

# FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC Blood Oranges California

\$499<sub>lb</sub>



ORGANIC Meyer Lemons California

\$386<sub>lb</sub>



**ORGANIC Tommy Atkin Mangos** Mexico

2/\$5 SAVE \$1.49 on 2



ORGANIC
Pink Lady Apples
Washington

\$464 lb



ORGANIC
Garnet & Jewel Yams
California

\$484<sub>lb</sub>



ORGANIC Spring Onions Oregon & California

\$399 ea



ORGANIC Leeks California

\$256 ea



**ORGANIC Persian Cucumbers**Mexico

\$499<sub>lb</sub>



### **GROCERY**

## **c**op **deals**

**Bellwether Farms Sheep Milk Yogurt** 6 oz.





**Bubbies Hawaii** Mochi **Ice Cream** 7.5 oz.

**SAVE \$2.00** 







Let's Do Organic **Organic Coconut** Shredded • Flakes

7-8 oz.

**SAVE \$1.00** 







**Cascadian Farm Organic Vegetables** 10 oz.

**SAVE \$2.58 on 2** 



**BULK** 

USDA





**SAVE \$0.70** 



USDA

**Hail Merry Dessert** Cups

1.5 oz.

coop deals

**SAVE \$0.70** 





coop deals



LaCroix Sparkling Water 8 pack

**SAVE \$1.50** 



Miyoko's Creamery **Organic Plant-Based Cheese Spread** 

Classic Chive • Roadhouse Cheddar 8 oz.

**SAVE \$2.00** 



USDA ORGANIC coop deals



**Muir Glen Organic Salsa** 16 oz.

**SAVE \$0.70 on 2** 



**co**op **deals** 



**Frontier Organic Smoked Paprika** 

**SAVE \$6.90/lb** 



coop deals



**Frontier Organic Black Peppercorn** 

**SAVE \$9.60/lb** 

ORGANIC lb



Café Mam **French Roast** 

**SAVE \$2.60/lb** 





coop deals



**Frontier Organic Garlic Granules** 

**SAVE \$8.00/lb** 





Items in

nd Wellness



Rooted & True, Since '72

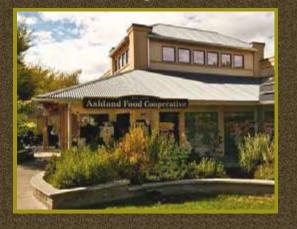






FRY FAMILY FARM

Certified Organic





OPEN DAILY 7 AM - 9 PM

237 N 1st St, Ashland, OR

### LAND & SEA



**Organic Smart Chicken Boneless Skinless Breast** 



**SAVE \$2.00/lb** 





Wild Shell on Shrimp 21/25 Count

**SAVE \$3.00/lb** 



HOUSE-MADE



Beeler's **Boneless Pork Loin** Chops





coop deals



Hempler's **Applewood Smoked Center Cut Bacon** 10 oz.

**SAVE \$1.50** 

⊕op basi¢s

#### ASHLAND FOOD CO+OP

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

**Co-op Kitchen** Grab-n-Go

**Dressing** 

**\$**250

**SAVE \$2.00** 

12 oz.

**Gorgonzola Salad** 

EST. 1972

**Co-op Kitchen** Grab-n-Go **Chicken Ceasar** Salad

16 oz.

**SAVE \$2.00** 

S**a**95



### 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



#### **Emerald Hills Ground Beef**

Not to exceed 20% fat

lb



### **⊕**op⁻ basi¢s



Field Day **Organic** Long Grain White Rice

2 lb.





**Field Day** Organic **Diced Peaches and Pears** 

4 pack





Field Day **Organic Toasted O's** Cereal

14 oz.

USDA





Field Day **Organic Mini Twist Pretzels** 

8 oz.

USDA



### **WELLNESS**





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 hland-food-co-op-23218515812

A La Maison Honeysuckle Hand & Body Lotion

\$**6**99

**Microjoy** 

OFF

**All Products** 





Natural Factors Pharma Gaba 100mg

Relaxation & Mental Focus 60 tab

\$**17**<sup>79</sup>





**Canary** All Products

**20**%



#### Flora Super 8 Hi-Potency Probiotic

Maintains Healthy Yeast Balance 30 vcap

\$19<sup>99</sup>

**SAVE \$3.00** 



Pharma GABA

### BRUCE'S PICKS





Chillable red blend from a Cooperative winery in the Rhone Valley, FR. Pomegranate, raspberry, cherry, strawberry, lightly

\$4499

tart and refreshing.

