



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

**PEAK CITRUS  
SEASON!**

JANUARY 24 TO 30 SALES FLYER

## Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Cosmic Crisp Apples**  
Washington

**\$2<sup>24</sup> lb**



**ORGANIC  
Blood Oranges**  
California

**20% OFF**



**ORGANIC  
Cara Cara Navel  
Oranges**  
California

**20% OFF**



**ORGANIC  
Farm to School  
Apple Bags**  
Washington

**\$4<sup>25</sup> ea**



**ORGANIC  
Celery**  
California & Mexico

**\$1<sup>19</sup> lb**



**ORGANIC  
Red Bell Peppers**  
Mexico

**\$2<sup>56</sup> lb**



**ORGANIC  
Collard Greens**  
California

**\$1<sup>98</sup> ea**



**ORGANIC  
Garnet & Jewel  
Yams**  
California

**\$1<sup>76</sup> lb**

coop  
deals

**Cascadian Farm  
Organic Blueberries**  
8 oz.

**2/\$8**



Grocery

**Cappello's  
Pizza**  
Grain Free • Gluten Free  
11-12 oz.

**\$8.49**



coop  
deals

coop  
deals



**Probar  
Energy Bar**  
Gluten Free • 2.46 oz.

**3/\$7**



**Nature's Bakery  
Fig Bars**  
12 oz.

**\$4.49**



**Barry's Tea  
Irish Breakfast Tea**  
80 ea

**\$6.49**

coop  
deals



**Follow Your Heart  
Vegan Slices**  
Provolone • Gouda • 7 oz.

**\$3.79**

coop  
deals



**Silver Hills  
Sprouted Bread**  
Organic • 18 oz.

**\$4.49**

coop  
deals

**Maya Kaimal  
Indian Simmer Sauce**  
12.5 oz.

**2/\$8**



coop  
deals



**Wild Planet  
Skipjack Tuna &  
Mackerel**  
5 oz.

**2/\$6**

coop  
deals



**ORGANIC  
Golden Prairie**  
Gluten Free Rolled Oats

**\$2.49<sup>99</sup> lb**

coop  
deals



**ORGANIC  
Dark Red Kidney  
Beans**

**\$2.89<sup>99</sup> lb**

Bulk



**Cafe Mam  
Organic Bulk Coffee**  
Breakfast Blend

**\$11.39<sup>99</sup> lb**

coop  
deals



**ORGANIC  
Golden Flax Seeds**

**\$3.29<sup>99</sup> lb**





# Citrus Guide

Welcome to the Wonderful World of Winter Citrus



## Melogold Grapefruit

Sweet, Mild Acid Juice, Eat Fresh  
Seeds: Few  
Easy-peel: No (segments easily)



## Rio Star Grapefruit

High Sugar, Mild Acid, Mildly Bitter  
Juice, Eat Fresh  
Seeds: Few  
Easy-peel: No



## Cara Cara Navel Orange

Sweet, Mild Acid Juice, Eat Fresh  
Seeds: No  
Easy-peel: No



## African Shaddock Pummelo

Sweet, Moderate Acid Eat Fresh,  
Candy  
Seeds: Yes  
Easy-peel: No



## Minneola Tangelo

Medium Sugar, Slightly Bitter Juice,  
Eat Fresh  
Seeds: Few  
Easy-peel: Yes



## TDE Mandarin

Mild Acid, High Sugar Juice, Eat Fresh  
Seeds: No  
Easy-peel: Yes

# CITRUS

DISCOUNT TAKEN AT REGISTER

# SALE

**20%  
OFF**

JANUARY 24 TO 30



**Tango Mandarin**

Sweet, Mild Acid Juice, Eat Fresh  
Seeds: Few  
Easy-peel: No (segments easily)



**Sweet Lime**

Low Acid, Mild Flavor  
Juice, Eat Fresh  
Seeds: No  
Easy-peel: No



**Kishu Mandarin**

Mild Acid, High Sugar Eat Fresh  
Seeds: No  
Easy-peel: Yes

**Come taste  
citrus with OGC!  
Friday, January 26  
1:30 - 4:00pm**



coop  
deals

Land & Sea

coop  
deals



**Niman Ranch  
Applewood Smoked  
Bacon**  
12 oz.

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



**Niman Ranch  
Sausages**  
Selected Varieties • 12 oz.

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

**ASHLAND  
FOOD CO+OP**  
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**Co-op Kitchen  
Grab-n-Go  
Club Croissant  
Sandwich**

**\$9<sup>95</sup>** ea



**Beeler's  
Boneless Pork Loin  
Chops**

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



**Organic Smart  
Chicken**  
Boneless Skinless Thighs

**\$7<sup>49</sup>** lb

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

**Co-op Kitchen  
Made to Order  
Latte**  
12 oz.

**\$2<sup>95</sup>** ea



## 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!

coop  
basics

## CO+OP Basics

coop  
basics

**Organic Smart  
Chicken  
Whole Chicken**

**\$3<sup>99</sup>** lb



coop  
basics



**Field Day  
Organic Blue Corn  
Tortilla Chips**  
9 oz.

**\$2<sup>99</sup>**

coop  
basics



**Field Day  
Organic Pizza Sauce**  
15.5 oz.

**\$2<sup>99</sup>**

coop  
basics



**Field Day  
Apple Cinnamon  
Cereal Bars**  
7.8 oz.

**\$3<sup>49</sup>**

coop  
basics



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

**\$2<sup>99</sup>**





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FOOD CO+OP**  
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## PURPOSE + PERKS = BEING AN OWNER!

In 2023, Co-op Owners  
will receive twice  
as many (6)  
opportunities to take  
10% off their entire  
purchase!

**WHAT HAS CHANGED?**  
Instead of receiving  
\$5 off one purchase of  
\$25, Co-op Owners  
can take 10% off one  
entire purchase  
every two months.

## 2024 OWNER COUPON

### JANUARY / FEBRUARY

10% OFF ONE SHOP

### MARCH / APRIL

10% OFF ONE SHOP

### MAY / JUNE

10% OFF ONE SHOP

### JULY / AUGUST

10% OFF ONE SHOP

### SEPTEMBER / OCTOBER

10% OFF ONE SHOP

### NOVEMBER / DECEMBER

10% OFF ONE SHOP

## Wellness



**Garden Of Life  
All Products.**

**15% OFF**



**Boiron  
ThroatCalm**  
Sore Throat Relief • 60 tab

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

**Health Force  
Superfoods  
All Products**

**20%  
OFF**



**Nuun**  
**Nuun Active Tri-Berry**  
Sport Hydration • 10 tab

**\$5<sup>79</sup>**



**Desert Essence  
Jojoba Oil**  
100% Pure Jojoba Oil • 4 oz.

**\$9<sup>29</sup>**

## Bruce's Picks

**Colonia Las Liebres  
Bonarda**

750 ml.  
Organically grown Argentine  
red. Medium-bodied, juicy  
red fruits, fresh and bright,  
with just a little intriguing  
spice of pepper and anise  
on the finish.

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



**Valley View  
Orange  
Viognier**

750 ml.  
Applegate Valley grown  
and bottled. Nearly a  
week of skin-contact  
gives a bit of richness,  
hint of tannin, light as-  
tringency, and of course  
the vibrant orange hue.

**\$18<sup>99</sup>**



**coop  
deals**