



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



ALL ABOUT Seafood



3 DAY SALE!

Sept. 16th, 17th & 18th!

Sale Effective September 14 to 20

Fresh Produce

Your only Southern Oregon Certified organic Grocer



ORGANIC Local Summer Squash

All Varieties
Fry Family Farms

\$1⁹⁶ lb



ORGANIC Local Peppers

Bell Peppers
Italian Sweet Peppers
Fry Family Farms

\$3⁴⁴ lb



ORGANIC Sweet Corn

Oregon Grown

4/\$5



ORGANIC Cauliflower

California

\$1⁹⁸ lb



ORGANIC Valencia Oranges

California

\$1²⁴ lb



ORGANIC Yellow & White Nectarines

Northwest

\$2⁴⁸ lb



ORGANIC Yellow & White Peaches

Northwest

\$2⁴⁸ lb



ORGANIC Local Seedless Grapes

Hi Hoe Produce
Bluebird Farm

\$2²⁴ lb

coop
deals

**Brew Dr.
Organic
Kombucha**
Selected Varieties
14 oz.

2/\$5



Grocery

**Cascadian Farm
Organic Berries**
8-10 oz.

2/\$7



coop
deals



**Mestemacher
Whole Rye Bread**
17.6 oz.

\$2.99

coop
deals



**Treeline
Plant-Based
Cashew Spread**
6 oz.

\$5.99

coop
deals



**Goldthread
Plant-Based Tonic**
12 oz.

2/\$7



coop
deals



**Mike's Mighty
Good Craft Ramen**
2.1-2.4 oz.

2/\$4

coop
deals



**Justin's
Organic Nut
Butter Cups**
Almond • Cashew • Peanut
1.3-1.4 oz.

\$1.59



coop
deals



**Barnana
Organic
Plantain Chips**
4-5 oz.

2/\$7



coop
deals



**Harmless Harvest
Organic Panna Cotta
& Pudding**
3.5 oz.

2/\$5



coop
deals



**Oatly
Non-Dairy
Frozen Dessert**
Pint

\$3.99



**ORGANIC
Dark Chocolate
Rasins**

\$7.09 lb



**ORGANIC
Dried Apples**

\$9.49 lb

Bulk



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

\$10.99 lb

coop
basics



**ORGANIC
Pistachios
Roasted & Salted**

\$8.69 lb

coop
deals



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Seafood SALE

20% OFF

9/16 - 9/18

Discount taken off at register.

select seafood products
salmon, shrimp, scallops
and more!

Sale items are
specially marked.



Look for me!



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SHRIMP SCAMPI

with a twist

Try this fun twist on shrimp scampi for a mid week treat. Fast, easy and can be served over pasta as a taco filling.

INGREDIENTS

2 lbs shrimp, cleaned and peeled
8 garlic cloves, minced
Salt to taste
6 tbsp olive oil
1 tsp red pepper flakes, or to taste
1 anaheim pepper
½ jalapenos (or more if you like it spicy)
6 tbsp unsalted butter (add an extra tablespoon if you intend to mix with pasta)
1/3 cup broth
Juice of 1 lime
Zest of 1 lime
¼ cup fresh cilantro, chopped
½ cup cotija or feta cheese
(salty and crumbly)

INSTRUCTIONS

Add shrimp to a bowl with a pinch of salt, half the garlic, and 2 tablespoon olive oil. Toss to combine. Set aside for 15 to 20 minutes.

In a large skillet, heat the remaining olive oil over medium-high heat. When the oil starts to simmer, add the marinated shrimp mixture. Cook the shrimp for about 1 minute on each side or until it begins to turn pink. Remove the shrimp and set aside (this will fully cook in a bit).

To the skillet, add the remaining garlic, red pepper flakes, peppers and cook until fragrant. Add the broth, lime juice and zest. Cook for a couple minutes until reduced by ½.

Add the butter and cook until melted.

Return the shrimp back to the pan and toss to coat. Cook until shrimp is completely pink.

Turn the heat off and add the cilantro and cheese.

Serve over pasta or add to tacos with all the fixings.

Land & Sea



**Hempler's
Applewood Smoked
Center Cut Bacon**
10 oz.

\$6⁴⁹



**Applegate Naturals
Breakfast
Sausage Links**
7 oz. • Located in Freezer

\$5⁹⁹



**Diestel Turkey Ranch
Ground Dark Turkey**

\$4⁹⁹ lb



**Smart Chicken
Boneless Skinless
Thighs**

\$5⁹⁹ lb

House-Made

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

**Co-op Kitchen
Grab-n-Go
All Self Serve
Drip Coffee**

50¢ OFF



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

**Co-op Kitchen
Grab-n-Go
Roasted
Turkey
Sandwich**

\$8⁹⁵ 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**



**Emerald Hills Beef
Ground Beef**
Not to Exceed 20% Fat

\$6⁹⁹ lb



**Co+op
basics**



**Field Day
Salted Chunk Light
Skipjack Tuna**
5 oz.

\$1⁹⁹

**Co+op
basics**



**Wild Harvest
Chicken & Whitefish
Cat Food**
Grain Free • 5.5 oz.

99¢

**Co+op
basics**



**Carlson
The Very Finest
Fish Oil**
Lemon Flavored • 16.9 oz.

\$39⁹⁹

**Co+op
basics**



**Wild Harvest
Salmon, Sweet Potato
& Blueberry Dog Food**
Grain Free • 3.5 lb.

\$7⁹⁹



2022-2023 Schedule

2022

September
Truth to Power

October
AFC Gives Community Fund

November
Indigenous Peoples' Month

December
Rogue Action Center

2023

January
Ashland Food Angels

February
OHRA

March
Klamath Bird Observatory

April
Pollinator Project
Rogue Valley

May
Talent Maker City

June
Maslow Project

July
SOLC

August
ACCESS

September
Center for Nonprofit
Legal Services

October
FC Gives Community Fund

November
Indigenous Peoples' Month

December
Rogue Valley Farm to School

Thank you for supporting these
organizations in our community!

Read more at ashlandfood.coop/change-good



evanhealy
Sanctuary Replenishing
diverse moisture face balm
0.5 oz.

\$16⁹⁹

Wellness



MyChelle Dermaceuticals
All Products

20% OFF

Gaia Herbs
All Products

**25%
OFF**



Solaray
Magnesium Glycinate
higher absorption
240 vcap

\$20⁴⁹



Healthforce
Vitamineral Green
green superfood complex
500 gm.

\$59⁹⁹

Bruce's Picks

Le Fraghe
Bardolino

750 ml.
Beautiful summery red,
12% alc, fresh red fruits,
light and refreshing
without being
simplistic. Corvina and
Rondinello from the
Veneto region.

\$16⁹⁹



Harper Voit
Pinot Blanc

750 ml.
Electric, zippy
acidity with
a hint of lees
aging richness.
Willamette Valley.

\$19⁹⁹

