

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

# LOCAL WELLNESS



**Yerba Prima  
Daily Fiber  
Formula**  
Concentrated  
Fiber Blend  
Blend • 12 oz.  
**\$13<sup>79</sup>**

Sale Effective September 27 to October 3, 2023

*New Crop!*

**Fresh Produce**  
Your only Southern Oregon Certified organic Grocer

*New Crop!*



**ORGANIC  
Red & Green  
Bartlett Pears**  
Oregon & Washington

**\$1<sup>48</sup> lb**



**ORGANIC  
Valencia Oranges**  
California

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



**ORGANIC  
Seedless Grape  
Red • Green • Black**  
Oregon & California

**\$3<sup>64</sup> lb**



**ORGANIC  
Fuji Apples**  
Washington

**\$1<sup>56</sup> lb**



**ORGANIC  
Cauliflower**  
Oregon & California

**\$1<sup>86</sup> lb**



**ORGANIC  
Italian  
Sweet Peppers**  
Oregon Grown

**\$3<sup>98</sup> lb**



**ORGANIC  
Eggplant  
Globe • Japanese  
Striped**  
Oregon & California

**\$3<sup>64</sup> lb**



**ORGANIC  
Mini Persian  
Cucumbers**  
Mexico

**\$2<sup>42</sup> lb**

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

coop  
deals

**Icelandic Provisions Skyr**  
5.3 oz.

**2/\$4**



Grocery

**Blake's Turkey Pot Pie**  
8 oz.

**2/\$7**



coop  
deals



**Mestemacher Whole Grain Bread**  
Pumpernickel • Whole Rye • 17.6 oz.

**\$3.89**



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

**\$5.99**



**Woodstock Organic Ravioli**  
20 oz.

**\$7.99**



**Lotus Foods Ramen**  
2.8 oz.

**2/\$3**



**Gimme Organic Seaweed Snacks**  
0.32-0.35 oz.

**\$1.79**



**Chocolove Chocolate Bars**  
3.2 oz.

**2/\$5**



**Edward & Son's Bouillon Cubes**  
2.2-2.9 oz.

**\$1.99**



**ORGANIC Rolled Oats**

**\$1.39 lb**



**ORGANIC Mission Figs**

**\$8.49 lb**



**Northbound All Bulk Coffee**

**\$12.99 lb**



**ORGANIC Red Lentils**

**\$2.29 lb**

Bulk





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# HERB PHARM **15% OFF ALL PRODUCTS**



*made of plants & ethical choices™*





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SELF  
CARE  
TIME



**Inesscents  
Vibrant Sea  
Mermaid Mask**  
Gently Exfoliating  
2 oz.

**\$24<sup>99</sup>**



**BareDance  
mood Uplifting Mist**  
Room Freshener, Body Mist  
4 oz.

**\$17<sup>99</sup>**



**Oshala  
Hair Rinse**  
A Botanical Treat For  
Your Hair and Scalp  
16 oz.

**\$15<sup>99</sup>**



**Good Earth  
Organic Rose  
Face Cream**

Rich in Vitamins, Minerals  
& Antioxidants  
1 oz.

**\$16<sup>79</sup>**





## Land & Sea



**Butcher's Roli Roti Organic Bone Broth**  
All Varieties • 24 oz.

**\$7<sup>99</sup>**



**Fresh Columbia River Steelhead Fillet**  
Farm Raised

**\$11<sup>99</sup> lb**

## House-Made

**ASHLAND FOOD CO+OP**  
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**Co-op Kitchen Made to Order Orange Nectar Smoothie**  
16 oz.

**\$7<sup>95</sup>**



**Smart Chicken Boneless Skinless Thighs**

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



**Beeler's Boneless Pork Loin Chops**

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



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

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

**\$9<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**



**Emerald Hills Ground Beef**  
Not to Exceed 20% Fat

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



**Co+op basics**



**Sappo Hill Soap**  
1 ea.

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

**Co+op basics**



**Wandering Roots Botanicals Organic Peppermint**  
900 mg CBD  
30 ml.

**\$44<sup>99</sup>**

**Co+op basics**



**Herb Pharm Black Elderberry**  
1 oz.

**15% OFF**

**Co+op basics**



**Flora Sophia Botanicals Pet Care Full Spectrum CBD Oil**  
1 oz.

**\$24<sup>99</sup>**





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](https://Ashlandfood.coop/events)  
or scan the QR code

coop  
deals



**Enzymedica  
Bean Assist**  
Fast Acting • 30 cap

**\$4<sup>99</sup>**

Wellness



**Gaia  
Ashwagandha Gummies**  
Plant-Powered Stress Support • 45 ct.

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

**Honey Gardens  
All Products**

**35%  
OFF**



**Lily of the Desert  
Aloe Vera Gelly**  
Soothing Moisturizer • 4 oz.

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



**Xlear  
Sinus Spray**  
Congestion Relief • 1.5 oz.

**\$11<sup>29</sup>**

Bruce's Picks

**Tintero  
Rosato**

750 ml.  
Italian rose with just a touch of fizz, 90% Barbera, 10% Arneis. Peach, light berry, grapefruit, dry and super fresh.

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



**Lucignano  
Chianti**

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

**\$13<sup>99</sup>**

