



SALE FLYER | JANUARY 14 TO 20, 2026

ASHLAND  
FOOD CO+OP  
EST. 1972

20%  
OFF

Johansen Farm  
Navel Oranges  
4lb bag



## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC  
Cosmic Crisp Apples  
Washington

**\$1.89**  
lb  
SAVE \$1.10/lb



ORGANIC  
Grapefruit  
All Varieties  
California

**20%**  
OFF



ORGANIC  
Blueberries  
Pint Containers  
Peru

**\$5.95**  
ea  
SAVE \$3.00/ea



ORGANIC  
Clementine Mandarins  
California

**20%**  
OFF



ORGANIC  
Cabbage  
Green & Red  
California

**99¢**  
lb  
SAVE \$1.00/lb



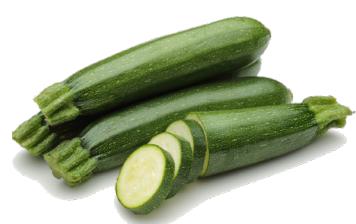
ORGANIC  
Lage Hass Avocados  
Mexico

**\$1.99**  
ea  
SAVE \$0.50/ea



ORGANIC  
Red Bell Peppers  
Mexico

**\$1.99**  
lb  
SAVE \$2.00/lb



ORGANIC  
Zucchini  
Mexico

**\$1.99**  
lb  
SAVE \$1.00/lb



**Stahlbush Island Farms****Strawberries**

10 oz. • Sustainably grown in the USA

**2/\$8**

SAVE \$1.29 on 2!

**Deep Indian Kitchen**  
**Veggie Masala**  
**Dumplings**

7.8 oz.

**\$5.49**

SAVE \$1.30



## coop deals



## coop deals

**Bellwether Farms**  
**Organic Whole Milk**  
**Yogurt**

5.3 oz.

**\$1.59**

SAVE \$0.70

**Malk**  
**Organic**  
**Almond Milk**

28 oz.

**\$4.99**

SAVE \$2.30



## coop deals

**Miracle Noodle**  
**Bone Broth**  
**Noodle Soup**

7.6 oz.

**\$4.69**

SAVE \$1.20

## coop deals

**Pacific Foods**  
**Organic Soup**

32 oz.

**\$3.99**

SAVE \$1.30



## coop deals

**Cobram Estate**  
**Classic Extra Virgin**  
**Olive Oil**

12.7 oz.

**\$8.99**

SAVE \$3.30

**Equal Exchange**  
**Organic Tea**

20 bag

**2/\$7**

SAVE \$1.79 on 2!



## coop deals

**Lesser Evil**  
**Organic Popcorn**

4.6 oz.

**\$2.59**

SAVE \$1.60

**Organic**  
**Raw Cashew Pieces****\$5.49 lb**

SAVE \$1.00/lb

**Equal Exchange**  
**Organic Dry**  
**Roasted Almonds**

No Salt

**\$10.99 lb**

SAVE \$2.00/lb

**Cafe Mam**  
**Organic**  
**French Roast****\$12.99 lb**

SAVE \$3.00/lb

**Organic**  
**Sunflower Seeds**  
Unpasteurized**\$3.39 lb**



**ASHLAND**  
**FOOD CO+OP**

EST. 1972

# CITRUS SALE

January  
14 to 20

20%  
OFF

Discount taken  
at the register

# Citrus Primer



## Cara Cara navel

December – April

Mild Acid/Sweet  
Juicing, Fresh Eating  
Seeds: No

Likely a cross between a Washington and a Brazilian Bahia Navel. Extraordinary Cara Cara oranges boast vivid salmon-colored flesh. Some describe its balanced flavor as a perfect blend of tangerine and grapefruit; others note a mild strawberry to cranberry-like finish. Size varies from small and medium to large. Great for eating fresh. It was discovered in Valencia, Venezuela.



## African Shaddock pummelo

December – March

Moderate Acid  
Sweet  
Seeds: Few to Many

Resembling a grapefruit, African Shaddock is the largest fruit in the citrus family. Pale green to yellow skin when ripe, Shaddock is pebbled with many small oil glands. A light-red, white, or pink interior is complex and meaty with a pleasant, subtly sweet grapefruit flavor. There is a substantial, cotton-like pith that is white, spongy, and inedible underneath the thick rind, making peeling a bit laborious.



## Fremont mandarin

December – April

Medium Acid  
High Sugar  
Fresh Eating  
Seeds: Moderate  
Easy Peeling: Yes

Fremont is medium in size, flat on top and bottom (oblate) with a bright reddish-orange and medium-thick rind. Deep-orange tender flesh is juicy, rich and vibrant. The fruit retains quality exceptionally well past maturity.



