



**ASHLAND
FOOD CO+OP**

EST. 1972

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THE BEET

THE BEET

Autumn Issue

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TABLE OF CONTENTS

FROM THE BOARD	5
OUT OF THE ASHES	6
OSHALA FARM	8
EVENTS	10
COMMUNITY GRANTS	12
CHANGE FOR GOOD	14
DONATIONS & SPONSORSHIPS	16
PEAK SEASON	20
APPLE RECIPES	22
FRIENDS OF THE ANIMALS (FOTAS)	25
BODHI'S BISCUITS	26
WINTER WELLNESS	28
DEBORAH COSTELLA - LOCAL CHEF	30
EASY FRENCH CASSOULET	31
FROM THE CO-OP BUTCHER BLOCK	32
TRACY'S SEAFOOD CHOWDER	33
IN MEMORY OF WILLIAM	36

FOLLOW US!

See the latest photos and videos highlighting
the best of Ashland Food Co-op

@ashlandfoodcoop



FROM OUR NEW GM

Thirty-one autumns ago,

I began my journey at the Ashland Food Co-op. Over the years, from stocking produce and managing store operations to stepping in twice as Interim General Manager, I have watched the Co-op grow into what it is now.

Today, I am deeply honored to step into the role of General Manager. While my title may be new, my commitment to our staff, local purveyors, and customers remains as grounded as ever.

Autumn in the Rogue Valley has always felt like a homecoming. There is a palpable shift in energy as crisp morning air fills the Co-op, signaling peak harvest time.



Barry Haynes, General Manager

Our produce department is overflowing with regional abundance: vibrant, farm-fresh local greens like kale, chard, and spinach, alongside hearty winter squash and sweet root vegetables grown right here in Southern Oregon. Shopping local during harvest isn't just a seasonal ritual; it's the economic lifeline that keeps our regional food system resilient.

That resilience was put to the test this summer when our long-time partner, Oshala Farm in the Applegate Valley, suffered a devastating fire that destroyed their drying barns and processing infrastructure. Oshala has supplied our community with organic medicinal and culinary herbs for years. In true co-op spirit, when one of our local food heroes faces a crisis, we stand right beside them. The fields survived, and as they begin the hard work of rebuilding, we are proud to continue supporting their harvest and helping them restore what was lost.

As we move into the cooler months, I encourage you to join us for our upcoming autumn events, tasting demos, and educational workshops designed to celebrate local food and connection.

Whether you've been shopping here since 1972 or joined us just last week, thank you for nourishing this co-op. I look forward to leading us into this next chapter together, one local farm, one harvest, and one shared connection at a time.

A handwritten signature in black ink, appearing to read 'B Haynes', with a long, sweeping horizontal line extending to the right.

ASHLAND FOOD CO+OP

Board of Directors



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President



ELIZABETH WALSH

Vice-President



KATHRYN KAVANAGH

Secretary



EVAN ARCHERD

Treasurer



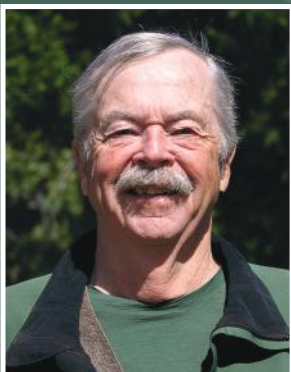
ABBY LAZEROW

Board Administrator



JOANNA WNOROWSKI

Director



CHARLIE DOUGLASS

Director



KELDA VATH

Director



JAMES PAGLIASOTTI

Director

FROM THE BOARD



As summer eases into autumn,

I'm struck by that familiar wonderment, the thrill of new beginnings, and the advent of the cozy. There's a unique rhythm to this time of year: the deep, collective sigh as fire season relents, and a natural inclination to start turning inward, which paradoxically arrives just as the calendar begins to fill. I feel the pace of life accelerating in a dash toward the holidays and winter, creating a strange but beautiful tension between the desire for quiet and the pull of commitments.

Autumn is a season of beginnings and endings. The school year kicks off, and with it an opportunity to create new routines. Peaches begin to disappear from the shelves (farewell, sweet Rolling Hills peaches!). And for me, this year marks something new: my first term as an elected AFC Board Director. Thank you for that trust.

I'll admit I come to this role as a newbie to the cooperative world. But the more I learn about cooperative philosophy and principles, the more I find myself embracing and identifying with the "Co-operator" salutation in my AFC emails. There's something grounding about being part of a community committed to doing good, to creating and sustaining something meaningful together. It feels less like an abstract ideal and more like a daily choice we're all making.

I start this term with genuine curiosity and openness. I'm here to listen, learn, and contribute what I can. Growth and change come with any new beginning, and I'm ready for both. I hope you'll bring that same spirit to our collective table as we move through autumn and beyond as co-operators together.

Kelda Vath
Ashland Food Co-op Board Director

BOARD OF DIRECTORS MEETING SCHEDULE

Board meetings are held on the second Wednesday of each month at 6pm, except in July and December. Owners can attend in person at 300 Pioneer Street or join virtually.

The meeting agenda is posted the Friday before each meeting on the Board Bulletin Board to the right of the Information Desk, next to the Suggestion Board. Owners on the Co-op's mailing list will also receive the agenda and virtual meeting link by email.

UPCOMING BOARD MEETINGS

- October 14, 2026
- November 11, 2026
- **No Board Meeting in December**
- January 13, 2027
- February 10, 2027
- March 10, 2027

OUT OF THE ASHES: OSHALA FARM RISES AGAIN

By Evan Archerd, Co-op Board of Directors

AN ICONIC APPLGATE VALLEY HERB FARM FACES LOSS, RESILIENCE, AND A COMMUNITY DETERMINED TO HELP IT RECOVER AND REBUILD.

Stretching across nearly 290 acres along Highway 238 in the Applegate Valley, Oshala Farm has long been more than a patchwork of fields. It is a certified organic, family-owned operation that grows more than 80 varieties of culinary and medicinal herbs using regenerative farming practices.



Evan Archerd Elise Higley, Oshala Farm and Kathryn Kavanagh, Board of Directors

As the second-largest producer of organic herbs in the United States, Oshala has built a national reputation while remaining deeply rooted in the Southern Oregon region, providing employment for more than 60 members of the local community.

