



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

BERRY SALE!



SALE FLYER | May 14 to May 20, 2025

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Fuji Apples**
Washington

99¢ lb
SAVE \$0.65/lb



**ORGANIC
Cherries**
California

\$10⁴⁵ lb
SAVE \$2.50/lb



**ORGANIC
Rhubarb**
Oregon Grown!

\$4²⁵ lb
SAVE \$1.70/lb



**ORGANIC
Cantaloupe**
Mexico

\$1²⁸ lb
SAVE \$1.21/lb



**ORGANIC
Zucchini & Yellow
Straight Neck Squash**
Mexico

\$1⁶⁸ lb
SAVE \$1.31/lb



**ORGANIC
Asparagus**
Oregon & California

\$6⁹⁸ lb
SAVE \$2.97/lb



**ORGANIC
Tomato on the Vine**
Arizona & Mexico

\$2⁹⁹ lb
SAVE \$1.00/lb



**ORGANIC
Eggplant**
Mexico

\$2⁷⁶ lb
SAVE \$1.23/lb

GROCERY

coop deals

Zevia
Zero Sugar Soda
6 pk

\$5.49

SAVE \$1.90



coop deals

Newman's Own
Newman O's Crème
Filled Cookies
13 oz.

\$4.79

SAVE \$1.60



coop deals

Brew Dr.
Organic Kombucha
14 oz.

2/\$5

SAVE \$2.98 on 2



Field Roast
Plant Based Sausages
12.95 oz.

\$5.49

SAVE \$1.50



coop deals

Oatly
Non-Dairy
Frozen Dessert
pint

\$4.49

SAVE \$1.10



coop deals

Cascadian Farm
Organic Berries
8-10 oz.

2/\$8

SAVE \$5.58 on 2



coop deals

Annie's
Organic
Dressing & Vinaigrette
8 oz.

2/\$8

SAVE \$3.38 on 2



coop deals

Honey Mama's
Cocoa Truffle Bars
2.5 oz.

\$3.99

SAVE \$1.50



coop deals

Amy & Brian
Coconut
Water

- Pulp
- Pulp Free
- Lime

2/\$5

SAVE \$1.78 on 2



BULK

coop deals



Organic
Golden Flax Seeds

\$2.69 lb

SAVE \$0.60/lb



Organic
Mission Figs

\$7.69 lb

SAVE \$2.60/lb



Pachamama
5 Sisters
Medium Roast

\$14.99 lb

SAVE \$2.00/lb



Organic
Yellow
Popcorn
5lb Bag

\$10.59

SAVE \$1.00





BERRY SALE!



ORGANIC
Strawberries
1lb Container
California & Mexico

\$4⁹⁸ ea
SAVE \$0.97-\$1.50/ea



ORGANIC
Blackberries
6oz. Container
California & Mexico

\$5⁶⁹ ea
SAVE \$1.26/ea



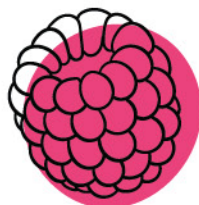
ORGANIC
Blueberries
Dry Pint
California

\$5⁷⁵ ea
SAVE \$2.50/ea



ORGANIC
Raspberries
6oz. Container
California & Mexico

\$4⁵⁶ ea
SAVE \$1.00-\$1.39/ea



ASHLAND
FOOD CO+OP
EST. 1972

SALE FLYER
May 14 to May 20, 2025
Open Daily 7AM - 9PM





**ASHLAND
FOOD CO+OP**

EST. 1972

YOUR PATRONAGE DIVIDEND

**will be available
at the Register
on June 2nd!**

Questions?

Visit AshlandFood.Coop/patronage-faq



LAND & SEA



Organic Smart Chicken
Boneless Skinless Thighs

\$8⁴⁹ lb

SAVE \$1.50/lb



Wild Ahi Tuna Fillet
Previously Frozen

\$11⁹⁹ lb

SAVE \$3.00/lb



Teton Waters Ranch
Sausages
8-12 oz.

\$6⁹⁹

SAVE \$2.00



Hempler's
Applewood Smoked
Center Cut Bacon
10 oz.

\$6⁴⁹

SAVE \$1.50

HOUSE-MADE

ASHLAND
FOOD CO+OP
EST. 1972

Co-op Kitchen
Grab-N-Go
House Made Soup
32 oz.

\$9⁹⁵

SAVE \$1.30



ASHLAND
FOOD CO+OP
EST. 1972

Co-op Kitchen
Grab-N-Go
Hot Salmon

\$16⁹⁵ lb

SAVE \$3.00/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

Emerald Hills
Ground Beef
Not to exceed 20% fat

\$7⁹⁹ lb



Co+op
basics



Field Day
Organic Capellini
Angel Hair Pasta
16 oz.

\$1⁹⁹



Co+op
basics



Field Day
Organic
Tomato Paste
6 oz.

\$1³⁹



Co+op
basics



Field Day
Organic
Dill Weed
0.6 oz.

\$4⁹⁹



Co+op
basics



Field Day
Organic
Extra Virgin
Olive Oil
16.9 oz.

\$10⁹⁹



Upcoming Events

Your Path to Retirement Dreams

Join Melanie Madden to explore retirement goals, income sources, and how your money can support you in any future scenario.

FREE

Wed, May 21 | 6pm-8pm

Demystifying the Home Loan Process

Join Melissa Redding to explore mortgage basics, loan options, and smart decisions for a smooth path to homeownership success.

FREE

Wed, May 28 | 6pm-8pm

Farm Bus Bistro

Meet Flora the Farm Bus! Explore a mobile kitchen and greenhouse, and learn about farm tours and summer programs in Rogue Valley.

FREE

Friday, June 6 | 4pm-7pm

Hand-Made Pasta to Impress!

Learn to make delicious pasta from scratch using simple ingredients by hand or with a pasta machine in this fun, hands-on class!

\$40 Community member

\$30 Owners | \$20 Children

Thursday, June 26 | 6pm

Kids Camp Eat Your Way Around the World

Campers will learn to prepare delicious, culturally-inspired meals from scratch throughout the week, exploring global food traditions.

\$250 Community member

\$245 Owners

June 23 - 26 | 9am-1:30pm
(ages 9-12)

June 30 - July 3 | 9am-1:30pm

Sign up/Learn More:

AshlandFood.Coop/Events

WELLNESS



Ancient Secrets Nasal Cleansing Pot
Original Ceramic Model
1 ct

\$13⁹⁹

SAVE \$2.80

coop deals

Oregon's Wild Harvest Nettle Quercetin
Respiratory Support
60 vcap

\$18⁹⁹

SAVE \$8.30



Shepard Moon All Products

10% OFF



coop deals

Solaray Magnesium Glycinate

• Bone
• Muscle
• Relaxation
120 vcap

\$16⁹⁹

SAVE \$3.00



Badger Adventure Mineral Sunscreen Cream
2.9 oz.

\$12⁴⁹

SAVE \$4.50



BRUCE'S PICKS



Quady North G.S.M. Rose

750 ml
New vintage of the best selling wine here at the Coop. Watermelon and strawberry, with a dry and bright finish.

\$13⁹⁹



Bruna Grimaldi Arneis

750 ml
Perfect Springtime white from Langhe, Piedmont IT. Lightly floral and peachy, fresh and light.

\$19⁹⁹

