

**ASHLAND
FOOD CO+OP**

EST. 1972

Rolling Hills Farm

**Peaches
20% OFF**

8/7 to 8/13

Discount taken at the register

SALE FLYER | AUGUST 7 TO 13, 2024

Local & Organic

Tree Ripened

Medford, Oregon
Est. 1986



FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Raspberries**

6 oz. Container • California

\$3⁴⁸ ea

SAVE \$2.47/ea



**ORGANIC
Open Pint Figs**

All Varieties • California

\$5⁷⁵ ea

SAVE \$1.20/ea



**ORGANIC
Dragonfruit
Red & Yellow**

Mexico & Ecuador

\$7⁹⁵ lb

SAVE \$2.00/lb



**ORGANIC
Strawberries**

1 lb. Container • California

\$4⁹⁸ ea

SAVE \$1.97/ea



**ORGANIC
Sweet Corn**

Oregon Grown

2/\$3



**ORGANIC
Beefsteak Tomatoes**

Oregon Grown

\$3²⁸ lb

SAVE \$1.67/lb



**ORGANIC
Artichokes**

California

\$3⁹⁶ ea

SAVE \$1.29/ea



**ORGANIC
Romanesco**

California

\$2²⁴ lb

SAVE \$1.75/lb

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



Annie's Organic Bunny Grahams
7.5 oz.

2/\$8



GROCERY

Cascadian Farm Organic Granola
11 oz.

2/\$9



Kevita Organic Sparkling Probiotic Drink
15.2 oz.

\$2.69

SAVE \$1.10



Miyoko's Creamery Organic Plant Milk Cheese Spread
Roadhouse Cheddar • Chive
8 oz.

\$4.99

SAVE \$2.00



Coconut Cult Organic Probiotic Coconut Yogurt
8 oz.

\$7.99

SAVE \$1.90



Kite Hill Plant-Based Ravioli
9 oz.

\$5.99

SAVE \$2.60



Waterloo Sparkling Water
8 pk.

\$3.49

SAVE \$2.00



Koyo Organic Udon & Soba Noodles
8 oz.

2/\$5



Perfect Bar Organic Protein Bars
2.2-2.5 oz.

2/\$5



ORGANIC Adzuki Beans

\$2.99 lb

SAVE \$0.60/lb



ORGANIC Red Quinoa

\$2.99 lb

SAVE \$0.50/lb



Cafeto Organic French Roast Coffee

\$10.99 lb

SAVE \$1.30/lb



Equal Exchange Organic Breakfast Blend Coffee

\$10.99 lb

SAVE \$1.00/lb

BULK

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GRILLED *Peaches*

Grilled peaches are a delightful summer treat that brings out the natural sweetness of the fruit while adding a subtle smoky flavor. This simple yet elegant recipe is perfect for barbecues, picnics, or a quick and healthy dessert. With just a few ingredients and minimal preparation, you can transform fresh peaches into a gourmet delight that pairs beautifully with vanilla ice cream or a sprinkle of granola. Enjoy the taste of summer with these irresistible grilled peaches!

INGREDIENTS

4 ripe peaches, halved and pitted
2 tablespoons olive oil or melted butter
2 tablespoons honey or maple syrup
1 teaspoon ground cinnamon
Optional: a pinch of salt
Optional toppings: vanilla ice cream,
whipped cream, fresh mint, or granola

INSTRUCTIONS

1. Prepare the peaches. Wash the peaches thoroughly. Cut each peach in half and remove the pits

2. Preheat the grill. Preheat your grill to medium-high heat (about 350°F to 400°F / 175°C to 200°C)

3. Coat the Peaches. In a small bowl, mix the olive oil or melted butter with the honey or maple syrup, cinnamon, and a pinch of salt if using. Brush the cut sides of the peach halves with the mixture, ensuring they are well-coated.

4. Grill the peaches. Place the peach halves cut side down on the preheated grill. Grill for about 4-5 minutes, until grill marks appear and the peaches are slightly softened. Flip the peaches and grill the skin side for an additional 2-3 minutes

4. Serve. Remove the peaches from the grill and place them on a serving platter. Optional: Top with a scoop of ice cream.

coop
deals

LAND & SEA

coop
deals



Niman Ranch Breakfast Sausages

All Varieties • 8 oz.

\$4⁶⁹

SAVE \$2.30



Niman Ranch Applewood Smoked Bacon

12 oz.

\$7⁹⁹

SAVE \$4.00

HOUSE-MADE

ASHLAND FOOD CO+OP

EST. 1972

Co-op Bakery Traditional Chocolate Chip Cookie

\$1⁹⁵

SAVE \$0.30



Beeler's Boneless Pork Loin Chops

\$5⁹⁹ lb

SAVE \$2.00/lb



Organic Smart Chicken Tenderloins

\$8⁹⁹ lb

SAVE \$2.50/lb



ASHLAND FOOD CO+OP

EST. 1972

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

\$7⁹⁵

SAVE \$2.00



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

CO+OP Basics

coop
basics



Emerald Hills Ground Beef

Not to Exceed 20% Fat
Grass Fed

\$6⁹⁹ lb



coop
basics



Field Day Organic Linguine Pasta

16 oz.

\$1⁹⁹



coop
basics



Field Day Organic Pretzels

8 oz.

\$2⁷⁹



coop
basics



Field Day Organic Apple Juice

64 oz.

\$6⁹⁹



coop
basics



Field Day Organic Pasta Sauce

24 oz.

\$3⁹⁹



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

WELLNESS



**Ashland Food Co-op
B Complex**
Raspberry • 1 oz.
\$9⁴⁹
SAVE \$1.00



**Country Life
Cal Snack**
Vanilla Orange • 60 ct.
\$11⁴⁹
SAVE \$2.50

**Bluebird Botanicals
All Products**
**20%
OFF**



coop
deals



**Radius
Silk Floss**
100% Sustainable Paperboard • 33 yd.
\$3²⁹
SAVE \$1.50



**Nun
Electrolyte Drink Tablets**
Tri-Berry • 10 tab.
\$5⁷⁹
SAVE \$1.20

BRUCE'S PICKS

**Ashland Food
Co-op
White**
750 ml.
Aromatic and bright
white blend. Perfect
for warm Summer
weather.
\$11⁹⁹



**Naia
Vergejo**
750 ml.
Complex, yet refresh-
ing Spanish white
made in Rueda.
Stonefruit, citrus,
bright.
\$13⁹⁹