On the afternoon of Monday, July 6, 2026, a devastating fire tore through the farm. Driven by high winds and hot, dry conditions, the inferno destroyed nearly all of the farm's essential structures, including a dryer barn, storage barn, secondary dryer, employee area, mechanic shop, coolers, processing equipment, and much of the harvested herb inventory.

But amid great loss, there was relief: every member of the Oshala team and all of the farm's animals made it to safety. The fields themselves also survived. But while the living crop remained, the infrastructure needed to harvest, dry, process, and store those herbs was largely gone. Perhaps even more devastating, the fire incinerated all of the farm's seed stock.

In the days that followed, help landed from across the region. Neighboring farms, local residents, and partners throughout the herbal industry offered equipment, labor, donations, and encouragement. Thanks to that extraordinary generosity, Oshala has returned to harvesting and drying herbs even as the long process of rebuilding begins.



Fundraising efforts have already brought in more than \$300,000, an outpouring of giving that reflects the farm's importance to the community and to the wider herbal trade. Still, the total loss is expected to exceed \$2 million. Insurance proceeds may provide additional support, but those funds take time to arrive, leaving immediate needs still urgent.

For many in Southern Oregon, Oshala's tragedy is a bitter déjà vu. The terror and trauma of wildfire are still vivid for thousands of our community members who lost homes and businesses in the Almeda Fire in September 2020. For many, support for Oshala is not only an act of generosity, it is an expression of solidarity from a region that understands what it means to face devastation and rebuild again.

The Ashland Food Co-op is honored to join the thousands of individuals and organizations contributing to Oshala's recovery. The Co-op Management and Board of Directors have approved a \$5,000 donation to assist the rebuilding of the farm.

The Co-op looks forward to the farm's full recovery and return as a valued supplier to our grocery store.

TO CONTRIBUTE TO THE RECOVERY GO TO:

oshalafarm.com/shop/fire-relief-donation

OUT OF THE ASHES

A MESSAGE FROM JEFF

IN HIS OWN WORDS, JEFF, WHO OWNS OSHALA FARM WITH HIS WIFE ELISE, DESCRIBES WHAT THE FIRE TOOK AND WHAT IT COULDN'T TAKE.

The night of the fire I woke up with a start in the middle of the night remembering all the seed was in the storage barn. More than a decade of seed saving, breeding, on top of decades more before me. Genetics passed down from our mentors and elders, those that walked before us on this path of growing botanicals. The reality of the loss kept me up in bed, worried about what that meant for the future of the farm. Because what is a farm without seed?

Elana and Kendra answered the call, and the Monday after the fire we stood around the corner of the storage barn where the seed had been stored. Elana herself first started as the person responsible for seed to seed, ensuring that all of our greenhouse work is on time and seeding is happening as it should, and then wrapping around and saving our seed for the years to come. As we stood around the ashes, we noticed that thousands and thousands of baby plants were sprouting in the corner, where we had stored the seed.

Elana and Kendra answered the call, and the Monday after the fire we stood around the corner of the storage barn where the seed had been stored. Elana herself first started as the person responsible for seed to seed, ensuring that all of our greenhouse work is on time and seeding is happening as it should, and then wrapping around and saving our seed for the years to come. As we stood around the ashes, we noticed that thousands and thousands of baby plants were sprouting in the corner, where we had stored the seed. Having gone through the fire, and watered from the fire suppression, and exposed to a week of Applegate sunshine, the seeds were germinating!

These seed fairies and their darling children have been coming every week, buckets and wagons in tow, working with myself and the farm team to time all the seed that is ripe. We are forever lucky that the fire happened when it did in the season, when the plants were full and lush in the fields, and we could seek and select the seed we want, list of needs in hand, knowing how important it is this year more than any other in recent past.



One afternoon, passing the field where the seed harvesters were at work, Jeff describes this moment:

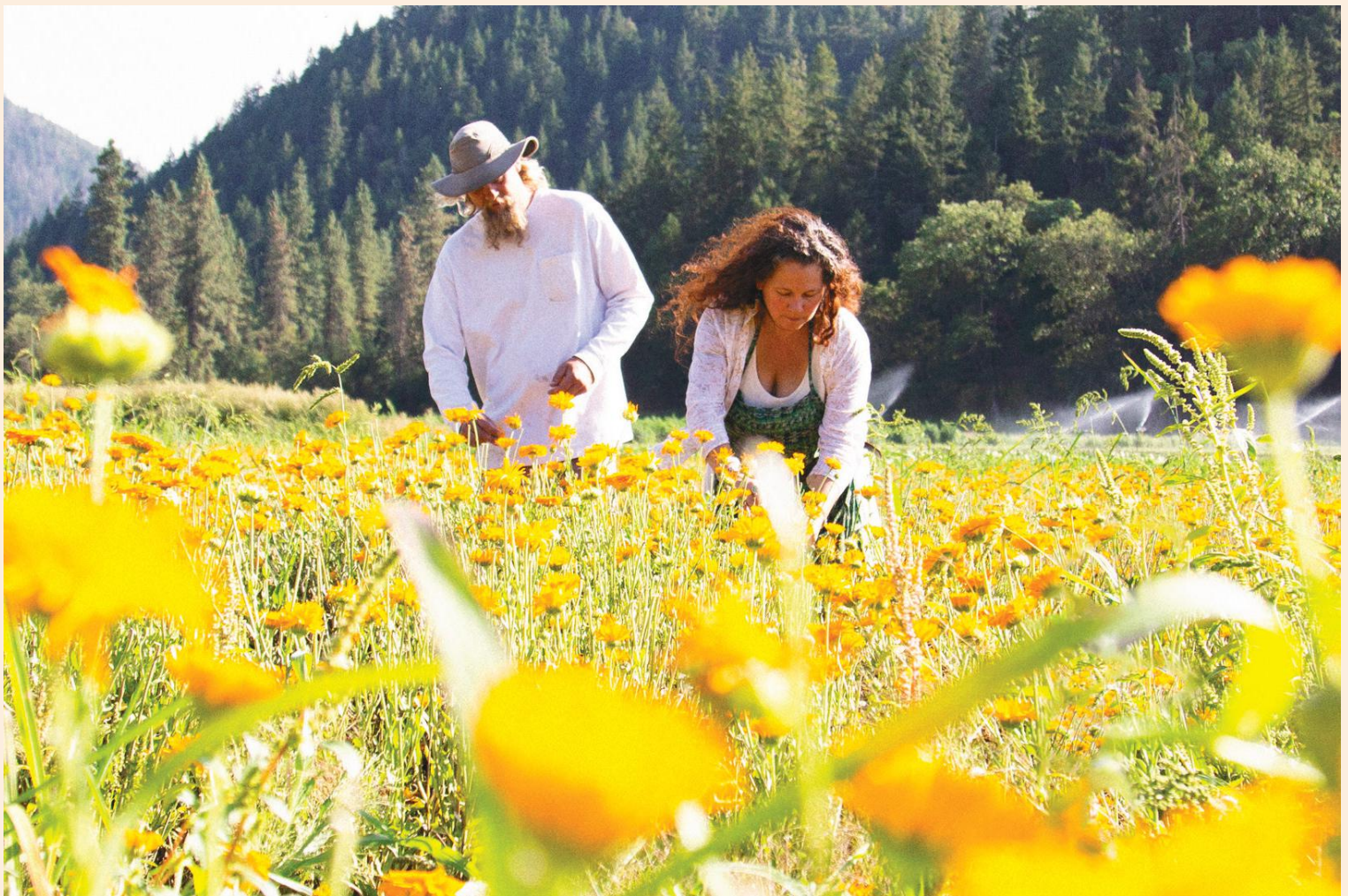
Watching as at 2 years old our youngest seed saver is using his whole heart and spirit to shake the large mullein stalk into the bucket like his mother, whether intentionally or not seemingly both saving seed and planting seeds within himself in one action, unknowingly sowing the seeds of a future herbalist or maybe even a future herb farmer deep within. My thoughts drift to just how powerful that seed will be, and just how strong that medicine.

