

ASHLAND FOOD CO+OP

EST. 1972



Enter to win
a Free Farm Tour
at Herb Pharm!
More Details in our
Wellness Department

HERB PHARM®

20% OFF

All Herb Pharm Products

9/4 to 10/2

Discount taken at the register

SALE FLYER | SEPTEMBER 4 TO 10, 2024

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Summer Squash
All Varieties • Oregon Grown

\$2⁵⁶ lb
SAVE \$1.43/lb



ORGANIC
Specialty Peppers
Italian • Gypsy • Purple Bells
Pimento • Banana
Ella Bella Farm • Ashland, OR

\$3⁹⁸ lb
SAVE \$0.97/lb



ORGANIC
Sweet Corn
Oregon & Washington

4/\$5



ORGANIC
Green Beans
Oregon Grown

\$3²⁴ lb
SAVE \$1.21/lb



ORGANIC
Starkrimson Pears
Oregon Grown

\$2²⁴ lb
SAVE \$1.05/lb



ORGANIC
Keitt Mangos
California

\$4⁴⁵ ea
SAVE \$2.50/ea



ORGANIC
Seedless Grapes
Hi Hoe Produce • Williams, OR

\$2⁴⁹ lb
SAVE \$0.50/lb



ORGANIC
Zestar Apples
Oregon Grown

\$2²⁸ lb
SAVE \$1.21/lb

coop deals



**G.T.'s
Kombucha**
All Varieties
16 oz.

2/\$6
SAVE \$1.58 on 2

GROCERY

coop deals



**Blue Diamond
Nut Thin
Crackers**
All Varieties • 4.25 oz.

2/\$7
SAVE \$1.58 on 2



**Dr. Praeger's
Veggie Burgers**
All Varieties • 8-10 oz.

\$4.99
SAVE up to \$1.80

coop deals



**Rudi's Organic Bakery
Organic Sliced Bread**
Honey Sweet
100% Whole Wheat
Sourdough • 22 oz.

\$4.99
SAVE \$1.50



coop deals



**Violife
Vegan Cheese Slices**
Select Varieties • 7.05 oz.

\$4.79
SAVE \$1.70



**Cascadian Farm
Organic Berries**
8-10 oz.

\$4.49
SAVE \$2.30



coop deals



**Clif
Energy Bars**
Select Varieties • 2.4 oz.

\$1.59
SAVE \$0.60

coop deals



**Amy & Brian
Coconut Water**
All Varieties • 17.5 oz.

2/\$5
SAVE \$1.78 on 2



**Cascadian Farm
Organic Cereals**
8.6-14.6 oz.

\$4.79
SAVE \$1.00



BULK



**ORGANIC
Red Flame Raisins**
\$2.69 lb
SAVE \$1.00/lb



**ORGANIC
Brazil Nuts**
\$8.99 lb
SAVE \$1.30/lb



**Pachamama
Five Sisters Medium
Roast Coffee**
\$11.99 lb
SAVE \$2.30/lb



coop deals



**ORGANIC
Walnuts
Halves & Pieces**
\$5.29 lb
SAVE \$1.00/lb



**ASHLAND
FOOD CO+OP**

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HERB & PHARM[®]

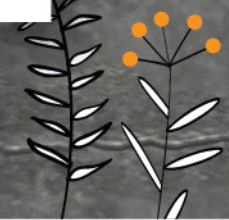
20% OFF



All Herb Pharm Products

9/4 to 10/2

Discount taken at the register





**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!

coop deals

LAND & SEA

coop deals



Diestel Turkey Ranch Organic Sliced Turkey
Oven Roasted • Smoked • 6 oz.

\$6.99

SAVE \$2.50



Niman Ranch Sausages
Select Varieties • 12 oz.

\$6.99

SAVE \$2.50

HOUSE-MADE

ASHLAND FOOD CO+OP
EST. 1972

Co-op Kitchen Made to Order Pumpkin Spice Latte
16 oz.

\$4.95

SAVE \$1.00



Smart Chicken Boneless Skinless Thighs

\$5.99 lb

SAVE \$1.50/lb



Beeler's Bone-in Pork Chops

\$5.99 lb

SAVE \$2.00/lb

ASHLAND FOOD CO+OP
EST. 1972

Co-op Kitchen Coconut Macaroons

\$1.00

SAVE \$0.50



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



Organic Smart Chicken Whole Chicken

\$3.99 lb



USDA ORGANIC

coop basics



Field Day Sparkling Water
6 pk.

\$2.69

coop basics



Field Day Organic Macaroni & Cheese
6 oz.

\$1.99

USDA ORGANIC

coop basics



Field Day Tuna
5 oz.

\$2.99

coop basics



Field Day Pretzels
8 oz.

\$2.79

USDA ORGANIC

ROUND UP TO Give Back

CHANGE
for good



ASK YOUR CASHIER TO ROUND UP!



FRIENDS OF
CASCADE-SISKIYOU
NATIONAL MONUMENT

Education, service
and advocacy in
the
Cascade-Siskiyou
National
Monument.

SEPTEMBER
1 TO 30

WELLNESS



Natracare
Organic Cotton Tampons
Regular • Normal • 20 ct.

\$6⁹⁹
SAVE \$1.00



Heritage
Castor Oil
Nourishing Treatment • 16 oz.

\$10⁴⁹
SAVE \$2.00

Sprout Living
All Products

**20%
OFF**



Boiron
Oscilloccinum
For Flu-Like Symptoms • 6 pk.

\$10⁷⁹
SAVE \$2.70



Mad Hippie
All Products

20% OFF

BRUCE'S PICKS

**Ashland Food
Coop
White**
750 ml.
Aromatic and bright
white blend. Perfect
for warm Summer
weather.

\$11⁹⁹



Giraudon
Aligote

750 ml.
Aligote drinks like a
lighter Chardonnay.
This bottling grown
in the Northern part
of Burgundy, shows a
chalky mineral touch
and lemony acidity.

\$17⁹⁹



COOP
deals