

CITRUS SEASON



Fresh Produce

Your only Southern Oregon Certified Organic Grocer



ORGANIC Navel Oranges California



ORGANIC Pummelos California



ORGANIC Minneola Tangelos California



ORGANIC Opal Apples Northwest



ORGANIC Cucumbers Mexico



ORGANIC Green & Purple Broccolini

California



ORGANICOrange & Purple
Bunched Carrots

California



ORGANIC Leeks California



Mike's Mighty Good Craft Ramen

1.6-2.4 oz.

2/54



Bitchin' Sauce 7-8 oz.

\$199





Cascadian Farm Organic Potatoes

Selected Varieties 16 oz.

\$399



Organic Valley Organic Cheese Blocks

Muenster • Pepper Jack Mozzarella • 8 oz.

\$549



Maranatha Organic Peanut Butter

16 oz.

\$549





Imagine Organic Soup

32 oz.

USDA

\$459

coop deals



Noosa Yoghurt

8 oz.

2/^{\$}4



Van's Gluten Free Waffles

9 oz.

2/\$6





Bobo's Oat Bars 2.5-3 oz.

2/\$5



ORGANIC Adzuki Beans

\$3⁴⁹lb



ORGANICGolden Flax Seeds

\$**3**29_{lb}



Cafeto
Organic French
Roast Coffee

\$9⁹⁹lb



Lundberg Family FarmsOrganic Long Grain
White Rice

\$**2**⁵⁹lb

WINTER CITRUS

HARVEST REPORT

with help from our friends at Organically Grown Co.



Rio Star Grapefruit

(November-March)
High Sugar | Mild-Balanced Acid | Very
Juicy

Seeds: Few

Easy Peeling: No

The top-of-the-line variety from Texas is grapefruit in its most basic form. Intense grapefruit flavors with a perfect balance of sweetness and a touch of acidity/bitterness enveloped in juicy flesh. For grapefruit lovers, this variety embodies the essentials of the ideal combination. It must be from Texas to be called Rio Star.

Satsuma Mandarin

(November-February)

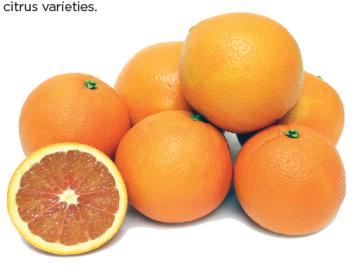
Balanced Acidity | High Sugar, Sweet | Fresh

Eating

Seeds: Mostly Seedless

Easy Peeling: Yes

Satsuma mandarins have a red-orange, leathery, oily peel known as "zipper skin" that clings so loosely it can be torn off in just a few pieces. Satsuma mandarins are fragrant, juicy, sweet and one of the most popular cityus parieties.





Cara Cara Navel Oranges

discovered in Valencia, Venezuela.

(December-April)
Mild Acid/Sweet | Juicing, Fresh Eating

Seeds: No

Easy Peeling: No

Likely a cross between a Washington and a Brazilian Bahia Navel. Extraordinary Cara Cara oranges boast vivid salmon-colored flesh. Some describe its balanced flavor as a perfect blend of tangerine and grapefruit; others note a mild strawberry to cranberry-like finish. Size varies from small and medium to large. Great for eating fresh. It was





WINTER CITRUS

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Navel Oranges

(November-May) Less Juicy | Good Eating Seeds: No Easy Peeling: Yes

There are several varieties sold as a classic navel orange. Fukomoto, Robertson, Skaggs, Bonaza and Riverside are a few. The common orange cultivar that graces our home countertops is the seedless, flavorful, and easy-to-peel sweet navel orange. Unlike other orange varieties, you can quickly tell navels apart because of the navel-like formation found at one end of the fruit.

Melogold Grapefruit

(January)
Mild Acidity | Sweet, Juicy
Fresh Eating
Seed: Few

Cross between a pummelo and a Marsh grapefruit. Named for its "mellow" flavor and lower acidity, and "gold" for its deep rind color. Related to Oro Blanco grapefruit, this fruit has a smooth rind and pale yellow flesh that's mild and sweet like a pummelo, but with slight lemon notes. While very juicy, Melogold may have a slight bitterness.



Land & Sea

House-Made



Niman Ranch Applewood Smoked Bacon

12 oz.

\$999



Fresh Columbia River Steelhead Fillet

Farm Raised

\$**12⁹⁹lb**



\$2²⁵ea

Muffin





Smart Chicken Thighs

\$399_{lb}



Diestel Turkey Ranch Ground Dark Turkey

\$**4**99_{lb}

ASHLAND FOOD CO+OP

EST. 1972 -

Co-op KitchenMade to Order
Hot Chocolate
16 oz.

\$395



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.



CO+OP Basics



Organic Smart Chicken Whole Chicken

\$**4**49_{lb}

⊕op⁻ basics



⊕op basi¢s

USDA

ORGANIC



USDA

Field Day
Organic Unrefined

14 oz. **\$79**

Coconut Oil



ORGANIC Quinoa

\$**2**39_{lb}







Field Day Organic Apple Cider Vinegar 32 oz.

\$549





PURPOSE + PERKS = BEING AN OWNER!

In 2023, Co-op Owners will receive twice as many (6) opportunities to take 10% off their entire purchase!

WHAT WILL CHANGE?

Instead of receiving \$5 off one purchase of \$25, Co-op Owners can take 10% off one entire purchase every two months.



Hi-Bar Soothe Solid Shampoo

for itchy, flaky scalps 3.2 oz.

\$10²⁹



Kuli Kuli Moringa Powder

plant based superfood 7.4 oz.

\$16⁹⁹

Wellness

Country Life All Products

25%

OFF



2023 OWNER COUPON

JANUARY/FEBRUARY

10% OFF ONE SHOP

MARCH/APRIL

10% OFF ONE SHOP

MAY/JUNE

10% OFF ONE SHOP

JULY/AUGUST

10% OFF ONE SHOP

SEPTEMBER/OCTOBER

10% OFF ONE SHOP

NOVEMBER/DECEMBER

10% OFF ONE SHOP



Fungi Perfecti Stamets 7

daily immune support 3.5 oz.

\$2129

Trapadis

Medium weight.

leather and earthy

flavors dominate in

French Grenache.

this unique Southern

Esprit

750 ml.





Amazing GrassOriginal Green Superfood

2 full servings of fruits & veggies 8.5 oz.

\$2399

Bruce's Picks



Cantina TritanaMontepulciano D'Abruzzo

750 ml.
Impressive balance in this Italian red.
A tannic and acidic frame, with plum and blueberry flavors.

\$4499

