



Yolélé Fonio
10 oz. bag
\$3.99
Reg \$4.99



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

Honoring Black History Month

January 31 to February 6 Sales Flyer

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Opal Apples**
Washington
\$1.88 lb
SAVE \$1.11



**ORGANIC
3 lb Apple Bags**
Honeycrisp - Gala - Granny Smith
Pink Lady - Fuji
Washington
\$2.99 - \$4.25 ea
SAVE \$2.20 - \$2.96



**ORGANIC
Raspberries**
6 oz. & 12 oz. • Mexico
\$4.75 - \$8.95 ea
SAVE \$2.20 - \$3.00



**ORGANIC
Asian Pears**
Washington
\$3.28 lb
SAVE \$1.17



**ORGANIC
Green & Red Cabbage**
California
99¢ lb
SAVE \$1.00



**ORGANIC
Mini Sweet Peppers**
Mexico
\$4.95 ea
SAVE \$1.50



**ORGANIC
Russet Potatoes**
5 lb bag
Washington & California
\$3.29 ea
SAVE 70¢



**ORGANIC
Broccolini**
California
\$2.29 ea
SAVE \$1.00

coop
deals

**Chobani
Greek Yogurt**
5.3 oz.

3/\$4



GROCERY

coop
deals

**Against The
Grain
Gluten Free Pizza**
24 oz.

\$14⁴⁹

BUY ONE GET ONE FREE



coop
deals

**Good Karma
Flax Milk**
32 oz.

2/\$6



coop
deals

**Uncle Matt's
Organic Orange Juice**
52 oz.

\$6⁹⁹

SAVE \$1.30



coop
deals

**Green Valley
Creamery
Shredded
Mozzerella**
Lactose Free • 6 oz.

\$3⁹⁹

SAVE \$1.30



coop
deals

**Beyond Good
Chocolate Bars**
2.64 oz.

2/\$6



coop
deals

**Oatly
Non Dairy Frozen
Dessert**
Pint

\$3⁹⁹

SAVE \$1.60



coop
deals

**A Dozen Cousins
Cuban Black Beans**
10 oz.

2/\$5



coop
deals



**Celestial Seasonings
Herbal Tea**
Select Varieties • 20 bags

\$3²⁹

SAVE \$1.00

BULK

coop
deals

**ORGANIC
Red Quinoa**

\$2⁹⁹ lb

SAVE 30¢



coop
deals

**ORGANIC
White Canellini Beans**

\$2⁹⁹ lb

SAVE 30¢



coop
deals

**Pachamama
Organic Bulk Coffee**
Sunrise Light Roast

\$12⁸⁹ lb

SAVE \$1.40



coop
deals

Deluxe Mixed Nuts
Roasted & Salted

\$14²⁹ lb

SAVE \$1.00



BLACK HISTORY MONTH

CELEBRATING DIVERSITY: THE IMPORTANCE OF SUPPORTING BLACK-OWNED BUSINESSES

We're all about spreading love and support here at the Ashland Food Co-op and we want to highlight the incredible importance of supporting black-owned businesses.

Firstly, it's about economic empowerment. By consciously choosing products and services from black-owned businesses, we contribute to creating a more inclusive and equitable economy. This support helps bridge the wealth gap and fosters economic growth within diverse communities.

On the corporate side, it's fantastic to see big businesses partnering with and investing in black-owned enterprises. We love to support those companies that are making a real commitment to diversity, and we encourage

our community to look out for those collaborations.

But guess what? Your choices as a consumer matter just as much! Every time you choose to buy from a black-owned business, you're casting a vote for diversity, creativity, and entrepreneurship. It's a simple but powerful way to contribute to positive change.

So, let's make a conscious effort to seek out and celebrate the wonderful products and services offered by black-owned businesses. From local vendors to larger companies, our Co-op is a platform for everyone, and together, we can make a difference. Here's to a vibrant, inclusive community where everyone's contributions are valued and appreciated!



