

# ASHLAND FOOD COOPERATIVE

## Weekly Specials

Sales Effective: May 23–29, 2012

237 N. First, Ashland, OR • 541-482-2237 • Open Daily 7am to 9pm



### Certified Organic Produce

#### Organically Grown Strawberries

1 Lb. Container • California  
Reg. \$4.45 ea.

**\$3<sup>75</sup>**  
ea.



#### Organically Grown Peaches

California  
Reg. \$3.99 lb.

**\$2<sup>65</sup>**  
lb.



#### Organically Grown Cantaloupe

California & Mexico  
Reg. \$1.49 lb.

**88¢**  
lb.



#### Organically Grown Hayden Mangos

Mexico  
Reg. \$2.29 ea.

**\$1<sup>64</sup>**  
ea.



#### Organically Grown Raspberries

12 oz. Container • California  
Reg. \$7.95 ea.

**\$5<sup>45</sup>**  
ea.



#### Organically Grown Cauliflower

California  
Reg. \$1.99 lb.

**\$1<sup>34</sup>**  
lb.



#### Organically Grown English Shelling Peas

California  
Reg. \$3.99 lb.

**\$2<sup>68</sup>**  
lb.



#### Organically Grown Blueberries

18 oz. Container • California  
Reg. \$9.95 ea.

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



### Meat & Seafood

#### Applegate Natural Breakfast Sausage Turkey • Pork

Located in the Freezer  
8 oz. Reg. \$5.99

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



#### Applegate Organics Chicken Strips

Located in the Freezer  
8 oz. Reg. \$7.49

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



### Bakery & Cheese

#### Rudi's Organic Bakery Hamburger & Hot Dog Buns

Whole Wheat & White  
12–18 oz. Reg. \$3.69–4.59 lb.

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

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

**coop deals**



#### Rumiano Organic Cheese

Medium Cheddar  
Pepper Jack • Monterey Jack  
8 oz. Reg. \$4.29

**\$3<sup>19</sup>**



## Grocery

### Kettle Foods Potato Chips

5 oz. Reg. \$2.15

**\$1<sup>59</sup>**

**coop  
deals**



### Pamela's Products Cookies

Wheat & Gluten Free

5.29-7.25 oz. Reg. \$3.29-\$3.49

**\$2<sup>29</sup>**

**coop  
deals**



### Amy's Gluten Free Burritos

5.5 oz. Reg. \$2.99

**\$2<sup>39</sup>**

**coop  
deals**



### Shelton's Turkey Franks

Smoked • Cooked

12 oz. Reg. \$2.99

**\$2<sup>39</sup>**

**coop  
deals**



### Sesmark Rice Thins

3.5-4.25 oz. Reg. \$2.39

**\$1<sup>69</sup>**

**coop  
deals**



### Thai Kitchen Simmer Sauce

11.09 oz. Reg. \$3.29

**\$2<sup>29</sup>**

**coop  
deals**



### Rising Moon Organics Ravioli

16 oz. Reg. \$6.99

**\$5<sup>39</sup>**

**coop  
deals**



### Chez Gourmet From Marie Veggie Patties

10 oz. Reg. \$4.59

**\$3<sup>59</sup>**

**coop  
deals**



## Cooler

### Stonyfield Oikos Organic Fat Free Greek Yogurt

5.3 oz. Reg. \$2.15

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

**coop  
deals**



### Organic Valley Large Brown Eggs

Omega 3

Doz. Reg. \$5.29

**\$4<sup>29</sup>**

**coop  
deals**



### Westbrae Organic Beans

25 oz. Reg. \$2.45

**\$1<sup>69</sup>**

**coop  
deals**



### Wild Planet Sardines

4.375 oz. Reg. \$2.49

**\$1<sup>79</sup>**

**coop  
deals**



### Miso Master Organic Miso

1 lb. Reg. \$9.59

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

**coop  
deals**



### Cascade Fresh Fat Free Yogurt

6 oz. Reg. 99¢

**75¢**

**coop  
deals**



### Woodstock Organic Pickles & Relish

16-24 oz. Reg. \$4.65

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

**coop  
deals**



### Napa Valley Naturals Organic Extra Virgin Olive Oil

50.8 oz. Reg. \$22.49

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

**coop  
deals**



## Grocery

# Bulk Food



## Equal Exchange Black Silk Espresso

Dark Roast  
Reg. \$10.19 lb.

**\$8<sup>15</sup>**  
lb.



## Baugher Ranch Organic Almonds

Reg. \$6.08 lb.

**\$5<sup>59</sup>**  
lb.



## Organic Garbanzo Beans

Reg. \$1.89 lb.

**\$1<sup>59</sup>**  
lb.



## Organic Pearled Barley

Reg. 94¢ lb.

