

# ASHLAND FOOD CO+OP

EST. 1972



Tulips  
**10 STEMS**  
**\$7.95** ea

SAVE \$2.00/ea

SALE FLYER | MAY 8 TO 14, 2024

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC**  
Honey Mangos  
Mexico

**99¢** ea  
SAVE \$1.00/ea



**ORGANIC**  
Pixie Mandarins  
California

**\$3.24** lb  
SAVE \$1.21/lb



**ORGANIC**  
Blueberries  
Pint Container  
California

**\$4.98** ea  
SAVE \$1.97/ea



**ORGANIC**  
Honeycrisp Apples  
Washington

**\$1.28** lb  
SAVE \$0.71/lb



**ORGANIC**  
Mini Persian  
Cucumbers  
Mexico

**\$1.76** lb  
SAVE \$1.23/lb



**ORGANIC**  
Asparagus  
Oregon • Washington  
California

**\$6.45** lb  
SAVE \$3.50/lb



**ORGANIC**  
Russet Potatoes  
3 lb. Paper Bag  
Washington • California

**2/\$5**



**ORGANIC**  
Artichokes  
California

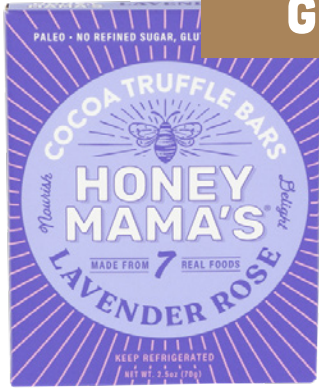
**\$3.86** ea  
SAVE \$1.59/ea



**Honey Mama's  
Cocoa Truffle Bars**  
2.5 oz.

**\$3.99**

SAVE \$1.50



**GROCERY**

**Cascadian Farm  
Organic Berries**  
8-10 oz.

**2/\$8**



**Lotus Foods  
Organic Rice**  
Forbidden • Jade Pearl • 15 oz.

**\$3.99**

SAVE \$1.30



**Miyoko's Creamery  
Organic Vegan Cream  
Cheese Spread**  
8 oz.

**\$4.49**

SAVE \$1.80



**Immaculate Baking Co.  
Organic Cinnamon  
Rolls**  
17.5 oz.

**\$5.99**

SAVE \$4.00



**Malk  
Organic Almond Milk**  
28 oz.

**\$4.99**

SAVE \$2.30



**Chicas  
Corn Tortilla Chips**  
7.5-8 oz.

**\$3.49**

SAVE \$1.10



**Cappello's  
Almond Flour  
Crust Pizza**  
11 oz.

**\$7.99**

SAVE \$3.00



**Mi-Del  
Cookies**  
8-10 oz.

**\$4.49**

SAVE \$1.20



**ORGANIC  
Cannellini Beans**

**\$2.69** lb

SAVE \$0.60/lb



**ORGANIC  
Yellow Popcorn**

**\$10.29** lb

SAVE \$1.10/lb

**BULK**



**Pachamama  
Bulk Coffee  
All Varieties**

**\$13.29** lb

SAVE \$1.00/lb



**ORGANIC  
Deglet Noor Dates**  
Pitted

**\$4.49** lb

SAVE \$1.50/lb



**ASHLAND  
FOOD CO+OP**

EST. 1972

*Sparkling Wine  
Sale*

**10% OFF**

BUY 4 OR MORE AND  
GET ANOTHER 10% OFF

**May 10 to 12**

DISCOUNT WILL BE TAKEN AT THE REGISTER



**ASHLAND  
FOOD CO+OP**

EST. 1972

*Happy  
Mother's Day*



**#1 Mom Bouquet**

**\$12<sup>95</sup> ea**

**Mother's Love Bouquet**

**\$19<sup>95</sup> ea**



**Moms Dulce Vida Bouquet**

**\$15<sup>95</sup> ea**

**Hanging Baskets  
Ashland Green House**

**\$32<sup>95</sup>-**

**\$37<sup>95</sup> ea**



## LAND & SEA



**Beeler's  
Bone-In Pork Chops**

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



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

All Varieties • 24 oz.

**\$7.99** SAVE \$2.00



## HOUSE-MADE

**ASHLAND  
FOOD CO+OP**

EST. 1972

**Co-op Bakery  
Grab-n-Go  
Cocoa Crackle  
Cookie**

**\$1.50**  
SAVE \$0.75



**Organic Smart Chicken  
Ground Chicken**

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



**Organic Smart Chicken  
Tenderloins**

**\$8.99** lb  
SAVE \$2.50/lb



**ASHLAND  
FOOD CO+OP**

EST. 1972

**Co-op Kitchen  
Made to Order  
Orange Juice**

Fresh Squeezed • 16 oz.

**\$8.45**  
SAVE \$1.50



## 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!

**Co+op  
basics**

## CO+OP Basics

**Co+op  
basics**



**Emerald Hills  
Ground Beef**  
Not to Exceed 20% Fat

**\$6.99** lb



**Co+op  
basics**



**Field Day  
Organic Raw  
Wildflower Honey**

16 oz.  
**\$6.99**



**Co+op  
basics**



**Franz  
Organic Bread**  
20-27 oz.

**\$4.59**



**Co+op  
basics**



**Field Day  
Organic Apple Juice**  
64 oz.

**\$6.99**



**Co+op  
basics**



**Field Day  
Organic Fruit Spread**  
14 oz.

**\$4.99**



# ROUND UP TO Give Back

**CHANGE**  
for good



ASK YOUR CASHIER TO ROUND UP!



Protect Jackson County's GMO-Free Seed Sanctuary and educate about the global importance of traditional seed supply.

MAY 1 TO 31

## WELLNESS



**Heritage Store  
Castor Oil**  
Cold Pressed • 4 oz.  
**\$4<sup>99</sup>**  
SAVE \$0.50



**Weleda  
Arnica Muscle Soak**  
Soothing, Energizing, Warming • 6.8 oz.  
**\$18<sup>99</sup>**  
SAVE \$6.50



**Terry Naturally  
All Products**  
**20%  
OFF**



**Lily of the Desert  
Stomach Formula**  
Heartburn Relief • 32 oz.  
**\$14<sup>49</sup>**  
SAVE \$3.00



**Kal  
Think Magnesium**  
Magnesium Threonate • 60 tab.  
**\$31<sup>49</sup>**  
SAVE \$3.50

## BRUCE'S PICKS

**Burle  
Est Ce Que?**  
750 ml.  
Robust red blend from Vaucluse in Southern France. Bold and fruity initially, then notes of spice and herbs.  
**\$12<sup>99</sup>**



**Sound & Vision  
Pig Missile**  
750 ml.  
Applegate Valley grown Rose of Primativo. Lip-smacking acidity, with flavors of strawberry and lemon. Take a visit to their new tasting room and winery in Talent.  
**\$21<sup>99</sup>**

