



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

**FRESH &
OREGON
MADE**

**REVIVE OUR ECONOMY
SHOP LOCAL!**

Oregon
GROWN



**ORGANIC
GREEN ONIONS**

Oregon Grown
Reg. \$1.49/ea

96¢_{ea}

Sale Effective June 3 to 9

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Bi Color Sweet Corn**
California
Reg. \$1.99/ea

2/\$3



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

2/\$5



**ORGANIC
Mixed Marble
Potatoes**
California
1.5 lb. Bag Reg. \$4.95/ea

\$3⁴⁸_{ea}



**ORGANIC
Green Beans**
Mexico
Reg. \$2.99/lb

\$2²⁴_{lb}



**ORGANIC
Seedless Watermelon**
California
Reg. \$0.89/lb

72¢_{lb}



**ORGANIC
Flavorosa Pluot**
California
Reg. \$3.99/lb

\$2⁴⁸_{lb}



**ORGANIC
Yellow & White
Nectarines**
California
Reg. \$4.95/lb

\$3⁶⁴_{lb}



**ORGANIC
Valencia Oranges**
California
Reg. \$1.64/lb

99¢_{lb}

Ashland Food Co-op | Open Every Day 7AM to 9PM | www.ashlandfood.coop



Organic Valley Organic Raw Cheese Blocks

Mild Cheddar • Sharp Cheddar
Jack Style

8 oz. • Reg. \$5.89

\$4⁹⁹



Grocery



Kite Hill Almond Cream Cheese Style Spread

Plain • Chive

8 oz. • Reg. \$7.99

\$5⁹⁹



**SAVE
\$2**



Cascadian Farm Potatoes

Selected Varieties

16 oz. • Reg. \$3.79

\$2⁹⁹



Hilary's Organic Veggie & Bean Burgers

6.4 oz. • Reg. \$3.59

2/\$5



Annie's Homegrown Macaroni & Cheese

Selected Varieties

5.25-6 oz. • Reg. \$2.29

10/\$10



MaraNatha Organic Peanut Butter

Creamy • Crunchy

16 oz. • Reg. \$5.99

\$4⁷⁹



Pacific Almond & Hazelnut Beverage

Selected Varieties

32 oz. • Reg. \$2.49-\$2.79

\$1⁹⁹

Jolly Llama Sorbet Pops

4 pk. • Reg. \$4.89

2/\$7



Cascadian Farm Organic Cereal & Granola

8.6-13.5 oz. • Reg. \$4.79-\$4.89

2/\$6



ORGANIC Rolled Oats

Reg. \$1.09/lb

89¢_{lb}



ORGANIC White Basmati Rice

\$2⁶⁹_{lb}



Equal Exchange Organic AFC House Blend Coffee

\$7⁹⁹_{lb}



ORGANIC Red Flame Raisins

Reg. \$2.99/lb

\$2⁴⁹_{lb}

Bulk



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

**REVIVE
OUR ECONOMY**

Support your
locally owned co-op!
We are owned by over

**12,000
FRIENDS &
NEIGHBORS**



FRESH

**LOCAL
PRODUCE**

**Support our local
farms & businesses**

**We work
with Mother
Nature's
Harvest
Schedule**

WHILE SUPPLIES LAST

**Kale (All Varieties)
Chards Red/Rainbow
Lettuces (Red, Green,
Romaine Leaf)**

**Red Butter Lettuce
Salad Mix 1lb Clamshell
Salad Mix 8oz Bag
Cucumbers
Microgreens
Terra Sol Sprouts
Sunshine Sprouts
Wheatgrass**

/Living Sprouts

**Asparagus
Italian & Curly Parsly**

Blue Fox, Wandering Roots, & Fry Family Farms
Fry Family Farms
Fry Family Farms, HiHo Produce, Wandering Roots
Wandering Roots Farm
Blue Fox Farm
Wandering Roots Farm
Blue Fox Farm
Oneleaf Microgreens
Terra Sol
Southern Oregon
Shasta View
B & B Organics, Cowhorn Vineyard & Garden
Fry Family Farms



**ASHLAND
FOOD CO+OP**

EST. 1972

THIS IS YOUR CO-OP

cast your vote!

