

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ASHLAND FOOD CO-OP | OPEN EVERY DAY 7AM TO 9PM | WWW.ASHLANDFOOD.COOP



ASHLAND FOOD CO+OP

EST. 1972

SUSTAINABILITY STARTS AT YOUR CO+OP

Ways to Save

We Adopted a Park!

Q&A with Itty Bitty Farm

SPRING 2024 | VOL. NO. 13

Check out our Spring 2024 Newsletter! 2





Scan the QR code or visit www.ashlandfood.coop

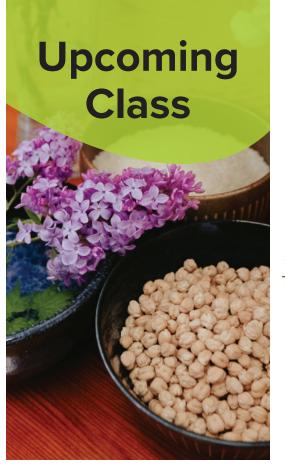
ROGUE EARTH DAY THE FARM @ SOU 155 WALKER AVE.



Join Southern Oregon University and community partners for FREE exhibits, live performances, bike rodeo, art, food trucks, and more, all in celebration of Earth Day!

APRIL 19, 3:30 - 7:00 PM







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by hand, with heart

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April 26, 9am-12pm & 6pm-7:30pm

April 27, 9am-1pm & 6pm-7:30pm

April 28, 9am-1pm

Co-op Classroom 300 N. Pioneer Ashland, OR 97520

Join Midori Uehara, owner of Mido's Miso, PNW's only certified koji instructor and miso sommelier, for a three-day Miso and Koji Workshop. Learn how to create this versatile and medicinal product from start to finish.



Hazy IPA.

Cammamu All Products

OFF



of smooth and juicy dark fruit flavors in this Washington Cab.





100% natural

THALASSA SEA

SALT SOAP

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100% natural

Argan Horsetail

Shampoo

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