



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

HAPPY  
*Mother's*  
DAY

#1  
*Mom*  
*Bouquet*  
\$10.99/ea



SALE FLYER | May 7 to May 13, 2025

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC**  
**Cosmic Crisp Apples**  
Washington

**\$1.56** lb

SAVE \$0.73/lb



**ORGANIC**  
**Golden Nugget**  
**Mandarins**  
California

**\$2.86** lb

SAVE \$1.13/lb



**ORGANIC**  
**Kiwi Fruit**  
California

**\$4.25** lb

SAVE \$1.20/lb



**ORGANIC**  
**Grapefruit**  
California

**\$1.84** lb

SAVE \$1.15/lb



**ORGANIC**  
**Cauliflower**  
California

**\$1.96** lb

SAVE \$1.03/lb



**ORGANIC**  
**Crimini & White**  
**Mushrooms**  
Oregon & Canada

**\$5.45** lb

SAVE \$1.50/lb



**ORGANIC**  
**Broccoli**  
Oregon & California

**\$2.29** ea

SAVE \$1.70



**ORGANIC**  
**Yellow Potatoes**  
**New Crop!**  
Idaho

**\$1.88** lb

SAVE \$1.88/lb

# GROCERY

**Imagine Organic Soup**  
32 oz.

**\$4<sup>59</sup>**

SAVE \$1.00



coop deals

**Catalina Crunch Cereal**  
8-9 oz.

**\$6<sup>99</sup>**

SAVE \$1.30



coop deals



**Chobani Greek Yogurt**  
5.3 oz.

**4/\$5**

SAVE \$1.76 on 4

coop deals



**GT's Living Foods CocoYo Coconut Yogurt**  
8 oz.

**\$5<sup>49</sup>**

SAVE \$1.50

coop deals



**Caulipower Gluten Free Chicken Tenders**  
14 oz.

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

SAVE \$3.00

coop deals



**Cascadian Farm Organic Potatoes**  
Select Varieties • 16 oz.

**2/\$8**

SAVE \$3.38 on 2



**Kettle Brand Potato Chips**  
13 oz.

**\$4<sup>69</sup>**

SAVE \$1.70



coop deals

**Miyoko's Creamery Organic Plant-Milk Cream Cheese Spread**  
8 oz.

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

SAVE \$1.50



coop deals

**C2O Coconut Water**  
33.8 oz.

**2/\$8**

SAVE \$2.58-\$3.38 on 2



# BULK



**Organic Amaranth**

**\$2<sup>39</sup> lb**

SAVE \$0.50/lb



**Organic Tamari Almonds**

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

SAVE \$2.00/lb



**Pachamama Sunrise Light Roast**

**\$14<sup>99</sup> lb**

SAVE \$2.00/lb



**Organic Brown Flax Seeds**

**\$2<sup>39</sup> lb**

SAVE \$0.50/lb





**ASHLAND  
FOOD CO+OP**

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*Happy  
Mother's Day*



**#1 Mom Bouquet**

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



**Dozen Roses**

**\$24<sup>95</sup>** ea

**10 stem Cut Tulips**

**\$9<sup>95</sup>** ea



**Local Tulips  
Southern Oregon!**

**\$17<sup>95</sup>** ea





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*Sparkling Wine  
Sale*

**10% OFF**

BUY 4 OR MORE AND  
GET ANOTHER 10% OFF

**May 9 to 11**

DISCOUNT WILL BE TAKEN AT THE REGISTER



# LAND & SEA



**Organic Smart Chicken Tenderloins**

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

SAVE \$2.00/lb



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

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

SAVE \$2.00/lb



# HOUSE-MADE

**ASHLAND FOOD CO+OP**

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**Co-op Kitchen Bakery Lemon Doodle Cookie**

**\$1<sup>95</sup>**

SAVE \$0.30



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

**\$1 OFF**

SAVE \$1.00



**Aidells Chicken Sausages & Meatballs**  
8-12 oz.

**\$6<sup>99</sup>**

SAVE \$1.00

**ASHLAND FOOD CO+OP**

EST. 1972

**Co-op Kitchen Made-to-Order Orange Juice**

16 oz.

**\$8<sup>45</sup>**

SAVE \$1.50



## 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



**Applegate Naturals Chicken Nuggets**

16 oz.

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



**Ener-C Peach Mango**

30 pack

**\$15<sup>49</sup>**



**Field Day Organic Coconut Sugar**

16 oz.

**\$5<sup>49</sup>**



**Field Day Organic Raisin Bran Cereal**

14 oz.

**\$3<sup>99</sup>**



**Field Day Apple Cinnamon Cereal Bars**

7.8 oz.

**\$3<sup>49</sup>**



# Just in Time for... Mother's Day Brunch

## The Ease and Versatility of Crêpes with Chef Jacki Rosen

Discover the ease and versatility of French crêpes - both savory and sweet - served with a fresh spring salad in this hands-on, flavor-packed cooking class.



**\$50 Community Member**  
**\$45 Owners**

**Saturday, May 10th**  
**12pm-2pm**

## Mother's Day Raspberry Bubbles

Ingredients (per serving):

- 1 tsp raspberries
- 2 tsp sugar
- 6 oz prosecco or sparkling beverage

Instructions:

Muddle raspberries and sugar in a shaker or glass. Add 2 oz prosecco, stir, and strain into a flute. Top with remaining bubbly. Serve immediately.



Sign up/Learn More:  
**AshlandFood.Coop/Events**

## WELLNESS

**Tom's Of Maine  
Whole Care  
Mouth Wash**  
Anticavity Mouthwash  
16 oz.

**\$6<sup>49</sup>**  
SAVE \$1.50



**Garden Of Life  
Men's Multi  
Gummies**  
Whole Food  
Nutrition + Probiotics  
90 ct

**\$16<sup>49</sup>**  
SAVE \$8.80



**TruVani  
All Products**

**20%  
OFF**



**SilverFalls  
All Products**

**15%  
OFF**



**Ashland  
Food Co-op  
B-Complex**  
Maintains Healthy  
Skin, Hair, Eyes  
and Nerves  
90 tab

**\$15<sup>29</sup>**  
SAVE \$2.70



## BRUCE'S PICKS

**Ruffino  
Prosecco Rose**  
750 ml  
Great price for  
easy-drinking Italian bubbly.  
Lightly floral, with just a kiss  
of sweet fruit.

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



**Ultraviolet  
Zinfandel**

750 ml  
Grapes are sourced from  
Mendocino County. Classic  
California Zin flavors,  
especially ripe blackberry, but  
done in a fresh and vibrant  
style.

**\$16<sup>99</sup>**

