



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

SUNNY DAY SAVINGS

**ASHLAND FOOD CO-OP
HOUSE-MADE
PORK SAUSAGE**

All Varieties
Reg. \$9.99/lb

\$7⁴⁹ lb

Sale Effective April 24 to 30

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**SAVE
\$2** /lb



**ORGANIC
Red Bell Peppers**
California
Reg. \$3.99/lb

\$1⁹⁹ lb



**ORGANIC
Large Hass Avocados**
California & Mexico
Reg. \$2.99/ea

2/\$5



**ORGANIC
Artichokes**
California
Reg. \$3.99/ea

5/\$5



**ORGANIC
Bunched Spinach**
California & Oregon
Reg. \$3.49/ea

2/\$4



**SAVE
\$1** /lb



**ORGANIC
Sweet Onions**
Texas
Reg. \$2.29/lb

\$1²⁹ lb



**OREGON
GROWN**



**ORGANIC
Rhubarb**
Oregon
Reg. \$5.45/lb

\$3⁶⁴ lb



**SAVE
\$1**



**ORGANIC
Blueberries**
California
18 oz. • Reg. \$9.95/ea

\$8⁹⁵ ea



**ORGANIC
Cara Cara
Navel Oranges**
California
Reg. \$2.99/lb

\$1²⁴ lb

Grocery



Cascadian Farm Organic Vegetables

10-16 oz. • Reg. \$2.69-\$2.99

2/\$4



Annie's Homegrown Organic Crackers

Saltine • Buttery Rich
6.5 oz. • Reg. \$3.19

\$2²⁹



Brown Cow Cream Top Yogurt

4.3 oz. • Reg. \$1.29

4/\$3



Chocolove Chocolate Bars

3.2 oz. • Reg. \$2.99

2/\$4



Rudi's Organic Bakery Organic English Muffins

12 oz. • Reg. \$4.49

\$3⁴⁹

SAVE \$1



Bonne Maman Fruit Preserves

13 oz. • Reg. \$4.59

\$3⁶⁹



Lundberg Family Farms Organic Thin Stackers

Rice Cakes • Selected Varieties
6 oz. • Reg. \$2.79

\$1⁹⁹



Organic Valley Organic Raw Cheese Blocks

Jack Style
Sharp Cheddar
Mild Cheddar
8 oz. • Reg. \$5.89

\$4⁸⁹



SAVE \$1



Woodstock Organic Peanut Butter

Smooth • Crunchy
35 oz. • Reg. \$9.99

\$6⁹⁹

SAVE \$3



Bulk



ORGANIC Black Beans

\$1⁶¹ lb



ORGANIC Extra Virgin Olive Oil

\$5⁹⁹ lb



Equal Exchange Organic Mind, Body & Soul Coffee

\$8⁹⁹ lb



ORGANIC Sunflower Seeds

\$2⁴¹ lb



Land & Sea

Diestel Turkey Ranch Sliced Turkey Breast

Smoked • Oven Roasted Pastrami

6 oz. • Reg. \$5.99

\$4.99



SAVE \$1



House-Made

ASHLAND FOOD CO+OP

EST. 1972

AFC DELI Bakery Apricot Date Bar

Reg. \$7.95/lb

\$6.95/lb



SAVE \$1/lb



SAVE \$1/lb

Emerald Hills Ground Beef

Not to Exceed 20% Fat

Reg. \$5.99/lb

\$4.99/lb



SAVE \$1

Applegate Organics Chicken Breakfast Sausage

Located in Freezer

Reg. \$6.99

\$5.99



ASHLAND FOOD CO+OP

EST. 1972

AFC DELI Grab-n-Go Artichoke Dip

Reg. \$11.95/lb

\$9.95/lb



SAVE \$2/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

Applegate Naturals Gluten-Free Chicken Nuggets

16 oz.

\$9.99



Co+op basics

Franz Organic Bread

Selected Varieties

18-27 oz.

\$2.99



Co+op basics



ORGANIC Baby Spring Mix

1 lb.

\$4.98

Co+op basics



New Chapter Turmeric Force

60 vCap

\$24.63

Co+op basics



AFC Deli Grab-n-Go Bean Burrito

\$4.95 ea



Great Green Enchiladas

Ingredients

- 1 tbsp extra virgin olive oil
- ½ pound crimini mushrooms, sliced
- ½ tbsp ground cumin
- ½ tsp sea salt
- 1 bunch spinach, washed & torn
- 1 jar Sweet Creek Green Enchilada Sauce
- 6 oz sour cream
- 12 corn tortillas
- ½ pound cheddar cheese, grated
- 1 bunch green onions, chopped
- 1 bunch cilantro, chopped

Directions

- 1) Pre-heat oven to 350 degrees.
- 2) Heat the oil in a medium size skillet. Add the chopped mushrooms and the ground cumin. Sauté until the mushrooms are browned and have lost most of their moisture. Add the salt and sauté an additional few minutes.
- 3) Add the spinach and cook just until it wilts in the mushrooms. Remove from heat and set aside.
- 4) In a small bowl, combine the enchilada sauce with the sour cream.
- 5) Pour a little of the sauce in the bottom of a similar sized baking dish.
- 6) Add 2 ½-3 of the tortillas, then some of the mushroom/spinach mixture followed by a sprinkling of cheese, green onions and cilantro. Add more sauce, then tortillas, etc until there are no more tortillas. Save back a little cheese to be the final layer on top.
- 7) Bake for about 30 minutes and let sit for another 10 before slicing.

Enjoy!

coop deals



Wellness

One with Nature Dead Sea Minerals
Triple Milled Soap • All Varieties
7 oz. • Reg. \$4.79

\$2⁹⁹



SAVE \$2

Life-flo Pure Magnesium Oil
Magnesium Chloride Brine
8 oz. • Reg. \$10.29

\$8²⁹

Nutrigold All Products

20% OFF



Heritage Store Rosewater
Rose Petals • Aromatherapy Mist
8 oz. • Reg. \$9.99



SAVE \$4

\$5⁹⁹

Mickelberry Gardens Northwest Pollen
Honey Tonic with Stinging Nettle Leaf
8 oz. • Reg. \$23.99



SAVE \$8

\$15⁹⁹

Bruce's Picks

HopworksUrban Brewery
6-Pack Cans
Organic ingredients, environmentally friendly brewing practices, fresh and delicious Portland brewed ales and pilsner.



\$9⁹⁹

Palama Arcangelo Salice Salentino
750 ml.

From the "heel of the boot" in Apulia, Italy. Fresh boysenberry, plum, with just a touch of black pepper.



\$12⁹⁹