

**ASHLAND
FOOD CO+OP**
— EST. 1972 —

SPRING BREAK ON MT. A



Housemade
Grab-n-Go
Sandwiches

50¢ OFF

Sale Effective March 22 to 28, 2023

Fresh Produce

Your only Southern Oregon Certified organic Grocer



ORGANIC Yams & Sweet Potatoes

Garnet • Jewel • Sweet
Japanese Sweet • California

\$1.96 lb



ORGANIC Cauliflower

California

\$2.99 lb



ORGANIC Romaine Hearts

3-Pack
Arizona & California

\$3.88 ea



ORGANIC Yellow Onion Bags

3 lb. Bag
Northwest

\$2.98 ea



ORGANIC Cara Cara Oranges

California

\$1.28 lb



ORGANIC Tango & Murcott Mandarins

California

\$2.42 lb



ORGANIC Red & Green Bartlett Pears

Argentina

\$1.94 lb



ORGANIC Cosmic Crisp Apples

Northwest

\$1.79 lb



Kevita
Organic Sparkling
Probiotic Drink
15.2 oz.

2/\$5



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.

\$4⁴⁹



Organic Valley
Organic
Cheese Blocks
Muenster • Pepper Jack
Mozzarella • 8 oz.

\$5⁴⁹



Pacific Foods
Organic Soup
32 oz.

2/\$8



Maya Kaimal
Organic Everyday
Dal Pouches
10 oz.

2/\$6



Justin's
Peanut Butter
16 oz.

\$3⁹⁹



Coolhaus
Ice Cream
Sandwiches
Selected Varieties
5.8 oz.

2/\$6



Green Mountain Gringo
Salsa
16 oz.

\$4⁹⁹



ORGANIC
Millet
Hulled

\$1⁶⁹ lb



ORGANIC
Black Chia Seeds

\$3⁷⁹ lb

Bulk



Pachamama
La Flor Light Roast
Coffee

\$14⁹⁹ lb



Lotus Foods
Organic White
Jasmine Rice

\$2³⁹ lb



**ASHLAND
FOOD CO+OP**

EST. 1972

ASHLAND FOOD CO-OP SUPPLEMENTS



15% OFF

ALL PRODUCTS

MARCH 1ST - APRIL 4TH, 2023



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

SPRING BREAK ON MT. A



**ORGANIC
Baby Carrots**
1lb. & 2lb. Bags
California

\$1⁶⁴-\$3²² ea



**Wilderness Poets
Organic
Pasteurized
Almonds**

\$10³⁹ lb

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

\$3⁹⁸ ea

**ORGANIC
Triplecross &
Gold Nugget
Mandarins**
California

\$2⁴² lb



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

\$4⁹⁹ ea



Land & Sea



**Smart Chicken
Thighs**

\$3⁹⁹ lb



**Fresh Columbia River
Steelhead Fillet**

Farm Raised
\$12⁹⁹ lb



**Beeler's
Boneless Pork
Loin Chops**

\$5⁹⁹ lb



**Applegate Organics
Chicken Strips
& Nuggets**

8 oz. • Located in Freezer

\$7⁹⁹

House-Made

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

**Co-op Kitchen
Made to Order
Build Your Own
Smoothie**
16 oz.

\$7⁹⁵



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

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

\$7⁹⁵ ea



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



**Co+op
basics**



**ORGANIC
Spinach**

1 lb. Container

\$5⁹⁸

**Co+op
basics**



**Field Day
Organic Granola**
12 oz.

\$4⁹⁹

**Co+op
basics**



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

\$26⁹⁹

**Co+op
basics**



**ORGANIC
Thompson Raisins**

\$3⁵⁹ lb

ROUND UP TO Give Back

CHANGE
for good



ASK YOUR CASHIER TO ROUND UP!

Klamath Bird Observatory



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

**MARCH
1ST TO 31ST**

coop
deals



**Ginger People
Ginger Rescue**
Active Ginger
24 tab.

\$3⁴⁹

Wellness



**Source Naturals
Melatonin Liquid**
For Occasional Sleeplessness
2 oz.

\$7⁴⁹

**Shepard Moon
All Products**

**10%
OFF**



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

\$6⁷⁹



**Quantum
Super Lip Care**
Invisible Cold Sore Bandage
12 ea.

\$8⁷⁹

Bruce's Picks

**Co-op
Red**

750 ml.
New vintage and blend,
slightly bigger, richer
and smoother. Locally
grown blend of Tem-
pranillo, Malbec, Merlot,
Syrah and Cabernet
Sauvignon.

\$13⁹⁹



**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.

\$19⁹⁹

