

ASHLAND FOOD CO+OP

EST. 1972



Fry Family Farm ORGANIC SALAD & SPINACH BAGS

Southern Oregon
8 oz.-1 lb.

\$4.45-\$7.95

SAVE \$5.45-\$8.95



SALE FLYER | APRIL 3 TO 9, 2024

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Zucchini &
Yellow Squash
Mexico

\$1.44 lb

SAVE \$1.05/lb



ORGANIC
Small Hass
Avocados
California & Mexico

5/\$5



ORGANIC
Snap Peas
California & Mexico

\$5.96 lb

SAVE \$2.99/lb



ORGANIC
Garnet & Jewel Yams
California

\$1.79 lb

SAVE \$1.20/lb



ORGANIC
Pazazz Apples
Washington

\$1.84 lb

SAVE \$1.15/lb



ORGANIC
Blueberries
18 oz. Container
California

\$8.95

SAVE \$2.00



ORGANIC
Tommy Atkins
Mangos
Mexico

2/\$5

SAVE \$1.49



ORGANIC
Durondeau Pears
Argentina

\$1.99 lb

SAVE \$1.30/lb

ASHLAND FOOD CO-OP | OPEN EVERY DAY 7AM TO 9PM | WWW.ASHLANDFOOD.COOP



**Westbrae
Naturals
Organic Beans**
15 oz.

2/\$5



GROCERY

**Stahlbush
Island Farms
Vegetables**
Sustainably Grown in USA
10 oz.

2/\$5



**Nancy's
Organic Cream Cheese
Spread**
8 oz.

\$3.49

SAVE \$1.10



**Rudi's Organic Bakery
Organic English Muffins**
12 oz.

\$4.49

SAVE \$1.00



**Koyo
Ramen**
2-2.1 oz.

5/\$6



**Hodo
Organic Tofu Nuggets**
8 oz.

\$5.79

SAVE \$2.00



**GoMacro
Organic Protein
Macrobars**
2.3 oz.

2/\$5

**Hummingbird
Organic
Dark Chocolate
Covered Nuts**
Hazelnuts • Almonds

\$8.49-\$8.99

SAVE \$1.40-\$1.50



**Choice
Organic Herbal Tea**
16 Bag

2/\$6



**ORGANIC
Red Flame Raisins**

\$2.59⁹⁹ lb

SAVE \$1.00/lb

BULK



**ORGANIC
White Sesame Seeds**
Hulled

\$2.99⁹⁹ lb

SAVE \$1.00/lb



**Cafe Mam
All Varieties**

\$10.99-\$12.39⁹⁹ lb

SAVE \$1.60/lb



**ORGANIC
Red Quinoa**

\$2.99⁹⁹ lb

SAVE \$0.50/lb



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FRY FAMILY FARM
Certified Organic

Time to get your garden growing! Local plant starts from Fry Family Farm are here!
20% off on all starts April 19-21

Our Produce Manager, Joe, has deep roots in our community



I have known Terra Fry since we were in grade school at Talent Elementary School. We attended Talent Middle School and Phoenix High School together - we

ourselves are local products! Now that she has taken on more oversight and responsibility on the Farms, it has allowed us to reconnect and it feels like old friends picking up right where we left off, without missing a beet (ha! see what I did there?). Our longstanding friendship and deep connection with Fry Family Farms have significantly enhanced our relationship with the Co-op and strengthened our partnerships with local growers. Terra, in particular, goes beyond the typical buyer-grower dynamic by openly sharing challenges, needs, and perspectives, fostering a genuine friendship and sense of comfort. This bond continues to grow and benefit us all.





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April 4th

**NATIONAL
BURRITO DAY**

**\$1 OFF
Burritos**

coop
deals

LAND & SEA



Applegate Naturals Breakfast Sausage Links

All Varieties • 7 oz.
Located in Freezer

\$4.79 SAVE \$2.20



Beeler's Boneless Pork Shoulder Roast

\$4.99 lb **SAVE \$2.00/lb**



Smart Chicken Boneless Skinless Thighs

\$5.99 lb **SAVE \$1.50/lb**



Emerald Hills Ground Beef

Not to Exceed 20% Fat
100% Grass Fed

\$5.99 lb **SAVE \$1.00/lb**

HOUSE-MADE

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

\$8.45 **SAVE \$1.50**



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Co-op Kitchen Made to Order Berry Blast

16 oz.
\$7.45 **SAVE \$1.50**



WHAT IS CO+OP BASICS?

Co+op Basics includes over 400 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!

coop
basics

CO+OP Basics

coop
basics



Organic Smart Chicken Whole Chicken

\$3.99 lb



USDA
ORGANIC

coop
basics



Field Day Organic Blueberries

32 oz.
\$9.99

USDA
ORGANIC

coop
basics



Field Day Organic Fruit Spread

14 oz.
\$4.99

USDA
ORGANIC

coop
basics



Field Day Organic Cranberry Juice

32 oz.
\$5.99

USDA
ORGANIC

coop
basics



Field Day Organic Diced Peaches & Pears

4-Pack
\$3.99

USDA
ORGANIC

ROUND UP TO Give Back

CHANGE
for good



Ashland Climate Collaborative
Working together for a resilient future

A hub for community collaboration to reduce our climate impact and build a more equitable and resilient Ashland.

APRIL
1 TO 30

coop
deals

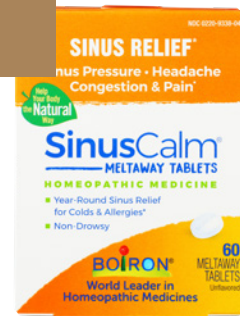


Badger After-Bug Balm
Itch Relief • 0.6 oz.

\$6⁹⁹

SAVE \$1.00

WELLNESS



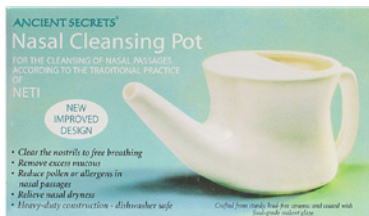
Boiron SinusCalm
Congestion, Pain, Sinus Pressure & Headache • 60 tab

\$10⁴⁹

SAVE \$2.50

Jarrow All Products

15% OFF

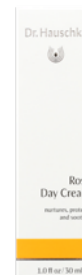


Ancient Secrets Neti Pot
Nasal Cleansing Pot • 1 ct

\$13⁹⁹

SAVE \$2.80

coop
deals



Dr. Hauschka Rose Day Cream
Nurtures, Protects & Soothes • 1 oz.

\$31⁷⁹

SAVE \$13.20

BRUCE'S PICKS

Arch Rock Brewing
4 pk. Cans
Lager, Pale Ale and Porter all show consistency and balance. Brewed on the beautiful Southern Oregon Coast in Gold Beach.

\$11⁹⁹



Deltetto Arneis
750 ml
Just a touch of peach and pear flavor, with plenty of bright and fresh acidity. Organically grown in Piedmont, Italy.

\$17⁹⁹

