



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



TRAIL-READY FOODS FOR ADVENTURES



**SAVE
\$1**

AFC DELI HOUSE-MADE
**GRAB-N-GO
WHEAT-FREE
VEGGIE DELUXE
SANDWICH**

Reg. \$6.95/ea

\$5⁹⁵ ea



Sale Effective February 20 to 26

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Sweet Potatoes**
Purple • Sweet • Japanese
California
Reg. \$2.29/lb

\$1⁶⁴ lb



**ORGANIC
Romaine Hearts**
California
3-Pack • Reg. \$3.99/ea

\$2⁹⁹ ea

**SAVE
\$1**



**ORGANIC
Tasti Lee
Beefsteak Tomatoes**
Mexico
Reg. \$3.29/lb

\$2²⁹ lb

**SAVE
\$1 /lb**



**ORGANIC
Broccolini**
California
Bunch • Reg. \$3.99/ea

\$1⁹⁹ ea

**SAVE
\$2**



**ORGANIC
Fuji Apples**
Washington
Reg. \$0.98/lb

78¢ lb



**ORGANIC
Minneolas Tangelos**
California
Reg. \$2.99/lb

99¢ lb

**SAVE
\$2 /lb**



**ORGANIC
D'Anjou Pears**
Washington
Reg. \$1.99/lb

99¢ lb

**SAVE
\$1 /lb**



**ORGANIC
Navel Oranges**
California
Reg. \$1.56/lb

96¢ lb

coop deals



Bionaturæ Organic Pasta
Selected Varieties
16 oz. • Reg. \$2.36-\$2.69

\$1.79



Grocery

Cucina & Amore Pesto
7.5-7.9 oz. • Reg. \$3.49

2/\$5



Pomi Tomatoes
Selected Varieties
26.46 oz. • Reg. \$3.19

\$1.79



Cucina & Amore Italian Pasta Sauce
16.8 oz. • Reg. \$3.49

\$2.79

coop deals



SAVE \$1

Rhythm Superfoods Organic Kale Chips
2 oz. • Reg. \$4.99

\$3.99



coop deals



SAVE \$1

Rudi's Organic Bakery Organic English Muffins
Whole Wheat • Multigrain • Spelt
12 oz. • Reg. \$4.49

\$3.49



coop deals



Nancy's Plain Yogurt
Non-Fat • Low Fat • Whole
32 oz. • Reg. \$3.39

\$2.69

coop deals



Luna & Larry's Organic Coconut Bliss
Non-Dairy Frozen Dessert
Pint • Reg. \$6.29

2/\$9



coop deals



Cascadian Farm Organic Vegetables
10 oz. • Reg. \$2.69-\$2.99

2/\$4



Bulk



ORGANIC French Green Lentils
Reg. \$1.90/lb

\$1.69 lb



ORGANIC Raw Cashew Pieces
Large
Reg. \$12.77/lb

\$9.99 lb



Pachamama Organic Farmer's Extra Dark Coffee
Reg. \$13.59/lb

\$10.99 lb



ORGANIC Golden Flax Seed
Reg. \$2.31/lb

\$1.79 lb



Land & Sea



SAVE
\$1/lb

Hill's Meat Company Pork Breakfast Link Sausage

Reg. \$5.99/lb

\$4.99 lb



SAVE
\$1

Columbus Salame & Pepperoni

4 oz. • Reg. \$5.99

\$4.99

House-Made



SAVE
\$1

Brew Dr. Draft Kombucha

at the Deli

16 oz. • Reg. \$3.95

\$2.95



SAVE
\$1/lb

Diestel Turkey Ranch Ground Turkey

Reg. \$6.49/lb

\$5.49 lb



SAVE
\$2/lb

Wild Cooked Salad Shrimpmeat

Reg. \$10.99/lb

\$8.99 lb

co+op
basics

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

AFC DELI Bakery Snickerdoodle Cookie

99¢



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

Applegate Naturals Oven Roasted Turkey Breast

7 oz.

\$5.99



co+op
basics



Franz Organic Great Sprouted Bread

24 oz.

\$2.99

co+op
basics



De Casa Organic Yellow Corn Tortillas

10 ct.

\$1.69

co+op
basics



Silk Unsweetened Cashewmilk

64 oz.

Reg. \$3.99

ON
SALE!
\$2.99

SAVE
\$1

co+op
basics



ORGANIC Carrots

5 lb. Bag

\$5.45 ea



**Gingered
Sweet Potato
Bisque**

**Warm up on a cold night
with this ginger and chipotle
spiced bisque.**

Ingredients

- 2 ½ cups left over mashed sweet potatoes
- 2 cups veggie broth
- 2 teaspoons fresh grated ginger
- ½ teaspoon ground allspice
- ½ teaspoon ground nutmeg
- ½ cup sour cream
- 2 teaspoons chipotle in adobo puree
- 1 teaspoon sea salt
- Chopped cilantro for garnish (optional)

Directions

- 1) In a medium sauce pan whisk together the potatoes, veggie broth, ginger and spices. Bring to a simmer over high heat. Reduce to low and cook, stirring occasionally for 10 minutes.
- 2) Whisk in ¼ cup of the sour cream and more broth or water if needed and cook for 5 minutes.
- 3) In a small bowl whisk together the remaining ¼ cup of sour cream and the chipotle puree. Add a pinch or two of sea salt.
- 4) Ladle the soup into bowls and dollop with the chipotle cream. Sprinkle a little cilantro on top for garnish.

Enjoy!

Wellness



Natural Dentist Mouthwash
All Varieties
16.9 oz. • Reg. \$10.49
\$7²⁹



Puremedy All Products
15% OFF

WishGarden Herbs All Products

20% OFF



Quantum Health SuperLysine+
Immune Support
2 oz. • Reg. \$14.99
\$11⁴⁹



Weleda Skin Food Body Butter
5 oz. • Reg. \$16.49
\$12⁴⁹

Bruce's Picks

Ground Breaker Gluten-Free Beer
4-Pack Cans

New packaging, still the best no gluten (not gluten removed) beer I've tried. Brewed in Portland.

\$11⁴⁹



Flat Brim Cabernet Franc
750 ml.

Plum, boysenberry, dark chocolate. Silky, yet brimming with verve.

\$18⁹⁹

