



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

SUMMER LOVIN' = BERRIES!



**ORGANIC
Strawberries**
California & Mexico
1 lb. Container
Reg. \$6.95/ea
\$4⁹⁶ ea

Sale Effective May 11 to May 17

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Pink Lady Apples**
Northwest
Reg. \$2.29/lb

\$1⁶⁴ lb



**ORGANIC
Grapefruit**
California
5 lb. Bags • Reg. \$8.45/ea

\$5⁹⁸ ea



**ORGANIC
Meyer Lemons**
California
Reg. \$4.45/lb

\$3⁸⁶ lb



**ORGANIC
Formosa Papaya**
Mexico
Reg. \$2.49/lb

\$1⁹⁶ lb



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

\$1⁹⁸ lb



**ORGANIC
Asparagus**
California
Reg. \$7.95/lb

\$6²⁴ lb



**ORGANIC
White & Crimini
Mushrooms**
Northwest
Reg. \$6.95/lb

\$4⁹⁶ lb



**ORGANIC
Red Bell Peppers**
Mexico
Reg. \$3.99/lb

\$2²⁴ lb



Tofurky Plant-Based Deli Slices

5.5 oz. • Reg. \$3.99

\$2⁹⁹



Grocery

Annie's Macaroni & Cheese

Selected Varieties

5.25-6 oz. • Reg. \$2.69

4/\$5



Stash Herbal Tea

Selected Varieties

18 Bag • Reg. \$3.49

\$2⁷⁹



Flax 4 Life Gluten Free Flax Muffins

14 oz. • Reg. \$6.99

\$5⁹⁹



Genuine Bavarian Organic Whole Grain Bread

Pumpernickel • Sunflowerseed

17.6 oz. • Reg. \$5.29

\$4²⁹



Liberté Organic Whole Milk Yogurt

5.5 oz. • Reg. \$2.39

2/\$3



Barbara's Cheese Puffs

5.5-7 oz. • Reg. \$3.29

\$2⁶⁹



So Delicious Dairy-Free Frozen Dessert

Pint • Reg. \$5.99

\$4⁹⁹



Newman's Own Fig Newmans

10 oz. • Reg. \$5.19

\$3⁸⁹



ORGANIC Steel Cut Oats

Reg. \$1.59/lb

\$1³⁹ lb



Deluxe Mixed Nuts

Roasted & Salted

Reg. \$15.49/lb

\$14⁸⁹ lb

Bulk



Equal Exchange Organic French Roast Coffee

\$10⁴⁹ lb



ORGANIC Currants

Reg. \$5.29/lb

\$4²⁹ lb

SAVE \$1 /lb



**ASHLAND
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— EST. 1972 —

SUMMER LOVIN' = BERRY SALE

**ORGANIC
Raspberries**
California
6 oz. Container • Reg. \$5.95/ea

\$3⁹⁸
ea



**ORGANIC
Raspberries**
California
12 oz. Container • Reg. \$11.95/ea

\$7⁸⁶
ea



**ORGANIC
Blueberries**
California
Pint Container • Reg. \$7.95/ea

\$4⁹⁶
ea



**ORGANIC
Blueberries**
California
18 oz. Container • Reg. \$12.95/ea

\$7²⁴
ea





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BENEFITS OF

Berries

Besides their depth of color, soft texture, and deliciously sweet flavor, berries have health benefits abound.

Blueberries are known as a super food for many reasons but their reputation as an antioxidant powerhouse is nearly unmatched. Antioxidants found in berries (especially high in blueberries) fight off inflammation, skin damage, heart disease, and more!

Raspberries are a fantastic source of fiber. Keep your gut healthy and happy by incorporating deep red, ripe raspberries into your diet. Since they're on the delicate side, buy them as fresh as possible and keep them in the front of your fridge.

Did you know?

The average strawberry has around 200 seeds on its skin.

