



# ASHLAND FOOD CO+OP

EST. 1972

AFC's own blend of Grenache, Syrah,  
and Mourvèdre, made by the gifted  
team at Quady North.

Medium-bodied, fresh berry fruit  
flavors with notes of dark cherry.



**AFC  
GSM Blend**

750 ml

**\$19.99**

**SALE FLYER | JANUARY 28 to FEBRUARY 3**

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC**  
**Cara Cara Navel**  
**Oranges**  
California

**\$1.69** lb

SAVE \$1.30/lb



**ORGANIC**  
**Sugarbee Apples**  
Washington

**\$2.99** lb

SAVE \$1.10/lb



**ORGANIC**  
**Blood Oranges**  
California

**\$2.89** lb

SAVE \$0.30/lb



**ORGANIC**  
**D'anjou Pears**  
Oregon Grown!

**\$1.69** lb

SAVE \$0.60/lb



**ORGANIC**  
**Red & Yellow**  
**Potatoes**  
Oregon & Canada

**\$1.08** lb

SAVE \$0.91/lb



**ORGANIC**  
**Broccoli**  
California

**\$2.69** lb

SAVE \$2.26/lb



**ORGANIC**  
**Crimini & White**  
**Mushrooms**  
Canada

**\$5.95** lb

SAVE \$1.00/lb



**ORGANIC**  
**Kale**  
**All Varieties**  
California

**\$1.95** ea

SAVE \$1.04/ea



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

coop  
deals

## GROCERY

**Wildwood  
Organic Baked Tofu**  
7 oz.

**\$3<sup>79</sup>**

SAVE \$1.60



**Cascadian Farm  
Organic Berries**  
Strawberries • Blackberries  
10 oz.

**\$4<sup>49</sup>**

SAVE \$2.30



coop  
deals

**GT's  
Cocoyo Coconut  
Yogurt**  
8 oz.

**\$5<sup>49</sup>**

SAVE \$1.50



coop  
deals

**Amy's  
Pizzas**  
9.1 - 14 oz.

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

SAVE \$2.70



coop  
deals

**Angie's  
Boom Chicka Pop  
Popcorn**  
4.5 - 7 oz.

**\$2<sup>59</sup>**

SAVE \$1.70



coop  
deals

**Siete  
Kettle Cooked  
Potato Chips**  
5.5 oz.

**\$2<sup>69</sup>**

SAVE \$1.30



coop  
deals

**Westbrae Naturals  
Organic Beans**  
15 oz.

**\$2<sup>49</sup>**

SAVE \$0.80



**Alvarado St. Bakery  
Hot Dog & Burger Buns**  
13.5 oz.

**\$4<sup>89</sup>**

SAVE \$0.60



coop  
deals

**LaCroix  
Sparkling Water**  
8 pack

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

SAVE \$1.60



## BULK

coop  
deals

**Organic  
Grind Your Own  
Peanut Butter**

**\$3<sup>79</sup> lb**

SAVE \$0.50/lb



**Organic  
Walnuts**  
Halves & Pieces

**\$6<sup>99</sup> lb**

SAVE \$2.00/lb



**Cafe Mam  
Organic  
French Roast**

**\$12<sup>99</sup> lb**

SAVE \$3.00/lb



coop  
deals

**Organic  
Dry Roasted Almonds**  
No Salt

**\$10<sup>99</sup> lb**

SAVE \$2.00/lb







# WINE NOT?

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BUY 4  
or More Bottles  
SAVE 10%

