



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

# WHOLE SEEDLESS WATERMELON

FROM CALIFORNIA

**89¢/LB**  
Save 40¢/lb

**SALE FLYER | May 28 to June 3, 2025**

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC**  
Yellow & White  
Nectarines  
California

**\$4<sup>24</sup> lb**

SAVE \$1.71/lb



**ORGANIC**  
Mini Seedless  
Watermelons  
California

**\$5<sup>88</sup> ea**

SAVE \$3.07



**ORGANIC**  
Seedless Grapes  
Red • Green • Black  
California & Mexico

**\$4<sup>45</sup> lb**

SAVE \$3.50/lb



**ORGANIC**  
Honeydew Melons  
California

**\$1<sup>54</sup> lb**

SAVE \$0.75/lb



**ORGANIC**  
Cauliflower  
California

**\$1<sup>86</sup> lb**

SAVE \$1.13/lb



**ORGANIC**  
Spring Onions  
Oregon Grown!

**\$4<sup>25</sup> ea**

SAVE \$0.70



**ORGANIC**  
Romanesco  
California

**\$3<sup>28</sup> lb**

SAVE \$1.21/lb



**ORGANIC**  
Red & Yellow  
Potatoes  
California & Idaho

**\$1<sup>69</sup> lb**

SAVE \$1.00/lb



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



coop  
deals

## GROCERY

**Lesser Evil  
Organic Popcorn**  
4.6 oz.

**2/\$6**

SAVE \$0.99 on 2



**Tillamook  
Cream Cheese**  
8 oz.

**\$3.79**

SAVE \$1.00



coop  
deals



**Bitchin'  
Sauce & Dip**  
7-8 oz.

**\$5.49**

SAVE \$1.30 - \$1.50



coop  
deals



**Cosmic  
Bliss  
Organic  
Non-Dairy Frozen  
Dessert**  
Made with Coconut Milk  
14 oz.

**\$4.99**

SAVE \$2.30



coop  
deals



**Pickled  
Planet  
Organic  
Great Plain  
Raw Sauerkraut**  
16 oz.

**\$6.99**

SAVE \$0.70



coop  
deals



**NoBull  
Veggie Burgers**  
8 oz.

**\$5.99**

SAVE \$0.80



coop  
deals



**Boulder  
Canyon  
Kettle  
Style  
Potato Chips**  
5.25-6.5 oz.

**\$2.79**

SAVE \$1.20



**Rumiano  
Family Creamery  
Organic Cheese Blocks**  
8 oz.

**\$5.59**

SAVE \$1.40



**Bragg  
Organic  
Dressing  
& Marinade**  
12 oz.

**\$5.59**

SAVE \$1.00



coop  
deals



**Organic  
Pistachios**  
Roasted & Salted

**\$7.39 lb**

SAVE \$1.00/lb



## BULK



**Organic  
Walnuts**

**\$6.99 lb**

SAVE \$1.50/lb



**Pachamama  
Peru**  
Medium Roast

**\$14.99 lb**

SAVE \$2.00/lb



coop  
deals



**Organic  
Tricolor Quinoa**

**\$2.79 lb**

SAVE \$0.60/lb





# BERRY

SALE FLYER

May 28 to June 3, 2025

Open Daily 7AM - 9PM



**ORGANIC**  
Raspberries  
6 & 12 oz. Container  
California & Mexico

6 oz. **\$4<sup>45</sup>** ea

12 oz. **\$8<sup>45</sup>** ea

SAVE \$1.00-\$1.50

# SWEET



**ORGANIC**  
Jumbo Blueberries  
9.8 oz. Container  
California

**\$8<sup>75</sup>** ea

SAVE \$1.20

# DEALS

**ORGANIC**  
Strawberries  
1lb Container  
California & Mexico

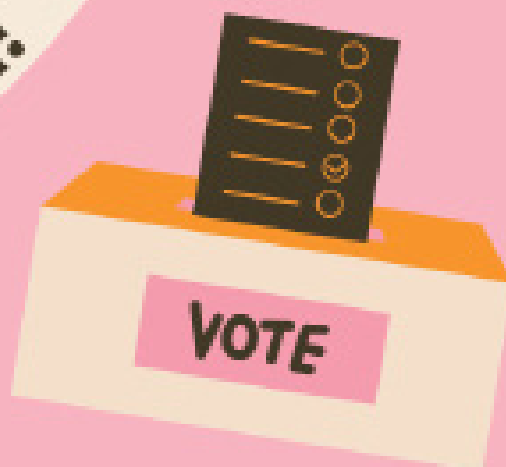
**\$4<sup>95</sup>** ea

SAVE \$1.00





**SHAPE OUR FUTURE!**



# **AFC BOARD OF DIRECTORS AND CHANGE FOR GOOD ORGANIZATIONS**

**Voting open May 21 - June 9**

**Check your email on May 21st  
for your ballot**

