

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Red & Yellow Potatoes
California

\$442_{lb}

SAVE \$0.57/lb



ORGANIC
Mini Sweet Peppers
Mexico

\$**4**28_{ea}

SAVE \$2.17/ea



ORGANIC
Portabella Mushrooms
Oregon

\$695_{lb}



ORGANIC Sweet Corn California

\$464 ea

SAVE \$0.80/ea



ORGANIC Seedless Watermelon California

94¢_{lb} SAVE \$0.25/lb



ORGANIC Yellow & White Nectarines California

\$375_{lb}



ORGANIC Seedless Grapes Red • Green • Black

California & Mexico

\$3²⁴lb



ORGANIC Cantaloupe California

99¢_{lb}



R.W. Knudsen Recharge Electrolyte Beverage

2/\$5



Brew Dr.Organic Kombucha

2/^{\$}5





Follow Your Heart Dairy Free Cheese Slices

7 oz.

\$**3**79

SAVE \$2.20



Nuts for Cheese Organic Dairy Free Cream Cheese Alternative

7.4 oz.

\$549

SAVE \$1.50





USDA

ORGANIC

Nancy's Organic Kefir 32 oz.

\$**__**79

SAVE \$1.20





Waterloo Sparkling Water 8 pack

\$399

SAVE \$1.50



Oatly Non-Dairy Frozen Dessert

\$299

SAVE \$1.60

Pint



Bubbies Hawaii Mochi

7.5 oz.

\$499

SAVE \$2.00





Hippeas Chickpea Puffs

2/^{\$}6



ORGANICBlack Mission Figs

\$**7**99_{lb}

SAVE \$2.30/lb



Deluxe Mixed NutsRoasted & Salted

\$13²⁹lb



Northbound Coffee Roasters Bulk Coffee Mexico & Ethiopian Organic Light Roast

\$1189_{lb} SAVE \$3.10/lb



ORGANIC Brazil Nuts

\$10²⁹lb

SAVE \$2.00/lb



Father's Day Weekend Get Your Grill Hot!

20% OFF CHICKEN

6/14 - 6/16

Discount taken off at register.

Organic and Natural Fresh Chicken in our Meat Department and Whole Roasted Chickens in our Prepare Foods Department



www.smartchicken.com

HAPPY ASHLAND FOOD CO+OP EST. 1972 Commonth!

Pride Month is a celebration of the LGBTQIA+ community and their ongoing fight for equality and acceptance. It has its roots in the Stonewall riots of 1969, which were a pivotal moment in the modern gay rights movement. Today, Pride Month is a time to celebrate diversity, promote acceptance, and raise awareness about the issues facing LGBTQIA+ people.

At Ashland Food Co-op, we believe in creating a welcoming and inclusive environment for everyone, regardless of sexual orientation or gender identity. We are proud to stand with the LGBTQIA+ community during Pride Month and throughout the year.

Some of our favorite LGBTQIA+-owned products include:









maxine's Heavenly...



Volpi Sliced Meats 3-5.5 oz. • All Varieties



Niman Ranch Sausages

Selected Varieties • 12 oz.

SAVE \$3.00



HOUSE-MADE



Diestel Turkey Ranch Ground Dark Turkey

SAVE \$2.00/lb



Roli Roti Butcher's Organic Bone Broth

All Varieties • 24 oz.

SAVE \$2.00

USDA

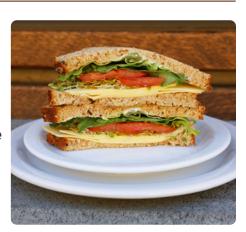
ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Grab-n-Go **Cheddar Cheese** Sandwich

195

SAVE \$1.00/ea



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.



⊕op⁻ basi¢s



Emerald Hills Ground Beef

Not to Exceed 20% Fat Grass Fed

lb



Naked Bread

Organic Hamburger Buns 15 oz.

SAVE \$1.00

USDA

ORGANIC

USDA



Yellow Onions





Woodstock Organic Ketchup 20 oz.





op⁻ basi¢s



Field Day **Organic Yellow Mustard** 8 oz.

Classes & Events

Welcoming the Transition of Springy Sunshine to Sultry Summer Days June 20 | 6pm to 8pm \$50 General • \$45 Co-op Owners

\$22.50 Staff

Learn how to put together a dazzling, Summer Grazing Board, featuring local cheeses, farm-fresh nibbles, Watermelon Gazpacho and a surprise dessert for Hot Summer Nights!

Eat Your Way Around the World Kids Camp July 8 to 11 | 9am to 1:30pm

Farm To School • Ages 9-12 \$225 General • \$220 Co-op Owners \$112 Staff

Join Rogue Valley Farm to School and dive into food production, preparation, and exploration!
Campers will have the opportunity to work with staff in the kitchen and on the farm. This is a great opportunity for kids who are curious about cooking and excited to grow their skills in the kitchen!

Rogue Valley Farm Tour July 14 | 10am to 3pm FREE

Taste and experience the delicious flavors of the Rogue Valley! The Rogue Valley Farm Tour offers you unique and intimate visits to agricultural destinations in Jackson and Josephine counties. Step behind the scenes and meet the makers, taste artisanal foods, and explore a vast array of local goods.



Dr. Bronners Baby Mild Bar SoapCertified Fair Trade • 5 oz.

2/\$7



Natural Factors
Oil of Oregano

Minimum 80% Carvacrol • 1 oz.

\$16⁴⁹

SAVE \$5.50

Fat and the Moon All Products

20[%] Off







Badger Kids Mineral SunscreenTangerine & Vanilla SPF 40 • 2.9 oz.

\$10⁹⁹

SAVE \$6.00



Ancient NutritionLiver

Grass Fed • 30 tab.

\$1799

SAVE \$3.00

BRUCE'S PICKS



Complex, yet refreshing Spanish white made in Rueda. Stonefruit, citrus, bright.

\$4399



Long Walk Vineyard Field Notes

750 ml.

A Rhone-style red blend, grown right here in Ashland. Ripe red fruits, with spice and earth on the finish.

\$**18**99

