



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

Rolling Hills

Peaches are HERE!

SALE FLYER | July 30 to August 5, 2025

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Cantaloupe**
Oregon & Washington

99¢ lb

SAVE \$0.30/lb



**ORGANIC
Blueberries**
2lb Containers
Oregon & Washington

\$9⁴⁵ ea

SAVE \$3.50



**ORGANIC
Raspberries**
6oz Containers
California

\$4⁶⁵ ea

SAVE \$0.80



**ORGANIC
Strawberries**
1lb Containers
California

\$5⁴⁵ ea

SAVE \$1.00



**ORGANIC
Cabbage
Red & Green**
Oregon & Washington

\$1²⁹ lb

SAVE \$0.70/lb



**ORGANIC
Broccolini**
Oregon

\$2⁶⁹ ea

SAVE \$1.00



**ORGANIC
Bunched
Sweet Onions**
Oregon & Washington

\$3⁶⁹ ea

SAVE \$1.26



**ORGANIC
Persian
Cucumbers**
Mexico

\$1⁹⁹ lb

SAVE \$1.00/lb

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

coop
deals

GT's
Alive
Mushroom Elixir
16 oz

2/\$6

SAVE \$1.58 on 2



GROCERY

coop
deals

Cascadian Farm
Organic Berries
8-10 oz

2/\$8

SAVE \$5.58 on 2



coop
deals

Chosen
Pure Avocado
Oil
25.4 oz

\$14.49

SAVE \$2.80



Santa
Cruz
Organic
Lemonade
32 oz

\$2.69

SAVE \$0.80



coop
deals

Straus
Family Creamery
Organic
Plain Yogurt
32 oz

\$5.39

SAVE \$1.60



coop
deals

Dr. Praeger's
Veggie Burgers
10 oz

\$4.99

SAVE \$2.00



Daiya
Dairy Free Cheese
Alternative Slices
7.1-7.8 oz

\$3.99

SAVE \$1.30



Little Northern
Bakehouse
Gluten Free
Sliced Bread
16 oz

\$5.49

SAVE \$1.20



C2O
Coconut
Water
17.5 oz

\$1.79

SAVE \$1.10



coop
deals



ORGANIC
Brazil Nuts

\$9.99 lb

SAVE \$9.40/lb



ORGANIC
Black Chia Seeds

\$2.69 lb

SAVE \$0.70/lb



Pachamama
Guatemala
Medium Roast

\$15.29 lb

SAVE \$2.70/lb



coop
basics



ORGANIC
Extra Virgin Olive Oil

\$12.29 lb



BULK

Co-op Classroom

August

AUGUST 9, 6PM

Breath of Fresh Air:
Protecting Your
Lungs in the Smoky
Season

AUGUST 13, 6PM

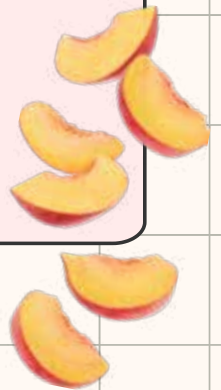
From Programs
To People:
Overcoming "Us vs
Them"

AUGUST 20, 6PM

Herb Pharm - Fun
with Herbs for Kids'
Health

AUGUST 23, 12 PM

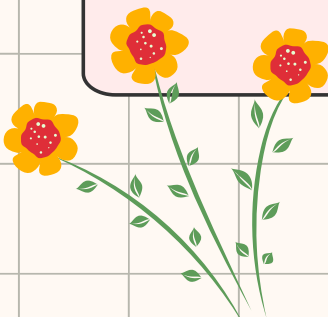
Got
Peaches?



AUGUST 29, 6PM

Calendula - Our
Backyard Beauty

**Sign up
online**



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

Other Peachy Deals . . .

ORGANIC Yellow & White Nectarines

California

\$3⁴⁵ lb

SAVE \$1.24 - \$1.80/lb



ORGANIC Plums All Varieties

California & Oregon

\$2⁹⁹ lb

SAVE \$1.00/lb



**ASHLAND
FOOD CO+OP**

EST. 1972



SALE FLYER
July 30 to August 5, 2025
Open Daily 7AM - 9PM



LAND & SEA



**Organic Smart Chicken
Boneless Skinless Breast**

\$9⁹⁹ lb

SAVE \$2.00/lb



**Cooked Peeled &
Cleaned Shrimp**
31/40 Count • Farm Raised

\$11⁹⁹ lb

SAVE \$3.00/lb

coop
deals



**Niman Ranch
Breakfast Sausages**

All Varieties • 8 oz

\$4⁴⁹

SAVE \$2.50

coop
deals



**Niman Ranch
Applewood
Smoked Bacon**
12 oz

\$7⁹⁹

SAVE \$4.00

HOUSE-MADE

**ASHLAND
FOOD CO+OP**

EST. 1972

**Co-op Kitchen
Grab-n-Go
Fog City Mac**

\$8⁹⁵ lb

SAVE \$2.00/lb



**ASHLAND
FOOD CO+OP**

EST. 1972

**Co-op Kitchen
Made-to-Order
Bombshell Coffee**

16 oz

\$3⁹⁵ 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!

coop
basics

CO+OP BASICS

coop
basics



**Organic
Smart Chicken
Whole Chicken**

\$3⁹⁹ lb



coop
basics



**Organic Valley
Butter**

Salted • Unsalted • 1 lb

\$9³⁹



coop
basics



**Field Day
Organic
Deluxe
Mild Cheddar
Macaroni & Cheese**
6 oz.

\$1⁹⁹



coop
basics



**Field Day
Organic
Long Grain White Rice**
2 lb.

\$4⁹⁹



coop
basics



**Field Day
Organic Whole Kernel
Sweet Corn**
15 oz.

\$1⁹⁹



ROUND UP TO Give Back



ASK YOUR CASHIER TO ROUND UP!



To support
quality
education in
Ashland Public
Schools through
community
based
fundraising.

WELLNESS

**Eco-Dent
Baking Soda
Tooth Powder**
For Healthier Looking
Teeth & Gums
2 oz

\$6⁹⁹

SAVE \$1.50



coop
deals

**Badger
Anti-Bug
Spray**
Plant Powered
Mosquito Repellent
4 oz

\$8⁴⁹

SAVE \$3.50



**Truani
All Products**

**20%
OFF**



coop
deals

**Garden
Of Life
Collagen
Peptides**
Grass Fed
9.87 oz

\$16⁹⁹

SAVE \$8.30



**Ashland
Food Co-op
Liquid Iodine**
Dietary Supplement
2 oz

\$7⁴⁹

SAVE \$0.80



BRUCE'S PICKS

**Upper Five
Rose of Grenache**
750 ml
Biodynamic and Organic
vineyard in Talent. Strawberry,
watermelon, hint of richness,
light and crisp.

\$19⁹⁹



**Fond Crozes
Rasteau**
750ml
Single cru Rhone Valley red,
mainly Grenache, dark and
red fruits, intense and
brooding.

\$18⁹⁹

