

# ASHLAND FOOD CO+OP

EST. 1972

ORGANIC  
LARGE HASS  
AVOCADOS  
California & Mexico

**2/\$5**

SALE FLYER | MAY 1 TO 7, 2024

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC**  
Limes  
Mexico

**\$1.24** lb

SAVE \$1.05/lb



**ORGANIC**  
Mini Sweet Peppers  
1 lb. Bag  
Mexico

**\$4.98** ea

SAVE \$1.97/ea



**ORGANIC**  
Wholesum Cherry  
Tomato Packs  
All Varieties • 12 oz. • Mexico

**\$4.98** ea

SAVE \$1.97/ea



**ORGANIC**  
Jalapeño & Poblano  
Peppers  
Mexico

**\$4.96** lb

SAVE \$2.99/lb



**ORGANIC**  
Cosmic Crisp Apples  
Washington

**\$1.56** lb

SAVE \$1.43/lb



**ORGANIC**  
Strawberries  
1 lb. Container  
California & Mexico

**\$4.95** ea

SAVE \$1.00/ea



**ORGANIC**  
Honey Mango Bags  
Mexico

**\$6.45** ea

SAVE \$2.50/ea



**ORGANIC**  
Tommy Atkins  
Mango Bags  
Mexico

**\$6.45** ea

SAVE \$2.50

# GROCERY



**Late July Salsa**  
15.5 oz.

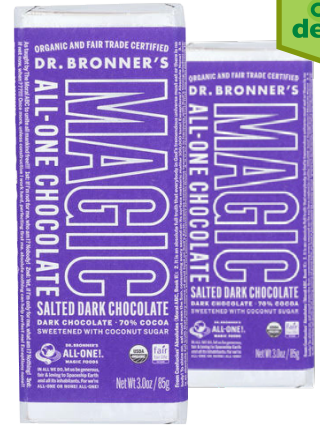
**\$4.79**

SAVE \$1.00



**Dr. Bronner's Organic Chocolate Bars**  
2.93 oz.

**2/\$7**



**La Tortilla Factory Tortillas**  
8 ct.

**\$2.69**

SAVE \$0.90



**Organic Valley Organic Shredded Cheese**  
6 oz.

**\$4.49**

SAVE \$1.00



**El Burrito Organic Soyrito**  
Meatless Soy Chorizo • 12 oz.

**\$4.49**

SAVE \$1.00



**Yucatan Organic Guacamole**  
8 oz.

**\$3.79**

SAVE \$1.50



**Simply Organic Seasoning Packets**  
Guacamole • Fajita • Fish Taco  
Southwest Taco • 0.8-1.13 oz.

**2/\$3**



**Siete Grain Free Cookies**  
4.5 oz.

**2/\$7**



**De La Calle! Organic Tepache**  
Fermented Beverage of Mexico  
12 oz.

**2/\$4**



# BULK



**ORGANIC Banana Chips**

**\$3.99 lb**

SAVE \$1.00/lb



**ORGANIC Extra Virgin Olive Oil**

**\$12.29 lb**



**Pachamama Bulk Coffee All Varieties**

**\$13.29 lb**

SAVE \$1.00/lb



**ORGANIC Tamari Almonds**

**\$10.89 lb**

SAVE \$2.40/lb





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



Cinco de Mayo has become synonymous with festivities and delicious Mexican cuisine (and who doesn't love both of those things?). At the Ashland Food Co-op, it's important for us to approach this celebration mindfully and with a cultural understanding. We use these opportunities to educate ourselves, and share what we learn with our community.

Let's start with a very brief history lesson. On May 5, 1862, in the city of Puebla, Mexico, an outnumbered and outgunned Mexican army achieved a remarkable victory against French forces in the Battle of Puebla. While not a decisive turning point in the overall conflict, this triumph symbolized Mexican resilience and unity in the face of foreign aggression. Cinco de Mayo commemorates this historic battle, serving as a testament to Mexican courage and determination.