Oftentimes herb seed is difficult to germinate. It requires stratification, tricking the seed into thinking it has survived a winter by putting it in the fridge, for instance. Herb seeds are also notorious for being intermittent germinators, meaning even when planted in perfect conditions, not all seeds will sprout at the same time, but rather germinate sporadically over weeks, months, and sometimes even years. Some seed has become codependent on fire, needing to be stratified by the heat of wildfire to trigger its emergence, the first plants on a newly burned landscape.

Each and every one of you have planted a seed into Oshala Farm and its recovery. We are starting to see some of those seeds germinate. However, we know that many may lie dormant for years, waiting for the right conditions to finally break free from the soil.

Jeff and Elise, along with the whole Oshala team, are still rebuilding. If you'd like to help, you can donate directly at oshalafarm.com/shop/fire-relief-donation (a \$25 minimum applies at checkout), or give any amount through their GoFundMe.

oshalafarm.com/one-month-after-the-fire-what-is-a-farm-without-seed/



COMMUNITY EVENTS

FOTAS BLOCK PARTY

**HOT DOGS &
COLD HOPS
A STREET
BLOCK PARTY**

October 4th | 4-7PM

A Street, Ashland

Come find us on A Street where we'll have free samples for your furry friends!

October 22nd to November 5th

Ashland Food Co-op

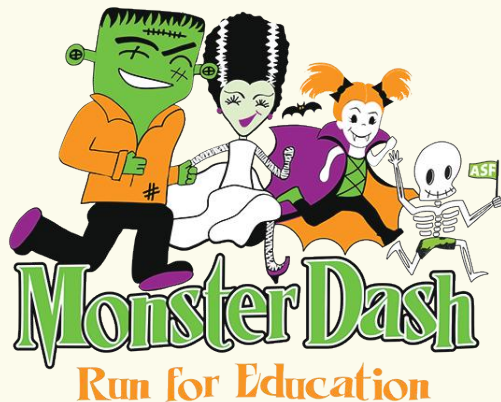
We will be collecting items in the black baskets in front of the store for UNETE Center for Farmworker Advocacy during this time.

A community ofrenda will be up, add photos of your loved ones who have passed on and learn about this beautiful Mexican tradition.

DIA DE MUERTOS



18TH ANNUAL MONSTER DASH



Saturday, October 24, 2026

Lithia Park

The Monster Dash supports grants in the Ashland Public Schools, and YOU (and your family, and friends, and neighbors...) can help us make this year's Monster Dash bigger than ever. Get ready for a ghastly good time! Monster Activity Village in Lithia Park on race day, 9am to 12:30pm. This is the perfect place for racers and non-racers alike to come together and enjoy FREE Halloween-themed crafts, games, entertainment and more.

Stop by the Co-op booth and make your own trail mix!

October 17th, 1- 5 pm

Downtown Ashland & Lithia Park

Our signature day of Pride returns with a colorful downtown parade followed by a vibrant, community-centered festival. Expect live entertainment, local vendors, family-friendly activities, and plenty of opportunities to celebrate who we are.

SOPRIDE 2026

SOPRIDE
... so proud

CO-OP CLASSROOM

EVENTS

Saturday, November 7 | 12-3PM
Victoria Sofitel, Owner of YES! Bakery
\$130 Owners | \$135 Community

Learn to bake beautiful artisan sourdough without gluten using Victory's proprietary flour blend, thoughtfully crafted to be naturally rich in protein and fiber. In just one afternoon, you'll experience the flavor, texture, and ritual of traditional sourdough while creating nourishing loaves you'll be proud to share. This immersive, hands-on workshop is more than a baking class—it's the beginning of a lifelong practice.

ARTISAN GLUTEN-FREE SOURDOUGH BOULE WORKSHOP



WINTER WELLNESS: HERBAL PREPARATIONS FOR THE COLD SEASON



Saturday October 17th, 12-2PM
Holly Hawthorn, Clinical Herbalist
\$35 Owners | \$40 Community

Prepare for the winter season with practical herbal remedies to support immune health and soothe common cold-weather complaints. In this hands-on workshop, participants will learn about herbs traditionally used to promote resilience and comfort during the colder months, including remedies for sore throats, congestion, coughs, and overall wellness. Together, we will prepare simple herbal products in the kitchen and discuss how to safely incorporate them into a home apothecary. Leave with handcrafted remedies and the confidence to support yourself and your family throughout the winter season.

