



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

**GET READY FOR
SUMMER**



**SAVE
\$2/lb**

**ASHLAND FOOD CO-OP
HOUSE-MADE
BEEF BURGER
PATTIES**

Made with Emerald Hills
100% Grass-Fed Beef
Seasoned • Unseasoned
Reg. \$7.99/lb

\$5.99/lb

Sale Effective June 5 to 11

Fresh Produce
Your only Southern Oregon Certified organic Grocer



**ORGANIC
Mixed Cherry
Tomatoes**
Mexico
Open Pint • Reg. \$4.95/ea

\$3.25/ea



**ORGANIC
Sweet Corn**
California
Reg. \$1.50/ea

5/\$5



**SAVE
\$2**



**ORGANIC
Jumbo Artichokes**
California
Reg. \$5.45/ea

\$3.45/ea



**ORGANIC
Mini Sweet Peppers**
Mexico
1 lb. Bag • Reg. \$4.95/ea

\$3.24/ea



**ORGANIC
Seedless Watermelon**
California & Mexico
Reg. \$0.99/lb

69¢/lb



**ORGANIC
Peaches**
California
Reg. \$3.99/lb

\$2.49/lb



**ORGANIC
Nectarines**
California
Reg. \$3.99/lb

\$2.49/lb



**ORGANIC
Honey Mangos**
Mexico
Reg. \$1.29/ea

68¢/ea

coop deals

Organic Valley Organic Raw Cheese

Mild Cheddar • Sharp Cheddar Jack Style
8 oz. • Reg. \$5.89

\$4.99



Grocery

Annie's Homegrown Macaroni & Cheese

Selected Varieties
6 oz. • Reg. \$2.29

10/\$10



coop deals



SAVE \$1

Cascadian Farm Organic Potatoes

16 oz. • Reg. \$3.79

\$2.79

coop deals



Lundberg Family Farms Organic Rice Cakes

8.5-9 oz. • Reg. \$3.59

2/\$5

coop deals



Alter Eco Organic Chocolate

2.82 • Reg. \$3.69

2/\$4

coop deals



SAVE \$1

Hail Merry Tarts

3 oz. • Reg. \$4.49

\$3.49

coop deals



Redwood Hill Farm Goat Milk Yogurt

6 oz. • Reg. \$2.29

\$1.59

coop deals

Three Twins Organic Ice Cream

Pint • Reg. \$5.29

\$3.99



coop deals



Organic Valley Organic Large Brown Eggs

Dozen • Reg. \$5.29

\$4.29

SAVE \$1

coop basics



ORGANIC Short Grain Brown Rice

\$1.64/lb



ORGANIC Almonds

Pasteurized
Reg. \$11.12/lb

\$9.99/lb

Bulk



Pachamama Organic 5 Sisters Blend

\$10.99/lb



ORGANIC French Green Lentils

Reg. \$1.90/lb
\$1.69/lb



**ASHLAND
FOOD CO+OP**

EST. 1972

kids
under 12
eat free

LIVE
MUSIC

FIRST FRIDAY

JUNE 7, 2019

4-7PM • AFC Courtyard
FREE EVENT

MIX & MINGLE with your
NEIGHBORHOOD
& enjoy a community meal!

SLIDERS



Choice of Emerald Hills Beef
or AFC House-Made Black Bean
on Ozery Brioche Bites



includes a soda from
Caldera and a snack!

\$1

of every purchase
benefits Rogue Valley
Farm to School!

COMMUNITY MEAL \$3 owners • \$5 community members
WHILE SUPPLIES LAST

**LIVE MUSIC BY
SLOW CORPSE**
Starts @ 5PM

FREE TASTINGS
Coconut Bliss
Caldera
Organically Grown
Company (OGC)

Visit with KS Wild,
Rogue Valley Farm to
School, and our Board
of Directors!

Visit www.ashlandfood.coop/events for more information.



ROGUE VALLEY FARM TOUR

this summer!
JULY 14, 2019
10AM TO 3PM

Visit 4+ farms & enter to win a prize package!

MEET YOUR LOCAL FARMERS!

This free family event features field tours of your favorite local farms and ranches, tastings, kids activities and more.

