



# Killer Keto Snacks

Nutty Krunch  
Handmade Chocolate  
Cardamom Granola

**ON SALE**

**\$10.99**

Save \$1.00

SALE FLYER | March 19 to March 25, 2025

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC**  
Yellow Potatoes  
Oregon

**\$1.49** lb

SAVE \$0.50/lb



**ORGANIC**  
Chard  
California

**\$2.49** ea

SAVE \$0.80



**ORGANIC**  
Asparagus  
Mexico

**\$3.99** lb

SAVE \$1.46/lb



**ORGANIC**  
Cauliflower  
California

**\$1.99** lb

SAVE \$1.00/lb



**ORGANIC**  
Cara Cara  
Navel Oranges  
California

**\$1.49** lb

SAVE \$1.50/lb



**ORGANIC**  
Murcott Mandarins  
2lb Bags  
California

**\$4.95** ea

SAVE \$2.00



**ORGANIC**  
Strawberries  
1lb  
California & Mexico

**\$6.29** ea

SAVE \$2.66



**ORGANIC**  
Blackberries  
California & Mexico

**\$4.29** ea

SAVE \$1.16

# GROCERY



**Annie's  
Macaroni & Cheese**  
Select Varieties

**2/\$3**

SAVE \$2.98 on 2



**Yogi  
Organic Herbal  
Tea**  
16 bag

**2/\$8**

SAVE \$1.58 on 2



**Organic  
Valley  
Organic Cottage  
Cheese**  
16 oz.

**\$5.49**

SAVE \$1.00



**Cosmic  
Bliss  
Organic Dairy Free  
Frozen Dessert**  
14 oz.

**\$5.49**

SAVE \$1.80



**Chobani  
Greek Yogurt**  
5.3 oz.

**\$1.29**

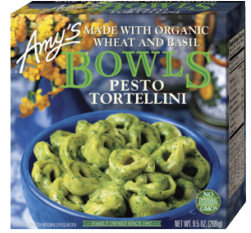
SAVE \$0.30



**Amy's  
Entree Bowls**  
9-10 oz.

**\$5.99**

SAVE \$1.70



**Health  
Valley  
Organic  
Soup**  
15 oz.

**\$3.19**

SAVE \$1.00



**Silver Hills  
Organic Sprouted  
Power Bagels**  
14 oz.

**\$4.99**

SAVE \$1.50



**GoMacro  
Organic Protein  
Macrobars**  
2.3 oz.

**\$2.29**

SAVE \$1.10



# BULK



**Organic  
Whole Cashews**  
Raw

**\$6.69 lb**

SAVE \$1.00/lb



**Organic  
Golden Flax Seed**

**\$2.69 lb**

SAVE \$0.60/lb



**Café Mam  
Tango**  
Dark Roast Blend

**\$9.99 lb**

SAVE \$2.60/lb



**Organic  
Brown Flax Seed**

**\$2.39 lb**

SAVE \$0.50/lb







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



**Vendor for the Co-op since 2020**

**Vendor: KILLER KETO SNACKS**  
**Owner: ANGIE FARYNNYK**  
**Location: ASHLAND, OREGON**  
**Distance from Co-op: 3 MILES**



*I've combined my passion for food with my educational background and passion for nutrition to create snacks that are both healthy and delicious, using only clean ingredients. It's so healthy!*

*Low carb, no sugar, no grains, lots of protein and healthy fats.*

**Vendor for the Co-op since 2011**

**Vendor: SHERRY'S FOODS**  
**Owner: SHERRY HENNEY**  
**Location: MEDFORD, OREGON**  
**Distance from Co-op: 10 MILES**



*I am committed to crafting a delicious and healthy product of the highest quality. I believe in using local ingredients whenever possible to support our community and ensure freshness.*

*I appreciate the versatility and delicious flavor that this product adds to a variety of dishes, making it a convenient option for quick and enjoyable meals.*



**Killer Keto Snacks  
Nutty Krunch  
Vanilla Cinnamon  
Granola**  
8 oz.

**\$10<sup>99</sup>**  
SAVE \$1.00



**Killer Keto Snacks  
Seedy Krunch  
Handmade  
Crackers**  
4.4 oz.

**\$7<sup>99</sup>**  
SAVE \$1.00



**Killer Keto Snacks  
Cheezy Krunch  
Handmade  
Crisps**  
3 oz.

**\$7<sup>99</sup>**  
SAVE \$1.00



**Sherry's Foods  
Vegan  
Pesto**  
4 oz.

**\$4<sup>99</sup>**  
SAVE \$0.80



# Looking to save money at the Co-op?

**Just look for this logo.**

Co+op Basics offers everyday low prices on many popular grocery and household items.