**Vote and be entered to win a Co-op  
Swag Bag valued at \$150!**





## LAND & SEA



**Organic Smart Chicken**  
Boneless Skinless Breast

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

SAVE \$2.00/lb



**Wild Shell on Shrimp**  
21/25 Count

Product of Mexico

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

SAVE \$3.00/lb



**Beeler's**  
Boneless Pork Loin  
Chops

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

SAVE \$2.00/lb



**Applegate Organics**  
Great Hot Dog  
10 oz.

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

SAVE \$1.80



## HOUSE-MADE

**ASHLAND  
FOOD CO+OP**

EST. 1972

**Co-op Kitchen**  
Grab-N-Go  
Sundried Tomato  
Feta Spread

**\$10<sup>95</sup> lb**

SAVE \$2.00/lb



**ASHLAND  
FOOD CO+OP**

EST. 1972

**Co-op Kitchen**  
Grab-N-Go  
Cobb Salad

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

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!

**co+op  
basics**

## CO+OP BASICS

**co+op  
basics**

**Emerald Hills**  
Ground Beef  
Not to exceed 20% fat

**\$7<sup>99</sup> lb**



**co+op  
basics**

**Field Day**  
Unsalted &  
Creamy  
Almond Butter  
16 oz.

**\$7<sup>99</sup>**



**co+op  
basics**

**Field Day**  
Chunk White  
Albacore Tuna  
Salted/No Salt Added • 5 oz.

**\$2<sup>99</sup>**



**co+op  
basics**

**Field Day**  
Apple Cinnamon  
Cereal Bars  
7.8 oz.

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



**co+op  
basics**

**Jarrow  
Formulas**  
BoneUp  
Bone Health  
1000Mg • 240 cap

**\$22<sup>99</sup>**



# ROUND UP TO Give Back

**\$CHANGE**  
for good



A Round Up Program  
**ASHLAND  
FOOD CO-OP**  
— EST. 1972 —  
Support Local — Non-Profits

ASK YOUR CASHIER TO ROUND UP!



Bee Regenerative's mission is to create a world where bees enrich our working landscapes and our lives.

## WELLNESS

coop  
deals

**Heritage Store  
Black Seed Oil**  
Vegan & Cold-Pressed  
90 cap

**\$19<sup>99</sup>**

SAVE \$2.50



coop  
deals

**Natural Factors  
Tranquil Sleep**  
Advanced Fast Acting  
Formula • 60 tab

**\$18<sup>99</sup>**

SAVE \$9.80



**Andalou  
All Products**

**25%  
OFF**



**Swiss Kriss  
Herbal Laxative  
Tablets**

Herbal Supplement  
120 tab

**\$8<sup>29</sup>**

SAVE \$1.20



**Zhou  
Organic Black  
Seed Oil**  
Organic Cold-Pressed  
3.9 oz.

**\$19<sup>29</sup>**

SAVE \$3.20



## BRUCE'S PICKS

**Division Wine  
Ovest White**

750 ml  
Albariño, Grenache Blanc,  
Chenin Blanc and Sauvignon  
Blanc from the Columbia Valley.  
Lees aging for a little richness,  
but very bright, light and zippy.

**\$17<sup>99</sup>**



**Goldback  
Rose of Grenache**

750 ml  
100% Grenache from  
Meadowlark Vineyard here  
in Ashland. Newly released  
2024 vintage, fresh and lively.

**\$19<sup>99</sup>**

