

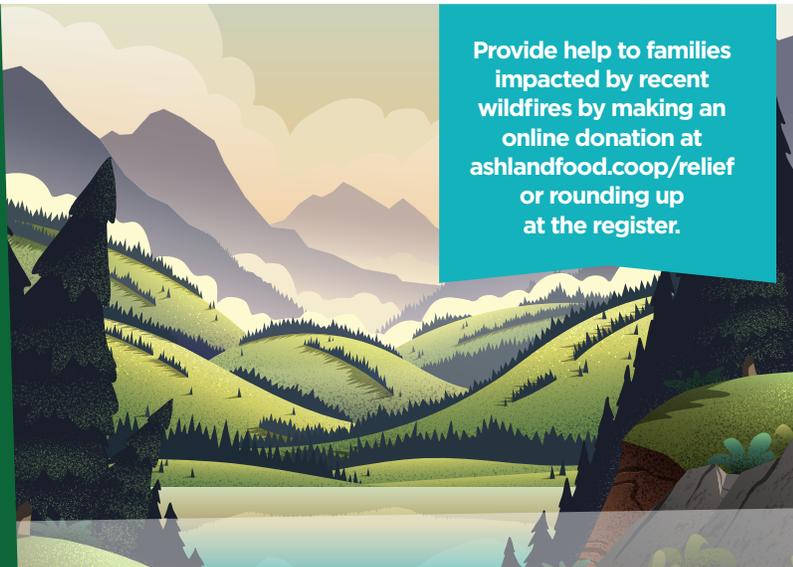


**ASHLAND  
FOOD CO+OP**

EST. 1972

# RELIEF • FOR THE • ROGUE VALLEY

Provide help to families impacted by recent wildfires by making an online donation at [ashlandfood.coop/relief](http://ashlandfood.coop/relief) or rounding up at the register.



Sale Effective September 30 to October 6

## Fresh Produce

Your only Southern Oregon Certified Organic Grocer

*New Crop!*



**ORGANIC  
Fuji Apples**  
Northwest  
Reg. \$2.24/lb

**\$1.44** lb



**ORGANIC  
Cotton Candy Grapes**  
California  
Reg. \$5.45/lb

**\$3.99** lb

*New Crop!*



**ORGANIC  
Concorde Pears**  
Northwest  
Reg. \$2.99/lb

**\$2.24** lb

*New Crop!*



**ORGANIC  
Jonagold Apples**  
Northwest  
Reg. \$2.99/lb

**\$1.44** lb



**ORGANIC  
Jack-o-Lantern  
Pumpkins**  
Southern Oregon

**48¢** lb



**ORGANIC  
Romanesco**  
California  
Reg. \$3.99/lb

**\$2.28** lb



**ORGANIC  
Napa & Savoy  
Cabbage**  
Oregon & California  
Reg. \$2.49/lb

**\$1.42** lb



**ORGANIC  
Yukon Gold  
Potatoes**  
Northwest  
Reg. \$1.99/lb

**99¢** lb



### Mike's Mighty Good Ramen

21-2.4 oz. • Reg. \$1.99

**\$1.59**



## Grocery



### Feel Good Foods Gluten-Free Potstickers

Chicken • Vegetable  
10 oz. • Reg. \$6.89

**\$4.99**



### Bitchin' Sauce

8 oz. • Reg. \$5.99

**\$3.99**



### Honey Mama's Cacao - Nectar Bars

2.5 oz. • Reg. \$5.29

**\$4.49**



### Brown Cow Whole Milk Yogurt

5.3 oz. • Reg. \$1.29

**10/\$10**



### Ocean's Halo Organic Broth

32 oz. • Reg. \$3.99

**2/\$6**



### Van's Waffles

8-9 oz. • Reg. \$3.29

**2/\$5**



### Silver Hills Organic Sprouted Bagels

Plain • Everything  
Cinnamon Raisin  
14 oz. • Reg. \$5.79

**\$3.49**



### Alter Eco Organic Chocolate Bars

2.82 oz. • Reg. \$3.69

**2/\$5**



### ORGANIC Split Green Peas

Reg. \$1.49/lb

**\$1.29** lb



### ORGANIC Cranberries

Cane Juice Sweetened  
Reg. \$5.59/lb

**\$4.59** lb

SAVE \$1 /lb



### Pachamama Organic Peru Medium Coffee

Farmer Owned  
Reg. \$13.59/lb

**\$9.99** lb



### ORGANIC Tricolor Quinoa

Reg. \$3.49/lb

**\$2.99** lb



## Bulk

Land & Sea



SAVE \$1/lb

**Hill Meat Company  
Pork Breakfast  
Link Sausage**

Reg. \$6.99/lb

**\$5<sup>99</sup> lb**



SAVE \$3/lb

**Diestel Family Ranch  
Turkey Chunks**

All Varieties  
Reg. \$11.99/lb

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

House-Made

**ASHLAND  
FOOD CO+OP**

EST. 1972

**Co-op Kitchen  
Bakery  
Loafers  
Glutenus  
Minimus Bread**

Reg. \$6.99/ea

**\$5<sup>99</sup> ea**



SAVE \$1



SAVE \$2/lb

**Beeler's  
Boneless Pork  
Shoulder Roast**

Reg. \$6.99/lb

**\$4<sup>99</sup> lb**



SAVE \$1/lb

**Organic Smart Chicken  
Thighs**

Reg. \$5.99/lb

**\$4<sup>99</sup> lb**



**ASHLAND  
FOOD CO+OP**

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**Co-op Kitchen  
Grab-n-Go  
Wild Alaska  
Salmon with  
Lemon & Dill**

Reg. \$16.50/lb

**\$14<sup>95</sup> lb**



CO+OP Basics

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

**Applegate  
Organics  
Gluten Free  
Chicken Nuggets**  
8 oz.

**\$7<sup>49</sup>**



CO+OP basics

**Field Day  
Coconut Water**  
33.8 oz.

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



CO+OP basics

**Stahlbush Island Farms  
Blueberries**  
10 oz.

**\$3<sup>69</sup>**



CO+OP basics

**Columbia Gorge  
Organic Apple Cider**  
48 oz.

**\$7<sup>19</sup>**



CO+OP basics

**Field Day  
2-Ply Bath Tissue**  
12 pk.

**\$5<sup>99</sup>**



# ROUND UP ★★★★★ TO ★★★★★ Give BACK



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## Wellness



SAVE  
\$1

**Badger Mineral Lip Tint**  
All Varieties  
0.15 oz. • Reg. \$5.49  
**\$4.49**



**T-Relief Arnica +12 Ointment**  
Long Lasting Pain Relief  
1.76 oz. • Reg. \$11.99  
**\$8.49**

**Gaia Herbs Everyday Elderberry Gummies**  
Immune Support Gummies  
40 ct. • Reg. \$11.99  
**\$9.99**



SAVE  
\$2



coop deals



SAVE  
\$4

**Wishgarden Serious Cough**  
Soothing & Quieting  
0.66 oz. • Reg. \$9.49  
**\$5.49**

coop deals



SAVE  
\$2

**Shikai Borage Therapy Hand Cream**  
Fragrance Free  
2.5 oz. • Reg. \$7.49  
**\$5.49**

## Bruce's Picks

**Pelaquie Cotes du Rhone**  
750 ml.  
Dark, ripe plum, licorice, cocoa, structured yet smooth.  
**\$13.99**



**Quady North La Battalla**  
750 ml.  
Rogue Valley blend of Cabernet Franc and Malbec. Bright fruit with a spicy finish.  
**\$17.99**

