



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

**Ashland Food Co-op  
Housemade  
Pork Bratwurst**

**\$6<sup>99</sup> lb**  
SAVE \$3.00/lb

SALE FLYER | JULY 3 TO 9, 2024

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Honeydew Melons**  
Orange • Green • Snow Leopard  
California  
**\$1<sup>28</sup> lb**  
SAVE \$1.71/lb



**ORGANIC  
Seedless Grapes**  
Cotton Candy • Gummyberries  
Mexico  
**\$4<sup>99</sup> lb**  
SAVE \$1.96/lb



**ORGANIC  
Strawberries**  
1 lb. Pack • California  
**\$4<sup>98</sup> ea**  
SAVE \$0.97/ea



**ORGANIC  
Galia Melons**  
California  
**\$1<sup>84</sup> lb**  
SAVE \$1.84/lb



**ORGANIC  
Cauliflower**  
California  
**\$1<sup>75</sup> lb**  
SAVE \$1.24/lb



**ORGANIC  
Persian Cucumbers**  
Oregon & Mexico  
**\$2<sup>99</sup> lb**  
SAVE \$1.00/lb



**ORGANIC  
Cherry Tomatoes**  
All Varieties • Open Pint  
**\$5<sup>45</sup> ea**  
SAVE \$1.50/ea



**ORGANIC  
Red & Yellow Potatoes**  
California  
**\$1<sup>28</sup> lb**  
SAVE \$0.71/lb

coop deals

Annie's Organic Dressing & Vinaigrette  
8 oz.

2/\$8



GROCERY

coop deals

Cascadian Farm Organic Berries  
8-10 oz.

2/\$8



coop deals

Organic Valley Organic Sliced Cheese  
Muenster • Provolone • Baby Swiss  
Sharp Cheddar • 6 oz.

\$4.99

SAVE \$1.60



coop deals

Santa Cruz Organic Lemonade  
32 oz.

2/\$5



coop deals

Canyon Bakehouse Gluten Free Bagels  
14 oz.

\$5.69

SAVE \$2.00



coop deals

Field Roast Plant Based Sausage  
12.95 oz.

\$4.99

SAVE \$2.00



coop deals

Waterloo Sparkling Water  
8 pk.

\$3.49

SAVE \$2.00



coop deals

Brown Cow Whole Milk Yogurt  
5.3 oz.

10/\$10



coop deals

Talenti Gelato & Sorbetto  
16 oz.

\$4.49

SAVE \$1.50



coop deals

ORGANIC Raw Cashew Pieces

\$5.49 lb

SAVE \$1.00/lb



BULK



ORGANIC Grind Your Own Almond Butter

\$7.99 lb



Pachamama Sunrise Coffee  
Light Roast • Farmer Owned

\$12.89 lb

SAVE \$1.40



ORGANIC Cranberries  
Cane Juice Sweetened

\$5.49 lb

SAVE \$1.80/lb

# ASHLAND FOOD CO+OP

EST. 1972



## ORGANIC Blueberries

Dry Pint  
Washington & California

**\$4<sup>25</sup>** ea

SAVE \$1.70/ea



## ORGANIC Blueberries

18 oz. Container  
Washington & California

**\$6<sup>45</sup>** ea

SAVE \$3.50/ea



## ORGANIC Blueberries

2 lb. Container  
Washington & California

**\$9<sup>95</sup>** ea

SAVE \$3.00/ea



## ORGANIC Rainier Cherries

Washington

**\$8<sup>56</sup>** lb

SAVE \$2.89/lb



# ASHLAND FOOD CO+OP

EST. 1972

**Niman Ranch Sausages**  
Selected Varieties • 12 oz.

**\$6<sup>99</sup>**

SAVE \$2.50



**Smart Chicken Drumsticks**

**\$2<sup>49</sup> lb**



**Ashland Food Co-op Housemade Pork Bratwurst**

**\$6<sup>99</sup> lb**

SAVE \$3.00/lb

**Fresh Wild Alaskan Sockeye Salmon Fillet**

**\$13<sup>99</sup> lb**

SAVE \$6.00/lb



coop deals

# LAND & SEA



**Applegate Naturals Sliced Turkey & Ham**  
All Varieties • 7 oz.  
**\$5.49**  
SAVE \$2.00



**Beeler's Hickory Smoked Bacon**  
16 oz.  
**\$10.99**  
SAVE \$2.00



**Beeler's Boneless Pork Loin Chops**  
**\$5.99 lb**  
SAVE \$2.00/lb



**Organic Smart Chicken Boneless Skinless Thighs**  
**\$7.49 lb**  
SAVE \$1.50/lb

# HOUSE-MADE

## ASHLAND FOOD CO+OP EST. 1972

**Co-op Kitchen Made to Order Iced London Fog Tea**  
16 oz.  
**\$3.45**  
SAVE \$1.50



## ASHLAND FOOD CO+OP EST. 1972

**Co-op Kitchen Grab-n-Go Honey Mustard Potato Salad**  
**\$7.95 lb**  
SAVE \$2.00/lb



# 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.

LOOK FOR THE PURPLE TAGS TO SAVE!



coop basics



**Emerald Hills Ground Beef**  
Not to Exceed 20% Fat Grass Fed  
**\$6.99 lb**



coop basics



**ORGANIC Spring Mix Salad**  
1 lb. Container  
**\$5.98**

coop basics



**Surata Organic Firm Tofu**  
16 oz.  
**\$3.89**



coop basics



**Nancy's Organic Plain Yogurt**  
Whole Milk • 4 lb.  
**\$9.79**



coop basics



**California Premium Medium Cheddar Loaf**  
1 lb.  
**\$6.39**

# ROUND UP TO Give Back

**CHANGE**  
for good



ASK YOUR CASHIER TO ROUND UP!



Peace House works to build a culture of peace through compassionate actions that support human rights and justice for all people.

JULY 1 TO 31

## WELLNESS



**Earth Science**  
**Liken Unscented Deodorant**  
All Day Protection • 2.45 oz.

**\$6<sup>79</sup>**  
SAVE \$1.20

coop deals



**Andalous Naturals**  
**Sheer Tan 1000 Roses Color Correct**  
Spf 30, Sensitive • 2 oz.

**\$13<sup>99</sup>** SAVE \$4.00

**Ultima Replenisher**  
**Blue Raspberry**  
Electrolyte Drink Mix  
3.7 oz.

**\$14<sup>99</sup>**  
SAVE \$5.50

coop deals



**Megafood**  
**Blood Builder**  
Nourish, Restore • 30 tab

**\$11<sup>49</sup>**  
SAVE \$7.00

coop deals



**Natural Factors**  
**Theracurmin**  
Healthy Inflammatory Response • 60 vcap.

**\$17<sup>29</sup>**  
SAVE \$5.70

## BRUCE'S PICKS

**Pelican Brewing**  
**Sparkle Hops**  
6 pack, 12 oz. Cans  
Produced on the beautiful Central Oregon Coast. Refreshing sparkling water, infused with light hop bitterness, and a touch of fruit essence. Zero percent alcohol.

**\$6<sup>99</sup>**



**Sound & Vision**  
**Pig Missile**  
750 ml.  
Applegate Valley grown Rose of Primitivo. Lip-smacking acidity, with flavors of strawberry and lemon. Take a visit to their new tasting room and winery in Talent.

**\$21<sup>99</sup>**

