



# Johansen Navel Orange Bags

California • 4 lb Bag

**ON SALE**  
**\$4.95**

Regular Price \$6.25

SALE FLYER | February 19 to February 25, 2025



**ASHLAND FOOD CO+OP**

EST. 1972

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC Collard Greens**  
California

**\$1.99** ea

SAVE \$1.00



**ORGANIC Bell Peppers**  
All Varieties • Mexico

**\$2.99** lb

SAVE \$3.96/lb



**ORGANIC Heirloom Tomatoes**  
Mexico

**\$3.29** lb

SAVE \$1.66/lb



**ORGANIC Sweet & Japanese Sweet Potatoes**  
California

**\$1.99** lb

SAVE \$1.00/lb



**ORGANIC Honey Mangos**  
Mexico

**\$2.99** ea

SAVE \$1.00



**Honey Glow Pineapple**  
Costa Rica

**\$4.99** ea

SAVE \$1.96



**ORGANIC Triplecross Mandarins**  
California

**\$2.99** lb

SAVE \$1.46/lb



**ORGANIC Kanzi Apples**  
Washington

**\$1.99** lb

SAVE \$1.00/lb



# GROCERY



**Daiya Dairy Free Cheese Alternative**  
Sliced • Blocks • 7.1-7.8 oz.



**\$3.99** ea  
SAVE \$1.30



**Rumiano Organic Cheese Blocks**  
8 oz.



**\$4.99** ea  
SAVE \$2.00



**Mary's Gone Organic Crackers**  
5.5-6.5 oz.

**2/\$7**  
SAVE \$3.58 on 2



**Cappello's Almond Flour Crust Pizza**  
11-12 oz.

**\$7.99**  
SAVE \$3.00



**Wildwood Organic Baked Tofu**  
7 oz.

**\$3.79**  
SAVE \$1.60



**Fage Greek Yogurt**  
16 oz.

**\$2.99**  
SAVE \$1.70



**Garden of Eatin' Corn Tortilla Chips**  
16 oz.

**\$4.89**  
SAVE \$2.00



**Wyman's of Maine Wild Blueberries**  
3 lb

**\$11.99**  
SAVE \$5.00



**Primal Kitchen Dressing & Marinade**  
8 oz.

**\$5.99**  
SAVE \$1.50



# BULK



**Organic Red Quinoa**  
**\$2.99** lb  
SAVE \$0.50/lb



**Organic Whole Cashews Raw**  
**\$6.99** lb  
SAVE \$0.70/lb



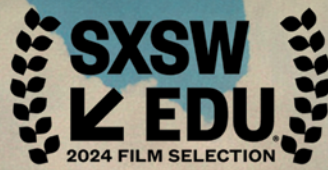
**Café Mam Italian Decaf Coffee Beans**  
**\$10.99** lb  
SAVE \$3.00/lb



**Organic Cashew Pieces Raw**  
**\$5.69** lb  
SAVE \$0.80/lb







# 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](http://WWW.FARMINGWHILEBLACKFILM.COM)





**We're excited to invite local organizations to apply to be a 2026 Change for Good Partner!**

**Ashland Food Co-op's monthly register round-up initiative allows shoppers to round up their total at checkout, to support nonprofits making a difference in our community ~ one cent at a time.**

**Please apply and spread the word to our local non-profit organizations!**



**Scan to Apply**



**<https://ashlandfood.coop/change-for-good-partner-application-2025>**



## LAND & SEA



**Fresh Columbia River Steelhead Fillet**  
Farm Raised

**\$12<sup>99</sup> lb**

SAVE \$3.00/lb



**Hills Premium Meats Pork Breakfast Links**

**\$4<sup>99</sup> lb**

SAVE \$2.00/lb



**Applegate Naturals Breakfast Sausage Links**  
All Varieties • 7 oz.

**\$5<sup>99</sup>**

SAVE \$1.00



**Chomps Jerky Sticks**  
All Varieties • 1.15 oz.

**2/\$4**

SAVE \$0.98 on 2

## HOUSE-MADE

**ASHLAND FOOD CO+OP**

EST. 1972

**Co-op Kitchen Grab-n-Go Honey Dijon Salad Dressing**  
12 oz.

**\$5<sup>95</sup> ea**

SAVE \$1.55



**ASHLAND FOOD CO+OP**

EST. 1972

**Co-op Kitchen Grab-n-Go Vegan Tahini Salad**

**\$6<sup>95</sup> ea**

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!

**Co+op basics**

## CO+OP Basics

**Co+op basics**

**Field Day Baking Powder**  
10 oz.

**\$2<sup>99</sup>**



**Co+op basics**

**Field Day Organic Bay Leaves**  
0.15 oz.

**\$4<sup>99</sup>**



**Co+op basics**

**Field Day Organic Cranberry Juice**  
32 oz.

**\$5<sup>99</sup>**



**Co+op basics**

**Field Day Unsalted & Creamy Almond Butter**  
16 oz.

**\$7<sup>99</sup>**



**Co+op basics**

**Field Day Organic Vanilla Blueberry Granola**  
12 oz.

**\$4<sup>99</sup>**







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

**Farming While Black**  
at the Varsity Theatre

**February 20th, 2025**  
**7:00pm**

The film explores  
Black farmers' new  
generation reclaiming  
land and agrarian roots.



All proceeds from the  
film benefit BASE,  
a nonprofit supporting  
Black residents in  
Southern Oregon with  
events, resources, and  
community connections.

To learn more visit:  
[baseoregon.org](http://baseoregon.org)

**WELLNESS**



**Garden Of Life  
Raw Vitamin  
D3 5000**

Supports Bone &  
Immune System Health • 60 vcap

**\$17<sup>99</sup>**

SAVE \$9.00



**Alba Botanica  
Daily  
Moisturizing  
Lotion**

Sensitive Skin • 32 oz.

**\$11<sup>99</sup>**

SAVE \$7.00



**Evanhealy  
All Products**

**20% OFF**

\*Discount Taken at Register



**Natural Factors  
Magnesium  
Bisglycinate**

Mental & Physical  
Stress Support • 120 vcap

**\$12<sup>99</sup>**

SAVE \$5.30



**Ashland  
Food Co-op  
Oregano Oil Caps**

Carvacrol 70 • 60 vcap

**\$16<sup>49</sup>**

SAVE \$1.80

**BRUCE'S PICKS**

**Domaine  
Brunet  
Chinon**

750 ml  
Nice example of Loire Val-  
ley Cabernet Franc, with  
juicy fruit up front, fol-  
lowed by a rustic, earthy,  
herbal finish.

**\$15<sup>99</sup>**



**Chateau  
Pey-Bonhomme  
Bordeaux Rouge**

750 ml  
Biodynamically grown  
Merlot, Cabernet Franc and  
Malbec. Plum, blackberry,  
bay leaf.

**\$18<sup>99</sup>**

