

ASHLAND FOOD CO+OP

EST. 1972



**ORGANIC
Specialty Melons**
California & Washington

\$1.68^{lb}

SAVE \$0.61/lb

SALE FLYER | JULY 31 TO AUGUST 6, 2024

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Whole Seedless
Watermelon**
Oregon & Washington

84¢^{lb}

SAVE \$0.35/lb



**ORGANIC
Strawberries**
Open Pint • Oregon Grown

\$5.45^{ea}

SAVE \$1.50/ea



**ORGANIC
Brown Turkey Figs**
Open Pint • California

\$5.45^{ea}

SAVE \$1.50/ea



**ORGANIC
Whole Cantaloupe
Melons**
Oregon Grown

89¢^{lb}

SAVE \$1.10/lb



**ORGANIC
Cauliflower**
California

\$1.44^{lb}

SAVE \$1.05/lb



**ORGANIC
Heirloom Tomatoes**
Southern Oregon Grown

\$4.98^{lb}

SAVE \$1.97/lb



**ORGANIC
Hot Peppers**
Anaheim • Fresno Red
Jalapeño • Poblano • Serrano
Oregon & California

\$5.99^{lb}

SAVE \$1.96/lb



**ORGANIC
Broccoli**
Oregon & California

\$2.24^{ea}

SAVE \$1.75/ea

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



Garden of Eatin'
Corn Tortilla Chips
5.5 oz.

2/\$6



GROCERY

Annie's
Organic Dressing
& Vinaigrette
8 oz.

2/\$8



Late July
Salsa
15.5 oz.

\$4⁷⁹

SAVE \$1.00



Little Northern
Bakehouse
Gluten Free
Sliced Bread
16 oz.

\$5³⁹

SAVE \$1.30



Feel Good Foods
Potstickers & Eggrolls
9-10 oz.

\$7⁴⁹

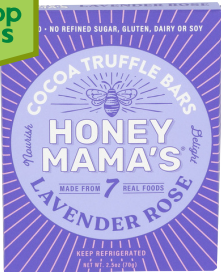
SAVE \$1.50



Oatly
Oatmilk
64 oz.

\$4⁴⁹

SAVE \$1.80



Honey Mama's
Cocoa Truffle Bars
2.5 oz.

\$3⁹⁹

SAVE \$1.50



C2O
Coconut Water
17.5 oz.

2/\$4



Ruby Jewel
Ice Cream Sandwiches
5.25 oz.

\$3⁴⁹

SAVE \$0.80

BULK



ORGANIC
Black Chia Seeds

\$2⁹⁹ lb

SAVE \$1.00/lb



ORGANIC
Grind Your Own
Almond Butter

\$7⁹⁹ lb



Cafeto
Organic Sumatra
Dark Roast Coffee

\$10⁹⁹ lb

SAVE \$1.30/lb



ORGANIC
Pitted Prunes

\$6⁴⁹ lb

SAVE \$2.80/lb



**ASHLAND
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**ORGANIC
Whole Green & Orange
Honeydew Melons**

California & Washington

\$1.68 _{lb}

SAVE \$0.61/lb



**ORGANIC
Whole Galia Melons**
California & Washington

\$1.68 _{lb}

SAVE \$0.61/lb



**ORGANIC
Whole Tuscan Melons**

California & Washington

\$1.68 _{lb}

SAVE \$0.61/lb



**ORGANIC
Whole Snow Leopard
Melons**

California & Washington

\$1.68 _{lb}

SAVE \$0.61/lb





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Melon Guide



Charentais

This quintessential variety's deep orange flesh is rich in flavor with a heady aroma that is its true calling card.



Piel de Sapo

This melon's honey-sweet pale green flesh tastes like a combination of melon and succulet pear. Shelf-stable and stores well in your kitchen.



Galia

This pale green flesh of delicious Galia melon is described as tasting sweetly aromatic with notes of tropical fruit.



Canary

Fans of Canary melon crave the succulet texture of its pale green to cream-colored flesh and sweet flavor. Has hints of pineapple & banana.