The Ashland Food Co-op is delighted to invite the community to our beloved Annual Cookie Decorating Party on Saturday, December 12th, a sweet celebration that supports a meaningful cause. This festive, family-friendly event doubles as a food drive benefiting our neighbors at the Ashland Community Food Bank.

ENTRY IS FREE, but we warmly encourage participants to bring a nonperishable food donation to help stock the shelves of the Food Bank. Every can, box, or bag donated makes a difference for families facing food insecurity in our community during the holiday season.

ANNUAL COOKIE PARTY!



Our Community Grants funding program has been giving back to our community for more than two decades. Each year, the Ashland Food Co-op's Board of Directors sets aside a percentage of sales from the previous year into a Cashflow Driven Investment (CDI) which, with the help of our friends at Twin Pines, allows this fund to benefit even more community-driven projects.

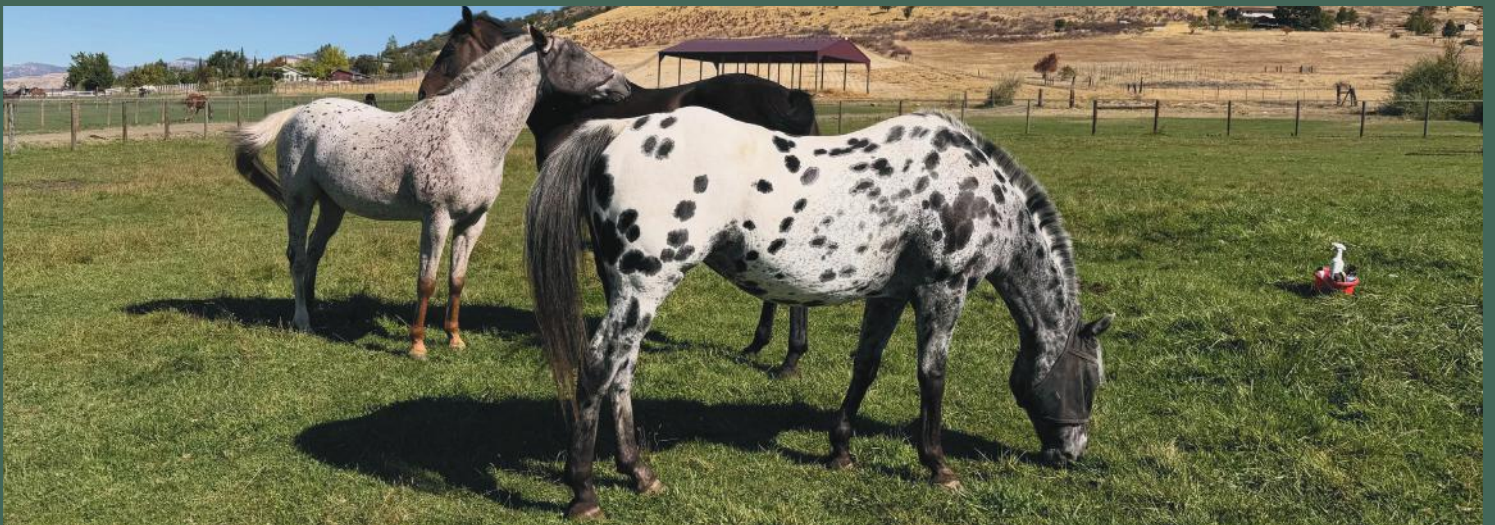
These funds support local projects that align with the Ashland Food Co-op's stated vision of enhancing health and enriching the community while promoting our mission to provide education about food, environment, nutrition, health, and culture. These local organizations are the heartbeat of our community, and we are proud to contribute these grants to assist in funding projects that are either already in the works or ready to get funded. In 2026, we proudly donated **\$41,000** to **21** area nonprofit organizations doing excellent work within our community.

- Cave Junction Farmers' Market
- The Motherline
- St. Vincent de Paul Ashland/Talent
- Talent Maker City
- Empowered Arts Ensemble
- RV Art Association
- Cascade Girl
- Ashland New Plays Festival
- Anima Mundi Productions
- Willowdale Ranch





- Siskiyou Field Institute
- A Greater Applegate (ENVIRO PROJECT)
- Equamore Foundation
- Cave Junction Farmers Market
- Rogue River Food Garden
- Golden Rule Re-entry
- Peace House
- SO Jobs with Justice
- Octavia's Options
- Bellview Elementary PTO
- Parker House
- Multicultural Association of Southern Oregon: KSKQ Community Radio





CHANGE FOR GOOD ROUNDS UP REGISTER PURCHASES TO SUPPORT A DIFFERENT LOCAL NONPROFIT EACH MONTH.

This quarter's recipients are:

- Ashland High Arts Advocates in October,
- Lomakatsi Restoration Project in November
- Rogue Valley Food System Network in December

SO FAR IN 2026, SHOPPERS HAVE RAISED **\$50,758.53** FOR LOCAL CAUSES.

OCTOBER: ASHLAND HIGH ARTS ADVOCATES

Ashland High Arts Advocates is a 501(c)(3) nonprofit that has spent three decades building equity in K-12 arts education across a 100-square-mile region of Southern Oregon centered on Ashland. Through partnerships with donors and its annual Winter Fine Arts Festival, AHAA funds arts programs, teachers, and students in public schools and the wider community.

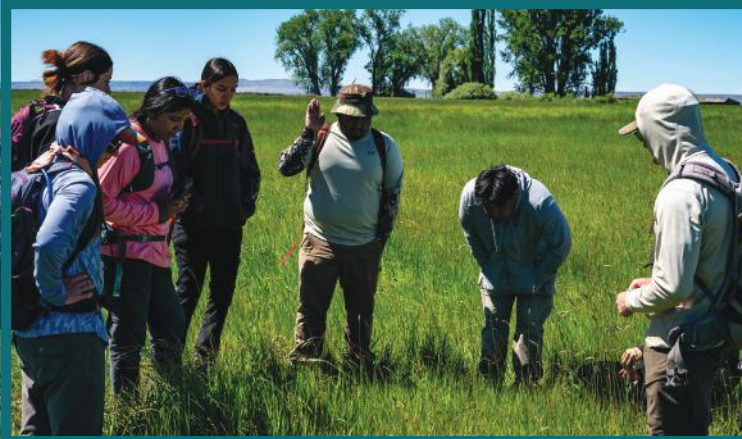
AHAA was founded to make the arts accessible for K-12 students, especially those who are low-income, have specific needs, or come from underserved populations. Its programs include the SAM (Student Arts Mentorship) Project, classroom arts projects, artists in residence, arts clubs, summer camps, exhibitions and performances, and support for low-income students in arts competitions.



