

ASHLAND FOOD CO+OP

EST. 1972



RADDICCHIO

- SUGAR LOAF
- TREVISO
- CASTLE FRANCO

\$3.56ea
Save \$2.50

SALE FLYER | JANUARY 8 TO JANUARY 14, 2025

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Cosmic Crisp Apples
Washington

\$1.78 lb

SAVE \$1.21 /lb



ORGANIC
Cara Cara Navel Bags
3lb bag
California

\$5.45 ea

SAVE \$1.50/ea



ORGANIC
Meyer Lemons
California

\$2.86 lb

SAVE \$1.59/lb



ORGANIC
Blood Oranges
California

\$2.49 lb

SAVE \$1.50/lb



ORGANIC
Slicing Cucumbers
Mexico

\$1.79 lb

SAVE \$1.20/lb



ORGANIC
Red Bell Peppers
Mexico

\$2.98 lb

SAVE \$1.97/lb



ORGANIC
Raddichio
All Varieties!
OREGON GROWN!

\$3.56 ea

SAVE \$1.39/ea



ORGANIC
Broccoli Crowns
California

\$2.24 lb

SAVE \$1.75/lb



Little Northern Bakehouse Gluten Free Sliced Bread

16 oz.

\$5⁴⁹

SAVE \$1.20



GROCERY

Violife Vegan Shreds Cheese Alternative

8 oz.

\$4⁷⁹

SAVE \$1.70



Blue Diamond Nut Thin Crackers

4.25 oz.

2/\$6

SAVE \$2.58 on 2



Annie's Organic Cheddar Bunnies

7.5 oz.

\$3⁹⁹

SAVE \$1.00



Kashi Organic Cereal

13.4-14 oz.

\$4⁷⁹

SAVE \$1.00



Cascadian Farm Organic Vegetables

16 oz.

\$3⁹⁹

SAVE \$1.00-\$1.50



Westbrae Naturals Organic Beans

15 oz.

2/\$5

SAVE \$1.58 on 2



Once Again Organic Peanut Butter

16 oz.

\$6⁴⁹

SAVE \$1.50



Pickled Planet Organic Saurkraut

Select Varieties • 16 oz.

\$6⁹⁹

SAVE \$1.30



Organic Pitted Prunes

\$6⁹⁹ lb

SAVE \$2.30/lb



Organic Adzuki Beans

\$2⁹⁹ lb

SAVE \$0.50/lb



BULK



Cafe Mam Organic Breakfast Blend

\$9⁹⁹ lb

SAVE \$2.60/lb



Organic Black Chia Seeds

\$3⁴⁹ lb

SAVE \$0.50/lb



ASHLAND'S 37TH ANNUAL CELEBRATION

REV. DR. MARTIN LUTHER KING JR.

"THE BATTLE IS IN OUR HANDS...
WE MUST KEEP GOING...
THE END WE SEEK IS A SOCIETY
AT PEACE WITH ITSELF,
ONE THAT CAN LIVE WITH ITS
CONSCIENCE."



FREE ENTRY

MONDAY,
JAN 20, 2025
@12PM

DOORS OPEN
@11:30AM

HISTORIC ASHLAND ARMORY
208 OAK STREET

- LIVE PERFORMANCES • KEYNOTE SPEAKER: TIM BOND
- SIMULCAST LIVESTREAM:

BEGINS AT OSF CARPENTER HALL (44 S. PIONEER ST.),
RVTV PRIME TV AND ONLINE AT SOMLK.ORG
CELEBRATION FOLLOWED BY A MARCH TO ASHLAND
PLAZA FOR THE "I HAVE A DREAM" SPEECH.

@SOMLKDAY SIGN LANGUAGE INTERPRETATION
NON - PERISHABLE FOOD DONATIONS ENCOURAGED

COMMUNITY PARTNERS:

ASHLAND SCHOOL DISTRICT, BLACK ALLIANCE FOR SOCIAL -
EMPOWERMENT, JACKSON COUNTY LIBRARY SERVICES, VORIS SOUND

LEAD SPONSORS:





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

Upcoming Events

To sign up & learn more go to:
AshlandFood.Coop/Events

**\$40 Community
\$35 Members**

**Thursday, Jan. 16th
6pm-8pm**

The More You Dough, The More You Know!

Learn four budget-friendly, versatile doughs: olive-herb rolls, pizza dough, cinnamon rolls, and scones. Adaptable with different fillings and flours, these recipes are perfect for making again and again!

