



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

# Holiday Gift Guide



Lake Champlain  
**Organic Chocolate  
Hanukkah Coins**  
Dark • Milk  
5.8 oz.

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

Sale Effective November 30 to December 6

## Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Ambrosia Apples**  
Northwest Grown

**\$1<sup>64</sup><sub>lb</sub>**



**ORGANIC  
Satsuma Boxes**  
5 lb. Box  
California

**\$1<sup>245</sup><sub>ea</sub>**



**ORGANIC  
Clementine  
Mandarins**  
California

**\$2<sup>86</sup><sub>lb</sub>**



**ORGANIC  
Red & Green  
D'anjou Pears**  
Northwest Grown

**\$2<sup>24</sup><sub>lb</sub>**



**ORGANIC  
Leeks**  
Northwest Grown

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



**ORGANIC  
Parsnips**  
Northwest Grown

**\$2<sup>56</sup><sub>lb</sub>**



**ORGANIC  
Red & Yellow  
Potato Bags**  
3 lb. Paper Bags  
Northwest & California

**\$3<sup>96</sup><sub>ea</sub>**



**ORGANIC  
Baby Bok Choy**  
California

**\$2<sup>44</sup><sub>lb</sub>**

Grocery

coop deals

Noosa Yoghurt  
8 oz.

2/\$4



Nature's Path Organic Oatmeal  
11.2-14 oz.

2/\$7



coop deals

USDA ORGANIC

coop deals

Muir Glen Organic Tomatoes  
14.5-15 oz.

2/\$3



USDA ORGANIC



Primal Kitchen Pasta Sauce  
24 oz.

\$6<sup>99</sup>

coop deals

Bionaturæ Organic Gluten Free Pasta  
12 oz.

2/\$6



USDA ORGANIC

coop deals

Organic Valley Organic Shredded Cheese  
6 oz.

\$3<sup>99</sup>



USDA ORGANIC

coop deals

Honey Mama's Cocoa Truffle Bars  
2.5 oz.

\$3<sup>99</sup>



coop deals

Dr. Bronner's Organic Chocolate Bars  
2.93 oz.

2/\$7



USDA ORGANIC

coop deals

Late July Organic Multigrain Tortilla Chips  
7.5 oz.

2/\$7



USDA ORGANIC

Bulk

coop deals

ORGANIC Millet  
Hulled

\$17<sup>99</sup> lb



USDA ORGANIC

coop deals

Grandy Oats Organic Coconola Coconut Granola

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



USDA ORGANIC



Pachamama Organic La Flor Light Roast Coffee

\$14<sup>49</sup> lb

USDA ORGANIC



ORGANIC Shelled Walnuts  
Halves & Pieces

\$6<sup>49</sup> lb

coop deals

USDA ORGANIC



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## Gourmet Stocking Stuffers



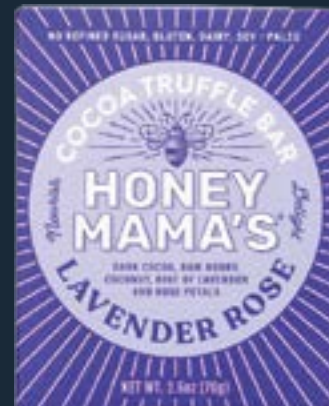
**Jem Organics** makes nut butters that will knock you off your feet. The Cinnamon Maca flavor or Cashew Cardamom are tasty treats that pair perfectly with seasonal produce like fresh Oregon-grown pears!



**Jacobsen Salt Co.** harvests their crystals straight from Netarts Bay on the Oregon Coast. Their slightly sweet, somewhat umami, black garlic infused salt is an attractive gift for the foodie in your life.



Originally founded in Ashland, **Rogue** has a soft spot in our hearts. Santa might even prefer this limited edition collaboration with Portland-based Honey Mama's to the traditional milk 'n' cookie midnight snack.



