

**ASHLAND
FOOD CO+OP**
— EST. 1972 —

Fresh CATCH



Fresh
Columbia River
Steelhead Fillet

\$11⁹⁹ lb

Sale Effective May 17 to 23, 2023

Fresh Produce

Your only Southern Oregon Certified Organic Grocer



USDA
ORGANIC

**ORGANIC
Artichokes**
California

99¢ ea



USDA
ORGANIC

**ORGANIC
Cauliflower**
California

\$2⁶⁴ lb



USDA
ORGANIC

**ORGANIC
Purple Sprouting
Broccoli & Broccolini**
Oregon & California

\$2⁹⁸ ea



USDA
ORGANIC

**ORGANIC
Roma Tomatoes**
Mexico

\$1⁶⁴ lb



USDA
ORGANIC

**ORGANIC
Midnight Valencias**
California

\$1⁴² lb



USDA
ORGANIC

**ORGANIC
Honeycrisp Apples**
Northwest

\$1⁹⁸ lb



USDA
ORGANIC

**ORGANIC
Gold Nugget &
Murcott Mandarins**
California

\$2²⁴ lb



USDA
ORGANIC

**ORGANIC
Abate Pears**
Argentina

\$1⁸⁸ lb

Annie's
Macaroni & Cheese
 Selected Varieties
 6 oz.

2/\$6



Grocery

Gardein
Plant-Based
Burgers,
Tenders &
Meatballs
 9-12.7 oz.

2/\$9



Fage
Plain Greek Yogurt
 5.3 oz.

\$1.29



Flax 4 Life
Gluten Free
Flax Muffins
 14 oz.

\$5.99



Nuts for Cheese
Organic Cashew
Cheese Alternative
 4.23 oz.

\$6.49



Lightlife
Organic Tempeh
 8 oz.

\$3.29



Luna
Nutrition Bars
 1.69 oz.

2/\$3



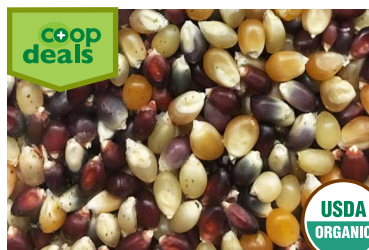
Talenti
Gelato & Sorbetto
 16 oz.

\$4.89



R.W. Knudsen
Recharge Electrolyte
Beverage
 32 oz.

2/\$4



ORGANIC
Multicolored Popcorn

\$1.59 lb



ORGANIC
Whole Cashews
 Raw

\$8.99 lb



Pachamama
Organic Five Sisters
Medium Roast Coffee

\$12.99 lb



ORGANIC
Brown Flax Seeds

\$2.89 lb

Bulk



**ASHLAND
FOOD CO+OP**
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WELCOME CO-OP OWNERS!

2023 ANNUAL MEETING

**June 14th, 2023
5pm to 6pm**

**Pioneer Conference Room
300 N Pioneer Street**

The June Board meeting will follow after
the Annual Meeting. Refreshments and
healthy snacks will be provided



go to ashlandfood.coop/board-directors
or scan the QR code to join online!



JULY 16, 2023
10AM-3PM
FREE TO ALL

BROUGHT TO YOU BY

**Medford
Food Co-op**
Good. Local. Food.



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

Rogue Valley
Food System
NETWORK
growing our local food system

WHAT TO DO IN
SOUTHERN OREGON
WWW.WHATTODDOINSOUTHERNOREGON.COM

TRAVEL
Medford



Learn more at RogueValleyFarmTour.com
or pick up a brochure from Medford or Ashland Co-op or scan the QR Code!

Land & Sea



Niman Ranch Sausages

Bratwurst • Andouille
Sweet Italian • Spicy Italian
Apple Gouda • 12 oz.

\$6⁴⁹



Organic Smart Chicken Tenderloins

\$9⁹⁹ lb



Diestel Turkey Ranch Ground Dark Turkey

\$4⁹⁹ lb



Beeler's Boneless Pork Loin Chops

\$5⁹⁹ lb



House-Made

ASHLAND FOOD CO+OP

EST. 1972

Co-op Bakery Grab-n-Go Lemon Doodle Cookie

\$1⁹⁵ ea



ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Grab-n-Go Spinach Bacon Salad

\$8⁹⁵ 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



Emerald Hills Ground Beef

Not to Exceed 20% Fat

\$6⁹⁹ lb



Co+op basics



Franz Organic Bread 20-27 oz.

\$4⁵⁹

Co+op basics



Field Day Albacore Tuna 5 oz.

\$2⁹⁹

Co+op basics



ORGANIC Spring Mix 1 lb. Container

\$5⁹⁸

Co+op basics

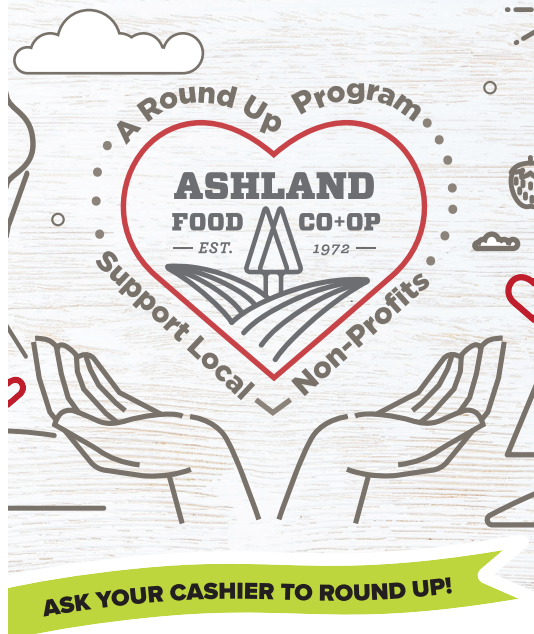


ORGANIC Quinoa

\$2³⁹ lb

ROUND UP TO Give Back

CHANGE
for good



Talent Maker City works to build a more connected, prosperous, and resilient community through hands-on creativity and innovative STEAM-based learning.

MAY
1ST TO 31ST

coop
deals



**Bio-K
Strawberry**
3.5 oz.
\$3⁷⁹

Wellness



**Tiger Balm
Warming Patch**
works where it hurts • 5 pk.
\$5⁷⁹

**Enzymedica
All Products**
**10%
OFF**



**Alba
Acnedote**
face & body scrub • 8 oz.
\$7⁹⁹



**Ashland Food Co-op
Chewable Calcium**
supports bone health • 60 tab.
\$9⁷⁹

Bruce's Picks

**Les Rocailles
Apremont -
Savoie**
750 ml.
100% Jacquere,
grown in the Alps.
Mineral richness
adds to the bright
lemon, tea, and
green apple flavors.
\$14⁹⁹



**St. Dominique
Vacqueyras**
750 ml.
70% Grenache with
Syrah and Cinsault.
Single-village Cotes-
du-Rhone. Nice
freshness to the
black and red berries,
cinnamon, vanilla,
black pepper.
\$17⁹⁹

