



**ASHLAND
FOOD CO-OP**

EST. 1972

Holiday FEAST



**SAVE
\$2/lb**



Beeler's Heluka
**BONE-IN
SPIRAL CUT HAM**
Reg. \$5.99/lb
\$3⁹⁹ lb

Sale Effective December 19 to 25

Fresh Produce

Your only Southern Oregon Certified organic Grocer



**SAVE
\$1/lb**



**ORGANIC
Opal Apples**
Washington
Reg. \$2.29/lb

\$1²⁹ lb



**ORGANIC
Pomegranates**
California
Reg. \$2.99/ea

2/\$4



**ORGANIC
Satsuma Mandarins**
California
Reg. \$3.29/lb

\$1⁹⁸ lb



**ORGANIC
Comice Pears**
Oregon
Reg. \$2.49/lb

\$1⁴² lb



**ORGANIC
Fingerling Potatoes**
All Varieties
Reg. \$2.99/lb

\$1⁸⁸ lb



**ORGANIC
Brussels Sprouts**
Oregon & California
Reg. \$6.45/lb

\$3⁹⁸ lb



**ORGANIC
Green Beans**
Mexico
Reg. \$4.25/lb

\$2⁵⁴ lb



**ORGANIC
Broccolini**
California
Reg. \$3.49/ea

\$1⁹⁹ ea

coop
deals

Annie's Homegrown Organic Macaroni & Cheese

6 oz. • Reg. \$3.19-\$3.39

2/\$4



Grocery

Equal Exchange Organic Coffee

10-12 oz. • Reg. \$8.49

2/\$12



coop
deals



Bionaturae Organic Fruit Spread

9 oz. • Reg. \$3.89-\$4.29

\$2⁸⁹

coop
deals



Blue Diamond Nut Thins

Selected Varieties

4.25 oz. • Reg. \$2.89

2/\$4



Fever-Tree Tonic Water

16.9 oz. • Reg. \$2.59

2/\$4



Kii Naturals Organic Artisan Crisps

5.3 oz. • Reg. \$6.69

\$4⁹⁹

coop
deals



Wilcox Family Farms Cage Free Large White Eggs

Dozen • Reg. \$3.39

\$2⁸⁹

coop
deals

Earth Balance Buttery Spread

10-15 oz. • Reg. \$4.99

\$3⁷⁹



coop
deals



Money on Honey Chocolate Covered Honey

4.8 oz. • Reg. \$4.99

\$3⁷⁹

coop
deals



ORGANIC Red Lentils

Reg. \$1.90/lb

\$1⁵⁹ lb

coop
deals



ORGANIC Raw Cashews

Whole
Reg. \$10.94/lb

\$8⁴⁹ lb

Bulk



Pachamama Organic Peru Coffee

Reg. \$13.59/lb

\$10⁹⁹ lb

coop
deals



Golden Temple Organic French Vanilla Almond Granola

Reg. \$5.15/lb

\$3⁴⁹ lb



Holiday FEAST

We have your other holiday traditions!
100% Grass Fed Prime Rib Roast, 100% Grass Fed Leg of Lamb,
Duck, Goose, Quail, Pheasant, Capon, and more.



King Cole Whole Duck

Reg. \$4.99/lb

\$3⁹⁹ lb



Beeler's Heluka Boneless Pork Shoulder Roast

Reg. \$6.99/lb

\$4⁹⁹ lb



Ashland Food Co-op House-Made Pork Sausage

All Varieties

Reg. \$9.99/lb

\$7⁹⁹ lb



Holiday FEAST

We have your other holiday traditions!
100% Grass Fed Prime Rib Roast, 100% Grass Fed Leg of Lamb,
Duck, Goose, Quail, Pheasant, Capon, and more.

