

**ASHLAND
FOOD CO+OP**

EST. 1972

GRATEFUL TO BE YOUR CO-OP



**Diestel Family Ranch
Fresh Organic
Whole Turkey**
10 lb. & Up

\$4⁹⁹ lb

Sale Effective November 15 to 21, 2023

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Garnet & Jewel Yams**
California

\$1⁶⁴ lb



**ORGANIC
Brussels Sprouts**
California

\$4²⁵ lb



**ORGANIC
Yellow Onion**
3 lb. Bags
Washington & Idaho

\$2⁹⁶ ea



**ORGANIC
Russet Potato**
5 lb. Bags
Oregon & California

\$2⁸⁸ ea



**ORGANIC
Honeycrisp &
Granny Smith Apples**
Washington

99¢ lb



**ORGANIC
Seedless Grapes
Red, Green & Black**
California

\$3⁴⁴ lb



**ORGANIC
Cranberries**
7.5 oz. Pack
Oregon Grown

\$3⁹⁹ ea



**ORGANIC
Pomegranates**
California

\$2⁹⁹ ea

coop deals

Pacific Foods
Organic
Condensed Soup
Chicken • Mushroom
10.5 oz.

\$2⁴⁹



Grocery

Cascadian Farm
Organic Riced
Cauliflower
12 oz.

2/\$8



coop deals



Rumiano
Family Creamery
Organic Cheese Blocks
8 oz.

\$4⁴⁹

coop deals



Silver Hills
Organic Sprouted
Wheat Bread
18 oz.

\$4⁹⁹

coop deals



Straus
Family Creamery
Organic Whole Milk
Yogurt
Vanilla • Maple • 32 oz.

\$5⁴⁹

coop deals



Dr. McDougall's
Big Soup Cup
1.8-3.4 oz.

2/\$4

coop deals



Kettle Brand
Potato Chips
5 oz.

\$2⁹⁹

coop deals



Califia Farms
Dairy Free Heavy
Whip Substitute
16.9 oz.

\$4⁷⁹

coop deals



Back to Nature
Crackers
Wheat • Rounds • 8-8.5 oz.

2/\$7

coop deals



Loacker
Quadratini
Wafer Cookies
Selected Varieties • 8.82 oz.

\$4⁴⁹

Bulk

coop deals



ORGANIC
Millet
Hulled

\$1⁶⁹ lb

coop deals



ORGANIC
Whole Cashews
Raw

\$6³⁹ lb

coop deals



Griffin Creek
Organic Bulk Coffee
All Varieties

\$10⁹⁹ lb

coop deals



ORGANIC
Cannellini Beans

\$2⁸⁹ lb



**ASHLAND
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FREE

5 LB. BAG ORGANIC RUSSET POTATOES



OR



OR



Fresh Diestel
Organic or Natural
Whole Turkey
All Varieties

Prices Vary

Tofurky
Vegan Roast
26 oz.

\$12⁹⁹

Tofurky
Holiday Feast
3.5 lb.

\$27⁹⁹

Buy a whole turkey, tofurkey or
Celebration Roast and receive
a free 5 lb. bag of russet potatoes.

NOVEMBER 14 TO 22, 2023



**ASHLAND
FOOD CO+OP**

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GRATEFUL TO BE YOUR CO-OP

WE'LL COOK.
YOU FEAST.

READY TO
HEAT & SERVE!

FROM OUR KITCHEN TO YOUR TABLE!

FULL TRADITIONAL THANKSGIVING MEAL

Family-Style
Serves 6-8 adults

\$259.95

- WF Organic Whole Diestel Roasted Turkey
- WF Vegan Maple Glazed Yams
- WF Classic Mashed Potatoes
- WF Tuscan Kale Salad
- Vegan Cornbread Stuffing
- WF Vegan Cranberry Orange Sauce
- Poultry Gravy
- Dinner Rolls
- 9" Pumpkin Pie

FULL VEGETARIAN THANKSGIVING MEAL

Family-Style
Serves 6-8 adults

\$199.95

- Butternut Squash Lasagna
- WF Vegan Maple Glazed Yams
- WF Vegan Mashed Potatoes
- WF Tuscan Kale Salad
- Vegan Cornbread Stuffing
- WF Vegan Cranberry Orange Sauce
- WF Vegan Mushroom Gravy
- Dinner Rolls
- 9" WF Vegan Pumpkin Pie

WF = WHEAT-FREE

CHECK OUT
OUR
THANKSGIVING
GRAB-N-GO!



THANKSGIVING
GRAB-N-GO
AVAILABLE
TUESDAY,
NOVEMBER
15TH!



Land & Sea

**Organic Smart Chicken
Boneless Skinless
Thighs**

\$6⁹⁹ lb



**Beeler's
Hickory Smoked
Bacon**

16 oz.

\$10⁹⁹



House-Made

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

**Co-op Kitchen
Grab-n-Go
Cobb Salad**

\$8⁹⁵ ea



**Ashland Food Co-op
House-Made
Chicken Sausage**
Mild Italian • Hot Italian • Breakfast

\$6⁹⁹ lb



**Cooked, Peeled &
Cleaned Shrimp**
31/40 Count

Farm Raised

\$11⁹⁹ lb

**ASHLAND
FOOD CO+OP**
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**Co-op Kitchen
Grab-n-Go
Egg Salad**

\$10⁹⁵ 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**

\$6⁹⁹ lb



**Co+op
basics**



**California Premium
Medium Cheddar Loaf**
2 lb.

\$7⁹⁹

**Co+op
basics**



**Field Day
Organic Chicken
Broth**
32 oz.

\$2⁶⁹



**Co+op
basics**



**Organic Valley
Butter**
Salted • Unsalted • 1 lb.

\$8²⁹



**Co+op
basics**



**Field Day
Organic
Cornbread Stuffing**
10 oz.

\$4⁴⁹





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CHECK OUT
OUR
THANKSGIVING
GRAB-N-GO!

AVAILABLE
NOVEMBER
15TH!



**Giovanni
Shave Cream**
For All Skin Types • 7 oz.

\$6⁷⁹

Wellness



**Terry Naturally
All Products**

20% OFF

**Mineral Fusion
All Products**

**30%
OFF**



**Natural Factors
Tranquil Sleep**
Advanced Fast Acting Formula • 60 tab.

\$21⁷⁹



**Sprout Living
Pumpkin Seed Protein**
Organic Seed-Based Protein Powder • 1 lb.

\$24⁹⁹

Bruce's Picks

**Schaad
Pinot Noir**

750 ml.
Natural winemaking,
bright acidity, dark
cherry, cranberry,
sweet tobacco. Clas-
sic Willamette Valley
finesse and elegance,
at a wonderful price.

\$18⁹⁹



**Upper Five
Savignon
Blanc en Jarre**

750 ml.
Clay amphora aged,
biodynamically
grown, natural wine-
making, unfiltered,
very fresh and bright
flavors of grapefruit
and stonefruits.

\$24⁹⁹

