



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

Mother's Day

SAVINGS



Floral
Dozen Roses
Reg. \$11.25/ea
\$9⁹⁹ ea

Sale Effective May 5 to 11

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Cosmic Crisp Apples**
Northwest
Reg. \$3.99/lb

\$1⁸⁸ lb



**ORGANIC
Strawberries**
California & Mexico
1 lb. Container • Reg. \$5.95/ea

\$4⁹⁶ ea



**ORGANIC
Rhubarb**
Oregon Grown!
Reg. \$5.45/lb

\$3⁸⁶ lb



**ORGANIC
Cara Cara
Navel Oranges**
California
Reg. \$2.99/lb

\$2²⁴ lb



**ORGANIC
Red Radish Bunches**
Oregon Grown!
Reg. \$2.49/ea

\$1⁶⁴ ea



**ORGANIC
Asparagus**
Northwest Grown! New Crop
Reg. \$7.45/lb

\$5⁹⁶ lb



**ORGANIC
Snap Peas**
Northwest & California
Reg. \$6.95/lb

\$4⁹⁸ lb



**ORGANIC
Bunched Spinach**
Oregon Grown!
Reg. \$3.49/ea

2/\$4

Honey Mama's Cocoa Truffle Bars

2.5 oz. • Reg. \$5.49

\$3.99



Grocery

So Delicious Non-Dairy Frozen Dessert

Pint • Reg. \$6.49

\$4.99



Hodo Organic Plant-Based Tofu Nuggets

8 oz. • Reg. \$5.89

\$3.99



Dr. Bronner's Organic Virgin Coconut Oil

14 oz. • Reg. \$9.39

\$6.99



Lärabar Fruit & Nut Bars

1.6-1.7 oz. • Reg. \$1.69

10/\$10



Crofter's Organic Premium Fruit Spread

16.5 oz. • Reg. \$4.59-\$5.29

2/\$7



Crunchster's Sprouted Protein Snack

4 oz. • Reg. \$4.39

\$3.39



Equal Exchange Organic Chocolate Bars

2.8 oz. • Reg. \$3.59

2/\$5



Santa Cruz Organic Peanut Butter

Dark • Light

16 oz. • Reg. \$5.65

\$4.29



Grain Millers Organic Rolled Oats

89¢/lb



Deluxe Mixed Nuts Roasted & Salted

Reg. \$13.59/lb
\$11.29/lb



Griffin Creek Organic Bulk Coffee Beans

All Varieties
Reg. \$11.99/lb

\$9.99/lb



ORGANIC Red Lentils

Reg. \$1.79/lb

\$1.49/lb

Bulk



**ASHLAND
FOOD CO+OP**

EST. 1972



Mother's Day Holiday Meal

Mother's Day **\$79⁹⁵** Holiday Meal

Serves 6-8 • Family Style

Fresh Squeezed
Organic Orange Juice

Assorted House Baked
Danish Pastry

Organic Fruit Salad with
Fresh Watermelon, Grapes,
Strawberries & Blueberries

Smoked Salmon Quiche with
Cream Cheese & Dill

Vegan Spring Pea &
Mushroom Rissotto

Balsamic Roasted Asparagus

Submit your order today!
mothersdaymeal.ashlandfood.coop

ORDER CUT-OFF
Thursday, May 6 • 3pm



Pick-Up
Saturday, May 8 • 12pm to 3pm
222 A St.

Need to pick up your order after 3pm?

No Problem! Your order will be
at the Co-op Store at the PFD Counter.



Mother's Day GIFT GUIDE



PLANET OREGON

Rosé Bubbles

750ml.

100% Willamette Valley Pinot Noir. This Co-op favorite is fresh, with clean flavors of strawberry and cranberry.

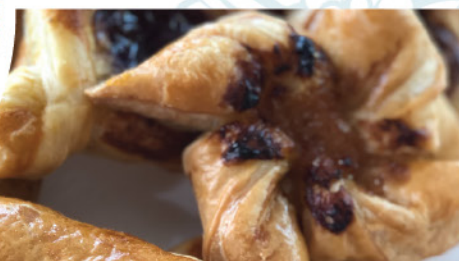
\$20⁹⁹



**Co-op Kitchen
Grab & Go Fresh
Orange Juice**

32 oz.

\$11⁹⁵ ea



**Co-op Bakery
Assorted Danish Pastries**

8-Pack

\$12⁹⁵ ea



**Weleda
Wild Rose
Body Lotion**
Pampering Body Lotion
6.8 oz. • \$17.49

\$11⁹⁹



**Mother's Day
Bouquets**

\$12⁹⁵ - \$14⁹⁵ ea

**Leora's Chocolate
Herbal Cacao Elixir**

4 oz. • Reg. \$12.49

\$10⁹⁹



Mother's Day

Sparkling Wine Sale

10% OFF

Buy 4 or More and Get 20% off!

May 7 to 9, 2021

discount will be taken at the register



Land & Sea

SAVE
\$2



Roli Roti Butcher's Organic Bone Broth

All Varieties
24 oz. • Reg. \$9.99

\$7⁹⁹



SAVE
\$2/lb



Organic Smart Chicken Tenderloins

Reg. \$9.99/lb

\$7⁹⁹ lb

House-Made

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Made to Order Latte

Hot or Iced

16 oz. • Reg. \$4.95/ea

\$3⁹⁵ ea



SAVE
\$1



SAVE
\$2

Beeler's Hickory Smoked Bacon

16 oz. • Reg. \$9.99

\$7⁹⁹



SAVE
\$3/lb

Wild Ahi Tuna Fillet Previously Frozen

Reg. \$14.99/lb

\$11⁹⁹ lb

ASHLAND FOOD CO+OP

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Co-op Kitchen Grab-n-Go Sundried Tomato Feta Spread

Reg. \$12.95/ea

\$10⁹⁵ ea



SAVE
\$2

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

Applegate Organics Herb Turkey Breast

6 oz.

\$6⁴⁹



Co+op
basics



Silver Hills Organic Sprouted Power Bagels

Cinnamon Raisin • 14 oz.

\$5⁷⁹

Co+op
basics



Sappo Hill Soap

All Varieties

\$1⁹⁹

Co+op
basics



Organic Valley Unsalted Cultured Butter

1 lb.

\$8²⁹

Co+op
basics



Surata Organic Firm Tofu

16 oz.

\$2⁷⁹

ROUND UP ★★★★★ TO ★★★★★ Give BACK

CHANGE
for good



Rogue Valley Farm to School educates children about our food system through hands-on farm and garden programs, and by increasing local foods in school meals.

RVF2S inspires an appreciation of local agriculture that improves the economy and environment of our community and the health of its members.

**MAY 1 TO
MAY 31**

Wellness



**Vitamin Friends
All Products**

10% OFF



**Humble
All Products**

20% OFF

**Inesscents
All Products**

20% OFF



**coop
deals**



**Heritage Store
Rosewater with Atomizer**

Aromatherapy Mist
8 oz. • Reg. \$9.99

\$6⁹⁹

**SAVE
\$3**

**coop
deals**



**Amazing Grass
Original Green Superfood**

Your Daily Greens
8.5 oz. • Reg. \$31.99

\$22⁹⁹

**SAVE
\$9**

Bruce's Picks

**Paloma
Rosé Spumante**

750 ml.
This Italian sparkler is fresh and vibrant. Beautiful in the bottle and the glass.

\$14⁹⁹



**Peter William
Tempranillo Rosé**

750 ml.
New 2020 vintage, Rogue Valley grown and bottled. Bright acidity with flavors of strawberry and cherry.

\$19⁹⁹

