

ASHLAND FOOD CO+OP

EST. 1972

WILD SHELL-ON SHRIMP

SAVE
\$5/LB!

\$9.99/LB

21/25 count

SALE FLYER | DECEMBER 25 TO DECEMBER 31, 2024

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Pink Lady Apples
Washington

\$1.76 lb

SAVE \$1.23/lb



ORGANIC
Pummelos
Chandler • Shaddock
Red Globe
California

\$2.86 lb

SAVE \$1.13/lb



ORGANIC
Kiwi
Green • Tropic Gold
Red
California

\$4.45 lb

SAVE \$1.00 - \$2.50/lb



ORGANIC
Sugar Bee Apples
Washington

\$2.68 lb

SAVE \$1.31/lb



ORGANIC
Collard Greens
California

\$1.99 ea

SAVE \$1.00



ORGANIC
Broccoli
California

\$2.44 ea

SAVE \$1.55



ORGANIC
Red & Yellow Potato
3lb Bag
Washington & Canada

\$3.48 ea

SAVE \$1.77



ORGANIC
Cilantro
California & Mexico

\$1.29 ea

SAVE \$1.00

coop deals

GROCERY

coop deals

**Kerrygold
Irish Butter**
8 oz.

\$3.99

SAVE \$2.30



**Nocciolata
Organic Hazelnut
Spread**
8.82 oz.

\$4.99

SAVE \$1.40



coop deals



**Mary's Gone
Organic Crackers**
5.5 oz.

\$3.49

SAVE \$1.80



coop deals



**Organic Valley
Organic Shredded
Cheese**
6 oz.

\$4.49

SAVE \$1.00



coop deals



**Alden's
Organic Ice Cream**
48 oz.

\$8.99

SAVE \$1.00



coop deals



**Woodstock
Organic Ravioli**
20 oz.

\$7.99

SAVE \$2.00



coop deals



**Florida Crystals
Organic Cane Sugar**
2 lb.

\$4.69

SAVE \$1.00



**Bob's Red Mill
1 to 1 Baking
Flour**
64 oz.

\$9.69

SAVE \$3.00



coop deals



**Equal Exchange
Organic Hot
Chocolate Mix**
12 oz.

\$7.99

SAVE \$1.60



BULK



**Organic
Cranberries**
Cane Juice Sweetened

\$5.29 lb

SAVE \$2.00/lb



**Deluxe
Mixed Nuts**
Roasted & Salted

\$10.69 lb

SAVE \$2.00/lb



**Pachamama
Organic Guatemala**
Medium Roast

\$11.99 lb

SAVE \$2.30/lb



**Organic
Pecans**

\$9.59 lb

SAVE \$1.90/lb





RING IN THE NEW YEAR WITH
delicious deals
AT ASHLAND FOOD CO-OP

WILD SHELL-ON SHRIMP
21/25 CT
\$9.99/LB - SAVE \$5/LB!

COOKED PEELED &
CLEANED SHRIMP 31/40 CT
\$10.99/LB - SAVE \$4/LB!
FARM RAISED

RAW PEELED & CLEANED
SHRIMP 16/20 CT
\$11.99/LB - SAVE \$3/LB!
FARM RAISED

WILD BAY SCALLOPS
\$10.99/LB - SAVE \$3/LB!
PREVIOUSLY FROZEN



Cioppino

INGREDIENTS

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon red pepper flakes (optional)
- 1 can (28 ounces) crushed tomatoes
- 2 cups seafood or fish stock
- 1 cup dry white wine
- 1 bay leaf
- Salt and pepper to taste
- 1 pound shrimp, peeled and deveined
- 1/2 pound white fish fillets (such as cod or halibut), cut into chunks
- Fresh parsley, chopped, for garnish



INSTRUCTIONS

1. In a large pot, heat the olive oil over medium heat. Add the onion and sauté until translucent, about 5 minutes. Stir in the garlic and red pepper flakes, cooking for another minute.
2. Pour in the crushed tomatoes, seafood stock, and white wine, stirring to combine. Add the bay leaf and season with salt and pepper. Bring the mixture to a simmer and let it cook for about 20 minutes to allow the flavors to meld.
3. Add the shrimp and white fish to the pot, gently stirring to incorporate. Cook for about 5-7 minutes, or until the shrimp are pink and firm and the fish is opaque and flakes easily with a fork.
4. Remove the bay leaf, taste, and adjust seasoning as needed. Garnish with fresh parsley before serving.
5. Serve hot with crusty bread for dipping.



