



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

Ashland Food Co-op  
Housemade

**Pork  
Bratwurst**  
**ON SALE**  
**\$6.99/lb**

SAVE \$3.00/lb

**SALE FLYER | July 2 to July 8, 2025**

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC**  
**Whole**  
**Seedless Watermelon**  
California

**86¢ lb**  
SAVE \$0.33/lb



**ORGANIC**  
**Yellow & White**  
**Peaches**  
California

**\$3.75 lb**  
SAVE \$1.50/lb



**ORGANIC**  
**Yellow & White**  
**Nectarines**  
California

**\$3.75 lb**  
SAVE \$1.50/lb



**ORGANIC**  
**Whole**  
**Cantaloupe Melons**  
California

**\$1.28 lb**  
SAVE \$1.01/lb



**ORGANIC**  
**Russet Potatoes**  
**New Crop!**  
California

**\$1.78 lb**  
SAVE \$0.71/lb



**ORGANIC**  
**Summer Squash**  
**All Varieties**  
Oregon & California

**\$2.64 lb**  
SAVE \$0.85/lb



**ORGANIC**  
**Open Pint**  
**Cherry Tomatoes**  
**All Varieties**  
Oregon & California

**\$5.45 ea**  
SAVE \$1.80



**ORGANIC**  
**Sweet**  
**Corn on the Cob**  
California

**2/\$3**  
SAVE \$0.79

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



# GROCERY

coop  
deals

**Nixie  
Organic  
Sparkling  
Water**

8 pk

**\$5<sup>39</sup>**

SAVE \$1.90



**Kettle Brand  
Potato Chips**

13 oz.

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

SAVE \$1.90



coop  
deals

**Brew Dr.  
Organic  
Kombucha**

14 oz.

**\$2<sup>29</sup>**

SAVE \$1.70



coop  
deals

**Cascadian  
Farm  
Organic Berries**

8-10oz.

**2/\$8**

SAVE \$5.58 on 2



coop  
deals

**Field Roast  
Plant Based Sausages**

12.95 oz.

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

SAVE \$1.50



coop  
deals

**So Delicious  
Non-Dairy Frozen  
Dessert Bars**

4 pk

**\$4<sup>99</sup>**

SAVE \$1.30



**Siete  
Kettle Cooked  
Potato Chips**

5.5 oz.

**\$3<sup>29</sup>**

SAVE \$0.70



coop  
deals

**Organic Valley  
Organic Sliced Cheese**

Muenster • Provolone • Baby Swiss • Sharp Cheddar

6 oz.

**\$5<sup>39</sup>**

SAVE \$1.20



coop  
deals

**Waterloo  
Sparkling Water**

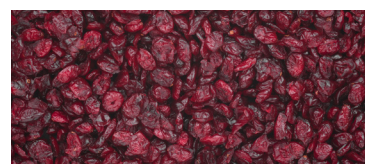
8 pk

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

SAVE \$2.20



# BULK



**ORGANIC  
Cranberries**

Cane Juice Sweetened

**\$6<sup>19</sup> lb**

SAVE \$2.60/lb



**ORGANIC  
Black Chia Seeds**

**\$2<sup>59</sup> lb**

SAVE \$0.80/lb



**Café Mam  
Italian Roast  
Dark Roast**

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

SAVE \$3.00/lb



**ORGANIC  
Red Flame Raisins**

**\$3<sup>29</sup> lb**

SAVE \$0.40/lb





HAPPY

# Fourth of July

Grill Power!



