**ASHLAND** FOOD CO+OP

EST. 1972

# SPRING BREAK ON MT. A



# Fresh Produce

Your only Southern Oregon Certified Organic Grocer



## **ORGANIC** Yams & Sweet Potatoes

Garnet • Jewel • Sweet Japanese Sweet • California



#### **ORGANIC** Cauliflower

California



## **ORGANIC**Romaine Hearts

Arizona & California

ea



# **ORGANIC** Yellow Onion Bags

3 lb. Bag Northwest



#### **ORGANIC Cara Cara Oranges** California



## **ORGANIC** Tango & Murcott Mandarins California



### **ORGANIC**Red & Green **Bartlett Pears**

Argentina



### **ORGANIC Cosmic Crisp Apples**

Northwest



**Kevita**Organic Sparkling
Probiotic Drink
15.2 oz.

**2/**\$5



USDA ORGANIC

Grocery

From the Ground Up Cauliflower Crackers 4 oz.

2/\$6







Silver Hills Organic Sprouted Wheat Bread

Queen's Khorasan • Big Red's 18 oz.

\$49



**Organic Valley** Organic Cheese Blocks

Muenster • Pepper Jack Mozzarella • 8 oz.

\$549



**Pacific Foods**Organic Soup

32 oz.

2/<sup>\$</sup>8



**Maya Kaimal**Organic Everyday
Dal Pouches

10 oz.

2/<sup>\$</sup>6





Justin's Peanut Butter 16 oz.

\$399



Coolhaus Ice Cream Sandwiches

Selected Varieties 5.8 oz.

2/\$6



coop deals



**Green Mountain Gringo** Salsa

16 oz.

\$499



ORGANIC Millet Hulled

\$469<sub>lb</sub>



**ORGANIC**Black Chia Seeds

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



Pachamama
La Flor Light Roast
Coffee

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



**Lotus Foods** Organic White Jasmine Rice

<sup>\$239</sup>lb



# ASHLAND FOOD CO-OP SUPPLEMENTS



15% OFF

**ALL PRODUCTS** 

MARCH 1ST - APRIL 4TH, 2023



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**ORGANIC** Baby Carrots 11b. & 21b. Bags California

\$**1**64-\$3<sup>22</sup>ea



Wilderness Poets Organic Pasteurized Almonds

ORGANIC Mini Sweet **Peppers** 1 lb. Bag

Mexico

ORGANIC Triplecross & Gold Nugget Mandarins California



ORGANIC Josie's Chopped Salad Kits 7.8-12 oz. Arizona & California

ea





### Land & Sea



Smart Chicken Thighs \$299...



**Fresh Columbia River** Steelhead Fillet

Farm Raised

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



House-Made



Beeler's Boneless Pork Loin Chops

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





# **Applegate Organics**Chicken Strips & Nuggets

8 oz. • Located in Freezer

**\$799** 

### ASHLAND FOOD CO+OP

— EST. 1972 —

**Co-op Kitchen** Grab-n-Go Vegan Tahini Salad

**\$7**95<sub>ea</sub>



# 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!



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#### **⊕**op basi¢s



Organic Smart Chicken Whole Chicken

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



### CO+OP Basics

**⊕op** basi¢s



USDA ORGANIC

USDA

ORGANIC Spinach 1 lb. Container

\$598



Field Day Organic Granola 12 oz.

\$499





Ashland Food Co-op Show Me the Whey 13.3 oz.

3.3 OZ.



# ROUND UP TO Give Back

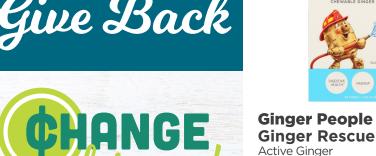


### Wellness



### **Source Naturals Melatonin Liquid**

For Occasional Sleeplessness





**Shepard Moon All Products** 

24 tab.



Klamath Bird



**Grandpa Soap Co. Cleansing Shower Cream** Clarifies & Restores Congested Pores 9.5 07.



Quantum **Super Lip Care** 

Invisible Cold Sore Bandage 12 ea.

Advancing bird and habitat conservation through science, education, and partnerships

**MARCH 1ST TO 31ST** 

### Co-op Red

750 ml.

New vintage and blend, slightly bigger, richer and smoother. Locally grown blend of Tempranillo, Malbec, Merlot, Syrah and Cabernet Sauvianon.





### **Upper Five** Rosé

750 ml. New 2022 vintage just arrived. Beautiful salmon

color, biodynamically and organically grown in Talent, strawberry, fresh and bright. Fermented and aged in neutral oak to soften and gently round.