NOVEMBER: LOMAKATSI RESTORATION PROJECT

Lomakatsi Restoration Project is a nonprofit, grassroots organization restoring forests and watersheds throughout Oregon and northern California. Since 1995, Lomakatsi has partnered with local, state, and federal agencies, tribes, community members, and others to restore thousands of acres of forest and miles of streams.

The organization's work reduces wildfire risk while creating healthier landscapes and safer communities. Along the way, Lomakatsi creates hundreds of living wage jobs and supports rural economies by delivering restoration byproducts, including small diameter trees and biomass, to local mills. The project also layers in education, tribal partnerships, and workforce training, always looking for new ways to give back to Oregon's communities and land.



DECEMBER: ROGUE VALLEY FOOD SYSTEM NETWORK

Formed in 2013, the Rogue Valley Food System Network fosters connections that promote equitable food access, sound agricultural practices, and economic vitality. The organization works toward a visible, engaged, and vibrant local food system through three goals: education, sharing what it learns with partners and the public; collaboration, building shared leadership across the region's food system; and celebration, recognizing the farmers, food artisans, and community members who keep that system strong.

RVFSN looks at the whole picture, from growing and harvesting to distribution and waste, believing that when farmers and communities thrive, families eat well and children grow strong. Every contribution, big or small, plants a seed of hope.



DONATIONS & SPONSORSHIPS

GIVING BACK TO OUR COMMUNITY IS PART OF WHO WE ARE.

So far in 2026, the Co-op has donated to more than 75 local organizations, from schools to shelters to animal welfare groups. This is community impact at work, and it is Co-op Principle 7 in action: working for the sustainable development of our community.

Here are four of the organizations we were happy to support.

Octavia's Options

Octavia's Options serves unhoused individuals and those facing displacement in Jackson County, offering stabilization aid and essential necessities through a Housing First model. The organization partners closely with local nonprofits and mutual aid networks to help residents move toward permanent housing and self-sufficiency.

Ashland Schools Foundation

In August, Ashland Schools Foundation (ASF), which supports Ashland's public schools with programs and resources, partnered with the Co-op for a Back-to-School Supply Drive. The Co-op opened its Community Classroom so families could browse and take supplies at no charge, using their school-provided lists to stock up before the year began.

"This community space really matches the spirit of the drive," says ASF Executive Director Erica Thompson.



Rogue Valley Street Dogs

The Co-op donated a large batch of reusable grocery bags for pet and owner care packages, supporting Rogue Valley Street Dogs' work with individuals experiencing houselessness. The organization funds spay and neuter services and essential pet care to ease the effects of pet overpopulation in the Rogue Valley, working toward a community where the pets of its most vulnerable residents stay safe, healthy, and out of overcrowded shelters.

Rogue Retreat

Rogue Retreat meets people experiencing homelessness with immediate shelter and a housing-first approach, then supportive services for a successful transition back into the community. The Co-op donated a gift card to recognize Rogue Retreat's volunteers, including job coaches who help program participants build resumes, practice interviews, and grow employment skills.





JOIN TODAY!



Own a grocery store with 13,000 of your friends & neighbors!

*Come for the perks,
stay for the community*

ashlandfood.coop/become-owner

**JOIN TODAY AND
START SAVING**
BI-MONTHLY OWNER COUPONS

10% OFF

January/February

March/April

May/June

July/August

September/October

November/December



**ASHLAND
FOOD CO+OP**

IS PARTNERING WITH LOCAL
BUSINESSES TO OFFER A NEW
OWNER PERK!

Hey, local business owners! Have you heard about the Co-op's **Perks Program?**

OUR PARTNER PROGRAM
CONNECTS LOCAL
BUSINESSES WITH OVER
13,000 CO-OP OWNERS.
YOU CHOOSE THE
DISCOUNT. WE SHARE
YOUR STORY IN OUR
SOCIALS, EMAILS AND
NEWSLETTERS! WIN WIN!

SIGN UP!





**ASHLAND
FOOD CO+OP**

EST. 1972

What is Co-op Basics?

Co-op Basics offers you wellness and nutritional food at an everyday low price. Your Ashland Food Co-op carries **over 450** Co-op Basics Products!



**co+op
basics®**

Look for the logo in store
and see a full list of
products online!





Everyone is welcome to shop at the Co-op and deserves to have access to organic, healthy, and affordable foods. The Ashland Food Co-op's CAN program strives to support economically challenged Co-op owners by offering a discount to eligible families and individuals in need.

C.A.N. participants will receive an everyday 10% discount throughout the store. You must be an Ashland Food Co-op Owner and provide current enrollment documentation for one of the programs listed below (dated within a year of today's date):

- SNAP (Supplemental Nutrition Assistance Program; also known as EBT)
- TANF (Temporary Assistance for Needy Families)
- WIC (Women, Infants & Children)
- SSI (Supplemental Security Income)
- SSDI (Social Security Disability Income)
- HUD (Housing and Urban Development)
- HTBA (Home Tenant-Based Assistance)
- Section 8 Assistance
- Pell Grant Recipients
- Medicaid

SCAN ME



Enrollment is simple!

Visit our website at **ashlandfood.coop/can** or stop by the Information Desk for an application.



PEAK SEASON

AUTUMN PRODUCE

As the days grow shorter, the produce section shifts into its coziest stretch of the year.

Apples take center stage this quarter, with dozens of varieties at their peak, and they're joined by hearty roots, winter squash, and the season's first persimmons and pomegranates.

VEGETABLES

- Winter Squash
- Pumpkins
- Potatoes
- Sweet Potatoes
- Carrots
- Beets
- Turnips & Rutabagas
- Onions
- Leeks
- Broccoli & Cauliflower
- Kale, Chard, & Other Hardy Greens
- Cabbage
- Radishes

FRUITS

- Apples
- Pears
- Grapes
- Late-season Plums
- Persimmons
- Quince
- Pomegranates

APPLES TO APPLES

RACHEL'S PICKS

coop
basics

FUJI



THE FUJI IS OUR COOP BASICS APPLE. A SWEET DELIGHT OFFERED AT THE LOWEST POSSIBLE PRICE.

