ASHLAND FOOD CO+OP

LOCAL WELLNESS





Sale Effective September 27 to October 3, 2023

Fresh Produce

Your only Southern Oregon (ertified Organic Grocer





ORGANIC Red & Green Bartlett Pears

Oregon & Washington

\$448_{lb}



ORGANIC Valencia Oranges California

\$478_{lb}



ORGANIC Seedless Grape Red • Green • Black

Oregon & California

\$3⁶⁴lb





ORGANIC Fuji Apples Washington

\$456_{lb}



ORGANIC
Cauliflower
Oregon & California

\$**1**86_{lb}



ORGANIC Italian Sweet Peppers Oregon Grown

\$398_{lb}



ORGANIC Eggplant Globe • Japanese Striped

Oregon & California

\$3⁶⁴lb



ORGANICMini Persian
Cucumbers

Mexico

242_{lb}



Grocery

Icelandic Provisions Skyr 5.3 oz.

2/^{\$}4



Blake's Turkey Pot Pie 8 oz.

2/\$7





MestemacherWhole Grain Bread

Pumpernickel • Whole Rye • 17.6 oz.

\$389



Treeline Vegan Cheese Spread Scallion • Herb Garlic • 6 oz.

\$599



Woodstock Organic Ravioli20 oz.

\$799



Lotus Foods Ramen

2.8 oz.

2/\$3



Gimme Organic Seaweed Snacks 0.32-0.35 oz.

\$479



Chocolove Chocolate Bars

2/\$5



coop deals



Edward & Son's Bouillon Cubes2.2-2.9 oz.

\$499



ORGANICRolled Oats

\$4³⁹lb



ORGANICMission Figs

\$**8**49_{lb}



NorthboundAll Bulk Coffee

\$12⁹⁹lb



ORGANIC
Red Lentils

\$**2**²⁹lb



HERB PHARM **15% OFF ALL PRODUCTS**





HERB PHARM made of plants & ethical choices





BareDance mood Uplifting Mist

Room Freshner, Body Mist 4 oz.

\$4799

Oshala Hair Rinse

A Botanical Treat For Your Hair and Scalp 16 oz.

\$1599



Good Earth Organic Rose Face Cream

HAIR RINSE

Rich in Vitamins, Minerals & Antioxadants 1 oz.

USDA ORGANIC

\$16⁷⁹





Butcher's Roli Roti Organic Bone Broth

All Varieties • 24 oz.



Fresh Columbia River Steelhead Fillet

Farm Raised



Smart Chicken Boneless Skinless Thighs



Beeler's **Boneless Pork Loin Chops**



ASHLAND FOOD CO+OP

ASHLAND FOOD CO+OP EST. 1972

Smoothie

16 oz.

EST. 1972

Co-op Kitchen Grab-n-Go Turkish **Garbanzo Salad**

CO+OP Basics



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.



cop basi¢s

Emerald Hills Ground Beef

Not to Exceed 20% Fat



⊙op⁻ basi¢s



Herb Pharm Black Elderberry

5% OFF



Sappo Hill Soap

1 ea.





Wandering Roots Botanicals Organic Peppermint 900 mg CBD

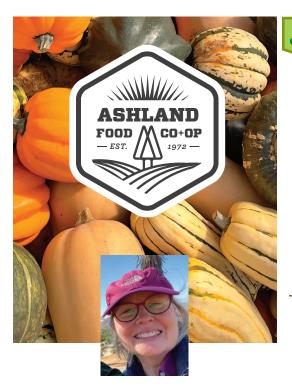
30 ml.







Flora Sophia **Botanicals Pet Care Full Spectrum CBD Oil**



PRESENTS

Winter Squash Jubilee

INSTRUCTOR: MICHELLE GUERRIE

\$40 FOR GENERAL \$35 FOR CO-OP OWNERS \$20 FOR STAFF

OCTOBER 14, 2023 12-2PM

CO-OP COMMUNITY CLASSROOM 300 N. PIONEER ASHLAND, OR 97520

Winter squash are a powerhouse of deliciousness; In this class you will gain confidence with tips and techniques in creating fantastic, satisfying dishes and dealing safely with tough exteriors and formidable sizes of winter squash.



To find out more or sign up visit Ashlandfood.coop/events or scan the QR code



Enzymedica Bean Assist

Fast Acting • 30 cap

\$499



Gaia

Wellness

Ashwagandha Gummies

Plant-Powered Stress Support • 45 ct.

\$899

Honey Gardens
All Products

35% OFF





Lily of the Desert Aloe Vera Gelly

Soothing Moisturizer • 4 oz.

\$379

Tintero

Rosato

Italian rose with just

a touch of fizz, 90%

Barbera, 10% Arneis.

Peach, light berry,

grapefruit, dry and

super fresh.

750 ml.



Xlear Sinus Spray

Congestion Relief • 1.5 oz.

\$4429

Bruce's Picks



Lucignano Chianti

750 ml.

Medium-bodied, tart red fruits, structured with both acidity and tannins, an earthy and lengthy finish.

^{\$}13⁹⁹

