



## Ready for the Big Game

February to 7 to 13 Sales Flyer

### **FRESH PRODUCE**

Your only Southern Oregon Certified Organic Grocer



**USDA ORGANIC Large Haas Avocados** 

Mexico

**SAVE \$1.29** 



**Honey Mangos** Mexico

**SAVE \$1.39** 



**Red Onions** Washington

SAVE 73¢/lb



**ORGANIC Pink Lady Apples** Washington

SAVE 88¢



**ORGANIC Triple Cross Mandarins** 

**SAVE \$1.21** 



All Varieties

California & Mexico

20%

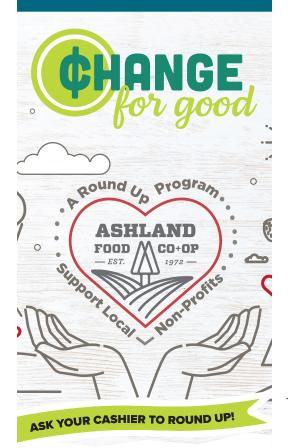


California

lb

**SAVE \$1.20/lb** 

## ROUND UP TO Give Back





Hosting youth leadership programs and supporting a just transition away from fossil fuels.

**1 TO 29** 

### **WELLNESS**



**Olbas Olbas Cough Syrup** Bronchial Support Formula • 4 oz.

**SAVE \$2.00** 



**Heritage Store Organic Castor Oil** 

Nourishing Treatment • 16 oz.

**249** 

**SAVE \$3.00** 

**Garden of Life All Products** 

OFF





### Boiron Oscillococcinum

Flu-Like Symptoms • 6 doses

**SAVE \$2.00** 

Weleda

coop

**Skin Food** 6.8 oz.

**Body Lotion** 

**SAVE \$5.00** 



### **BRUCE'S PICKS**

### **Brooks Pinot Noir Rose**

750 ml. A touch of richness

to the fresh flavors of cherry, watermelon and strawberry. 100% Willamette Valley grown Pinot Noir.



### Cleto Chiarli **Lambrusco Secco**

750 ml.

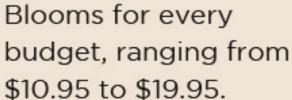
Pale red in color, this Italian bubbly is dry, with flavors of red berries and pomegranate. Light, pleasant bitterness and citrusy acidity on the finish.



### Say it with Flowers

FRESH BOUQUETS
FOR YOUR
VALENTINE





### LOCAL FLOWERS

Be sure to check out our local bouquets!

Flora grows over 200 varieties of flowers and foliage on

about an acre in Southern Oregon and is committed to regenerative farming practices - the farm doesn't use chemical fertilizers, pesticides or herbicides. Instead, they practice the art of biodynamic farming and regularly use the biodynamic preparations and biodynamic compost in their field.



GAME DAY

Selection of the selection of







Applegate Naturals Sunday Bacon & No Sugar Bacon 8 oz.

\$**5**<sup>49</sup> ea

**SAVE \$1.50** 



**Emeral Hills Ground Beef** 

\$**5**99 lb

SAVE \$1.00



aidells

PRAIRIE FRESH

& Cleaned Shrimp
31/40 Count • Farm Raised
\$4099

**Cooked Peeled** 

**Prairie Fresh Pork** 

lb

**Baby Back Ribs** 

SAVE \$4.00

**SAVE \$2.00** 



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

# LAND & SEA

**Emerald Hills Bone-in Rib Steak** 

SAVE \$4.00/lb







Wild Shell on Shrimp 21/25 Count

lb

SAVE \$3.00/lb



HOUSE-MADE



**Organic Smart Chicken Boneless Skinless Breast** 

SAVE \$2.00/lb



Wild Alaskan Whole Sockeye Salmon Fillet

lb

SAVE \$5.00/lb

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

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**Co-op Kitchen** 

**Artichoke Dip** 

SAVE \$2.00/lb

**Co-op Kitchen Organic Roasted Turkey Sandwich** 

**D**45

**SAVE \$1.50** 



**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 basics

**Smart Chicken Drumsticks** 

op⁻ basics





Field Day **Organic Ketchup** 24 oz.



**⊕**op basi¢s



Field Day **Berry Sparkling Water** 6-pack





Field Day **Organic Sweet Relish** 16 oz.





Field Day **Organic Mustard** 8 oz.



### **GROCERY**

**Fage Greek Yogurt** 16 oz.

**SAVE \$1.70** 





#### **GT's Organic Kombucha** 16 oz.









Koyo **Organic Noodles** 





**Ginger People Cooking Sauce** 12.7 oz.

149

**SAVE \$2.00** 





Gardein **Meatless Meatballs** 12.7 oz.

149 **SAVE \$2.00** 





**Organic Valley Raw Cheese** 

Selected Varieties • 8 oz.

**E**49

**SAVE \$1.40** 



Chocolove **Chocolate Bars** 

Pint





Larabar **Vegan Fruit & Nut Bars** 



сөор deals



**Talenti Gelato & Sorbetto** 

16 oz.

**SAVE \$1.50** 



**ORGANIC Black Chia Seeds** 

lb

SAVE 50¢/lb



**ORGANIC** Whole Raw Cashews

lb

SAVE 70¢/lb



**ORGANIC Pachamama Coffee** Sunrise Light Roast in Bulk

SAVE \$1.40/lb



**Deluxe Mixed Nuts** Roasted & Salted

SAVE \$1.00/lb