

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

# Women's History Month

Women-Led  
Business



**Caulipower  
Chicken Tenders**  
14 oz.

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

Sale Effective March 15 to 21, 2023

## Fresh Produce

Your only Southern Oregon Certified organic Grocer



USDA  
ORGANIC

**ORGANIC  
Purple Potatoes**  
Northwest

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



USDA  
ORGANIC

**ORGANIC  
Napa & Savoy  
Cabbage**  
California

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



USDA  
ORGANIC

**ORGANIC  
Baby Bok Choy**  
California

**\$1<sup>99</sup>** lb



USDA  
ORGANIC

**ORGANIC  
Rainbow Bunch  
Carrots**  
California

**\$2<sup>44</sup>** ea



USDA  
ORGANIC

**ORGANIC  
Jazz Apples**  
Northwest

**\$1<sup>78</sup>** lb



USDA  
ORGANIC

**ORGANIC  
Ruby Grapefruit**  
4 lb Bag  
California

**\$5<sup>64</sup>** ea



USDA  
ORGANIC

**ORGANIC  
Tommy Atkins  
Mango 3 ct Bag**  
Mexico

**\$4<sup>98</sup>** ea



USDA  
ORGANIC

**ORGANIC  
Murcott & Tango  
Mandarin 2 lb Bag**  
California

**\$4<sup>88</sup>** ea

Ashland Food Co-op | Open Every Day 7AM to 9PM | [www.ashlandfood.coop](http://www.ashlandfood.coop)



**San-J**  
**Teriyaki Sauce**  
10 oz.

**2/\$6**



Grocery

**Health Valley**  
**Organic Soup**  
14.5-15 oz.

**2/\$7**



**Gardein**  
**Plant-Based Tenders,  
Burgers & Meatballs**  
9-12.7 oz.

**\$4<sup>79</sup>**



**Maya Kaimal**  
**Indian Simmer Sauce**  
12.5 oz.

**2/\$8**



**Late July**  
**Organic Multigrain  
Tortilla Chips**  
7.5 oz.

**2/\$6**



**Siggis**  
**Skyr**  
5.3 oz.

**4/\$5**



**Little Northern**  
**Bakehouse**  
**Gluten Free  
Sliced Bread**  
16 oz.

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



**evol.**  
**Macaroni  
& Cheese**  
Selected Varieties  
8-8.5 oz.

**2/\$8**



Women-Led  
Business

**Miyoko's Creamery**  
**Organic Vegan  
Cheese Alternative**  
8 oz.

**\$5<sup>29</sup>**



**ORGANIC**  
**Brown Flax Seeds**

**\$2<sup>89</sup> lb**



**ORGANIC**  
**Whole Cashews**  
Raw

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



**Pachamama**  
**Organic Peru Medium  
Roast Coffee**

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



**Lotus Foods**  
**Organic  
Forbidden Rice**

**\$3<sup>79</sup> lb**

Bulk





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# WOMAN-LED BRANDS We Love



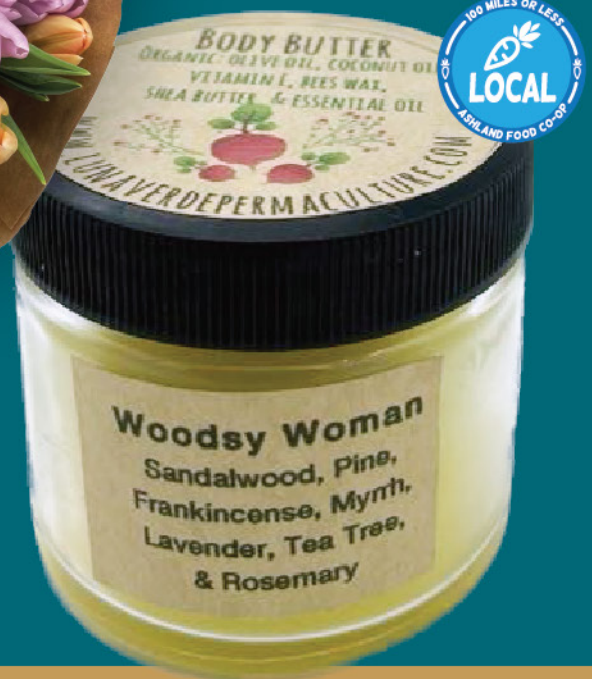
**CURLY TOP  
BAKESHOP**  
Baked Goods

**NEETA  
NATURALS**  
Neem Soap  
3 oz.



**FLORA FARMS**  
Tulips

**LUNA  
VERDE**  
Woodsy  
Woman



**LEORA'S  
CHOCOLATES**  
Herbal  
Cacao Elixir  
4 oz.





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# WOMAN-LED BRANDS We Love



**HIGHER POWER  
RAW FOOD  
Kale Chips**



**COZY BUNS  
Scrunchies**



**GREEN SPRINGS  
BODYWORKS  
Rose Face Food**



**INESSCENTS  
Eucalyptus  
Bath Salts**





## Land & Sea



### Aidell's Chicken Sausages & Meatballs

All Varieties • 8-12 oz.

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



### Applegate Naturals Family Size Chicken Nuggets & Tenders

Located in Freezer • 16 oz.

**\$10<sup>99</sup>**

## House-Made

### ASHLAND FOOD CO+OP

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### Co-op Kitchen Made to Order Matcha Latté

12 oz.

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



### Organic Smart Chicken Boneless Skinless Thighs

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



### Wild Shell On Shrimp 21/25 Count

Product of Mexico

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

### ASHLAND FOOD CO+OP

EST. 1972

### Co-op Kitchen Grab-n-Go Artichoke Dip

**\$12<sup>95</sup> 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



### Organic Smart Chicken Whole Chicken

**\$4<sup>49</sup> lb**



Co+op basics



### ORGANIC Fuji Apples

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

Co+op basics



### Field Day Organic Refried Beans

15-16 oz.

**\$1<sup>79</sup>**

USDA ORGANIC

Co+op basics



### Surata Organic Firm Tofu

16 oz.

**\$3<sup>89</sup>**

USDA ORGANIC

Co+op basics



### Field Day Organic Broth

32 oz.

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

USDA ORGANIC



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## 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

coop  
deals



### Light Mountain Natural Hair Color

All Colors • 4 oz.

**\$5<sup>79</sup>**

Wellness



### Oregon Soap Company All Products

**20% OFF**

### KAL All Products

**25%  
OFF**



### Humphrey's Soothing & Clarify with Rose

Wild Crop Certified Witch Hazel  
3.3. oz.

**\$4<sup>49</sup>**



### Nutrition Now PB8

Probiotic Acidophilus • 60 vcap

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

Bruce's Picks

### L'Umami Sauvignon Blanc

750 ml.  
Willamette Valley  
grown, a fresh and  
bright style with crisp  
acidity, lemon and  
grapefruit flavors, with  
light minerality develop-  
ing on the finish.

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



### Chateau Pey-Bonhomme Bordeaux Rouge

750 ml.  
Biodynamically grown  
Merlot, Cabernet Franc  
and Malbec. Natural wine-  
making, flavors of plum,  
currant, bay leaf, anise.

**\$18<sup>99</sup>**