Speaking of **Honey Mama's**, their paleo and 100% free from refined sugars, soy, dairy, eggs, gluten, and grains truffle bars might be just what you've been looking for! Tip: keep the bars refrigerated because they contain organic, unrefined coconut oil (which may melt if your stocking is hung over a roaring fire!)



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**Divine**  
Chocolate Advent Calendar  
Dark · Milk  
3 oz.  
**\$6<sup>49</sup>**



**Badger**  
Beard Grooming Kit  
good grooming for  
adventurous gents  
**\$21<sup>49</sup>**



**Healthy Roots**  
CBD Bath Bomb  
stay rooted  
7 oz.  
**\$12<sup>29</sup>**



**Inesscents**  
Perfumes  
natural perfume oil  
0.3 oz.  
**\$21<sup>99</sup>**



**Host Defense**  
Mushroom  
Playing Cards  
**\$4<sup>99</sup>**



**Lemon Lavender**  
Makeup Removing Towel  
me time redefined  
**\$4<sup>99</sup>**

Land & Sea



**Applegate Naturals  
Breakfast Sausage Links**  
Apple • Maple • Sage • Turkey  
Classic Pork • 7 oz.  
**\$5<sup>99</sup>**



**Wild Ahi Tuna Fillet**  
Previously Frozen  
**\$14<sup>99</sup> lb**



**Organic Smart Chicken  
Bone-In Thighs**  
**\$4<sup>99</sup> lb**



**Beeler's  
Bone-In Pork Chops**  
**\$5<sup>99</sup> lb**

House-Made

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**Co-op Kitchen  
Grab-n-Go  
Organic  
Cheddar  
Cheese  
Sandwich**  
**\$4<sup>95</sup> ea**



**ASHLAND  
FOOD CO+OP**  
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**Co-op Kitchen  
Grab-n-Go  
Hot Soup**  
32 oz.  
**\$9<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!

**basics**

**CO+OP Basics**

**basics**



**Emerald Hills Beef  
Ground Beef**  
Not to Exceed 20% Fat  
**\$6<sup>99</sup> lb**



**basics**



**Surata  
Organic Firm Tofu**  
16 oz.  
**\$3<sup>89</sup>**

**basics**



**Field Day  
Organic  
Blueberry Waffles**  
7.4 oz.  
**\$3<sup>99</sup>**

**basics**



**Field Day  
Organic  
Dark Maple Syrup**  
12 oz.  
**\$9<sup>99</sup>**

**basics**



**Wilcox Family Farms  
Omega-3  
Large Brown Eggs**  
Dozen  
**\$3<sup>79</sup>**

# ROUND UP TO Give Back

**CHANGE**  
for good



ASK YOUR CASHIER TO ROUND UP!

## ROGUE ACTION CENTER

The Rogue Action Center (RAC) builds organizing infrastructure and community power through land use education, policy advocacy, youth leadership building, the LGBTQ+ listening project, de-escalation and fire relief support.

**DECEMBER 1 TO  
DECEMBER 31**

coop  
deals



**Bass**  
**Dark Bamboo Brush**  
club style with firm bristles

**\$12<sup>99</sup>**

Wellness



**Host Defense**  
**Stamets 7**  
daily immune support  
3.5 oz.

**\$19<sup>79</sup>**

**Aura Cacia**  
**All Products**

**35%  
OFF**



**Yerba Prima**  
**Psyllium Husk**  
locally made  
180 cap

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

coop  
deals



**Bach**  
**Flower Essences**  
all varieties • 20 ml.

**\$13<sup>49</sup>**

Bruce's Picks

**Valley View**  
**Viognier**  
750 ml.  
Stone fruit and tropical aromatics with a dry and zippy finish. Locally grown and bottled in the Applegate Valley.



**\$8<sup>99</sup>**

**Chateau Gaudou**  
**Cahors**  
**Renaissance**  
750 ml.  
100% Malbec, this reserve bottling is tannic and structured, with dark fruit flavors. An intense expression of French Malbec.



**\$17<sup>99</sup>**