land & Sea



Applegate Naturals Breakfast Sausage Links

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



Aidell's **Chicken Sausage** & Meatballs

All Varieties • 12 oz.



Made to Order Funky Monkey Smoothie

16 oz.



House-Made



Beeler's **Bone-in Pork Chops**





Organic Smart Chicken Tenderloins



EST. 1972

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

16 oz.



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! **⊕**op basi¢s



CO+OP Basics

Smart Chicken Organic **Chicken Sausage** 12 oz.







LE INGRED

Naked

Organic Hot Dog Buns

⊛op basi¢s



ORGANIC Yellow Onions



ORGANIC Spring Mix 1 lb. Container



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

6 oz.

ROUND UP TO Give Back



CO+OP





Domestic Violence \cdot Sexual Abuse \cdot Sex Trafficking RESOURCE CENTER

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

AUGUST 1 TO AUGUST 31





Uncle Harry's Toothe Ache Relief

relieve pain naturally 0.5 oz.

\$6⁹⁹

Wellness



MRM All Products

15% OFF

Eclectic InstituteAll Products

20% OFF





Wild Carrot Love Mist Facial Toner

softens and hydrates

\$16⁹⁹



Herb Pharm Kaya

calming and stabilizing 4 oz.

\$3799

Bruce's Picks



Lirac

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

\$1399



L'Umami Sauvignon Blanc

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

^{\$}14⁹⁹