SPONSORED BY



ASHLAND FOOD CO+OP
EST. 1972

Medford Food Coop
Good. Local. Food.

GRANGE CO-OP
Your Trusted Cooperative Since 1934

Medford
AND THE ROGUE VALLEY



Organically Grown Company
Employee and Owner Owned



WHAT TO DO IN
SOUTHERN OREGON
WWW.WHATTODOINSOUTHERNOREGON.COM

ROGUE RETREAT
Restoring Lives

Rogue Valley Food System
NETWORK
growing our local food system

SO OREGON EXPRESS

FOR MORE INFORMATION  @ROGUEVALLEYFARMTOUR

Land & Sea

Applegate Organics
Great Organic Beef Hot Dog
100% Grass-Fed
14 oz. • Reg. \$9.99

\$7⁹⁹



SAVE \$2



House-Made

ASHLAND FOOD CO+OP
EST. 1972

AFC DELI
Grab-n-Go Curry Tempeh Wrap

Reg. \$5.95/ea
\$4⁹⁵ ea



SAVE \$1



Diestel Turkey Ranch
Turkey Chunks
All Varieties
Reg. \$11.99/lb

\$8⁹⁹ lb

SAVE \$3/lb



Wild Mexican
Shell-On Shrimp
21/25 Count

Reg. \$14.99/lb
\$11⁹⁹ lb

SAVE \$3/lb

ASHLAND FOOD CO+OP
EST. 1972

AFC DELI
Made to Order Nitro Cold Brew Coffee

16 oz. • Reg. \$4.95
\$3⁵⁰



CO+OP Basics

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

Applegate Naturals
Black Forest Ham
7 oz.

\$5⁹⁹



CO+OP basics

Franz Organic Bread
Selected Varieties
18-27 oz.

\$2⁹⁹



CO+OP basics

ORGANIC
Spring Mix
1 lb.

\$4⁹⁸



CO+OP basics

Barlean's Organic
Lignan Flax Oil
12 oz.

\$15⁰⁰



CO+OP basics

Ashland Food Co-op
Made to Order Beans & Rice
16 oz.

\$3⁰⁰





ROGUE VALLEY FARM TOUR

this summer!
JULY 14, 2019
 10AM TO 3PM

VOLUNTEERS NEEDED

We are looking for volunteers for the 2nd annual Rogue Valley Farm Tour to support farmers and ranchers as they open their gates to Farm Tour visitors.

On Sunday, July 14, help local farms and ranches connect with their community by assisting at participating farms with tastings, field tours, kids activities and more.

Enjoy being outside, learning the host farm, and meeting your fellow community members.

All volunteers receive a \$20 gift card to Ashland or Medford Food Co-op!

To volunteer visit our website at:
ashlandfood.coop/volunteer-co-op or
medfordfood.coop/volunteer-opportunities

coop deals

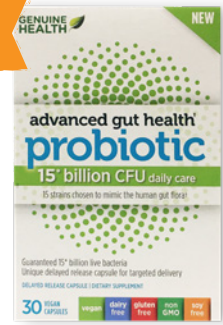


Quantum Buzz Away Extreme
 Deet-Free Insect Repellent
 4 oz. • Reg. \$8.99

\$4⁹⁹

Wellness

SAVE \$4



Genuine Health Advanced Gut Health Probiotic
 15 Billion CFU Daily Care
 30 vCap • Reg. \$24.99

\$17⁴⁹

Ashland Food Co-op Brand All Products

15% OFF



coop deals



MyChelle Sun Shield Sticks
 Clear SPF 50 • Tinted SPF 50
 0.5 oz. • Reg. \$11.99

\$9⁹⁹

coop deals



Vega Sport Berry Hydrator
 Electrolyte Drink
 5 oz. • Reg. \$29.99

\$19⁹⁹

Bruce's Picks

Walkabout Jabberwocky and Workers Pale
 22 oz.

Brewed locally for over twenty years. Jabberwocky is mahogany colored and rich, Workers is the local benchmark for refreshing and crisp Pale Ale.

\$3²⁹



Terredora di Paolo Aglianico
 750 ml.

Delightful Southern Italian red from Campania. Beautiful aroma of fresh berries, intense and tannic, elegant and earthy.

\$16⁹⁹

