



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



Rogue & Applegate Valley Grown!

\$3.99 lb
Save \$0.96/lb

*Heirloom
Tomatoes*

ON SALE

SALE FLYER | August 13 to August 19, 2025

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Local Leeks**

Rogue & Applegate Valley Grown

\$1.99 lb

SAVE \$1.50/lb



**ORGANIC
Local
Cherry Tomatoes**

Rogue & Applegate Valley Grown

\$3.98 ea

SAVE \$1.97



**ORGANIC
Local
Zucchini**

Rogue & Applegate Valley Grown

\$2.29 lb

SAVE \$1.00/lb



**ORGANIC
Local Chard
Rainbow & Red**

Rogue & Applegate Valley Grown

\$1.99 ea

SAVE \$1.00



**ORGANIC
Seedless Watermelon**

Oregon & Washington

89¢ lb

SAVE \$0.30/lb



**ORGANIC
Blueberries
Open Pint Containers**

Oregon

\$5.95 ea

SAVE \$1.00



**ORGANIC
Figs
Open Pint Containers**

California

\$5.95 ea

SAVE \$3.34



**ORGANIC
Blackberries
Open Half Pint Containers**

Oregon

\$4.95 ea

SAVE \$1.00

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

coop deals

GROCERY

coop deals

Chobani
Greek Yogurt
5.3 oz

4/\$5

SAVE \$1.76 on 4



Amy's Pizza
9.1-14 oz

\$8.99

SAVE \$2.70



coop deals



Dr. Praeger's
Plant-Based
Veggie Burgers
8 oz

\$5.49

SAVE \$1.50



coop deals



Once Again
Organic
Peanut Butter
16 oz

\$5.99

SAVE \$2.00



coop deals



Toaster
Quadratini
Cookies
8.82 oz

\$4.49

SAVE \$1.20



coop deals



Que Pasa
Organic
Tortilla
Chips
11 oz

2/\$7

SAVE \$1.58 on 2



coop deals



Bonne Maman
Fruit Preserves
13 oz

\$4.99

SAVE \$1.80



coop deals



Mt. Vikos
Organic
Feta Cheese
6 oz

\$4.99

SAVE \$3.00



coop deals



Treeline
Dairy Free
French-Style
Cheese Spread
6 oz

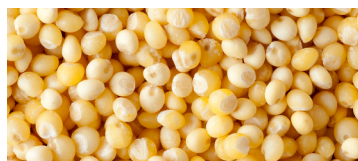
\$5.79

SAVE \$2.70



BULK

coop deals



ORGANIC
Millet
Hulled

\$1.69 lb

SAVE \$0.30/lb



ORGANIC
Banana Chips
Sweetened

\$3.99 lb

SAVE \$1.30/lb



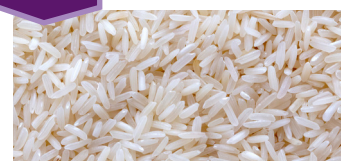
Pachamama
Guatemala
Medium Roast

\$15.29 lb

SAVE \$2.70/lb



coop basics



Lundberg
Family Farms
Organic
White Basmati Rice

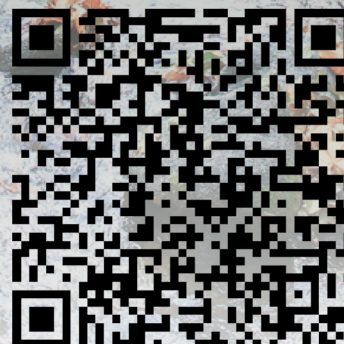
\$3.29 lb





COMMUNITY & ENVIRONMENTAL IMPACT REPORT

**Check out AFC's
2024 Impact Report
online!**





**ASHLAND
FOOD CO+OP**

EST. 1972

Rolling Hills Peaches *are Here!*



Local & Organic
Tree Ripened

Rolling Hills Peaches
Est. 1986 • Medford, Oregon



LAND & SEA



Smart Chicken
Boneless Skinless Thighs

\$5⁹⁹ lb

SAVE \$1.50/lb



Fresh Columbia River
Steelhead Fillet

Farm Raised

\$12⁹⁹ lb

SAVE \$3.00/lb



Applegate Organics
Sliced Turkey

All Varieties
6 oz

\$6⁹⁹

SAVE \$1.50



Applegate Naturals
Chicken Nuggets & Tenders • Family Size

All Varieties
16 oz

\$10⁹⁹

SAVE \$2.00

HOUSE-MADE

ASHLAND
FOOD CO+OP
EST. 1972

Co-op Kitchen
Made-to-Order
Funky Monkey
Smoothie

16 oz

\$7⁴⁵ ea

SAVE \$1.50



ASHLAND
FOOD CO+OP
EST. 1972

Co-op Kitchen
Grab-n-Go
Northwest Vegan
Breakfast Burrito

\$8⁴⁵ ea

SAVE \$1.50



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



Smart Chicken
Drumsticks

\$2⁴⁹ lb



Organic Valley
Butter

Salted • Unsalted • 1 lb

\$9³⁹



Field Day
Organic
Long Grain White Rice

2 lb.

\$4⁹⁹



Field Day
Organic
Tomato Paste

6 oz.

\$1³⁹



Field Day
Organic
Deluxe
Mild Cheddar
Macaroni & Cheese

6 oz.

\$1⁹⁹



Upcoming Event!

Got Peaches? with Chef Jacki Rosen



Discover the versatility of the beautiful, perfect peach in this class that takes you beyond pie.

Learn unique recipes and techniques to utilize an abundance of peaches, including how to properly peel and freeze peaches for later use.

You'll also explore recipes for peach salsa, BBQ sauce, grilled peaches, and much more!



\$50 Community member
\$45 Owners

Saturday, Aug. 23rd | 12-2pm

Sign up/Learn More:
AshlandFood.Coop/Events

WELLNESS



**Everyone
Nourishing
Lotion
Unscented**
Hydrating & Long-
Lasting
32 oz

\$8⁹⁹

SAVE \$4.50



**Badger
Sport
Mineral
Sunscreen
Cream**
Broad Spectrum
SPF 40
2.9 oz

\$11⁹⁹

SAVE \$5.00



**20%
OFF** Natural Stacks
All Products



**Tom's
Fresh Mint
Whole Care**
Natural With Fluoride
16 oz

\$5³⁹

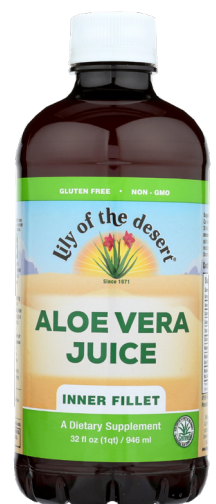
SAVE \$2.60



**Lily Of The
Desert
Aloe Vera
Juice**
Inner Fillet
16 oz

\$4⁴⁹

SAVE \$1.00



BRUCE'S PICKS

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

\$19⁹⁹



**Twelve 32
BDG**
750ml
A very light and crisp Blanc
de Grenache, Come try this
and other 1232 wines at our
Tasting Kiosk, Friday 3-5pm,
with Owner/Winemaker
Matt Lemons.

\$19⁹⁹