Pierre Thiam, Founder of Yolélé Foods

BASE, a nonprofit community organization that provides events, community information-sharing, connection, support, and resources that work towards the well-being and advancement of Black residents living in Southern Oregon, has a directory of Black-owned businesses and services on their website.
<https://baseoregon.org/directory/>



MEET YOUR FARMERS

SHASTA VIEW WHEATGRASS



Owned by Robin and Tony Akpan, Shasta View has provided the region with nutrient-dense wheatgrass since 2008. After Tony experienced poor health and found wheatgrass alleviated his symptoms, allowing him to continue his passion for basketball, the couple was inspired to expand the business.

Shasta View has been supplying organic wheatgrass throughout the Western US for nearly 20 years. Grown in the fresh mountain air and sunshine of the Siskiyou and Cascade valleys, Shasta View Wheatgrass is known for its quality, health benefits, and the passion of their customers.

Find Shasta View in the Produce section at the Co-op or online at <http://shastaviewwheatgrass.com/>

co+op
deals

LAND & SEA



**Applegate Naturals
Turkey Bacon**
8 oz.

\$4⁴⁹

SAVE \$2.00



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

\$7⁹⁹

SAVE \$2.00



**Organic Smart
Chicken
Bone-In Thighs**

\$4⁹⁹ lb

SAVE \$1.00



**Fresh Columbia River
Steelhead Fillet**
Farm Raised

\$12⁹⁹ lb

SAVE \$3.00

HOUSE-MADE

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

**Co-op Bakery
Grab-n-Go
Fudge Bars**

\$5⁹⁵ lb

SAVE \$2.00



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

**Co-op Kitchen
London Fog
Made to Order**
16 oz.

\$3⁹⁵

SAVE \$1.00



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**

\$3⁹⁹ lb



co+op
basics



**Field Day
Organic Applesauce**
24 oz.

\$3⁴⁹

co+op
basics



**Field Day
Organic Diced
Tomatoes**
14.5 oz.

\$1⁹⁹

co+op
basics



**Field Day
Organic Semi-Sweet
Chocolate Chips**
10 oz.

\$4⁹⁹

co+op
basics



**Field Day
Organic Coconut
Sugar**
16 oz.

\$5⁴⁹ lb

UPCOMING CLASSES + EVENTS

FEB
07
6PM



Intermittent Fasting: The How, Why, Do and Do Not

Join local Naturopathic Dr. Pamela Plank as she explores the best way to support your body during an intermittent fast.

FEB
24
12PM



Mushrooms: Unearthing a Superfood

Learn how to buy, store, and prepare mushrooms with cooking techniques that will unleash the magical taste of umami.

FEB
28
6PM



Living in My Black Skin

A robust open conversation with your city Councilor Gina DuQuenne, the first openly Queer Black American to be an elected official in Southern Oregon.



WELLNESS



Life-Flo Magnesium Flakes
Effective for Relief & Relaxation • 1.65 lb.

\$8⁷⁹

SAVE \$1.70



Honey Gardens Elderberry Drink
Immune Drink • 10.1 oz.

\$6²⁹

SAVE \$1.20

Blue Bird Botanicals All Products

20% OFF



coop deals



Heritage Store Rose Water Atomizer
Hydrating Facial Mist • 4 oz.

\$6⁹⁹

SAVE \$1.00



Hand in Hand Sugar Scrub Cactus Blossom
Bargamot & Crisp Basil • 9 oz.

\$10⁹⁹

SAVE \$2.30

BRUCE'S PICKS

Lone Birch Cabernet Sauvignon
750 ml.

Just a little toasty oak and tannic grip, plenty of smooth and juicy dark fruit flavors in this Washington Cab.

\$13⁹⁹



Cune Rioja
750 ml.
Spanish red blend of Garnacha, Tempranillo and Graciano, all organically grown. Nice balance of structure and oak, with big fruit flavors.

\$15⁹⁹