Here are a few ways we can celebrate mindfully in a way that honors history, and the Mexican culture:

- Take the time to learn about the history and significance of Cinco de Mayo.
- Support local Mexican-owned businesses, restaurants, and artisans.
- Host a traditional Mexican meal with authentic recipes and ingredients.
- Engage in educational activities, such as reading books or watching documentaries about Mexican heritage.

As we celebrate Cinco de Mayo, let's do so with respect, joy, and a commitment to cultural understanding. We can honor the true significance of the holiday by embracing Mexican culture in a thoughtful manner, and create meaningful and inclusive celebrations that everyone can enjoy.



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



**ORGANIC**  
Large Hass Avocados  
California & Mexico

**2/\$5**



**ORGANIC**  
Roma Tomatoes  
Mexico

**\$1.48** lb

SAVE \$1.51/lb



**ORGANIC**  
Cilantro  
California & Mexico

**\$1.24** ea

SAVE \$0.75/ea



**ORGANIC**  
Red & White Onions  
California

**\$1.98** lb

SAVE \$1.01/lb



# LAND & SEA



**Beeler's Boneless Pork Shoulder Roast**

**\$4<sup>99</sup> lb**  
SAVE \$2.00/lb



**Emerald Hills Ground Beef**

Not to Exceed 20% Fat  
Grass Fed

**\$5<sup>99</sup> lb** SAVE \$1.00/lb



**Niman Ranch Applewood Smoked Bacon**

12 oz.

**\$7<sup>99</sup>**

SAVE \$4.00



**Organic Smart Chicken Boneless Skinless Thighs**

**\$7<sup>49</sup> lb** SAVE \$1.50/lb



# HOUSE-MADE

**ASHLAND FOOD CO+OP**

EST. 1972

**Co-op Kitchen Grab-n-Go Ground Beef Burrito**

**\$7<sup>45</sup>**

SAVE \$1.50



**ASHLAND FOOD CO+OP**

EST. 1972

**Co-op Kitchen Made to Order Mexican Mocha**

**\$4<sup>95</sup>**

SAVE \$1.00



## 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



**Organic Smart Chicken Whole Chicken**

**\$3<sup>99</sup> lb**



Co-op basics



**Bio K Fermented Probiotic**  
3.5 oz.

**\$4<sup>29</sup>**

Co-op basics



**Field Day Organic Refried Beans**  
16 oz.

**\$1<sup>79</sup>**



Co-op basics



**Field Day Organic Ground Cumin**  
1.7 oz.

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

Co-op basics



**Lundberg Family Farms Organic White Basmati Rice**

**\$3<sup>29</sup> lb**



# ROUND UP TO *Give Back*

**CHANGE**  
*for good*



**ASK YOUR CASHIER TO ROUND UP!**



Protect Jackson County's GMO-Free Seed Sanctuary and educate about the global importance of traditional seed supply.

**MAY 1 TO 31**

**coop deals**



**Badger**  
**Anti Bug Spray**  
Plant Powered Mosquito Repellent • 4 oz.  
**\$7<sup>99</sup>**  
SAVE \$4.00

## WELLNESS



**Natural Factors**  
**Women's 50+ Multivitamin**  
Pure Food Nutrient Rich • 120 tab.  
**\$56<sup>99</sup>**  
SAVE \$19.00

**Aura Cacia**  
**All Products**  
**30% OFF**



**Good Clean Love**  
**Personal Lubricant**  
Water Based with Aloe • 4 oz.  
**\$10<sup>79</sup>**  
SAVE \$2.00



**Garden of Life**  
**Sport Organic Greens**  
Superfoods, Vitamins and Probiotics • 8.99 oz.  
**\$39<sup>49</sup>**  
SAVE \$6.80

## BRUCE'S PICKS

**Arch Rock Brewing**  
**4-Pack Cans**  
16 oz.  
New seasonal Adipose IPA is terrific. Hoppy while remaining easy drinking. Brewed on the beautiful Southern Oregon Coast in Gold Beach.



**Naia**  
**Verdejo**  
750 ml.  
Complex, yet refreshing Spanish white made in Rueda. Stonefruit, citrus, bright.