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EVERYDAY  
SPECIAL

*We're excited to offer  
ROCO 12 oz. bags in the store!*



**\$14.99 EACH!**



## RISE + GRIND

*Tasting Notes:  
Roasted Peanut,  
Black Tea, Fig Syrup*

**MEDIUM ROAST**

**RISE + GRIND IS EXCLUSIVE TO  
ROCO CAFE AND AFC!**



## CAFE NINE-4

*Tasting Notes:  
Baker's Chocolate,  
Dark Caramel,  
Hickory Smoke*

**FRENCH ROAST**



## RABBIT HOLE

*Tasting Notes: Meyer  
Lemon, Butterscotch,  
Jasmine*

**LIGHT ROAST**



## PULLMAN'S RESERVE

*Tasting Notes:  
Fresh Tobacco, Brazil  
Nut, Dark Chocolate*

**DARK ROAST**



## ESPRESSO

*Tasting Notes:  
Molasses, Black  
Walnut, Cereal*

**DARK ROAST**



## PCT

*Tasting Notes: Honey,  
Tangerine Peel,  
Toasted Sesame*

**MEDIUM ROAST**



## DARK GUATAMALA

*Tasting Notes:  
Cherry, Dark  
Chocolate, Caramel*

**DARK ROAST**



## DECAF

*Tasting Notes:  
Biscotti, Sweet  
Smoked Chipotle,  
Kaffir lime*

**DARK ROAST**



## STEEP N' DEEP

*Tasting Notes: Toasted  
Malt, Baked Strawberry,  
Semi-Sweet Chocolate*

**DARK ROAST**



## LAND & SEA

coop  
deals



**Beeler's  
Boneless Pork Loin  
Chops**

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

SAVE \$2.00/lb



**Applegate Naturals  
Breakfast Sausage  
Links**

7 oz. • All Varieties

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

SAVE \$2.00

**ASHLAND  
FOOD CO+OP**

EST. 1972

**Co-op Kitchen  
Made to Order  
London Fog**

16 oz.

**\$3<sup>95</sup>**

SAVE \$1.00



**Organic  
Smart Chicken  
Boneless Skinless  
Breast**

**\$9<sup>99</sup> lb**

SAVE \$2.50/lb



**Roli Roti  
Butcher's Organic  
Bone Broth**

24 oz. • All Varieties

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

SAVE \$2.00



**ASHLAND  
FOOD CO+OP**

EST. 1972

**Co-op Kitchen  
Grab N Go  
Caesar Dressing**

12 oz.

**\$5<sup>50</sup>**

SAVE \$2.00



## 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!

coop  
basics

## CO-OP BASICS

coop  
basics



**Emerald Hills  
Ground Beef**

Not to exceed 20% fat

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



coop  
basics



**Field Day  
Organic Long Grain  
White Rice**

2 lb.

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



coop  
basics



**Field Day  
Organic  
Diced Tomatoes**

15 oz.

**\$1<sup>99</sup>**



coop  
basics



**Field Day  
Apple Cinnamon  
Cereal Bars**

7.8 oz.

**\$2<sup>99</sup>**

coop  
basics



**Field Day  
Green Pitted Olives**

6 oz.

**\$2<sup>99</sup>**





## Proud Sponsor of the 43<sup>rd</sup> Annual JPR Wine Tasting

An annual celebration of community, public radio, and the bounty of our region! The evening features regional wineries, breweries, fooderies, and live music.



**Friday, February 6**  
**6 PM - 9 PM**  
**Ashland Hills Hotel**

<https://www.ijpr.org/jpr-wine-tasting>

## WELLNESS

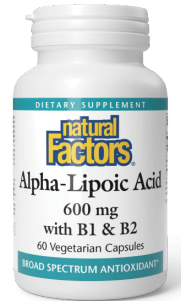
**Nuun Tri-Berry**  
Sport Hydration  
10 tab

**\$5<sup>79</sup>**  
SAVE \$1.20



**Natural Factors Alpha-Lipoic Acid**  
Broad Spectrum Antioxidant  
60 vcap

**\$17<sup>29</sup>**  
SAVE \$10.50



**Plantiva All Products**

**15% OFF**



**coop deals**

**Andalou Naturals 1000 Roses Shower Gel**  
Superfruit Antioxidants

8.5 oz.  
**\$7<sup>49</sup>**  
SAVE \$2.00



**Desert Essence 100% Pure Jojoba Oil**  
For Hair, Skin, And Scalp  
4 oz.

**\$9<sup>99</sup>**  
SAVE \$3.80



## BRUCE'S PICKS

**Domaine Cabirau Maury Sec**

750 ml  
Maury is a French AOC in Roussillon, near Spain in SW France. The wines tend to be tannic, so this 2019 is nicely aged. 70% Grenache, 20% Carignan, 10% Syrah.

**\$9<sup>99</sup>**



**Prunus Red Blend**

750ml  
Portuguese red blend with a delightful balance of floral, cherry, and dark berry. This has a supple and delicate expression, yet wonderful complexity.

**\$14<sup>99</sup>**