**79¢** lb.

# Grocery

## Ginger People Sauces

12.7 oz. Reg. \$4.99

**\$3<sup>79</sup>**



## Drew's Dressing & Marinade

Non Organic Varieties

12 oz. Reg. \$2.99

**\$2<sup>19</sup>**



## Clif Mojo Bars

1.59 oz. Reg. \$1.39

**99¢**



## Amy's Organic Chili

14.7 oz. Reg. \$2.99

**\$2<sup>39</sup>**



# Supplements

## New Chapter Zyflamend Prostate

60 sgel. Reg. \$37.99

**\$29<sup>99</sup>**



## Vega Sport Recovery Accelerator

12 pks. Reg. \$29.95

**\$22<sup>59</sup>**



## All MyChelle Products

**20% off**



## All Innescents Products

**25% off**



## Hyland's Calms Forte

100 tabs. Reg. \$9.95

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



## Spectrum Flaxseed Meal

14 oz. Reg. \$6.95

**\$5<sup>29</sup>**



## Cleanwell Hand Sanitizing Wipes

10 ct. Reg. \$3.59

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



## EO Bubble Bath

Rose • Time Out  
Be Well • Nighty Night  
12 oz. Reg. \$11.69

**\$7<sup>89</sup>**



# Body Care

## Lucy's Pick

### New Summer Beer Tastings

Starting this month we are excited to reintroduce beer tastings at the Co-op. These tastings will be at the Culinary Kiosk from 3-5pm on select Saturdays and will offer great opportunities to show case some of our local breweries a little better.

May 26th welcomes back Will from Mad River Brewing. Located in Humboldt County California, Mad River is known for their Steelhead Extra Pale Ale and Double IPA.

June 2nd Ryan from Ninkasi Brewing Co. will be here. Be sure to try the Spring Reign, my personal favorite.

June 9th Dave from 10 Barrel Brewing Co. will visit. 10 Barrel brewing is located in Bend Oregon.

#### Ninkasi

#### Helles Belles

German style Helles Lager, limited release!

6 pk.

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



Mad River  
Jamaica Red Ale  
Sunset IPA  
Steelhead Extra  
Pale Ale

6 pk.

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



## Kitchen Thyme

### M is for Memorial Day

To me, Memorial Day always seems to be the gateway to summer. School is almost out and we start to see summer travelers make their way to our town. This week we have some especially Memorable sales to make a picnic or maybe even your first camping trip of the season Mouthwatering. Stop in our juice bar to grab a Mate Latte to fuel your day and make getting out of town a bit easier. We have our Mega Omega salmon salad and our Mini quiches on sale this week, perfect to grab and go anywhere! And did you know that National Macaroon day is coming up? Well, it is, so grab a bag of our fresh baked macaroons and celebrate how Marvelous they taste!

~Michelle, Deli Manager



## Deli

### Mega Omega Salmon Salad

Reg. \$18.75 lb.

**\$18<sup>00</sup>**  
lb.



### Mini Quiche

All Flavors!

Reg. \$6.95 ea.

**\$6<sup>45</sup>**  
ea.



### Traditional Chocolate Dipped Macaroon

Reg. \$1.95 ea.

**\$1<sup>75</sup>**  
ea.



### Mate Latte

12 oz. Reg. \$2.75 ea.

**\$2<sup>25</sup>**  
ea.



## Co-op Calendar

### Tastings at the Culinary Kiosk

- ▶ **Thursday, May 24**  
4:00 pm  
**Wild Rice and Mushroom Salad**
- ▶ **Friday, May 25**  
4:00 pm  
**Wine Tasting**
- ▶ **Saturday, May 26**  
11:00 am  
**Spinach and Strawberry Salad**
- ▶ **Tuesday, May 29**  
4:00 pm  
**Grilled Chicken Salad with a Miso Dressing**

### Monday Night Free Lecture Series

*Atkins, The Zone, Omega, South Beach and Others*

with Michael White, Nutritional Consultant

**Monday, June 4 • 7:00am–9:00pm**

Learn about the authors and the theories behind the diets. How can we utilize conflicting information to benefit our personal weight management goals?

### Community Oven Cooking Classes

*Out of the Cold and Into the Warm: Nourishing Drinks for the Transition*

with Victoria Markham

**Tuesday, June 5 • 6:30pm–9:00pm**

Learn how to build nutrient dense bases for your warm weather breakfast smoothies! Victoria will demonstrate ways to prepare broths, nut and seed milks and ways to build on them to create a liquid meal or recovery drink blend. Victoria's recipes maximize the nutrients found in whole foods instead of using smoothie additives and processed powders. Sample a variety of beverages, but eat a light dinner before class.

*Cooking Classes are \$35 for general public, \$30 for Co-op owners. Register at the Information Desk or online at [www.ashlandfood.coop](http://www.ashlandfood.coop)*

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