**Teton Waters  
Ranch  
Sausages**  
10 oz.

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

SAVE \$2.00



**Fresh Columbia  
River  
Steelhead Fillet**  
Farm Raised

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

SAVE \$4.00/lb



**co+op  
basics**

**Smart Chicken  
Drumsticks**

**\$2<sup>49</sup> lb**



**ASHLAND  
FOOD CO+OP**

EST. 1972

**SALE FLYER**

**July 2 to July 8, 2025**

**Open Daily 7AM - 9PM**



# Fourth of Ju-Licious!

## Berries, Cherries & Star-Spangled Flavors!

**ORGANIC**  
Sweetest Batch  
Blueberries  
11 oz Container  
California

**\$8<sup>45</sup>** ea  
SAVE \$2.50



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

**\$4<sup>28</sup>** lb  
SAVE \$1.67/lb



**ORGANIC**  
Raspberries  
6 oz Container  
California

**\$4<sup>75</sup>** ea  
SAVE \$0.70



**ORGANIC**  
Dark Sweet Cherries  
Washington

**\$6<sup>95</sup>** lb  
SAVE \$3.00/lb







## LAND & SEA



**Organic Smart Chicken**  
Bone-In Thighs

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

SAVE \$1.00/lb



**Organic Smart Chicken**  
Boneless Skinless Breast

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

SAVE \$2.00/lb



coop  
deals



**Applegate Naturals**  
Sliced Turkey & Ham  
7 oz.

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

SAVE \$2.00



**Beeler's**  
Hickory Smoked Bacon  
16 oz.

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

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!

coop  
basics

## CO+OP BASICS

coop  
basics



**Organic**  
**Smart Chicken**  
Whole Chicken

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



coop  
basics



**Field Day**  
Baking Soda  
16 oz.

**\$1<sup>29</sup>**



coop  
basics



**Field Day**  
Organic  
Crinkle Cut Fries  
24 oz.

**\$4<sup>99</sup>**



coop  
basics



**Field Day**  
Organic Brown Rice  
Penne Pasta  
12 oz.

**\$2<sup>79</sup>**



coop  
basics



**Surata**  
Organic Firm Tofu  
16 oz.

**\$4<sup>05</sup>**



## HOUSE-MADE

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

**Co-op Kitchen**  
Grab-N-Go  
Classic  
Potato Salad  
**\$7<sup>95</sup> lb**

SAVE \$3.00/lb



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

**Co-op Kitchen**  
Made-to-Order  
Cold Brew  
16 oz.

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

SAVE \$1.00





# Upcoming Events

## Kids Camp: Farm to Fork

Campers (ages 9–12) will create meals from scratch using farm-fresh ingredients in a fun food show format. Lunch included. Locations: Co-op Classroom, SOU Farm.

**\$250 Community member**

**\$245 Owners**

**July 7-10 | 9am-1:30pm**

## Summer Bounty

Celebrate summer's farm-fresh flavors in this hands-on picnic workshop! Learn to prepare and taste seasonal dishes like baba ghanoush, ratatouille, and sangria.

**\$50 Community member**

**\$45 Owners**

**Saturday, July 12 | 4-6pm**



## Rogue Valley Farm Tour

Join the 2025 Rogue Valley Farm Tour! Visit farms, meet makers, taste artisanal foods, and explore local goods in Jackson and Josephine counties.

**FREE**

**Friday, July 20 | 10am-3pm**

## Unlock Your Inner Coach: 7 Steps

Learn seven essential self-coaching steps to boost emotional, mental, and physical well-being. Build self-awareness, accountability, resilience, and self-advocacy for lasting personal growth.

**FREE**

**Wed., July 23 | 6-8pm**

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

## WELLNESS

coop  
basics

**Yerba Prima Daily Fiber Caps**  
Supports Digestive Health  
180 cap

**\$13<sup>79</sup>**

SAVE \$3.00



**Jarrow Formulas Red Yeast Rice + Co-Q10**  
Herbal Heart Health  
120 vcap

**\$20<sup>99</sup>**

SAVE \$3.00



coop  
basics

**Jarrow Formulas BoneUp 1000Mg**  
Supports Bone Density  
240 cap

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

SAVE \$3.00



**Chandrika Ayurvedic Soap**  
Prepared From Genuine Herbs  
1 ct

**\$1<sup>29</sup>**

SAVE \$0.50

**Humphreys Witch Hazel**  
Nourish With ALoe  
3.3 oz

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

SAVE \$0.80



## BRUCE'S PICKS



**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>**



**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>**