Strawberry's super power... So much Vitamin C! Vitamin C is a vital part of recovery from wounds and supports your immune system in preventing infections. Who knew something so sweet could be so powerful?

If you've lived in Oregon for a while, you're probably weary of the thorny and wild blackberry bush. But did you know that blackberries are bursting with an essential nutrient? Vitamin K is key for bolstering strong blood and bones, making the delectable and juicy blackberry SO worth the fight.

Land & Sea



**Hempler's
Applewood Smoked
Center Cut Bacon**

10 oz. • Reg. \$6.99

\$5⁹⁹



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

All Varieties

24 oz. • Reg. \$9.99

\$7⁹⁹

House-Made

**ASHLAND
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**Co-op Kitchen
Made to Order
Cold Brew**

16 oz. • Reg. \$3.95

\$3²⁵



**Diestel Family Ranch
Sliced Roast Beef
& Beef Pastrami**

6 oz. • Reg. \$8.99

\$7⁹⁹



**Organic Smart Chicken
Tenderloins**

Reg. \$11.49/lb

\$9⁹⁹ lb

**ASHLAND
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**Co-op Kitchen
Grab-n-Go
Smoked Turkey
Sandwich**

Reg. \$8.95/ea

\$7⁹⁵ ea



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**



**Smart Chicken
Boneless
Skinless Breast**

\$7⁹⁹ lb



**Co+op
basics**



**Field Day
Organic Broth**

32 oz.

\$2²⁹

**Co+op
basics**



**KOYO
Ramen**

2.1 oz.

\$1²⁵

**Co+op
basics**



**ORGANIC
Spinach**

1 lb. Container

\$5⁹⁸ ea



**Co+op
basics**



**Field Day
Organic
Green Sweet Peas**

15 oz.

\$1⁶⁹





PINEAPPLE CHILL

Chill out with this refreshing pineapple cooler, whether keeping things clear or getting boozy this will be sure to add spritz to your Spring.

Clear-Headed Chill

INGREDIENTS

- 2 Glasses of ice
- 12 oz pineapple juice
- 2 oz fresh-squeezed lime juice
- 2 sprigs of mint
- Top off with club soda

INSTRUCTIONS

- 1) Mix pineapple and lime juice. Rub mint between your hands to activate. Top off with sparkling water.

Boozy Chill

INGREDIENTS

- 8 oz chilled Prosecco
- 2 oz pineapple juice
- 1 oz fresh-squeezed lime juice
- 2 sprigs of mint

INSTRUCTIONS

- 1) Add Prosecco to a glass. Top off with pineapple juice and fresh lime. Garnish with mint and let your cares float away. At least for the afternoon.

Wellness



Eclectic Herbs All Products

20% OFF



Divacup All Sizes Reusable Menstrual Cup

All Varieties • Reg. \$37.49

\$33⁷⁹

Humble Deodorant All Products

20% OFF



Clear-Headed Chill

INGREDIENTS

- 2 Glasses of ice
- 12 oz pineapple juice
- 2 oz fresh-squeezed lime juice
- 2 sprigs of mint
- Top off with club soda

INSTRUCTIONS

- 1) Mix pineapple and lime juice. Rub mint between your hands to activate. Top off with sparkling water.



SAVE \$1

Lily of the Desert Aloe Vera Gelly

Soothing Moisturizer

4 oz. • Reg. \$4.99

\$3⁹⁹

coop deals



SAVE \$15

Wandering Roots Botanicals 1800mg CBD Lemon Ginger

Gold Hill CBD

30 ml. • Reg. \$74.99

\$59⁹⁹

Bruce's Picks

Mary Taylor Bordeaux Blanc

750 ml.

Sauvignon Blanc with a splash of Semillon. Citrus flavors with a hint of peach.

\$14⁹⁹



Goldback Rosé

750 ml.

100% Grenache, grown and bottled locally. Dry, fresh and bright.

\$18⁹⁹