HONEY CRISP

A JUICY APPLE WITH A SWEET/TART FLAVOR PROFILE. THEY ARE AN EASY FAN FAVORITE.



PINK LADY



TART-FORWARD TASTE WITH A ROBUST SWEETNESS. BECAUSE OF THEIR DENSE TEXTURE, PINK LADY APPLES ARE GREAT FOR BAKING.

GRANNY SMITH

A TART APPLE THAT LENDS DEPTH TO SWEET FALL CONFECTIONS AND HAS HELD UP OVER THE YEARS AS THE PREMIER BAKING APPLE.



COSMIC CRISP

A CROSS BETWEEN A HONEYCRISP AND AN ENTERPRISE APPLE. IT IS CRISP, JUICY AND DELIGHTFULLY SWEET.



OPAL

KNOWN FOR OXIDIZING SLOWLY, MAKING IT A GOOD CHOICE FOR PRECUT SNACKS. ITS FLAVOR PROFILE IS SWEET, AND EARLY IN THE SEASON THEY ARE NICE AND CRISP.



SUGARBEE

A GORGEOUS, SWEET, EXTRA JUICY APPLE THAT WILL REMIND YOU OF FRESH PRESSED APPLE CIDER WHEN YOU BITE INTO IT.



BAKED APPLE

INSTRUCTIONS

Serves 4 | Prep: 15 min | Bake: 40-45 min

Preheat oven to 375°F.

Combine butter, brown sugar, cinnamon, and nutmeg in a bowl until smooth. Mix in oats and, if using, raisins, cranberries, or nuts.

Core each apple with a paring knife and spoon, removing the seeds. Take care not to cut through the bottom.

Set apples in an 8 or 9-inch baking dish. Fill each with the oat mixture. Pour warm water into the dish around the apples.

Bake 40 to 45 minutes, until apples are tender. Bake a few minutes longer for softer apples.

Let rest 5 minutes before serving. Spoon pan juices over the apples if desired.

INGREDIENTS

4 large firm apples (Granny Smith, Fuji, Pink Lady, or Honeycrisp), rinsed and dried

3 tablespoons unsalted butter, softened

1/4 cup packed brown sugar

1/2 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

1/4 cup old-fashioned rolled oats

2 tablespoons raisins, dried cranberries, or chopped nuts (optional)

3/4 cup warm water

SMOKY HARVEST APPLE CIDER MARGARITA

INSTRUCTIONS

Serves 1 | Prep: 5 min

If using a rimmed glass, combine cinnamon sugar and sea salt on a small plate. Run a lime wedge around the rim of the glass, then dip in the mixture.

Combine mezcal or tequila, orange liqueur, apple cider, lime juice, and maple syrup in a cocktail shaker with ice. Shake well.

Strain into the prepared glass. Garnish with apple slices, rosemary, and a cinnamon stick.

Non-alcoholic version:

Omit the mezcal and orange liqueur. For a smoky note without alcohol, look for smoked cinnamon sticks or smoked sea salt at your local spice shop, or steep the cider briefly with a smoked cinnamon stick before mixing.

Use tongs to hold the rosemary sprig a few inches above a lit stove burner for a second or two, just enough to release its aroma, then add as garnish.

INGREDIENTS

Cinnamon sugar and flaky sea salt, for the rim
2 ounces mezcal or silver tequila
1/2 ounce orange liqueur
4 ounces apple cider
Juice of 1/2 lime
1-2 teaspoons maple syrup, to taste
Apple slices, a sprig of rosemary, and a cinnamon stick, for garnish



**ASHLAND
FOOD CO+OP**
— EST. 1972 —

SPONSORED BY:



**FREE
EVENT!**



HOT DOGS & COLD HOPS A STREET BLOCK PARTY



**OCTOBER 4, 4 - 7PM
A STREET, ASHLAND**

**Live music. Beer garden. Vendors.
Food trucks. Travelers Ice Cream.**

FOTAS adoption pop-up.

Pet Halloween costumes encouraged.

*Visit the co-op booth to grab
some homemade dog biscuits
and free samples for your pup!*





Since 1991,

when Friends of the Animals (FOTAS) was established, they have been providing volunteers to help Jackson County Animal Shelter animals get adopted faster, while also improving their quality of life while they wait. Now, they are also focused on reducing the number of animals entering shelters at all.



Their strategic focus is to expand spay and neuter options to decrease "accidental litters," provide nurturing "homes-between-homes" before adoption, contribute toward pet safety, and create strong partnerships with other rescue organizations.

Throughout their 30+ years, FOTAS has also provided significant financial support to Jackson County Animal Shelter. In the past 10+ years, FOTAS donated more than \$347,000 for animal medical expenses alone. FOTAS also raises funds to provide supplies and food, and to subsidize low-cost adoption events.

FOTAS has known for years that the solution to pet overpopulation is prevention. They have been strategic in their efforts to move in that direction by adding veterinary resources to their board and staff to help facilitate expansion into a new Friends of the Animals Community Spay & Neuter Clinic. This year alone, FOTAS has performed 3,577 spay and neuter surgeries at their clinic.

Over time, FOTAS has expanded its services into the community with the creation of the Working Cats Program (fixing and relocating feral cats), and the Street Dogs Program, serving pets of homeless and low-income residents. The Working Cats Program has grown and is now operated through **Feral Cats Advocacy**. To date, more than 500 cats have been rehomed through the work of FOTAS and the FCA. The **Rogue Valley Street Dogs Program** has expanded into its own nonprofit organization and continues to grow its services.

During kitten season, FOTAS partners with other feline-rescue nonprofit organizations in our community to help an even greater number of cats and kittens, by providing these organizations with foster families and medical and spay/neuter support. This year alone, FOTAS has been able to place 85 cats and 38 dogs in their forever homes through their pet fostering program.

Visit our **Friends of the Animals Community Spay/Neuter Clinic website** for more information.

