



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



**20%
OFF**

**All Potted
Plants**

SALE FLYER | February 12 to February 18, 2025

Discount taken at register

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Blueberries**
California & Mexico • 1 pint

\$5.95 ea

SAVE \$2.00



**ORGANIC
Strawberries**
California & Mexico • 1 lb

\$8.49 ea

SAVE \$6.46



**ORGANIC
Grapefruit**
California

\$2.99 lb

SAVE \$1.00/lb



**ORGANIC
Cara Cara
Navel Oranges**
California

\$1.49 lb

SAVE \$1.50/lb



**ORGANIC
Bunched Carrots**
California

\$2.99 ea

SAVE \$1.00



**ORGANIC
Arugula**
California

\$3.99 ea

SAVE \$0.26



**ORGANIC
Crimini & White
Button Mushrooms**
Canada

\$5.49 lb

SAVE \$1.46/lb



**ORGANIC
Yellow Potatoes**
Klamath Falls, Oregon &
Canada

\$1.29 lb

SAVE \$0.70/lb



GROCERY



Leora's Chocolates
Herbal
Cacao Elixirs
4 oz.

\$12⁸⁹ ea
SAVE \$1.60



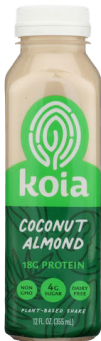
Chickpea
Organic Pasta
Made from Chickpeas
8 oz.

Buy One, Get One
FREE



Koia
Plant-Based
Protein Shake
12 oz.

2/\$7
SAVE \$1.78 on 2



CocoJune
Organic
Cultured
Coconut Yogurt
16 oz.

\$6⁴⁹
SAVE \$2.20



Funny Farm
Goat
Milk
Ice Cream
14 oz.

\$6⁸⁹
SAVE \$2.00



Garden of Eatin'
Corn
Tortilla
Chips
5.5 oz.

2/\$5
SAVE \$2.18 on 2



Cascadian Farm
Organic
Potatoes
16 oz.

2/\$8
SAVE \$3.38 on 2



Nancy's
Organic
Cream Cheese
Spread
8 oz.

\$3⁵⁹
SAVE \$1.00



The Good
Crisp
Company
Potato Crisps
5.6 oz.

Buy One, Get One
FREE



BULK



Organic
Adzuki Beans
\$2⁹⁹ lb
SAVE \$0.50/lb



Organic
Chia Seeds
\$3³⁹ lb
SAVE \$0.60/lb



Café Mam
Italian Roast
Coffee Beans
\$9⁹⁹ lb
SAVE \$2.60/lb



Sunridge Farms
Carob Coated Almonds
\$6⁹⁹ lb
SAVE \$4.40/lb



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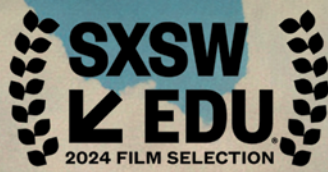
20% OFF

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Plants**

*Discount taken at register

Discover our full selection in-store. February 12 through February 18, 2025.





FARMING WHILE BLACK

Reclaiming Land and Agricultural Heritage

KONTENT FILMS Presents FARMING WHILE BLACK
DIRECTOR / WRITER / PRODUCER MARK DECENA
PRODUCER LIZ LUPINO DECENA
CO-PRODUCER LYNN KINCAID WAYMER
DIRECTOR OF PHOTOGRAPHY LAWRENCE RICKFORD
EDITOR BERNARDO JOSUE

WWW.FARMINGWHILEBLACKFILM.COM

LAND & SEA



Wild Alaskan Coho Salmon Fillet
Previously Frozen

\$12⁹⁹ lb
SAVE \$2.00/lb



Emerald Hills Boneless New York Steak
100% Grass Fed

\$17⁹⁹ lb
SAVE \$5.00/lb

HOUSE-MADE

ASHLAND FOOD CO+OP
EST. 1972

Co-op Kitchen Grab-n-Go Dutch Crunch Rolls

\$1²⁵ ea
SAVE \$0.50



Wild Shell on Shrimp 21/25 Count
Product of Mexico

\$11⁹⁹ lb
SAVE \$3.00/lb



Beeler's Boneless Pork Loin Chops

\$5⁹⁹ lb
SAVE \$2.00/lb



ASHLAND FOOD CO+OP
EST. 1972

Co-op Kitchen Made-to-Order Tropical Sunset
16 oz.

\$7⁴⁵ ea
SAVE \$1.50



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!

Co+op basics

CO+OP Basics

Co+op basics

Field Day Organic Raspberry Fruit Spread
14 oz.

\$4⁹⁹



Co+op basics

Field Day Organic Mini Twist Pretzels
8 oz.

\$2⁷⁹



Co+op basics

Field Day Organic Coconut Sugar
16 oz.

\$5⁴⁹



Co+op basics

Field Day Organic Raisin Bran Cereal
14 oz.

\$3⁹⁹



Co+op basics

Field Day Organic Apple Cinnamon Cereal Bars
7.8 oz.

\$3⁴⁹





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VALENTINE'S DAY

**3
DAYS!**

SPARKLING WINE SALE

10% OFF

or buy 4 or more
bottles to receive
an additional
10% off

discount will be taken at the register

Friday through Sunday

February 14 to 16, 2025

Join us on February 14
from 2 to 4pm
for live harp music
with Casey Gina.

WELLNESS



**Booda Organics
Suds Of Love**
Moisturizing Soap • 3.8 oz.

\$4⁹⁹

SAVE \$2.00

**Ginger People
Turmeric
Ginger Shot**
Immunity Support • 2 oz.



\$2⁹⁹

SAVE \$0.30



**Aura Cacia
All Products**

35% OFF

*Discount Taken at Register



**Natural Factors
Tranquil Sleep**
Advanced Fast Acting
Formula • 60 tab

\$21⁷⁹

SAVE \$7.00

**Shepard Moon
All Products**



10% OFF

*Discount Taken at Register

BRUCE'S PICKS

**D'Armanville
Champagne
Brut Rose**
750 ml
Strawberry, cherry, almond,
pastries, rich and creamy,
while staying sharp and
bright.



\$34⁹⁹

**Valley View
Pinot Noir**
750 ml
Dark, ripe berry flavors,
mixed with red fruit flavors
of cherry and strawberry.
Elegant and supple tannins
with refreshing acidity.



\$18⁹⁹