Blood Drive

Join us at 300 N. Pioneer St. to donate blood this month and make a difference.

Space is limited.

Light refreshments will be provided for recovery.



**Friday, January 24th
10am-3pm**

FREE

Budget Like A Boss!

This presentation will cover budgeting tools, planning, and investing for your future, with a main focus on starting to budget now, not later.

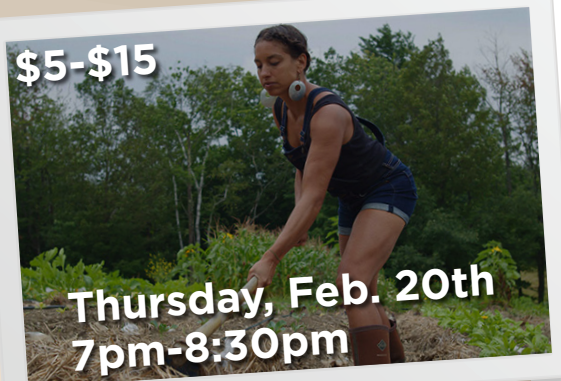
Learn tricks to help you succeed!

Farming While Black

Leah Penniman, co-founder of Soul Fire Farm, reflects on the decline of Black-owned farms from 14% in 1910 to under 2% today, while empowering a new generation with African agrarian knowledge.

\$5-\$15

**Thursday, Feb. 20th
7pm-8:30pm**





LAND & SEA



Organic Smart Chicken
Bone-In Thighs

\$4⁹⁹ lb

SAVE \$1.00/lb



Beeler's
Boneless Pork
Shoulder Roast

\$4⁹⁹ lb

SAVE \$2.00/lb



HOUSE-MADE

ASHLAND
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Co-op Kitchen
Grab-n-Go
Roasted Turkey
Sandwich

\$7⁹⁵ ea

SAVE \$2.00



Applegate Naturals
Sliced Turkey & Ham

All Varieties • 7 oz.

\$5⁹⁹ ea

SAVE \$1.50



Roli Roti
Butcher's Organic
Bone Broth

All Varieties • 24 oz.

\$7⁹⁹ ea

SAVE \$2.00



ASHLAND
FOOD CO+OP

EST. 1972

Co-op Kitchen
Bakery
Snickerdoodle

\$1⁵⁰ ea

SAVE \$0.75



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 Valley
Salted Butter

16 oz.

\$8²⁹



Co+op
basics



Field Day
Organic
Blueberries

32 oz.

\$9⁹⁹



Co+op
basics



Umpqua
Organic
Whole Milk

64 oz.

\$4³⁹



Co+op
basics

ON
SALE



Nancy's
Organic Plain Nonfat
Yogurt

32 oz.

\$4⁴⁹



Co+op
basics



Field Day
Organic
Variety Pack Oatmeal

11.29 oz.

\$4⁹⁹



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\$40 Community

\$35 Members

Thursday, Jan. 16th
6pm-8pm

Blood Drive

Donate blood at 300 N. Pioneer St. this month; space limited, refreshments provided.



Friday, January 24th
10am-3pm

Budget Like a Boss!

Learn budgeting, planning, and investing tools to start budgeting now for success.

FREE

Wednesday, Jan. 15th
6pm-8pm

Farming While Black

Leah Penniman reflects on the decline of Black-owned farms and empowers future generations.

\$5-\$15

Thursday, Feb. 20th
7pm-8:30pm

Sign up/Learn More:
AshlandFood.Coop/Events



Jarrow Formulas Theanine 100Mg

Promotes Relaxation • 60 vcaps

\$11.49

SAVE \$2.00

WELLNESS



Natural Factors Theracurmin

Healthy Inflammatory Response • 60 vcaps

\$17.29

SAVE \$5.70

Urban Moonshine All Products

20% OFF



Country Life Vitamin D3 5000 IU

Promotes Bone, Dental & Immune Health

\$15.49

SAVE \$2.50



Tiger Balm Red Extra Strength

Pain Relieving Ointment • 0.63 oz.

\$6.29

SAVE \$1.50

BRUCE'S PICKS

Domain Brunet Chinon

750 ml
Nice example of Loire Valley Cabernet Franc, with juicy up front, followed by a rustic, earthy, herbal finish.

\$15.99



Bolet Cava Brut Nature

750 ml
Spanish sparker, organic grapes, indigenous yeasts, very dry with flavors of pear and fresh baked bread.

\$18.99