## Mango valencia

December – March

Sub Acid  
Mild Sweetness  
Seeds: Few

This variety delivers a delicate sweet flavor with a vanilla finish that tastes like a mango. Originating in northern Africa near the Mediterranean, this is a great citrus option for avoiding acidic foods and visually appealing with a soft, pink ring around the outside of the flesh.



## Minneola tangelo

January – April

Medium Sugar  
Slight Bitterness  
Great for Fresh Eating, Juicy  
Seeds: Few

Hybrid of a Duncan grapefruit and a Dandy mandarin. Juicy, orange-colored flesh. Nicknamed "The Honeybell" due to its bell shape, this large-sized fruit is juicy with orange-colored flesh that's rich, sweet and tart. Its flavor is described as traditional orange with a touch of tangerine. It's the most popular of all tangelos.



## Moro blood orange

February – May

Baking, Juicing, Snacking  
Seeds: Minimal  
Easy Peeling: No

Moro blood oranges are known as the "connoisseur's citrus." This orange is originally from Sicily and is very common throughout Italy. The Moro has a dark burgundy color rind and a deep red internal color. The flavor is unequalled, ranging from sweet to tart with berrylike overtones. Striped-red-orange to dark burgundy flesh, seedless. Tastes of raspberry, plums and pomegranates.



## Sweet lime

November – December

Low Acid/Mild  
Fresh Eating, Baking, Juicing  
Seeds: No  
Easy Peeling: No

Hybrid of Mexican lime and a Sweet lemon or citron. AKA Palestine lime/Persian lime/Indian Sweet lime. Sweeter than ordinary limes, this versatile fruit is excellent for sweet limeade, for tossing into a winter fruit salad, or for toning down cocktails in place of more sour limes. Popular in Middle Eastern, Latin American, and Indian cooking, they are used for their juice and utilized as a sweet flavoring agent. The skin is smooth and thin, and it is a perfect lime for folks who cannot have high acidity fruits. Sweet Limes have many medicinal health properties as well.

## LAND & SEA



Organic Smart Chicken  
Tenderloins

**\$9.99** lb  
SAVE \$2.00/lb



Premium  
Raw Peeled &  
Deveined Shrimp  
21/25 Count

**\$9.99** lb  
SAVE \$5.00/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!



## LAND & SEA



Applegate Naturals  
Sunday Bacon • 8 oz.  
**\$5.99**  
SAVE \$1.30



Applegate Naturals  
Breakfast Sausage  
Links  
All Varieties

**\$4.99**  
SAVE \$2.00



## CO-OP BASICS



Smart Chicken  
Drumsticks  
**\$2.49** lb



Field Day  
Organic Refried  
Pinto Beans  
16 oz.

**\$1.49**



## ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen  
Made to Order  
Bombshell Coffee  
16 oz.  
**\$3.45**  
SAVE \$1.50



## ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen  
Grab N Go  
Spinach  
Artichoke Dip  
**\$10.95** lb  
SAVE \$2.00/lb



Natural Factors  
Tangy Orange  
Vitamin C Fruit  
Chews  
90 count

**\$13.29**



Field Day  
Organic Long Grain  
White Rice  
2 lb.  
**\$4.99**



Field Day  
Organic Garlic  
Cilantro Salsa  
16 oz.  
**\$3.99**



## WELLNESS



# HELLO SHOPPERS!

The Co-op will be closing early on Saturday, January 17th for our Staff Party.

**AFC Kitchen closing at 4PM**

**Store closing at 5PM**

**everyday deal**

Buy \$100 worth of

**wellness products**

**GET 10% OFF**

**Solaray Magnesium Glycinate**  
Bone-Muscle-Relaxation  
120 vcap

**\$19.99**

**BUY ONE GET ONE!**

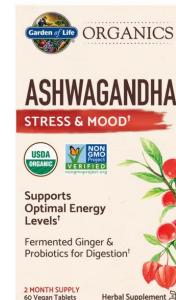


**Garden Of Life Ashwagandha**  
Stress & Mood

60 tab

**\$15.99**

**SAVE \$11.00**



**Barleans All Products**

**20% OFF**



**Shikai Borage Therapy**  
Dry Skin Lotion

1 oz.

**\$2.99**

**SAVE \$0.80**



**Natural Factors Theracurmin**  
Healthy Inflammatory Response

60 vcap

**\$17.49**

**SAVE \$5.50**



## BRUCE'S PICKS

**Domaine Brunet Chinon**

750 ml

Nice example of Loire Valley Cabernet Franc, with juicy fruit up front, followed by a rustic, earthy, herbal finish.

**\$15.99**



**Femina Etna Bianco**  
750ml

100% Carricante grown in the black volcanic soils of Sicily, 2,100ft elevation, terraced vineyard. Miners, elegance, aromatic, bright acidity.

**\$24.99**

