

# CITRUS SALE

20%  
OFF

Discount taken  
at the register

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC**  
Fuji Apples  
Washington

**99¢<sub>lb</sub>**  
SAVE \$0.87 /lb



**ORGANIC**  
Cara Cara  
Navel Oranges  
California

**20% OFF**  
\*Discount Taken at Register



**ORGANIC**  
Blood Oranges  
California

**20% OFF**  
\*Discount Taken at Register



**ORGANIC**  
Red & Gold  
Kiwi  
California

**\$4<sup>99</sup><sub>lb</sub>**  
SAVE \$1.96/lb



**ORGANIC**  
English Cucumbers  
Mexico

**\$1<sup>98</sup><sub>lb</sub>**  
SAVE \$1.01/lb



**ORGANIC**  
Bell Peppers  
Red · Yellow  
Orange · Green  
Mexico & Canada

**\$3<sup>99</sup><sub>lb</sub>**  
SAVE \$0.96 - 3.96/lb



**ORGANIC**  
Heirloom  
Tomatoes  
Mexico

**\$3<sup>96</sup><sub>lb</sub>**  
SAVE \$0.99/lb



**ORGANIC**  
Leaf Lettuce  
Red · Green  
Romaine · Butter  
California & Arizona

**\$2<sup>29</sup><sub>ea</sub>**  
SAVE \$1.00

coop deals

**Canyon Bakehouse  
Gluten Free  
Sliced Bread**  
7 Grain • Mountain White • 18 oz.

**\$5.99**

SAVE \$1.70



# GROCERY

**Rumiano  
Organic  
Cheese Blocks**  
8 oz.

**\$5.59**

SAVE \$1.00



coop deals

**Fage  
Greek  
Yogurt**  
5.3 oz.

**4/\$5**

SAVE \$1.99 on 4



coop deals

**GT's  
Raw  
Kombucha**  
48 oz.

**\$6.99**

SAVE \$2.30



coop deals

**Yogi  
Organic  
Herbal Tea**  
16 bag

**\$3.79**

SAVE \$1.00



coop deals

**Chloe's  
Fruit Pops**  
Dairy Free • 4 pk

**\$5.39**

SAVE \$1.00



coop deals

**Muir Glen  
Organic  
Pasta Sauce**  
23.5 oz.

**2/\$7**

SAVE \$2.38 on 2



coop deals

**Cascadian Farm  
Organic  
Berries**  
8-10 oz.

**2/\$8**

SAVE \$5.58 on 2



coop deals

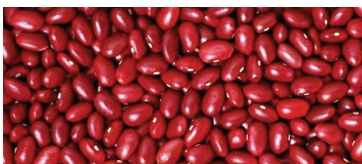
**Seven  
Sundays  
Grain-Free  
Cereal**  
8 oz.

**\$5.99**

SAVE \$2.00



# BULK



**Organic  
Small Red Chili Beans**

**\$2.39 lb**

SAVE \$0.50/lb



**Organic  
Red Lentils**

**\$2.29 lb**

SAVE \$0.50/lb



**Pachamama  
Organic Sunrise Light  
Roast**

**\$11.99 lb**

SAVE \$2.30/lb



**Organic  
Quinoa**

**\$2.29 lb**



coop basics



# ASHLAND FOOD CO+OP

EST. 1972

# CITRUS SALE

20%  
OFF

Discount taken  
at the register



**ASSELAND  
FOOD CO-OP**  
EST. 1978

# Citrus Delights



**Buddha's Hand *citron***  
October – April

Minted Juice  
Zesting, Baking, Candy  
Easy Peeling: No



**Moro *blood orange***  
February – May

Baking, Juicing, Smoking  
Seeds: Minimal  
Easy Peeling: No



**Oro Blanco *grapefruit***  
November – May

AKA Sweetie  
Mild Acidity  
Juicy  
Seeds: Yes  
Easy Peeling: No



**Rio Star *grapefruit***  
November – March

High Sugar, Mild-Balanced Acid  
Mild-Balanced Bitter  
Very Juicy  
Fresh Eating, Juicing  
Seeds: Few  
Easy Peeling: No



**Cara Cara *navel***  
December – April

Mild Acid/Sweet  
Juicing, Fresh Eating  
Seeds: No  
Easy Peeling: No



**Page *mandarin***  
December – January

Moderate Acid  
Mildly Sweet  
Good Eating, Juicy  
Seeds: Very Few  
Easy Peeling: No

This unusual looking fruit resembles a human hand. Long-fingered sections that yield virtually no pulp or juice are valued for their aromatic rind that can be sliced and candied. Used ornamentally, it can perfume rooms or add a unique look to buffet tables or floral arrangements.

Moro blood oranges are known as the “connoisseur’s citrus.” This orange is originally from Sicily and is very common throughout Italy. The Moro has a dark burgundy color rind and a deep red internal color. The flavor is unequalled, ranging from sweet to tart with berrylike overtones. Striped-red-orange to dark burgundy flesh, seedless. Tastes of raspberry, plums and pomegranates.

