

# ASHLAND FOOD CO+OP

EST. 1972

## ABACELA VINTNER'S BLEND

# \$18.99

Southern Oregon red blend  
of 10 different varietals,  
primarily Tempranillo and  
Malbec. Big and structured.



SALE FLYER | JANUARY 29 TO FEBRUARY 04, 2025

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC**  
Napa & Savoy  
Cabbage  
Oregon & California

# \$1.76<sub>lb</sub>

SAVE \$1.23/lb



**ORGANIC**  
Baby Bok Choy  
California

# \$2.78<sub>lb</sub>

SAVE \$1.21/lb



**ORGANIC**  
Cherry & Grape  
Tomatoes • 12oz Pack  
Mexico

# \$2.99<sub>ea</sub>

SAVE \$2.96



**ORGANIC**  
Broccolini  
California

# \$2.24<sub>ea</sub>

SAVE \$1.75



**ORGANIC**  
Cara Cara  
Navel Oranges  
California

# \$1.99<sub>lb</sub>

SAVE \$1.00/lb



**ORGANIC**  
Apple Bags  
All Varieties  
2lb & 3lb bags  
Washington

# \$4.28 - \$6.95<sub>ea</sub>



**ORGANIC**  
Golden Nugget  
Mandarins  
California

# \$2.56<sub>lb</sub>

SAVE \$1.43/lb



**ORGANIC**  
Pummelos  
California

# \$1.99<sub>lb</sub>

SAVE \$2.00/lb

ASHLAND FOOD CO-OP | OPEN EVERY DAY 7AM TO 9PM | WWW.ASHLANDFOOD.COOP

coop  
deals

# GROCERY

coop  
deals

**Mush**  
**Overnight Oats**  
5 oz.

**2/\$4**

SAVE \$1.58 on 2



**Perfect Bar**  
**Organic**  
**Protein Bars**  
2.3-2.5 oz.

**2/\$5**

SAVE \$2.18 on 2



coop  
deals

**Forager**  
**Organic**  
**Cashewmilk Yogurt**  
Dairy Free • 5.3 oz.

**\$1.59**

SAVE \$0.70



coop  
deals

**Pickled Planet**  
**Organic**  
**Sauerkraut**  
16 oz.

**\$6.99**

SAVE \$0.70



coop  
deals

**Actual Veggies**  
**Veggie Burgers**  
12 oz.

**\$5.99**

SAVE \$1.50



coop  
deals

**Bragg**  
**Liquid**  
**Aminos**  
16 oz.

**\$4.29**

SAVE \$1.00



coop  
deals

**Boulder Canyon**  
**Kettle Style**  
**Potato Chips**  
6-6.5 oz.

**2/\$6**

SAVE \$3.99 on 2



coop  
deals

**Woodstock**  
**Organic**  
**Mixed Berries**  
32 oz.

**\$11.99**

SAVE \$5.30



**Cobram Estate**  
**Extra Virgin**  
**Olive Oil**  
100% California  
25.4 oz.

**\$12.89**

SAVE \$5.00



# BULK

coop  
deals



**Organic**  
**Raw Cashew Pieces**

**\$5.49 lb**

SAVE \$1.00/lb



**Organic**  
**Grind Your Own**  
**Peanut Butter**

**\$3.69 lb**

SAVE \$0.60/lb



**Pachamama**  
**Organic Sunrise Light**  
**Roast**

**\$11.99 lb**

SAVE \$2.30/lb



coop  
basics



**Organic**  
**White Basmati Rice**

**\$3.29 lb**







**ASHLAND  
FOOD CO+OP**

EST. 1972

# Bruce's Picks

**January 29 - February 4**



New vintage, ripe fruit flavors of currant and blackberry, with crushed rock on the finish.

Aged in clay amphora, organically and biodynamically grown, natural winemaking.

**\$28.99**



Cherry and strawberry mingle with darker, ripe berry flavors.

Elegant and supple tannins with refreshing acidity.

**\$18.99**



Southern Oregon red blend of 10 different varietals, primarily Tempranillo and Malbec. Big and structured.

**\$18.99**

# 10% OFF

**Buy 4 or more bottles to  
receive an additional 10% OFF**

**Discount taken at register**





42<sup>nd</sup> ANNUAL

# WINE TASTING

A Celebration of  
Wine, Food, and  
Community.



[www.ijpr.org/winetasting2025](http://www.ijpr.org/winetasting2025)

FRIDAY · FEBRUARY 7 · 6-9 PM

ASHLAND HILLS HOTEL & SUITES



## LAND & SEA



**Diestel Turkey Ranch Ground Dark Turkey**

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

SAVE \$2.00/lb



**Beeler's Bone-in Pork Chops**

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

SAVE \$2.00/lb



**Wild Shell on Shrimp**  
21/25 Count  
Product of Mexico

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

SAVE \$3.00/lb



**Aidells Chicken Sausages & Meatballs**  
8-12 oz.

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

SAVE \$1.00

## HOUSE-MADE

**ASHLAND FOOD CO+OP**

EST. 1972

**Co-op Kitchen Made-to-Order Orange Nectar**  
16 oz.

**\$7<sup>45</sup>**

SAVE \$1.50



**ASHLAND FOOD CO+OP**

EST. 1972

**Co-op Kitchen Grab-n-Go Tuna Salad**

**\$15<sup>95</sup> lb**

SAVE \$3.00/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**

**Naked Bread Organic Hot Dog Buns**  
15 oz.

**\$4<sup>49</sup>**



**Co+op basics**

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

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



**Co+op basics**



**Field Day Organic Applesauce**  
4 pk

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



**Co+op basics**



**Field Day Organic Ketchup**  
24 oz.

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



**Co+op basics**



**Field Day Organic Stone Ground Mustard**  
8 oz.

**\$1<sup>99</sup>**





# ROUND UP TO Give Back

**CHANGE**  
for good



ASK YOUR CASHIER TO ROUND UP!



BASE envisions a vibrant Southern Oregon community where Black residents are empowered to succeed.

**FEBRUARY  
1 TO 28**

## WELLNESS



### Ashland Food Co-op Magnesium Glycinate

Promotes Muscle, Nerve & Heart Health • 90 vcap

**\$15<sup>29</sup>**  
SAVE \$2.50

coop  
deals



### Desert Essence Ultra Care Mouthwash

Sugar Free - Alcohol Free • 16 oz.

**\$6<sup>29</sup>**  
SAVE \$2.20



### Natural Factors Oil Of Oregano

With Extra Virgin Olive Oil • 1 oz.

**\$16<sup>49</sup>**  
SAVE \$5.50

coop  
basics



### Yerba Prima Daily Fiber Caps

Supports Digestive Health • 180 cap

**\$12<sup>99</sup>**  
SAVE \$3.80



### Solaray Magnesium Glycinate

Bone-Muscle-Relaxation • 120 vcaps

**\$16<sup>99</sup>**  
SAVE \$3.00

## BRUCE'S PICKS



### Prunus Red Blend

750 ml  
Portuguese red blend with a delightful balance of floral, cherry, and dark berry.

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

### Damoli Valpolicella

750 ml  
Delicate and bright Italian red. Low 12.5% alc, fresh acidity, red fruits.

**\$20<sup>99</sup>**