# LAND & SEA



**Smart Chicken**  
Boneless Skinless  
Thighs

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

SAVE \$1.50/lb



**Beeler's**  
Boneless Pork  
Shoulder Roast

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

SAVE \$2.00/lb



# coop basics

## ASHLAND FOOD CO+OP

EST. 1972

**Co-op Kitchen**  
Grab-n-Go  
Cheddar Cheese  
Sandwich

**\$4<sup>95</sup>**

SAVE \$2.00



**Cooked, Peeled & Cleaned Shrimp**  
31/40 Count  
Farm Raised

**\$10<sup>99</sup> lb**

SAVE \$4.00/lb

# coop deals



**Applegate Naturals**  
Sunday Bacon  
8 oz.

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

SAVE \$1.80

## ASHLAND FOOD CO+OP

EST. 1972

**Co-op Kitchen**  
Grab-n-Go  
Sesame Ginger  
Salad

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

SAVE \$2.50



# CO+OP Basics

# coop 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.

LOOK FOR THE PURPLE TAGS TO SAVE!



# coop basics

**Applegate Organics**  
Chicken Strips  
16 oz.

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



# coop basics

**Field Day**  
Baking Soda  
16 oz.

**\$1<sup>29</sup>**



# coop basics

**Field Day Organic**  
Three Cheese Pizza  
12.2 oz.

**\$7<sup>99</sup>**



# coop basics

**Field Day Organic**  
Diced Peaches & Pears  
4 pk

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



# coop basics

**Field Day Organic**  
Mini Twist Pretzels  
8 oz.

**\$2<sup>79</sup>**





# Basics Recipe

## Mushroom Risotto



### Ingredients:

- 7 cups chicken stock
- 1/4 cup olive oil
- 2 lbs mushrooms, chopped
- 3 cups diced red onion
- 2 cups short-grain rice, rinsed
- 1 cup dry white wine
- 1 tsp salt
- 1/2 tsp fresh thyme, sage, or rosemary
- 1/4 cup chopped parsley
- 1/2 cup grated Asiago
- 4 tbsp butter, cubed
- Pepper to taste

### Directions:

Heat chicken stock in a saucepan over low heat to keep it warm.

In a large skillet, heat olive oil over medium heat. Add 1/4 of the mushrooms and cook until browned, about 5 minutes.

Add the onion to the skillet and cook until softened, about 5 minutes.

Stir in rice and cook for 2 minutes, allowing the rice to lightly toast.

Add the wine, stir, and cook until the wine is absorbed, about 3 minutes.

Stir in salt, herbs, and 1.5 cups of hot stock. Let the rice cook, stirring occasionally, until the liquid is absorbed, about 5-7 minutes.

Add the remaining mushrooms, then continue to add stock, 1/2 cup at a time, until the rice is creamy and just tender, about 18 minutes.

Stir in parsley, cheese, and butter. Season with salt and pepper. Serve immediately.



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

## WELLNESS

coop  
basics



**Aura Cacia  
Lavender**  
Pure Essential Oil  
0.5 oz.

**\$9.79**

SAVE \$2.00

**Enzymedica  
Betaine HCL**  
Relief of Occasional  
Heartburn &  
Indigestion • 120 vcap

**\$14.99**

SAVE \$1.50



coop  
deals

**Sunwarrior  
Magnesium**  
Natural Ionic  
Supplement • 4 oz.

**\$11.99**

SAVE \$3.80



coop  
deals

**Natural  
Factors  
Suntheanine  
100 MG**

Mental Calmness &  
Relaxation • 60 tab

**\$14.79**

SAVE \$4.70

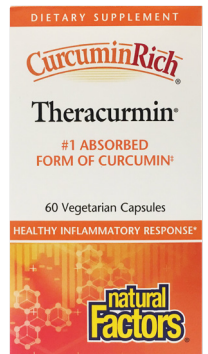


coop  
basics

**Natural  
Factors  
Theracumin**  
Healthy Inflammatory  
Response • 60 vcap

**\$17.29**

SAVE \$5.70



## BRUCE'S PICKS

**Folk Machine  
White Light**

750 ml  
Organically grown  
California Verdelho, Tocai  
Fruilano, Vermentino,  
Albarino and Sauv Blanc.  
Easy drinking, light, fresh  
and fruity, floral and  
aromatic.

**\$15.99**



**Ercole  
Barbera**

1000 ml  
Bright and juicy, red and dark  
fruits, low tannins, natural  
winemaking. 100% Barbera,  
grown in Piedmont, Italy. One  
liter bottle for even better  
tasting value.

**\$11.99**

