



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



# Corned Beef Brisket

100% Grass Fed • 2.5lb



**\$29.99**  
Save \$10.00

**SALE FLYER | March 12 to March 18, 2025**

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Russet Potatoes**  
California

**\$1.29** lb  
SAVE \$0.70/lb



**ORGANIC  
Green & Red  
Cabbage**  
California

**\$1.29** lb  
SAVE \$0.70/lb



**ORGANIC  
Crimini Mushrooms**  
Oregon & Canada

**\$5.95** lb  
SAVE \$2.00/lb



**ORGANIC  
Carrots**  
California

**\$1.12** lb  
SAVE \$0.37/lb



**ORGANIC  
Granny Smith  
Apples**  
Washington

**\$1.99** lb  
SAVE \$1.00/lb



**ORGANIC  
Kiwis**  
California

**\$3.99** lb  
SAVE \$1.46/lb



**ORGANIC  
Honeyglow  
Pineapples**  
Costa Rica

**\$4.99** ea  
SAVE \$1.96



**ORGANIC  
Gold Nuggets**  
California

**\$2.49** lb  
SAVE \$1.50/lb



# GROCERY



**Zevia**  
Zero Sugar Soda  
6 pk



**\$5<sup>39</sup>**

SAVE \$2.00



**Tasty Bite**  
Indian Entrees  
10 oz.



**2/\$7**

SAVE \$2.18 on 2



**Brew Dr.**  
Organic Kombucha  
14 oz.



**\$2<sup>29</sup>**

SAVE \$1.70



**Caulipower**  
Cauliflower Coated  
Chicken Tenders  
14 oz.



**\$8<sup>99</sup>**

SAVE \$3.00



**Forager**  
Organic Dairy-free  
Cashewmilk  
Yogurt  
24 oz.



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

SAVE \$1.80



**Nature's Path**  
Organic Waffles  
7.4 oz.



**\$3<sup>29</sup>**

SAVE \$1.10



**Kettle Brand**  
Potato Chips  
13 oz.

**\$4<sup>79</sup>**

SAVE \$1.60



**Perfect Bar**  
Organic Protein Bars  
2.3-2.5 oz.



**2/\$5**

SAVE \$2.18 on 2



**Divine**  
Chocolate Bars  
3 oz.



**\$3<sup>29</sup>**

SAVE \$1.00



# BULK



**Deluxe**  
Mixed Nuts  
Roasted & Salted

**\$11<sup>29</sup>** lb

SAVE \$1.40/lb



**Equal Exchange**  
Organic Breakfast  
Blend Coffee

**\$10<sup>99</sup>** lb

SAVE \$1.00/lb



**Café Mam**  
Tango  
Dark Roast Blend

**\$9<sup>99</sup>** lb

SAVE \$2.60/lb



**Organic**  
Extra Virgin Olive Oil

**\$12<sup>29</sup>** lb





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# A Taste of Ireland in Every Bite!



**Kerrygold  
Dubliner  
Irish Cheese**

**\$4<sup>49</sup> ea**

SAVE \$2.50



**Kerrygold  
Reserve Cheddar  
Irish Cheese**

**\$4<sup>49</sup> ea**

SAVE \$2.50







PRESENTS



# Beer Making Start to Finish Traditional and Gluten-Free

**BRIAN KOLODZINSKI, U FERMENT CO-OWNER**

**\$50 FOR COMMUNITY MEMBERS - \$45 FOR CO-OP OWNERS**

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**MARCH 20, 2025 | 6PM**

**CO-OP COMMUNITY CLASSROOM  
300 N. PIONEER ASHLAND, OR 97520**

This hands-on interactive class will guide you through the process of making traditional (and gluten free) beer. Learn about the various equipment and ingredients, and how they are used throughout the brewing process. Attendees will walk through the basic step-by-step process of brewing a beer from start to finish.



To find out more or sign up visit [Ashlandfood.coop/events](https://Ashlandfood.coop/events) or scan the QR code

# LAND & SEA



**Eel River Organic  
Corned Beef Brisket**

100% Grass Fed • 2.5lb

**\$29<sup>99</sup>**

SAVE \$10.00



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

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

SAVE \$2.00/lb



# HOUSE-MADE

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**Co-op Kitchen  
Made-to-Order  
Green Dream  
Smoothie**

16 oz.

**\$7<sup>45</sup>**

SAVE \$1.50



**Wild Shell on Shrimp**

21/25 Count

Product of Mexico

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

SAVE \$3.00/lb



**Roli Roti  
Butcher's  
Organic  
Bone Broth**

24 oz.

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

SAVE \$2.00



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**Co-op Kitchen  
Bakery  
Sesame Trail Bar**

**\$7<sup>95</sup> 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**

**Applegate Naturals  
Chicken Nuggets**

16 oz.

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



**Co+op  
basics**

**Field Day  
Organic  
Stone  
Ground  
Mustard**

8 oz.

**\$1<sup>99</sup>**



**Co+op  
basics**

**Field  
Day  
Organic  
Crinkle Cut Fries**

24 oz.

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



**Co+op  
basics**

**Field Day  
Berry Flavored  
Sparkling Water**

6 pk

**\$2<sup>69</sup>**



**Co+op  
basics**

**Field Day  
Coarse  
Sea Salt**

24.7 oz.

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





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## Everyone is welcome to shop at the Co-op

Everyone deserves to have access to organic, healthy, and affordable foods.

The Ashland Food Co-op's CAN program supports Co-op owners that are experiencing economic hardship and/or are students who have received a Pell Grant.

CAN participants will receive an everyday 10% discount throughout the store.

### Enrollment is simple!

Visit our website at [ashlandfood.coop/CAN](http://ashlandfood.coop/CAN) or stop by the Information Desk for an application.

### Becoming an Owner is Simple!

Need assistance with the one-time \$100 Ownership investment? We have options to support the equity investment payments.

Find out if you qualify at [ashlandfood.coop/CAN](http://ashlandfood.coop/CAN)

## WELLNESS

coop deals

**Shikai Borage Therapy**  
Helps Relieve Dry Skin • 2.5 oz.

**\$7.49**

SAVE \$1.50



**Kal Magnesium Glycinate**  
Nerve, Bone & Muscle Support  
90 soft gel

**\$17.99**

SAVE \$3.00



coop basics

**Herb Pharm All Products**

**25% OFF**



coop deals

**Lily Of The Desert Aloe Vera Gelly**  
Soothing Moisturizer  
4 oz.

**\$3.99**

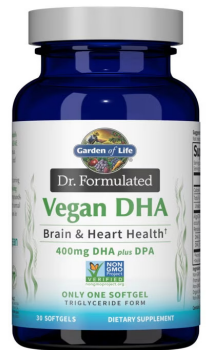
SAVE \$0.80



**Garden of Life Vegan DHA**  
Brain & Heart Health • 30 soft gel

**\$19.99**

SAVE \$7.00



## BRUCE'S PICKS



**Luzon Verde Monastrell**

750 ml  
Organically grown Spanish Monastrell (Mourvedre). Juicy and smooth red fruits, with notes of dried herbs and fresh dug soil.

**\$10.99**



**Ercole Bianco**

1000 ml  
Piedmont white blend of Cortese, Chardonnay and Sauvignon Blanc. Light, fresh and unoaked. One liter bottle.

**\$11.99**