Applegate Naturals Breakfast Link Sausage

Chicken
Turkey • Pork
Located in Freezer
7 oz. • Reg. \$5.99

\$4⁹⁹



Beeler's Li'l Bites Smoked Sausage

16 oz. • Reg. \$7.49

\$5⁹⁹



Beeler's Heluka Boneless Pork Loin Roast

Reg. \$8.49/lb

\$5⁹⁹ lb



Cooked, Peeled & Deveined Shrimp 26/30 Count

Farm Raised

Reg. \$13.99/lb

\$10⁹⁹ lb

Land & Sea



**SAVE
\$1**

Beeler's Hickory Smoked Bacon

16 oz. • Reg. \$7.99

\$6⁹⁹



**SAVE
\$1**



Organic Valley Organic Sliced Summer Sausage

6 oz. • Reg. \$6.99

\$5⁹⁹



**SAVE
\$1**

Columbus Sliced Salame & Pepperoni

4 oz. • Reg. \$5.49

\$4⁴⁹

House-Made

ASHLAND FOOD CO+OP

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AFC DELI Grab-n-Go Spinach Artichoke Dip

Reg. \$12.25/lb

\$10⁹⁵ lb



ASHLAND FOOD CO+OP

EST. 1972

AFC DELI Bakery Wheat-Free Candy Cane Brownies

Reg. \$9.95/lb

\$8⁹⁵ lb



**SAVE
\$1 /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**

Florida Crystals Organic Raw Cane Sugar

32 oz.

Reg. \$3⁹⁰



**ON
SALE!
\$3²⁹**



**Co+op
basics**



Field Day Organic Dark Maple Syrup

12 oz.

\$8⁹⁹

**Co+op
basics**



Nancy's Organic Plain Non- Fat Yogurt

32 oz.

\$4³²

**Co+op
basics**



Cascadian Farm Organic Blueberries

28 oz.

\$9⁹⁹

**Co+op
basics**



Organic Valley Organic Salted Butter

1 lb.

\$6⁴⁹



Gluten-Free Gingerbread Cookie

Ingredients

- ¾ cup unsalted butter, softened
- ¾ cup brown sugar, packed
- ¾ cup molasses
- 1 large egg
- 1 teaspoon vanilla extract
- 3 ½ cups Bob's Red Mill
Gluten Free 1-to-1 Baking Flour
- 1 teaspoon salt
- 2 teaspoons cinnamon
- 2 teaspoons ground ginger
- ¼ teaspoon allspice or cloves
- 1 teaspoon baking powder
- ½ teaspoon baking soda

Directions

- 1) Beat the softened butter and brown sugar until creamy. Add egg, molasses and vanilla extract, mix until smooth.
- 2) Whisk together all dry ingredients. Slowly add dry ingredients to wet, mixing by hand.
- 3) Divide the dough in half and place on parchment paper. Wrap in parchment paper and refrigerate for at least 2 hours (up to several days).
- 4) Preheat oven to 350°F. Line baking sheets with parchment paper.
- 5) Once the dough has chilled, roll out dough between two sheets of parchment paper. Use gluten free flour to flour the parchment paper above and below the dough. Add flour as needed to prevent sticking. Roll out dough to ⅛" to ¼" thick.
- 6) Dip your cookie cutter in some flour and then cut out shapes. You can re-roll the scraps to cut more cookies.
- 7) Transfer the cookies to your parchment lined baking sheets. Bake until the cookies are slightly brown along the edges (10 to 12 minutes). Let the cookies cool on the baking sheet until they are set.
- 8) Use your favorite frosting and decorate! Enjoy!

coop
deals



**Mineral Fusion
Nail Polish**
All Varieties
0.33 oz. • Reg. \$8.99

\$5.99

Wellness



**Life-flo
All Products**

15% OFF

**Dr. Hauschka
All Products**

**20%
OFF**



coop
deals



**SAVE
\$7**

**Natural Vitality
Natural Calm Plus Calcium**

8 oz. • Reg. \$22.49

\$15.49

coop
deals



**SAVE
\$15**



**Flora Sophia Botanicals
Hemp Extract**

Full Spectrum • 700 mg. Total CBD
1 oz. • Reg. \$54.99

\$39.99

Bruce's Picks

**Holden
Pretty Things Rosé**

Another amazing vintage of this natural winemaking Rose. The verve and vibrancy just pour out.

\$18.99



**Clotilde Davenne
Cremant de Bourgogne**

What I ask for every year from Santa - French sparkling wine at half the cost of Champagne, with minerality and elegance that will make any partygoer stop to contemplate its' beauty. Ideal aperitif, extremely dry.

\$24.99