Cross between a pummelo and a Duncan White grapefruit. You can leave the sugar bowl in the cabinet when you serve Oro Blancos. The flesh of this pummelo crossed with white grapefruit is pale, tender, super sweet and very juicy. Eats like a sugary grapefruit. Nice thick rind that is perfect for candying.

The top-of-the-line variety from Texas is grapefruit in its most basic form. Intense grapefruit flavors with a perfect balance of sweetness and a touch of acidity/bitterness enveloped in juicy flesh. For grapefruit lovers, this variety embodies the essentials of the ideal combination. It must be from Texas to be called Rio Star.

Likely a cross between a Washington and a Brazilian Bahia Navel. Extraordinary Cara Cara oranges boast vivid salmon-colored flesh. Some describe its balanced flavor as a perfect blend of tangerine and grapefruit; others note a mild strawberry to cranberry-like finish. Size varies from small and medium to large. Great for eating fresh. It was discovered in Valencia, Venezuela.

Page is an excellent mandarin, ideal for eating fresh or juicing. Page was officially released as an orange, but technically speaking, the variety is a tangelo hybrid since its parentage is three-fourths of mandarin and one-fourth of grapefruit. The orange-red skin is moderately pebbled. The flesh color is a deep orange and is tender and juicy with a superb mandarin flavor.

*Explore Our Full Selection.*



# LAND & SEA



**Smart Chicken**  
Boneless Skinless  
Thighs

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

SAVE \$1.50/lb



**Wild Ahi Tuna Fillet**  
Previously  
Frozen

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

SAVE \$3.00/lb

# HOUSE-MADE

**ASHLAND  
FOOD CO+OP**

EST. 1972

**Co-op Kitchen**  
Grab-n-Go  
Tempeh Club  
Sandwich

**\$6<sup>95</sup>** ea

SAVE \$2.00



**Applegate Naturals**  
Breakfast Sausage  
Links

All Varieties • 7 oz.

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

SAVE \$1.00



**Hempler's**  
Applewood Smoked  
Center Cut Bacon

10 oz.

**\$6<sup>49</sup>** ea

SAVE \$1.50

**ASHLAND  
FOOD CO+OP**

EST. 1972

**Co-op Kitchen**  
Bakery  
Bran Muffin

**\$2<sup>50</sup>** 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**



**Ener-C**  
Raspberry  
1,000MG Vitamin C  
Health & Energy Boost • 30 pk

**\$14<sup>79</sup>**



**Co+op  
basics**



**Field Day**  
Grapefruit Flavored  
Sparkling Water  
6 pk

**\$2<sup>69</sup>**

**Co+op  
basics**



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

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



**Co+op  
basics**



**Field Day**  
Organic  
Apple Cider Vinegar  
32 oz.

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



**Co+op  
basics**



**Field Day**  
Organic  
Golden Round Crackers  
8 oz.

**\$4<sup>99</sup>**





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

**PURPOSE + PERKS  
=  
BEING AN OWNER!**

Co-op Owners can enjoy 10% off their entire purchase every two months, offering great savings, and the satisfaction of supporting a local, community-focused business.

**2025  
OWNER COUPON**

**JANUARY / FEBRUARY**

10% Off One Shop

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**MARCH / APRIL**

10% Off One Shop

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**MAY / JUNE**

10% Off One Shop

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**JULY / AUGUST**

10% Off One Shop

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**SEPTEMBER / OCTOBER**

10% Off One Shop

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**NOVEMBER / DECEMBER**

10% Off One Shop

coop  
deals

**WELLNESS**

**Desert Essence  
100% Pure  
Jojoba Oil**

For Hair, Skin, and Scalp • 4 oz.

**\$9<sup>99</sup>**

SAVE \$3.80



**Lumen  
Gut Well  
Pre + Probiotic**

With Irish Sea Moss & Aloe Vera • 1.8 oz.

**\$3<sup>29</sup>**

SAVE \$1.00



coop  
deals

**Mickelberry Gardens  
Honey Propolis  
Soothing Throat Spray**

Soothing Throat Spray • 2 oz.

**\$8<sup>99</sup>**

SAVE \$4.50



coop  
deals

**Enzymedica  
Digest Gold**

Optimal Digestive Support • 45 vcap

**\$19<sup>99</sup>**

SAVE \$1.80



**Ashland  
Food Co-op  
L-Theanine**

Promotes Relaxation • 60 vcap

**\$20<sup>49</sup>**

SAVE \$3.50



**BRUCE'S PICKS**

**Vina Zorzal  
Garnacha**

750 ml  
Bush trained, very old vines, dry-farmed, natural winemaking, medium weight, slightly earthy, cherry.

**\$13<sup>99</sup>**



**L'Umami  
Sauvignon Blanc**

750 ml  
Zippy, fresh and bright Willamette Valley Sauvignon Blanc.

**\$14<sup>99</sup>**