BODHI'S BISCUITS

INGREDIENTS

1 can organic pumpkin
1 cup organic creamy peanut butter
2½ cups flour
1 teaspoon salt



Bodhi Fischer, Director of Biscuits

INSTRUCTIONS

Prep: 15 min | Bake: 8-10 min

Preheat your oven to 300°F.

Mix the organic pumpkin and creamy peanut butter together until thoroughly combined.

Gradually incorporate the flour and salt into the pumpkin mixture.

Shape the dough into a smooth ball.

Using a rolling pin, roll out the dough to your preferred thickness based on the depth of your cookie cutter.

Cut the dough into desired shapes.

Bake at 300°F for 8 to 10 minutes, depending on the size of the shapes.

Allow to cool, then store in the refrigerator or a cool spot in your home.



WINTER WELLNESS

BRYAN'S TIPS

What are the top three things you recommend members do differently in their wellness routines as the days get shorter and colder?

With fewer daylight hours, getting bright natural light early in the morning helps maintain a healthy circadian rhythm and a balanced mood. Shifting toward warming, nutrient-dense foods like stews and bone broths is also excellent for supporting digestive comfort during the colder months. Finally, adjust your hydration: we tend to drink less water when we are not sweating from summer heat, but indoor heating can dry us out, making consistent fluid and electrolyte intake essential for respiratory and skin health.



Bryan Crane, Wellness Manager

Are there specific supplements or immune-support products that see a surge in interest this time of year? What do you typically tell members who ask about them?

We always see a surge in interest for vitamin D3, zinc, vitamin C, and elderberry extracts. I like to emphasize that these are tools for baseline maintenance rather than emergency quick-fixes. Vitamins and minerals work best when used to build a strong foundation of nutritional adequacy, supporting the body's natural daily defenses year-round.

What is one small, low-effort change someone could make this winter that would have a major impact on how they feel?

Add electrolyte or trace mineral drops to your morning water. Because we do not feel as thirsty in the winter, mild dehydration is common and can lead to sluggishness or dry skin. Starting the day with intentional hydration and essential minerals requires minimal effort, but it provides an immediate, noticeable boost to daily energy levels and cellular function.



Do you have a personal winter wellness ritual you rely on that members might not expect?

I am a big advocate for magnesium flake baths or foot soaks right before bed. Crisp winter air can leave our muscles feeling tight, and the holiday rush often adds extra mental stress. Soaking in magnesium helps soothe tense muscles and signals to the body that it is time for restful sleep.

IN THE CO-OP CLASSROOM

WINTER WELLNESS: HERBAL PREPARATIONS FOR THE COLD SEASON



OCTOBER 17TH | 12PM

Join instructor Holly Hawthorn (Cascadia Rooted Wellness) this October to prepare for the winter season with practical herbal remedies to support immune health, and soothe common cold-weather complaints. In this hands-on workshop, participants will learn about herbs traditionally used to promote resilience and comfort during the colder months, including remedies for sore throats, congestion, coughs, and overall wellness. Together, we will prepare simple herbal products in the kitchen and discuss how to safely incorporate them into a home apothecary. Leave with handcrafted remedies and the confidence to support yourself and your family throughout the winter season.



MEET DEBORAH COSTELLA

LOCAL CHEF



Before Deborah Costella was teaching French cooking techniques in the Co-op Classroom, she was dancing. Born in San Francisco and raised in Palo Alto, Deborah spent her early years as a ballerina before a twenty-plus year stint in Las Vegas redirected her path toward the kitchen. She has called Ashland home ever since.

Deborah brought her Easy French Cassoulet to the Classroom this fall, one of many cuisines she teaches alongside Spanish cooking, knife skills, Italian, Caribbean, and Indian. "Food and cooking bring people together," she says, "and allow us to learn from one another in tasty ways."

That philosophy carries into her business, Come Eat From My Plate, where she works as a personal chef, culinary instructor, and food writer, offering online and in-person classes for all ages and skill levels.

FIND HER CLASSES: comeeatfrommyplate.com

EASY FRENCH CASSOULET

Traditionally Cassoulet is an hours-long endeavor, but this adaptation of Jaques Pepin's French White Bean soup is just as cozy as any Autumn soup you'll encounter. This soup/stew is pork heavy so I've included options for plant-based proteins.

1 Tbsp each: unsalted butter, olive oil

1 small yellow onion, small diced

4 cloves fresh garlic, minced

**1 lb. rolled shoulder ham (Boston butt), outer skin removed
May substitute 1 lb. raw or water-packed (rinsed) tofu, jackfruit, or seitan (contains gluten)**

¾ lb. hot Italian sausage or substitute your favorite plant-based spicy sausage

4 bratwurst sausages or plant-based bratwursts

1 cup crimini or white button mushrooms, or half cup of each, rough chopped

1 ½ tsp fresh rosemary, plus more for garnish

1 large bay leaf

2 15-oz cans cannellini or white navy beans, drained and rinsed

½ cup diced tomatoes

½ to 1 cup chicken broth, may substitute vegetable broth

1 tsp Worcestershire sauce

Salt/pepper to taste

Favorite Tabasco or hot sauce

Dijon mustard

INSTRUCTIONS

Heat olive oil and butter in a large, heavy soup pot. Add onion and cook until fragrant. Add garlic, ham (or tofu) and Italian sausage; cook until golden brown. If using tofu, season with salt, pepper, and Worcestershire sauce while browning, turning occasionally.

Add bratwurst, mushrooms, half the rosemary, and bay leaf. Mix well and cook another 3-5 minutes.

Stir in beans, tomatoes, and broth. Season with salt and pepper, bringing the mixture to a boil. Reduce heat and simmer 15-20 minutes. If the stew becomes too thick for your taste, add additional broth. Taste for seasoning.

When ready to serve, remove bay leaf. Ladle soup into individual serving bowls and garnish each with chopped rosemary, hot sauce, and mustard.

Serve with fresh, warm baguette and a glass of your favorite Chardonnay. Serves 4.

FROM THE CO-OP BUTCHER BLOCK



Derek Shilts, Meat & Seafood Manager

STOP BY THE MEAT & SEAFOOD DEPARTMENT AND YOU'LL FIND MORE THAN WHAT'S IN THE CASE.

