



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

# Grateful TO BE YOUR CO-OP



Honey Gardens  
**Elderberry Honey**  
a boost from  
bees & berries  
8 oz.

**\$14<sup>79</sup>**

Sale Effective November 23 to 29

## Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Honeycrisp Apples**  
Northwest

**\$1<sup>28</sup>** lb



**ORGANIC  
Satsuma Mandarins**  
California

**\$2<sup>99</sup>** lb



**ORGANIC  
Comice Pears**  
Northwest

**\$2<sup>28</sup>** lb



**ORGANIC  
Navel Oranges**  
California

**\$1<sup>44</sup>** lb



**ORGANIC  
Red & Yellow  
Potatoes**  
Northwest & California

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



**ORGANIC  
Brussels Sprouts**  
California & Mexico

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



**ORGANIC  
Crimini & White  
Mushrooms**  
Northwest

**\$4<sup>24</sup>** lb



**ORGANIC  
Winter Squash**  
Northwest

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

coop deals

**Farmer's Market  
Organic Pumpkin**  
15 oz.

**2/\$5**



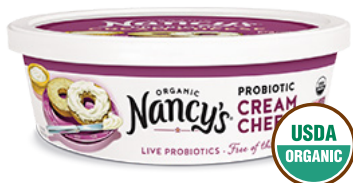
Grocery



**Celestial Seasonings  
Herbal Tea**  
20 Bag.

**2/\$7**

coop deals



**Nancy's  
Organic  
Cream Cheese Spread**  
8 oz.

**\$2.49**

coop deals



**Willamette Valley  
Pie Co.  
Fruit Pies**  
20 oz.

**\$9.49- \$13.99**

coop deals



**Earth Balance  
Vegan Buttery Spreads**  
Selected Varieties  
13-16 oz.

**\$5.49**

coop deals



**Silk  
Dairy Free Heavy  
Whipping Cream**  
16 oz.

**\$5.29**

coop deals



**Bob's Red Mill  
1 to 1 Baking Flour**  
Gluten Free  
22 oz.

**\$3.99**

coop deals



**Alden's  
Organic  
Ice Cream**  
1.5 quart.

**\$7.99**

coop deals



**Back to Nature  
Crackers**  
4-8.5 oz.

**2/\$6**

Bulk



**ORGANIC  
Tri-Color Quinoa**

**\$3.29 lb**



**Deluxe  
Mixed Nuts**  
Roasted & Salted

**\$12.79 lb**



**Northbound Coffee  
Roasters  
Organic Ethiopian  
Light Roast Coffee**

**\$13.69 lb**



**ORGANIC  
Dried Cranberries**  
Cane Juice Sweetened

**\$4.29 lb**



# Dr. Hauschka



20% OFF  
DR. HAUSCHKA





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

ASHLAND FOOD CO-OP BRAND  
**SUPPLEMENTS**

**15%  
OFF**



**Sale Ends November 29th!**



## Land & Sea



**Roli Roti Butcher's Organic Bone Broth**  
All Varieties • 24 oz.

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



**Beeler's Hickory Smoked Bacon**  
16 oz.

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

**ASHLAND FOOD CO+OP**  
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**Co-op Kitchen Made to Order Miso Cup**  
16 oz.

**\$2<sup>95</sup>**



**Beeler's Boneless Pork Loin Chops**

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



**Organic Smart Chicken Boneless Skinless Thighs**

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

**ASHLAND FOOD CO+OP**  
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**Co-op Kitchen Vegan Tahini Salad**

**\$6<sup>95</sup> 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**



**Smart Chicken Boneless Skinless Breast**

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



**Co+op basics**



**Sappo Hill Soap**

All Varieties • 1 ea

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

**Co+op basics**



**Source Naturals Wellness Formula**  
45 tab.

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

**Co+op basics**



**Nordic Naturals Ultimate Omega**  
180 soft gel.

**\$51<sup>99</sup>**

**Co+op basics**



**Enzymedica Digest Gold**  
45 vcap.

**\$19<sup>49</sup>**



## SPICY RADISH & CARROT FERMENT

### Ingredients

1 lb radishes (about 2 bunches)  
8 oz carrots, about 2 large  
1 tbsp kosher salt  
2 tbsp fish sauce, or tamari  
1 tbsp gochugaru (Korean chili flakes)  
1 tbso fresh ginger, finely chopped  
2 cloves garlic, chopped  
1/2 tsp sugar

### INSTRUCTIONS

Put the radishes in a large bowl and cover with cold water, swish around to remove the dirt. Remove the greens from the radishes, and if in good shape, reserve for another use. Trim the radishes, leaving some stem attached, and use a paring knife to remove any dirt or grit around the stem.

Quarter the radishes vertically and put in a large bowl. Peel the carrots, slice on a diagonal, then slice the slices into strips. Put in a medium bowl. Sprinkle evenly with kosher salt and mix well, massaging to work the salt into the vegetables. Let the radishes stand for 30 minutes, and the carrots for an hour or so, test by rinsing a piece of each and tasting.

The radishes will be softened but still have some snap. Put the veggies in a colander and rinse them to get rid of a little salt. In a cup, stir the fish sauce, red pepper flakes, ginger, garlic and sugar. Transfer the drained radishes and carrots to a large bowl and pour the fish sauce mixture over them. Mix well and transfer to a glass jar or storage container and cover. Let stand at room temperature for 24 hours, then refrigerate and serve for up to a week. When the potatoes are tender, serve.



**Tiger Balm**  
**Red Extra Strength**  
pain relieving ointment  
18 gm.

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

## Wellness



**Herbs For Kids**  
**Eldertussin Elderberry**  
great tasting cherry berry flavor  
4 oz.

**\$11<sup>79</sup>**

**Herb Pharm**  
**All Products**

**25%  
OFF**



**Rainbow Light**  
**Women's One Multivitamin**  
rainbow superfoods blend & probiotics  
60 tab.

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



**Gaia Herbs**  
**Astragalus Supreme**  
immune support  
60 vcap.

**\$19<sup>99</sup>**

## Bruce's Picks

**Goldback**  
**Cuvee**

750 ml.  
Rogue Valley  
grown Grenache  
and Syrah, bottled  
here in Ashland, 18  
months neutral oak,  
1/3 whole cluster  
fermentation.

**\$19<sup>99</sup>**



**Olivier Morin -**  
**Tentation**  
**Cremant de**  
**Bourgogne**

750 ml.  
Grown just south of  
Champagne, refined  
and elegant.

**\$20<sup>99</sup>**

