



**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



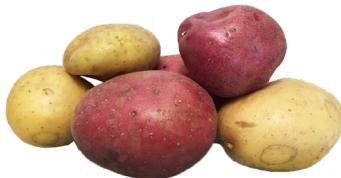
**ORGANIC**  
Blood Oranges  
California

**\$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





# GROCERY

**Wildwood**  
Organic Baked Tofu  
7 oz.

**\$3.79**  
SAVE \$1.60



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

**\$4.49**  
SAVE \$2.30



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

**\$5.49**  
SAVE \$1.50



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

**\$8.99**  
SAVE \$2.70

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

**\$2.59**  
SAVE \$1.70



**Westbrae Naturals**  
Organic Beans  
15 oz.

**\$2.49**  
SAVE \$0.80



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

**\$4.89**  
SAVE \$0.60



**LaCroix**  
Sparkling Water  
8 pack

**\$3.99**  
SAVE \$1.60



## BULK



**Organic**  
Grind Your Own  
Peanut Butter

**\$3.79**  
lb  
SAVE \$0.50/lb

**Organic**  
Walnuts

**\$6.99**  
lb  
SAVE \$2.00/lb

**Cafe Mam**  
Organic  
French Roast

**\$12.99**  
lb  
SAVE \$3.00/lb



**Organic**  
Dry Roasted Almonds  
No Salt

**\$10.99**  
lb  
SAVE \$2.00/lb





# WINE NOT?

---

BUY 4  
or More Bottles  
SAVE 10%

---

## 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

**\$5.99**  
lb  
SAVE \$2.00/lb



Organic  
Smart Chicken  
Boneless Skinless  
Breast

**\$9.99**  
lb  
SAVE \$2.50/lb



Applegate Naturals  
Breakfast Sausage  
Links

7 oz. • All Varieties

**\$4.99**  
SAVE \$2.00



Roli Roti  
Butcher's Organic  
Bone Broth

24 oz. • All Varieties

**\$7.99**  
SAVE \$2.00

coop  
deals

## HOUSE-MADE

ASHLAND  
FOOD CO+OP

EST. 1972

Co-op Kitchen  
Made to Order  
London Fog

16 oz.

**\$3.95**  
SAVE \$1.00



ASHLAND  
FOOD CO+OP

EST. 1972

Co-op Kitchen  
Grab N Go  
Caesar Dressing

12 oz.

**\$5.50**  
SAVE \$2.00



## CO-OP BASICS

coop  
basics



Emerald Hills  
Ground Beef

Not to exceed 20% fat

**\$7.99**  
lb  
SAVE \$2.00



coop  
basics



Field Day  
Organic  
Diced Tomatoes  
15 oz.

**\$1.99**

coop  
basics



Field Day  
Apple Cinnamon  
Cereal Bars  
7.8 oz.

**\$2.99**

coop  
basics



Field Day  
Organic Long Grain  
White Rice

2 lb.

**\$4.99**



Field Day  
Green Pitted Olives  
6 oz.

**\$2.99**



## 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



## 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**

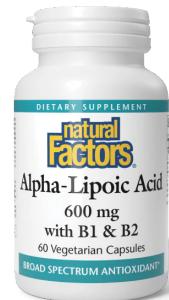
<https://www.ijpr.org/jpr-wine-tasting>

## WELLNESS

**Nuun**  
**Tri-Berry**  
Sport Hydration  
10 tab  
**\$5.79**  
SAVE \$1.20



**Natural Factors**  
**Alpha -Lipoic Acid**  
Broad Spectrum Antioxidant  
60 vcap  
**\$17.29**  
SAVE \$10.50



**Plantiva**  
**All Products**

**15% OFF**



coop deals

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

8.5 oz.  
**\$7.49**  
SAVE \$2.00



coop deals

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

**\$9.99**  
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.

**\$9.99**



**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.

**\$14.99**

