

**ASHLAND
FOOD CO+OP**

EST. 1972

**EARTH DAY
BULK SALE**

4/25 TO 4/27

20% OFF

Select items in
Grocery and Wellness

SALE FLYER | APRIL 23 TO 29, 2025

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Blood Oranges**
California

\$1⁹⁹ lb

SAVE \$1.00/lb



**ORGANIC
Meyer Lemons**
California

\$3⁸⁶ lb

SAVE \$1.09/lb



**ORGANIC
Tommy Atkins Mangos**
Mexico

2/\$5

SAVE \$1.49 on 2



**ORGANIC
Pink Lady Apples**
Washington

\$1⁶⁴ lb

SAVE \$0.64/lb



**ORGANIC
Garnet & Jewel Yams**
California

\$1⁸⁴ lb

SAVE \$1.15/lb



**ORGANIC
Spring Onions**
Oregon & California

\$3⁹⁹ ea

SAVE \$0.96



**ORGANIC
Leeks**
California

\$2⁵⁶ ea

SAVE \$1.43



**ORGANIC
Persian Cucumbers**
Mexico

\$1⁹⁹ lb

SAVE \$1.50/lb

ASHLAND FOOD CO-OP | OPEN EVERY DAY 7AM TO 9PM | WWW.ASHLANDFOOD.COOP

coop
deals

GROCERY

coop
deals

Bellwether Farms
Sheep Milk Yogurt
6 oz.

\$2²⁹

SAVE \$1.00



Bubbies Hawaii
Mochi Ice Cream
7.5 oz.

\$4⁹⁹

SAVE \$2.00



coop
deals



Let's Do Organic
Organic Coconut
Shredded • Flakes
7-8 oz.

\$2⁴⁹

SAVE \$1.00



coop
deals



Cascadian Farm
Organic Vegetables
10 oz.

2/\$6

SAVE \$2.58 on 2



coop
deals



Organic Valley
Organic Milk
32 oz.

\$2⁹⁹

SAVE \$0.70



coop
deals



Hail Merry
Dessert Cups
1.5 oz.

\$2⁷⁹

SAVE \$0.70

coop
deals



LaCroix
Sparkling Water
8 pack

\$3⁷⁹

SAVE \$1.50

coop
deals

Miyoko's Creamery
Organic Plant-Based
Cheese Spread

Classic Chive •
Roadhouse Cheddar
8 oz.

\$4⁹⁹

SAVE \$2.00



coop
deals



Muir Glen
Organic Salsa
16 oz.

2/\$8

SAVE \$0.70 on 2



coop
deals



Frontier
Organic Smoked Paprika

\$14⁹⁹ lb

SAVE \$6.90/lb



coop
deals



Frontier
Organic Black
Peppercorn

\$16⁹⁹ lb

SAVE \$9.60/lb



BULK



Café Mam
French Roast

\$9⁹⁹ lb

SAVE \$2.60/lb



coop
deals



Frontier
Organic Garlic Granules

\$16⁹⁹ lb

SAVE \$8.00/lb





EARTH DAY

BULK SALE



4/25 to 4/27

20%
OFF

Select Items in
Grocery and Wellness



**ASHLAND
FOOD CO+OP**
— EST. 1972 —

Rooted & True,
Since '72

Plant Start **SALE**

20% OFF

April 25 - April 27



FRY FAMILY FARM
Certified Organic



OPEN DAILY
7 AM - 9 PM

237 N 1st St,
Ashland, OR

LAND & SEA



Organic Smart Chicken
Boneless Skinless
Breast

\$9⁹⁹ lb

SAVE \$2.00/lb



Wild Shell on Shrimp
21/25 Count

\$11⁹⁹ lb

SAVE \$3.00/lb

coop
deals



Beeler's
Boneless Pork Loin
Chops

\$5⁹⁹ lb

SAVE \$2.00/lb



coop
deals



Hempler's
Applewood Smoked
Center Cut Bacon

\$6⁴⁹

SAVE \$1.50

HOUSE-MADE

**ASHLAND
FOOD CO+OP**

EST. 1972

Co-op Kitchen
Grab-n-Go
Gorgonzola Salad
Dressing

12 oz.

\$5⁵⁰

SAVE \$2.00



**ASHLAND
FOOD CO+OP**

EST. 1972

Co-op Kitchen
Grab-n-Go
Chicken Caesar
Salad

16 oz.

\$9⁹⁵

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!

coop
basics

CO+OP Basics

coop
basics



Emerald Hills
Ground Beef

Not to exceed 20% fat

\$7⁹⁹ lb



coop
basics



Field Day
Organic
Long Grain White Rice

2 lb.

\$4⁹⁹



coop
basics



Field Day
Organic
Diced Peaches and
Pears

4 pack

\$3⁹⁹



coop
basics



Field Day
Organic Toasted O's
Cereal

14 oz.

\$3⁹⁹



coop
basics



Field Day
Organic Mini Twist
Pretzels

8 oz.

\$2⁷⁹



CALENDAR OF EVENTS



**Discover the
Ancient Art of
Wild Mead
Making!**

May 1, 6-8PM

**The Ease and
Versatility of
Crepes**



May 10, 12-2PM



**Is your Financial
Path Leading
You to Your
Retirement
Dream**

May 21, 6-8PM

**Demystifying
Home Loans**



May 28, 6-8PM



Farm Bus Bistro

June 6, 4-7PM

Register at
<https://www.eventbrite.com/o/as-hand-food-co-op-23218515812>

WELLNESS

**A La Maison
Honeysuckle
Hand & Body Lotion**
5 oz.

\$6⁹⁹
SAVE \$1.50



**Coop
basics**

**Natural Factors
Pharma Gaba
100mg**

Relaxation & Mental Focus
60 tab

\$17⁷⁹



**Microjoy
All Products**

**20%
OFF**



**Canary
All Products**

**20%
OFF**



**Coop
deals**

**Flora
Super 8 Hi-
Potency
Probiotic**

Maintains Healthy
Yeast Balance
30 vcap

\$19⁹⁹
SAVE \$3.00



BRUCE'S PICKS

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

\$11⁹⁹



**D'Estezargues
Carambouille**

750 ml
Chillable red blend from a
Cooperative winery in the
Rhône Valley, FR.
Pomegranate, raspberry,
cherry, strawberry, lightly
tart and refreshing.

\$14⁹⁹

