



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



Pear fection!



**ORGANIC
Bartlett Pear**
Northwest Grown
\$1.68⁹⁸ lb

Sale Effective September 21 to 27

Fresh Produce

Your only Southern Oregon Certified organic Grocer



**ORGANIC
Portabella Mushrooms**
Northwest Grown

\$6.98⁹⁸ lb



**ORGANIC
Asparagus**
Mexico

\$5.96⁹⁶ lb



**ORGANIC
Sweet Corn**
Northwest Grown!

4/\$5



**ORGANIC
Green Beans**
Northwest Grown!

\$3.48⁴⁸ lb

New Crop!



**ORGANIC
Gala Apples**
Northwest Grown

\$1.64⁶⁴ lb



**ORGANIC
Keitt Mangos**
California

\$4.88⁸⁸ ea



**ORGANIC
Dragonfruit**
California & Mexico

\$8.96⁹⁶ lb



**ORGANIC
Kiwi Berries**
Northwest Grown
6 oz. Container

\$3.24²⁴ ea



**Angie's
Boom Chicka
Pop Popcorn**
4.8-7 oz.

2/\$6



Grocery

**Late July
Organic
Tortilla Chips**
10.1 oz.

2/\$6



**O'Doughs
Gluten Free Bagels**
10.6 oz.

\$3.99



**Henry & Lisa's
Wild Alaskan
Pink Salmon**
Sustainably Caught • 6 oz.

\$4.99



**Cascadian Farm
Organic
Vegetable Blends**
Selected Varieties • 10 oz.

2/\$5



**Sweet Earth
Entree Bowls**
8.5-9 oz.

\$4.49



**Organic Valley
Organic Milk**
Selected Varieties
32 oz.

\$2.79



**Mom's Best Cereal
Raisin Bran**
22 oz.

2/\$7



**Hail Merry
Tarts**
3 oz.

2/\$7



**Beanfields
Bean Chips**
5.5 oz.

\$2.99



**ORGANIC
Millet**
Hulled

\$1.79 lb

Bulk



**ORGANIC
Brazil Nuts**

\$13.49 lb



**Equal Exchange
Organic
BioRevolution
Dark Roast Coffee**

\$10.99 lb



**ORGANIC
Mission Figs**

\$7.49 lb



Pear fection!

ORGANIC
Bosc Pears
Northwest Grown

\$2²⁴ lb



ORGANIC
Abate Fetel Pears
Northwest Grown

\$1⁶⁸ lb



ORGANIC
Star Krimson Pears
Northwest Grown

\$2²⁴ lb



ORGANIC
Hosui Asian Pears
Northwest Grown

\$3⁹⁶ lb



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MR. SMASHES PEAR REFRESHER

Enjoy the sweet delicate and aromatic qualities of the pear in this dazzling aperitif. Skip the Bourbon and add more bitters for a brightening nonalcoholic refresher.

INGREDIENTS

4 oz bourbon or whiskey
4 oz pear puree (see recipe)
Fever Tree club soda
3 sprigs of fresh mint
(for garnish and cocktail)

For Pear Puree:

2 medium pears, diced
2 tbsp lemon juice
2 tbsp honey
4 tbsp water

INSTRUCTIONS

Pear puree:

Heat all ingredients in a small saucepan over low heat, stirring occasionally. Simmer until pears are softened, about 10 minutes. Add more water if needed. Remove from heat and let cool. Blend with your favored blending accessory. Adjust the recipe as needed, creates about 2 generous cocktails.

To make a cocktail:

Muddle 2-3 mint leaves in a shaker with a small amount of sugar. Add the spirit of your choice (bourbon or whiskey), pear puree, ice and shake to combine. Strain into a highball glass filled with large cubes of ice. Top with club soda and garnish with thinly sliced pear or another creative adornment.

Not feeling boozy? Skip the whiskey or bourbon and add a few drops of aromatic bitters.

Land & Sea



**Niman Ranch
Applewood
Smoked Bacon**
12 oz.
\$9⁹⁹



**Cooked, Peeled &
Cleaned Shrimp**
31/40 Count
Farm Raised
\$11⁹⁹ lb



**Organic Smart Chicken
Bone-In Thighs**
\$4⁹⁹ lb



**Beeler's
Boneless Pork
Shoulder Roast**
\$4⁹⁹ lb

House-Made

**ASHLAND
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**Co-op Kitchen
Made to Order
Green Dream
Smoothie**
16 oz.
\$7⁹⁵



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

**Co-op Bakery
Grab-n-Go
Linzertorte
Vegan Cookie**
\$11⁹⁵ 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
Genoa Salami**
4 oz.
\$5⁹⁹



**Co+op
basics**



**ORGANIC
Fuji Apples**
\$1⁹⁸ lb

**Co+op
basics**



**Wild Harvest
Coconut Water**
33.8 oz.
\$3⁴⁹

**Co+op
basics**



**Wilderness Poets
Organic Pasteurized
Almonds**
\$10³⁹ lb

**Co+op
basics**



**ORGANIC
Spring Mix**
1 lb. Container
\$5⁹⁸



Honey Apple Cake

Celebrate Rosh Hashanah with this crowd pleasing cake! This is dramatic, beautiful and tasty cake will easily feed 12 people.

Makes 12 servings

Ingredients

5 large tart apples, peeled and sliced thin
5 tablespoons sugar
2 teaspoons cinnamon
1 cup safflower oil
4 eggs
½ cup fresh lemon juice
2 ½ teaspoons vanilla
Zest from 1 lemon
3 cups sweet rice flour
1 ¼ cups sugar
3 teaspoons baking powder
½ cup honey

INSTRUCTIONS

- 1) Preheat oven to 350° F
- 2) Generously grease a bundt cake pan.
- 3) Combine the apple slices, 5 tablespoons sugar and cinnamon. Mix well and set aside.
- 4) In another bowl mix together the oil, eggs, lemon juice, vanilla and lemon zest.
- 5) In another large bowl mix the flour, sugar and baking powder together. Then add to the wet ingredients. Mix until just incorporated, batter will be thick and sticky.
- 6) Place a layer of apples on the bottom of the bundt pan. Spread a heaping cup of batter over the apples and continue to alternate layers, finishing with a layer of apples.
- 7) Bake on middle rack. Test the cake after 1 ½ hours and continue to cook if necessary until the skewer comes out clean.
- 8) Cool the cake on a rack for 15 minutes, then invert on another rack and let cool until just warm to the touch.
- 9) Drizzle the honey over the cake. Cool completely before cutting, or refrigerate. Will hold nicely for one week.



Heritage Store Rosewater
refreshing facial mist
8 oz.

\$7²⁹

Wellness



Kuli Kuli Moringa Powder
green superfood
21 gm.

\$16⁹⁹

Functional Chocolates
All Products

20% OFF



coop deals



Oregon's Wild Harvest Saw Palmetto

give your prostate a little love
90 vcap

\$18⁹⁹

coop deals



Pranarom All Products

15% OFF

Bruce's Picks

Bolet Cava Brut Nature

750 ml.
Spanish sparkler, organic grapes, indigenous yeasts, very dry with flavors of pear and fresh bread.

\$16⁹⁹



Evesham Wood Pinot Noir

750 ml.
New vintage (2021) of this long-time Coop favorite. Classic Willamette Valley flavors of red fruits paired with signature Evesham elegance and finesse.

\$23⁹⁹