**VOTE FOR THREE
BOARD CANDIDATES**

ED CLAASSEN



JULIE O'DWYER



CAROLINA LIVI



MARK GIBBS



Choose ten local organizations for
Change for Good register round-up

Voting closes at 9pm, June 10

Election primer available at
ashlandfood.coop/2020elections



Land & Sea



Pederson's Farm Hickory Smoked Bacon

10 oz. • Reg. \$8.99

\$7.49



Roli Roti Butcher's Organic Bone Broth

All Varieties

24 oz. • Reg. \$9.99

\$7.99

SAVE
\$2



House-Made

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Made to Order Iced Mate

16 oz • Reg. \$3.50/ea

\$2.45 ea



Diestel Family Ranch Ground Dark Turkey

Reg. \$6.99/lb

\$4.99 lb



Wild Mexican Shell on Shrimp 16/20 Count

Previously Frozen

Reg. \$14.99/lb

\$11.99 lb

SAVE
\$3/lb

ASHLAND FOOD CO+OP

EST. 1972

Co-op Bakery Chocolate Chip Peanut Butter Cookie

Wheat Free

Reg. \$2.25/ea

2/\$3



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



Emerald Hills Ground Beef

Not to Exceed 20% Fat

\$6.49 lb



Co+op
basics



Co-op Kitchen Made to Order Keep It Simple Juice

16 oz.

\$4.95

Co+op
basics



Sappo Hill Soap

Selected Varieties

\$1.99 ea

Co+op
basics



Organic Valley Shredded Cheese

Selected Varieties • 6 oz.

\$4.99



Co+op
basics



Franz Organic Bread

18-24 oz.

\$2.99





♥ Shrimp SCAMPI PIZZA ♥

Simple ingredients baked together to make a pizza with rich & deep flavor.

INGREDIENTS

- 1 Pie + Vine pizza crust
- 2 Tablespoons olive oil
- 2 Tablespoons unsalted butter
- 2 large cloves fresh garlic minced
- 1/4 cup dry white wine
- 1 lemon zest and juice
- 1/2 pounds 8 count fresh shrimp peeled, deveined, and rinsed
- 1 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- 2 tbsp chopped fresh parsley

optional: 1 green bell pepper

INSTRUCTIONS

- 1) Preheat oven to 375°
- 2) In a large skillet, melt butter and oil over medium-low heat. Add the garlic and lemon zest, cook for one minute.
- 3) Add the wine and lemon juice, simmer for 2 minutes.
- 4) Add shrimp and cook only until pink. Remove from pan and set aside.
- 5) Brush dough generously with garlic-lem-on sauce, but don't make an olive oil pond.
- 6) Top with shrimp, mozzarella cheese, Parmesan cheese, and sprinkle with Italian seasoning.
- 7) Bake for 8 to 10 minutes or until cheese is bubbly.
- 8) Serve with red hot pepper flakes.

TRIED & LOVED THIS RECIPE?

Post a photo of your creation & tag us on social!



@ashlandfoodcoop

#NailedIt #AshlandFoodCoop

coop
deals



**Andalou
Cannacell Body Lotion**
Harmony • Ritual • Joyful
8 oz. • Reg. \$8.99
\$5⁹⁹

Wellness

SAVE
\$3



**Terry Naturally
All Products**
20% OFF

**Inesscents
All Products**

**20%
OFF**



coop
deals



**Mychelle
Sun Shield Stick SPF 50**
Non-Tinted
0.5 oz. • Reg. \$12.99
\$9⁹⁹

SAVE
\$3



**Flora
Organic Flax Oil**
Cold Pressed & Unrefined
8.5 oz. • Reg. \$12.49
\$9⁴⁹

SAVE
\$3

Bruce's Picks

**Quady North
Rosé**
750 ml.
The benchmark for
Southern Oregon Rosé.
New 2019 vintage is
crisp and bright.
\$12⁹⁹



**Monte Tondo
Garganega
Frizzante**
750 ml.
This is a super-refreshing
sparkling Italian Soave.
Dry and aromatic with a
refreshing light
carbonation. Ideal
for warm weather.
\$10⁹⁹

