



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

FROM CALIFORNIA

White Peaches & Nectarines

\$4.24/LB
Save \$1.71/lb

SALE FLYER | June 4 to June 10, 2025

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Cosmic Crisp
Apples
Washington

\$1.78 lb

SAVE \$1.21/lb



ORGANIC
Apricots
California

\$4.99 lb

SAVE \$2.96/lb



ORGANIC
Apricots
Frog Hollow
Farm • 1lb Pack
California

\$4.75 ea

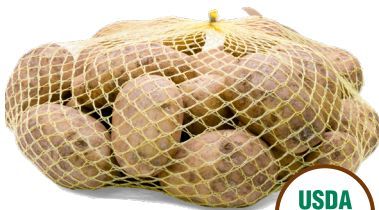
SAVE \$2.20



ORGANIC
Whole
Cantaloupe Melons
California

\$1.64 lb

SAVE \$0.65/lb



ORGANIC
Russet Potatoes
5lb Bag
California

\$5.99 ea

SAVE \$1.46



ORGANIC
Bunched Spinach
Oregon Grown!

\$2.44 ea

SAVE \$1.55



ORGANIC
Josie's
Chopped
Salads • All Varieties
California

\$5.45 ea

SAVE \$1.50



ORGANIC
Zucchini
Oregon & California

\$2.24 lb

SAVE \$1.05/lb



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

coop
deals

**Cascadian Farm
Organic Cereal
& Granola**
8.6-14.6 oz.

2/\$8

SAVE \$3.58-\$3.98 on 2



GROCERY

coop
deals

**Clif
Builder's
Protein Bars**
2.4oz.

2/\$4

SAVE \$1.38 on 2



coop
deals

**GT's
Kombucha**
16 oz.

2/\$6

SAVE \$1.58 on 2



coop
deals

**Stahlbush
Island Farms
Berries**
Sustainably grown in the USA
10 oz.

2/\$8

SAVE \$2.58 on 2



coop
deals

**Hodo
Organic
Tofu**
Miso • 8 oz.

\$3.79

SAVE \$1.60



coop
deals

**Straus
Family Creamery
Organic Ice Cream**
pint

\$5.49

SAVE \$1.80



coop
deals

**Siete
Kettle
Cooked
Potato Chips**
5.5 oz.

\$2.99

SAVE \$1.00



coop
deals

**Organic Valley
Organic Raw
Cheese Blocks**
8 oz.

\$4.89

SAVE \$2.00



coop
deals

**San Pellegrino
Sparkling Mineral Water**
6 pk

\$5.69

SAVE \$2.00



BULK



**Organic
Black Chia Seeds**

\$2.79/lb

SAVE \$0.60/lb



**Organic
Red Flame Raisins**

\$2.69/lb

SAVE \$1.00/lb



**Café Mam
Breakfast Blend**

\$9.99/lb

SAVE \$2.60/lb



**Organic
Brazil Nuts**
Raw

\$9.29/lb

SAVE \$1.00/lb





**ASHLAND
FOOD CO+OP**

EST. 1972

YOUR PATRONAGE DIVIDEND

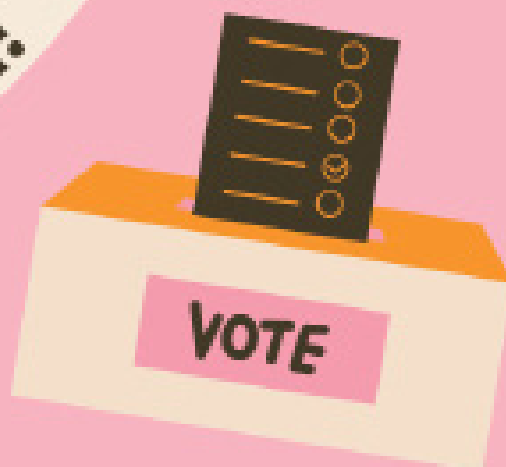
**will be available
at the Register
on June 2nd!**

Questions?

Visit AshlandFood.Coop/patronage-faq



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!**



Smart Chicken
Boneless Skinless Thighs

\$5⁹⁹ lb

SAVE \$1.50/lb



Aidells
Chicken Sausages
& Meatballs
8-12 oz.

\$6⁹⁹ ea

SAVE \$1.00

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**

LAND & SEA



Diestel Turkey Ranch
Ground Dark Turkey

\$4⁹⁹ lb

SAVE \$2.00/lb

coop
deals



Diestel Turkey Ranch
Organic Sliced Turkey
Oven Roasted & Smoked
6 oz.

\$6⁴⁹ ea

SAVE \$3.00



HOUSE-MADE

**ASHLAND
FOOD CO+OP**

EST. 1972

Co-op Kitchen
Made-to-Order
Iced London Fog
16 oz.

\$3⁹⁵ ea

SAVE \$1.00



**ASHLAND
FOOD CO+OP**

EST. 1972

Co-op Kitchen
Grab-N-Go
Guacamole

\$10⁴⁵ lb

SAVE \$2.50/lb



CO+OP BASICS

coop
basics



Smart Chicken
Boneless Skinless
Breast

\$6⁹⁹ lb

coop
basics



Organic Valley
Butter
Salted • Unsalted • 1 lb

\$9³⁹



coop
basics

Field Day
Organic
Raw
Wildflower
Honey
16 oz.

\$6⁹⁹



coop
basics

Field Day
Organic
Crinkle Cut Fries
24 oz.

\$4⁹⁹



coop
basics

Surata
Organic Firm Tofu
16 oz.

\$4⁰⁵



Lend a Local Farmer a Helping Hand



Volunteer on the farm!
Lend us a helping hand on the
Rogue Valley Farm Tour
on Sunday, July 20th.

Volunteers are needed

for 3 hours shifts,
and each volunteer
will receive a \$20 gift card
to their choice of
Ashland Food Co-op
or Medford Food Co-op.



Learn more and sign-up at:
www.roguevalleyfarmtour.com/volunteer

WELLNESS

coop
basics

**Eco-Dent
Clean Mint Daily
Rinse**
Essential Mouth Care
8 oz.

\$8⁷⁹

SAVE \$2.00



**Enzymedica
Digest Gold**
Maximum Strength
45 ct

\$18⁹⁹

SAVE \$2.80



**Herb Farm
All Products**

**25%
OFF**



**15%
OFF** **Nordic Naturals
All Products**

coop
deals

**Country Life
Acid Rescue**
For Occasional Acid
Indigestion
60 tab

\$9⁹⁹

SAVE \$2.00



BRUCE'S PICKS

**Iruai
Psychic Terroir**
750 ml
Rogue Valley blend of Gamay,
Syrah, Muscat and Grenache.
Light, refreshing, chillable,
natural winemaking.

\$19⁹⁹



**Co-op
White**

750 ml
Get it before it is gone. Down
to the last cases of our crisp,
aromatic, light white blend.

\$11⁹⁹

