

ASHLAND FOOD CO+OP

EST. 1972

Oregon
GROWN

ORGANIC
Whole Cantaloupe
Melons

Oregon Grown

99¢/lb
SAVE \$1.00/lb

SALE FLYER | JULY 24 TO 30, 2024

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Blueberries
Oregon & Washington

\$3.49 ea
SAVE \$2.46/ea



ORGANIC
Specialty
Seedless Grapes
Cotton Candy • Gummy Berry
Jelly Berry • Mexico

\$4.75 lb
SAVE \$2.20/lb



ORGANIC
Mini Seedless
Watermelon
Oregon & Washington

\$4.95 ea
SAVE \$2.00/ea



ORGANIC
Seedless Grape Totes
Red • Green • Black
California

\$3.24 lb
SAVE \$1.71/lb

New Crop!



ORGANIC
Red & Yellow Potatoes
Washington

\$1.24 lb
SAVE \$0.75/lb



ORGANIC
Cherry Tomatoes
All Varieties • Dry Pint
Oregon & California

\$4.96 ea
SAVE \$0.99/ea



ORGANIC
Specialty Mushrooms
Oyster • Maitake • Lions Mane
Brown Beech • Trumpet Royale
Oregon & California

20% OFF



ORGANIC
Globe Eggplant
Oregon & Washington

\$3.75 lb
SAVE \$1.20/lb



GROCERY



GoMacro Organic Protein Macro Bars
2.3 oz.

2/\$5



Annie's Organic Macaroni & Cheese
6 oz.

2/\$6



Forager Organic Dairy-Free Cashew & Coconut Alternative Yogurt
5.3 oz.

\$1.59 SAVE \$0.70



GT's Kombucha
16 oz.

2/\$6



Stacy's Pita Thins
15.6 oz.

\$5.99
SAVE \$2.00



Bakerly Brioche Burger Buns
7.05 oz.

\$3.39
SAVE \$1.10



Straus Family Creamery Organic Ice Cream
Pint

\$4.99
SAVE \$1.60



Chocolove Chocolate Bars
2.9-3.2 oz.

2/\$5



Hail Merry Tarts
3 oz.

\$4.49
SAVE \$1.10



ORGANIC Golden Flax Seeds
\$2.49 lb
SAVE \$0.80/lb



ORGANIC Dried Apple
Peeled
\$9.79 lb
SAVE \$4.00/lb



Pachamama Organic Sunrise Coffee
Light Roast • Farmer Owned
\$12.89 lb
SAVE \$1.40/lb



ORGANIC Adzuki Beans
\$3.29 lb
SAVE \$1.00/lb

BULK



**ASHLAND
FOOD CO+OP**

EST. 1972



**ORGANIC
White Nectarines**
California & Washington

\$3²⁸ lb

SAVE \$1.67/lb



**ORGANIC
Yellow Nectarines**
California & Washington

\$3²⁸ lb

SAVE \$1.67/lb



**ORGANIC
Plums**
All Varieties
California

\$2⁵⁴ lb

SAVE \$1.45/lb



**ORGANIC
Pluots**
All Varieties
California

\$2⁵⁴ lb

SAVE \$1.45/lb





**ASHLAND
FOOD CO+OP**

EST. 1972

Join Today!

Be a co-op owner with 13,000 of your
neighbors & friends!

Come for the perks,
stay for the purpose!

Support our local
farmers and purveyors



FOR MORE INFORMATION ON HOW TO BECOME AN OWNER GO TO
WWW.ASHLANDFOOD.COOP/BECOME-OWNER OR SCAN THE QR CODE!

LAND & SEA



**Hempler's
Applewood Smoked
Center Cut Bacon**

10 oz.

\$6⁴⁹ SAVE \$1.50



**Aidell's
Chicken Sausages
& Meatballs**

All Varieties • 8-12 oz.

\$6⁹⁹ SAVE \$1.00

HOUSE-MADE

**ASHLAND
FOOD CO+OP**

EST. 1972

**Co-op Bakery
Muffins**

Assorted Flavors • 4 pk.

\$4⁹⁵

SAVE \$1.00



**Smart Chicken
Boneless Skinless
Thighs**

\$5⁹⁹ lb

SAVE \$1.50/lb



**Beeler's
Bone-In Pork Chops**

\$5⁹⁹ lb NON-GMO
Project
VERIFIED

SAVE \$2.00/lb

**ASHLAND
FOOD CO+OP**

EST. 1972

**Co-op Kitchen
Artichoke Dip**

\$12⁹⁵ 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!

**Co+op
basics**

CO+OP Basics

**Co+op
basics**



**Emerald Hills
Ground Beef**

Not to Exceed 20% Fat
100% Grass Fed

\$6⁹⁹ lb



**Co+op
basics**



**Field Day
Organic Cut Green
Beans**

14.5 oz.

\$1⁹⁹



**Co+op
basics**



**Field Day
Organic Pretzels**

8 oz.

\$2⁷⁹



**Co+op
basics**



**Field Day
Organic Applesauce**

4 pk.

\$3⁹⁹



**Co+op
basics**



**Field Day
Organic Salsa**

16 oz.

\$3⁹⁹



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

coop deals



Uncle Harry's Remineralization Liquid
PH Balancing For Strong Enamel • 1 oz.

\$8⁴⁹
SAVE \$2.50

WELLNESS



Bulletproof MCT Oil
Sourced From Coconuts • 16 oz.

\$13²⁹
SAVE \$4.20

Jarrow All Products

15% OFF

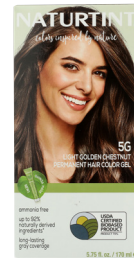


coop deals



Solaray Magnesium Citrate
Enhanced Absorption • 90 cap.

\$8⁹⁹
SAVE \$2.00



Naturtint Permanent Natural Hair Color
(5G) Light Golden Chestnut • 1 pk.

\$13⁹⁹
SAVE \$3.80

BRUCE'S PICKS

Cleto Chiarli Lambrusco Secco
750 ml.

Pale red in color, this Italian bubbly is dry, with flavors of red berries and pomegranate. Light, pleasant bitterness and citrusy acidity on the finish.

\$16⁹⁹



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.

\$18⁹⁹

