

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

Seafood SALE

9/15 - 9/17

Discount taken off at register.

select seafood products salmon, shrimp, scallops and more!
Sale items are specially marked.

**3-DAYS
ONLY!**

**20% OFF
Seafood**

Look for me!

Sale Effective September 13 to 19, 2023

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Green Onions**
Northwest Grown

\$1¹⁶ ea



**ORGANIC
Broccolini**
Northwest Grown

\$2²⁸ ea



**ORGANIC
Cilantro**
Oregon & California

2/\$3



**ORGANIC
Cauliflower**
Oregon & California

\$1⁹⁹ lb



**ORGANIC
Limes**
Mexico

\$1²⁴ lb



**ORGANIC
Hosui Asian Pears**
Northwest Grown

\$3⁹⁹ lb



**ORGANIC
Concord Grape**
Northwest Grown

\$3⁸⁶ lb



**ORGANIC
Yellow & White
Nectarines**
Northwest Grown

\$2⁹⁹ lb



**Greek Gods
Greek Yogurt**
24 oz.

\$3⁹⁹



Grocery

**Cascadian Farm
Organic Berries**
8-10 oz.

2/\$8



**Pacific
Organic Almond Milk**
32 oz.

\$3²⁹



**Organic Valley
Organic Sliced Cheese**
Muenster • Provolone
Baby Swiss • 6 oz.

\$4⁹⁹



**Muir Glen
Organic Pasta Sauce**
23.5 oz.

2/\$6



**Genuine Bavarian
Organic Whole
Grain Bread**
Pumpernickel • Flaxseed
Sunflowerseed • 17.6 oz.

\$4²⁹



**Lärabar
Fruit & Nut Bars**
1.6 oz.

2/\$3



**Alden's
Organic
Ice Cream Bars**
3 pk.

\$5⁴⁹



**Black Forest
Fruit Strips**
0.5 oz.

4/\$3



**ORGANIC
Roasted & Salted
Pistachios**

\$7⁹⁹ lb



**ORGANIC
Extra Virgin Olive Oil**

\$9⁷⁹ lb



Bulk



**Northbound
All Bulk Coffee**

\$12⁹⁹ lb



**Sunridge Farms
Organic Dark
Chocolate Raisins**

\$7⁹⁹ lb



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ASK YOUR CASHIER TO ROUND UP!



The AFC Gives Community Fund nurtures and supports local initiatives and grassroots projects.



SEPTEMBER 1 TO SEPTEMBER 30

Land & Sea



Hempler's Applewood Smoked Center Cut Bacon

10 oz.

\$6⁴⁹



co-op deals



Diestel Turkey Ranch Organic Sliced Turkey

Select Varieties • 6 oz.

\$6⁹⁹

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Made to Order Americano

16 oz.

\$2⁴⁵



Beeler's Boneless Pork Shoulder Roast

\$4⁹⁹ lb



Organic Smart Chicken Boneless Skinless Thighs

\$7⁴⁹ lb



ASHLAND FOOD CO+OP

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Co-op Kitchen Grab-n-Go Tuna Salad

\$16⁹⁵ 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



Smart Chicken Boneless Skinless Breast

\$7⁹⁹ lb



co-op basics



ORGANIC Navel Oranges

\$1⁸⁹ lb



co-op basics



Bio K Fermented Probiotic

3.5 oz.

\$4²⁹

co-op basics



Ashland Food Co-op Show Me the Whey

13.5 oz.

\$26⁹⁹

co-op basics



Field Day Coconut Water

33.8 oz.

\$4⁴⁹



SHRIMP SCAMPI WITH A TWIST



Makes 4 servings

Try this fun twist on shrimp scampi for a mid week treat. Fast, easy and can be served over pasta as a taco filing.

Ingredients

2 lbs shrimp, cleaned and peeled
8 garlic cloves, minced
Salt to taste
6 tbs olive oil
1 tsp red pepper flakes, or to taste
1 anaheim pepper
½ jalapenos (or more if you like it spicy)
6 tablespoons unsalted butter (add an extra tablespoon if you intend to mix with pasta)
1/3 cup broth
Juice of 1 lime
Zest of 1 lime
¼ cup fresh cilantro, chopped
½ cup cotija or feta cheese (salty and crumbly)

Instructions

Add shrimp to a bowl with pinch of salt, half the garlic, and 2 tablespoon olive oil. Toss to combine. Set aside for 15 to 20 minutes.

In a large skillet, heat the remaining olive oil over medium-high heat. When the oil starts to simmer, add the marinated shrimp mixture. Cook the shrimp for about 1 minute on each side or until it begins to turn pink. Remove the shrimp and set aside (this will fully cook in a bit).

To the skillet, add the remaining garlic, red pepper flakes, peppers and cook until fragrant. Add the broth, lime juice and zest. Cook for a couple minutes until reduced by ½.

Add the butter and cook until melted.

Return the shrimp back to the pan and toss to coat. Cook until shrimp is completely pink.

Turn the heat off and add the cilantro and cheese.

Serve over pasta or add to tacos with all the fixings.

Wellness



One with Nature Bar Soaps

All Scents • 7 oz.

\$4⁴⁹



Herb Pharm All Products

15% OFF

Oregon Soap All Products

**20%
OFF**



coop
deals



Acure Unicorn Root Cleanser

Refine & Hydrates All Skin Types
4 oz.

\$7⁴⁹

coop
deals



Booda Organics Booda Butter

Pure Daily Moisturizer • 2.3 oz.

\$8⁴⁹

Bruce's Picks

La Mariniere Muscadet

750 ml.

Lemon and apple, bright acidity, with a touch of richness from the lees and bottle aging.

\$10⁹⁹



Luis Pato Baga Espumante Rosé

750 ml.
Elegant Portuguese sparkling wine, fresh aromas of red berries and citrus. very clean, crisp and structured.

\$17⁹⁹

