

BOBOS

MAPLE PEGAN

OAT BAR

NET WT3 OZ (859)

Bobo's Oat Bars
12 pk · 2.5-3 oz.

\$ 2.29 Save \$ 0.60

SALE FLYER | March 26 to April 1, 2025

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC Zucchini Mexico

\$499_{lb}

SAVE \$1.00/lb



ORGANIC Red Bell PeppersMexico

\$3⁹⁹lb

SAVE \$0.96/lb



ORGANIC Shiitake Mushrooms

Oregon

\$**8**95_{lb}

SAVE \$4.00/lb



ORGANICGreen Beans

Mexico

\$2⁶⁹lb

SAVE \$1.30/lb



ORGANICCosmic Crisp
Apples

\$4⁵⁶lb

Washington

SAVE \$0.73/lb



ORGANIC Tango Mandarins California

\$2⁴⁹lb



ORGANIC Strawberries 11b

California & Mexico

\$**5**95 ea



ORGANICBartlett Pears

Argentina

\$499_{lb}



GROCERY





Lesser Evil Organic Popcorn 4.6-5 oz.

SAVE \$1.98 on 2





Dr. Bronner's Organic **Chocolate Bars** 2.93-3 07.

SAVE \$3.58 on 2







CocoJune **Organic Cultured** Coconut

4 oz.

SAVE \$0.70







Amv's **Pizzas** 9.1-14 oz.

SO 99

SAVE \$2.70





Kerrygold **Irish Butter**

8 oz.

SAVE \$2.00







SIMPLY MI-DELICIOUS MI-DEL

Cascadian Farm Organic Berries

28-32 oz.

SAVE \$2.00-\$3.00

ceop



Nixie Organic Sparkling Water 8 pk

SAVE \$3.30



coop deals



6 oz.

SAVE \$1.50







Mi-Del **Ginger** Snap Cookies

Lemon • Gluten Free 8-10 oz.

SAVE \$1.10





Equal Exchange Organic Breakfast Blend Coffee

SAVE \$1.00/lb



BULK



Tango Dark Roast Blend

SAVE \$2.60/lb



SAVE \$5.10/lb





SAVE \$1.00/lb









ORGANIC



DUMMY DWNHLL

at Mt. Ashland

ROCO CAFE & TAPHOUSE

Serving up fresh, delicious ROCO coffee. Stop by and say hi!

MARCH

29

10AM-3PM

10:00-11:00 AM: Dummy Check-In

11:00-11:30 AM: Dummy Judging

1:00-3:00 PM:

Live Music on the Bar Deck

2:00-3:00 PM: Dummies Downhill!



ASHLAND FOOD CO+OP

EST. 1972



PEAK PROTEINS







Hero Beef Jerky

\$699 SAVE \$2.00 Niman Ranch Summer Sausage 8 oz.

\$**6**49

SAVE \$1.50

Niman Ranch Genoa Salami & Hot Soppressata

Snack Packs

\$499 SAVE \$1.00

LAND & SEA



Organic Smart Chicken Boneless Skinless Breast









Fresh Columbia River Steelhead Fillet

Farm Raised

SAVE \$3.00/lb



HOUSE-MADE







Volpi **Sliced Meats** 3-5.5 oz.

OFF

SAVE \$1.00

coop



Applegate Naturals Turkey Bacon

8 oz.

SAVE \$2.20

⊕op basics

ASHLAND FOOD CO+OP

ASHLAND FOOD CO+OP EST. 1972 -

Co-op Kitchen

Grain Free Scone

Bakery

SAVE \$1.00

\$**7**50

each

EST. 1972

Co-op Kitchen Made-to-Order **London Fog**

Tea

16 oz.

S**>** 95

SAVE \$1.00



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.



CO+OP Basics



Smart Chicken Drumsticks

lb

⊙op⁻ basi¢s



Surata **Organic Firm Tofu** 16 oz.



Umpqua Organic Whole Milk 1 Gallon

⊕op basic



œop⁻ basi¢s



Field Day **Organic Blueberries** 32 oz.





Naked Bread Organic Hamburger Buns

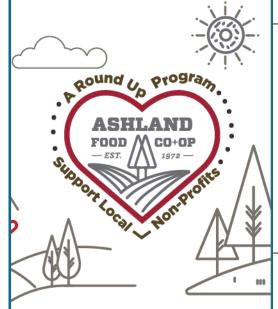
15 oz.





ROUND UP TO Give Back





ASK YOUR CASHIER TO ROUND UP!

ScienceW@rks

HANDS-ON MUSEUM

ScienceWorks is a local hands-on science museum with community events and educational programs.

WELLNESS

Humphrey's Witch Hazel

Clarifying Pure Witch Hazel 8 07

SAVE \$1.00



Enzymedica Digest Gold

Maximum Strength 45 cap

SAVE \$1.80



Shepard Moon Concoctions All Products

OFF





Herb Pharm All Products



coop deals

Natural Factors Tranguil Sleep

Advanced Fast Acting Formula 60 tab

SAVE \$7.00



BRUCE'S PICKS



Upper Five Rose of Grenache

750 ml Biodynamic and Organic vineyard in Talent. New 2024 vintage, just released. Strawberry, watermelon, hint of richness, light and crisp.



Paolo Scavino Vino Rosso

750 ml Great Italian red blend of Nebbiolo, Dolcetto, Merlot and Barbera. Scavino is a high end Piedmont producer, and this everyday priced red

overdelivers.

