

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

CITRUS SEASON



**ORGANIC
Grapefruits**
All Varieties
California & Texas

\$2²⁴ lb

Sale Effective January 18 to 24, 2023

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Navel Oranges**
California

\$1²⁴ lb



**ORGANIC
Pummelos**
California

\$2⁵⁶ lb



**ORGANIC
Minneola Tangelos**
California

\$1⁹⁶ lb



**ORGANIC
Opal Apples**
Northwest

\$1⁸⁶ lb



**ORGANIC
Cucumbers**
Mexico

\$2²⁸ lb



**ORGANIC
Green & Purple
Broccolini**
California

\$3²⁸ ea



**ORGANIC
Orange & Purple
Bunched Carrots**
California

\$2⁹⁸ ea



**ORGANIC
Leeks**
California

\$2²⁸ lb



Mike's Mighty Good Craft Ramen

1.6-2.4 oz.

2/\$4



Grocery



Bitchin' Sauce

7-8 oz.

\$4.99



Cascadian Farm Organic Potatoes

Selected Varieties
16 oz.

\$3.99



Organic Valley Organic Cheese Blocks

Muenster • Pepper Jack
Mozzarella • 8 oz.

\$5.49



Maranatha Organic Peanut Butter

16 oz.

\$5.49



Imagine Organic Soup

32 oz.

\$4.59



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

\$3.49 lb



ORGANIC Golden Flax Seeds

\$3.29 lb



Cafeto Organic French Roast Coffee

\$9.99 lb



Lundberg Family Farms Organic Long Grain White Rice

\$2.59 lb

Bulk

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 citrus varieties.



Cara Cara Navel Oranges

(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 discovered in Valencia, Venezuela.





WINTER CITRUS

HARVEST REPORT

with help from our friends at Organically Grown Co.



Navel Oranges

(November-May)

Less Juicy | Good Eating

Seeds: No

Easy Peeling: Yes

There are several varieties sold as a classic navel orange. Fukumoto, 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



**Niman Ranch
Applewood
Smoked Bacon**
12 oz.

\$9⁹⁹



**Fresh Columbia River
Steelhead Fillet**
Farm Raised

\$12⁹⁹ lb



**Smart Chicken
Thighs**

\$3⁹⁹ lb



**Diestel Turkey Ranch
Ground Dark Turkey**

\$4⁹⁹ lb

House-Made

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

**Co-op Kitchen
Grab-n-Go
Wheat Free
Muffin**

\$2²⁵ ea



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

**Co-op Kitchen
Made 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.

LOOK FOR THE
PURPLE TAGS
TO SAVE!

**Co+op
basics**

CO+OP Basics

**Co+op
basics**



**Organic
Smart Chicken
Whole Chicken**

\$4⁴⁹ lb



**USDA
ORGANIC**

**Co+op
basics**



**USDA
ORGANIC**

**ORGANIC
Quinoa**

\$2³⁹ lb

**Co+op
basics**



**USDA
ORGANIC**

**ORGANIC
Yellow Onions**

\$1⁶⁴ lb

**Co+op
basics**



**USDA
ORGANIC**

**Field Day
Organic Unrefined
Coconut Oil**

14 oz.
\$7⁹⁹

**Co+op
basics**



**USDA
ORGANIC**

**Field Day
Organic Apple
Cider Vinegar**
32 oz.

\$5⁴⁹



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

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.

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

Wellness



**Hi-Bar
Soothe Solid Shampoo**
for itchy, flaky scalps
3.2 oz.

\$10²⁹



**Kuli Kuli
Moringa Powder**
plant based superfood
7.4 oz.

\$16⁹⁹

**Country Life
All Products**

**25%
OFF**



**Fungi Perfecti
Stamets 7**
daily immune support
3.5 oz.

\$21²⁹



**Amazing Grass
Original Green Superfood**
2 full servings of fruits & veggies
8.5 oz.

\$23⁹⁹

Bruce's Picks

**Trapadis
Esprit**
750 ml.
Medium weight,
leather and earthy
flavors dominate in
this unique Southern
French Grenache.

\$10⁹⁹



**Cantina Tritana
Montepulciano
D'Abruzzo**
750 ml.
Impressive balance
in this Italian red.
A tannic and acidic
frame, with plum and
blueberry flavors.

\$11⁹⁹