Snow Leopard

Sweet and juicy with firm white flesh, Snow Leopard melons leap effortlessly from the grill into a fruit salad or sliced up for snacking.



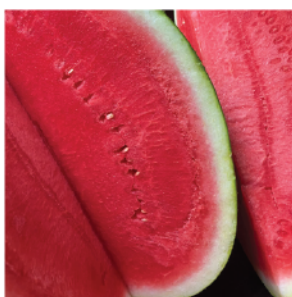
Tuscan

Considered by many a gourmet cantaloupe variety, Tuscan melon shares similar but elevated traits with its common cousin.



Cantaloupe

Super sweet and deliriously aromatic, Cantaloupe is a forever-favorite. This quintessential melon tastes and smells like summer!



Watermelon

Refreshingly sweet and satisfyingly juicy with none of the hassle of seeds makes seedless red watermelon the perfect warm-weather treat.



Honeydew

Nothing beats the heat like sweet, chilled green honeydew! Pair with salty favorites like cured meats and cheeses for elevated eating.



Orange Honeydew

Everything you love about a firm-fleshed honeydew, plus a honey-sweet flavor that eaters of all ages will enjoy.

coop deals

LAND & SEA

coop deals

HOUSE-MADE

Thousand Hills Hot Dogs & Sausages

All Varieties • 10 oz.
100 % Grass Fed

\$6⁴⁹ SAVE \$0.50

Niman Ranch Applewood Smoked Bacon

12 oz.

\$7⁹⁹ SAVE \$4.00

ASHLAND FOOD CO+OP

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Co-op Kitchen Made to Order Orange Nectar

16 oz.

\$7⁴⁵ SAVE \$1.50



Organic Smart Chicken Bone-in Thighs

\$4⁹⁹ lb SAVE \$1.00/lb



Cooked, Peeled & Cleaned Shrimp 31/40 Count

Farm Raised

\$11⁹⁹ lb SAVE \$3.00/lb

ASHLAND FOOD CO+OP

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Co-op Kitchen Grab-n-Go Sundried Tomato Feta Spread

\$10⁹⁵ lb SAVE \$2.00/lb



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

coop basics



Emerald Hills Ground Beef

Not to Exceed 20% Fat
Grass Fed

\$6⁹⁹ lb



coop basics



Surata Organic Firm Tofu

16 oz.

\$3⁹⁹

coop basics



Nancy's Organic Plain Yogurt

Whole Milk • 4 lb.

\$9⁷⁹

coop basics



ORGANIC Spring Mix Salad

1 lb. Container

\$5⁹⁸

coop basics



California Premium Medium Cheddar Loaf

1 lb.

\$6³⁹

ROUND UP TO Give Back

CHANGE
for good



ASK YOUR CASHIER TO ROUND UP!

**ROGUE
RIVER**
Watershed Council

RRWC is a
nonprofit
organization that
restores local rivers
& streams.

AUGUST 1 TO 31

coop
deals



Bass
The Beard Brush
100% Premium Silver Natural Bristle • 1 pk.
\$9²⁹
SAVE \$3.50

WELLNESS



Ancient Nutrition
Collagen Peptides
Hair-Skin-Joints-Gut • 9.9 oz.
\$23⁷⁹
SAVE \$4.20

Europharma
All Products
**20%
OFF**



Andalou Naturals
Shampoo
Age Defying Treatment • 11.5 oz.
\$6⁹⁹
SAVE \$2.00

coop
deals



Natural Factors
Lung Bronchial Sinus
Respiratory Health • 45 tab.
\$10⁹⁹
SAVE \$4.80

BRUCE'S PICKS

Casa Cadaval
Padre Pedro
750 ml.
Portuguese blend
of Arinto, Alvarinho
and Fernão Pires.
Delightfully fresh and
easy drinking, a little
citrus, some flowers,
balanced.

\$11⁹⁵



De Ursua
Vermouth
750 ml.
My favortie Vermouths
are finally back! Made in
the Basque Country of
Spain, dry for vermouth,
but still bittersweet.
Wonderful to sip straight,
or use in mixed drinks.

\$21⁹⁹