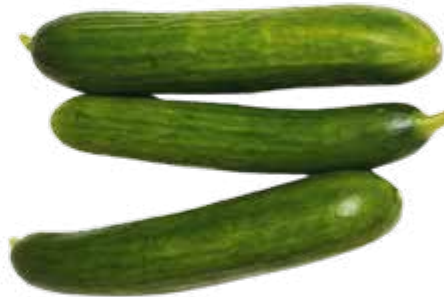
**ASHLAND
FOOD CO+OP**

EST. 1972

Fresh Produce

ORGANIC
PERSIAN CUCUMBERS

Mexico
\$2.88/lb
SAVE \$1.11/lb



ORGANIC
BABY CARROTS

1 lb bag
California
\$1.86 each
SAVE \$0.63 each

ORGANIC
RAINBOW BABY CARROTS

12 oz bag
California
\$2.49 each
SAVE \$0.80 each



ORGANIC
BLUEBERRIES

Dry Pint
Peru
\$4.45 each
SAVE \$1.11 each

LAND & SEA



**Beeler's
Hickory Smoked
Bacon**

16 oz.

\$9⁹⁹

SAVE \$3.00



**Volpi
Sliced Meats**

3.5-5 oz.

\$1 OFF

SAVE \$1.00

HOUSE-MADE

Co-op basics

**ASHLAND
FOOD CO+OP**

EST. 1972

**Co-op Kitchen
Grab-n-Go
Vegan
Quesadilla**

\$2⁴⁵

SAVE \$1.00



**Organic Smart
Chicken
Tenderloins**

\$8⁹⁹ lb

SAVE \$2.50/lb



**Wild Alaskan
Coho Salmon Fillet**
Previously Frozen

\$12⁹⁹ lb

SAVE \$2.00/lb

**ASHLAND
FOOD CO+OP**

EST. 1972

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

\$9⁹⁵ lb

SAVE \$2.00/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

**Field Day
Organic Three
Cheese Pizza**

12.2 oz.

\$7⁹⁹



Co-op basics



**Redwood Hill Farm
Plain Whole Goat Milk
Yogurt**

32 oz.

\$7²⁹

Co-op basics



**Field Day
Organic Unsweetened
Coconut Flakes**

7 oz.

\$3⁴⁹



Co-op basics



**Field Day
Organic Extra Virgin
Olive Oil**

16.9 oz.

\$10⁹⁹



Co-op basics



**Field Day
Organic Semi Sweet
Chocolate Chips**

10oz.

\$4⁹⁹





**Sparkling
Wine
SALE**
10% OFF
**December
28 & 29**

cheers!

coop deals

WELLNESS



Himalaya PartySmart
1 Capsule For a Better Morning • 1 vcap
\$2¹⁹
SAVE \$0.60



Auromere Freshmint
Ayurvedic Herbal Toothpaste • 4.16 oz.
\$6⁷⁹
SAVE \$1.70

Wiley's Finest All Products

20% OFF



coop basics



Shepard Moon All Products
10% OFF



Natural Factors Pharma Gaba
Relaxation & Mental Focus • 60 tab
\$17⁷⁹
SAVE \$5.70

BRUCE'S PICKS

Valley View Tempranillo
750 ml
Tannic, but balanced, shows both red and dark fruits.
\$17⁹⁹



Bissey Cremant de Bourgogne
750 ml
Lively and fresh French bubbly with a touch of richness. Mainly Aligote, with Pinot Noir and Chard.
\$22⁹⁹