Our team preps a rotating selection of ready-to-cook items using meat you already trust: Emerald Hills Beef, raised right here locally, plus Prairie Fresh Pork and Smart Chicken. Everything's seasoned, stuffed, or portioned by hand, so a good dinner takes a lot less work on your end. Some department favorites right now are the stuffed Cornish game hen, seasoned chicken breast in two flavors, seasoned country-style spareribs, and chicken fajitas, all ready to go from the case to your pan. Easy weeknight meal, meat you can feel good about.



OUR SEAFOOD STANDARDS

- Wild caught, fresh Alaskan seafood, whenever possible
- Zero sodium tripolyphosphate (STPP) in any seafood we carry
- Columbia River Steelhead, rated Best Choice by the Monterey Bay Aquarium's Seafood Watch program
- Processed within hours of harvest for peak freshness



TRACY'S SEAFOOD CHOWDER

This cozy recipe is a family favorite for cool fall evenings! It is perfect for entertaining guests, as it can gently simmer on the stove while everyone arrives. The fragrant herbs and light touch of lemon fill the house with inviting warmth.

INGREDIENTS

Seafood & Vegetables

8 oz fresh salmon
8 oz scallops
8 oz cod fillet
1 lb wild shrimp (peeled and deveined)
1 lb fresh clams (or 1 can of clams)
1 lb red potatoes, cut into small cubes
1 lb cremini mushrooms, thinly sliced
2 ears of fresh corn cut from the cob or 1 lb of frozen corn
Liquids & Dairy
4 cups whole milk
2 cups heavy cream
½ cup clam juice
¼ cup good white wine (Co-op Branded Sauvignon Blanc works wonderfully!)
Herbs, Spices & Flavorings
2 tsp salt
1 tsp fresh cracked pepper
2 tsp red pepper flakes
1 sprig fresh tarragon
¼ cup chopped Italian parsley
Zest of 1 lemon

Garnish & Serving

1 cup shredded Parmigiano-Reggiano (or parmesan of your choice)
8 fresh basil leaves, rolled and sliced into thin ribbons
Freshly cracked black pepper and a pinch of salt
Fresh baguette (Mix's Baguette is fantastic!), sliced, buttered, toasted, and seasoned with a pinch of salt

INSTRUCTIONS

Heat olive oil and butter in a large, heavy soup pot. Add onion and cook until fragrant. Add garlic, ham (or tofu) and Italian sausage; cook until golden brown. If using tofu, season with salt, pepper, and Worcestershire sauce while browning, turning occasionally.

Add bratwurst, mushrooms, half the rosemary, and bay leaf. Mix well and cook another 3-5 minutes.

Stir in beans, tomatoes, and broth. Season with salt and pepper, bringing the mixture to a boil. Reduce heat and simmer 15-20 minutes. If the stew becomes too thick for your taste, add additional broth. Taste for seasoning.

When ready to serve, remove bay leaf. Ladle soup into individual serving bowls and garnish each with chopped rosemary, hot sauce, and mustard.

Serve with fresh, warm baguette and a glass of your favorite Chardonnay.
Serves 4.

WE'RE HIRING!

As a cooperative, we are proud to be a part of a global movement to put people, principles, and the planet before profit. It is through this guiding principle that we attract a superior team of outstanding individuals who make the Co-op a fantastic place to work.

WHAT WE NEED

We hire enthusiastic team players who are self-motivated, courteous, and professional. We like to have fun and employ hardworking, friendly folks who do as well. We seek out people who like to come to work every day and are ready to help make our community a better place to be.

WHAT WE OFFER

Unlike most businesses that make decisions primarily to maximize profits, cooperatives make decisions to maximize service to their owners and the community. At the Ashland Food Co-op, we put people, principles, and the planet before profit and take care of our employees with this principle in mind.

Check out our open positions and apply today!



Saturday
Oct. 24
2026

Lithia Park
Ashland
1-Mile, 5K &
10K Runs



2026 Monster Dash

18th Annual Run for Education



FREE!
Family
Activity
Village
9am-12pm

In Memory of Jeanne Powers Walcher



Giveaways • Costume Contests
Finishers Medals • Silent Auction



Scan for more info!



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



REGISTRATION
& DETAILS AT:

AshlandMonsterDash.com

IN MEMORY OF WILLIAM

THE ROCO CAFE KITTY

In 2011,

my daughter and I moved back to beautiful Ashland, and RoCo quickly became our favorite daily spot. It was a warm, welcoming space where locals and visitors gathered each morning to recharge over decadent mochas and exchange community stories.

While the coffee and conversation were wonderful, the true heart of our cafe trips was due to a remarkable tabby cat who claimed RoCo as his own. William had soft eyes, a stout build, and a stealthy presence. He was endlessly affectionate with people, yet delightfully scrappy when defending his territory against other cats. Even local dogs visiting with their owners seemed to hold a special respect for William's calm authority.



As a beloved neighborhood fixture, William made daily trips from his full-time home across a busy intersection, dutifully using the crosswalk. Community members always looked out for his held-high tabby tail as they approached the area. Dustin, the cafe owner back then, was happy to share his shop with the sweet feline, noting how William's social nature naturally drew extra patrons inside. William truly loved being surrounded by the constant stream of friendly faces.

Life as a neighborhood legend wasn't without its mishaps. Following a rough outdoor scuffle with another feline, William's eye was injured, which led to a severe infection, and his caretaker made the difficult choice to have his left eye removed. Undeterred, William healed and returned to his routine as RoCo's most loyal patron while we all took extra care keeping an eye on him around street crossings.

Though William is no longer with us, his adventurous spirit endures through the "Pirate Tabby" tales shared with newcomers and long-time locals alike. To honor his quiet confidence and stubborn charm, we are excited to launch a line of "Forever William" merchandise: hats, mugs, stickers, and more. You will be able to purchase these items at RoCo, proudly owned by the Ashland Food Co-op and its more than 14,000 friends and neighbors.

A handwritten signature in cursive script that reads "Tracy Fischer".

Tracy Fischer
Marketing and Education Manager



Come to our event
table at the
A st. Block Party
for fun prizes -
including a chance
to win of our new
ROCO William
Tumblers!

Tumblers are also
for sale at ROCO!

ROGUE VALLEY
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ROASTING CO.



*Forever
William*

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the Ashland Food Co-op!



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