



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

# Local Kale SALE

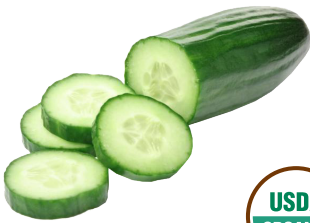
**\$2.29** ea  
**All Varieties**

**SALE FLYER | July 9 to July 15, 2025**

**Discount taken at register**

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Cucumbers**  
Oregon & Mexico

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

SAVE \$1.00/lb



**ORGANIC  
Artichokes**  
California

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

SAVE \$1.00



**ORGANIC  
Bunched Carrots**  
Oregon, Washington & California

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

SAVE \$0.40



**ORGANIC  
Red Potatoes**  
California

**\$1<sup>49</sup>** lb

SAVE \$1.20/lb



**ORGANIC  
Apricots**  
Washington & Oregon

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

SAVE \$4.46/lb



**ORGANIC  
Red & Green Grapes**  
California

**\$4<sup>29</sup>** lb

SAVE \$1.66/lb



**ORGANIC  
Oregon Grown  
Blueberries**  
2lb Container  
Oregon

**\$9<sup>45</sup>** ea

SAVE \$3.50



**ORGANIC  
Raspberries**  
6oz Container  
California

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

SAVE \$1.00

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



coop  
deals

Annie's  
Organic  
Dressing  
& Vinaigrette  
8 oz

**2/\$8**

SAVE \$3.38 on 2



## GROCERY

coop  
deals

Primal Kitchen  
Dressing  
& Vinaigrette  
8 oz

**\$5.99**

SAVE \$1.50



coop  
deals

Bubbies  
Kosher Dill Pickles  
33 oz

**\$7.99**

SAVE \$1.90



coop  
deals

Jeni's  
Ice Cream  
Darkest  
Chocolate  
pint

**\$6.99**

SAVE \$1.80



coop  
deals

Health-ade  
Organic  
Kombucha  
16 oz

**2/\$5**

SAVE \$2.98 on 2



coop  
deals

Tucson Tamale Co.  
Tamales  
5 oz

**2/\$6**

SAVE \$1.58 on 2



coop  
deals

Pacific  
Organic  
Almond  
& Coconut  
Milk  
32 oz

**\$2.89**

SAVE \$1.00



coop  
deals

Field Roast  
Plant-Based Cheese  
Alternative Slices  
7 oz

**\$4.99**

SAVE \$1.80



coop  
deals

Daiya  
Dairy-Free Cheese  
Alternative Slices  
7.8 oz

**\$3.99**

SAVE \$1.30



## BULK



ORGANIC  
Tri-color Quinoa

**\$2.59** lb

SAVE \$0.40/lb



ORGANIC  
Prunes  
Pitted

**\$6.39** lb

SAVE \$2.90/lb



Café Mam  
Italian Roast  
Dark Roast

**\$13.99** lb

SAVE \$3.00/lb



ORGANIC  
Extra Virgin Olive Oil

**\$12.29** lb







# ROGUE VALLEY FARM TOUR

Visit farms  
and ranches  
in Jackson  
& Josephine  
counties!



LEARN MORE



RVFARMTOUR.COM

BROUGHT TO YOU BY

Medford  
Food **Co+op**

Rogue Valley  
Food System  
**NETWORK**  
growing our local food system



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

THANK YOU TO OUR SPONSORS

WHAT TO DO IN  
**SOUTHERN OREGON**  
WWW.WHATTODOINSOUTHERNOREGON.COM





*Hello*

*Customers*



# Closing Early July 15th



**AFC Store - Closes at 5pm**  
**AFC Kitchen - Closes at 4pm**  
**ROCO Cafe - Closes at 5pm**



*In Honor Of Our Amazing Staff,  
We Will Be Having A Staff Party  
On July 15th - Thank you!*





## LAND & SEA



**Smart Chicken**  
Boneless Skinless Thighs

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

SAVE \$1.50/lb



**Diestel Turkey Ranch**  
Ground Dark Turkey

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

SAVE \$2.00/lb



**Wild Shell on Shrimp**  
21/25 Count  
Product of Mexico

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

SAVE \$3.00



**Aidells**  
Chicken Sausage  
& Meatballs  
8-12 oz

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

SAVE \$1.00

## HOUSE-MADE

**ASHLAND  
FOOD CO+OP**  
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**Co-op Kitchen**  
Grab-N-Go  
Greek Dolma Salad

**\$8<sup>95</sup> ea**

SAVE \$2.00/lb

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



**Co-op Kitchen**  
Bakery  
Linzertorte

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

SAVE \$2.00/lb

## CO+OP BASICS

### 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**

**Applegate Naturals**  
Chicken Nuggets  
16 oz

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



**co+op  
basics**

**Field Day**  
Organic  
Honey Oat  
Granola  
12 oz

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



**co+op  
basics**



**Field Day**  
Organic Linguine  
Pasta  
16 oz

**\$1<sup>99</sup>**



**co+op  
basics**

**Field Day**  
Organic  
Vanilla  
Extract  
2 oz

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



**co+op  
basics**



**Field Day**  
Organic Cocoa  
Powder  
8 oz

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







**ASHLAND  
FOOD CO+OP**

EST. 1972

**JOIN  
TODAY!**

**BE A CO-OP OWNER  
WITH 13,000 OF YOUR  
NEIGHBORS & FRIENDS!**

**COME FOR THE PERKS,  
STAY FOR THE PURPOSE!**

**Support our local  
farmers and purveyors**



## WELLNESS

**Nuun  
Tri Berry**  
Sport Hydration  
10 tab

**\$5<sup>79</sup>**  
SAVE \$1.20



**coop  
deals**

**Oregon Wild  
Harvest  
Nettle  
Quercetin**  
Respiratory Support  
60 vcap

**\$19<sup>99</sup>**  
SAVE \$7.30



**Evanhealy  
All Products**

**20%  
OFF**



**coop  
basics**

**Good  
Clean  
Love**  
**Almost Naked**  
Personal Lubricant  
4 oz

**\$13<sup>99</sup>**  
SAVE \$2.80



**Natural  
Factors  
Suntheanine  
100Mg**  
Mental Calmness  
& Relaxation  
60 tab

**\$14<sup>79</sup>**  
SAVE \$4.70



## BRUCE'S PICKS



**Upper Five  
Sauvignon Blanc**  
750 ml

New 2024 vintage. Biodynamic vineyard in Talent, fermented in large Acacia wood barrels, citrusy, aromatic, bright, super clean and fresh.

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



**Blossom Barn  
Hard Cider**  
4pk cans • 16 oz

Rogue Valley pears form the base of these, just off-dry, hard ciders. Come by Friday at 3pm, for an in-store tasting of these gluten-free, no sugar added Perries.

**\$15<sup>99</sup>**

