



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

*Rolling Hills*

*Peaches*  
**ON SALE**

**\$3.96/LB**

Save \$0.49/lb

**Rogue Valley Grown!**

**SALE FLYER | August 20 to August 26, 2025**

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC**  
**Sugar Cube Melons**  
Oregon

**\$1.49** lb

SAVE \$0.80/lb



**ORGANIC**  
**Pluots**  
California & Washington

**\$2.49** lb

SAVE \$1.50/lb



**ORGANIC**  
**Raspberries**  
6oz Containers  
California & Mexico

**\$4.95** ea

SAVE \$1.00



**ORGANIC**  
**Yellow Nectarines**  
Washington

**\$3.39** lb

SAVE \$1.06/lb



**ORGANIC**  
**Locally Grown**  
**Yellow Summer Squash**  
Crookneck, Sunburst,  
Goldbar  
Rogue and Applegate Valley Grown

**\$2.49** lb

SAVE \$1.00/lb



**ORGANIC**  
**Locally Grown**  
**Tomatoes**  
Rogue and Applegate Valley Grown

**\$2.99** lb

SAVE \$1.00/lb



**ORGANIC**  
**Locally Grown**  
**Cherry Tomatoes**  
Rogue and Applegate Valley Grown  
pint

**\$3.98** ea

SAVE \$0.97



**ORGANIC**  
**Locally Grown**  
**Cucumbers**  
Rogue and Applegate Valley Grown

**\$2.49** lb

SAVE \$1.00/lb



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



coop  
deals

**R.W. Knudsen  
Recharge  
Electrolyte  
Drink**  
32 oz

**2/\$5**

SAVE \$1.58 on 2



## GROCERY

coop  
deals

**Newman's Own  
Newman O's**  
13 oz

**\$4.99**

SAVE \$1.40



coop  
deals

**Califia  
Almondmilk  
Cold Brew  
Coffee**  
10.5 oz

**\$3.19**

SAVE \$1.10



coop  
deals

**Feel Good Foods  
Potstickers & Eggrolls**  
9-10 oz

**\$6.99**

SAVE \$2.00



coop  
deals

**The  
Greek  
Gods  
Greek Yogurt**  
24 oz

**\$3.79**

SAVE \$1.20



coop  
deals

**Oatley  
Oatmilk  
Ice  
Cream**  
pint

**\$4.49**

SAVE \$1.10



coop  
deals

**Bitchin' Sauce  
Dip & Spread**  
7-8 oz.

**Buy One,  
Get One FREE**



coop  
deals

**Kite Hill  
Almondmilk Yogurt**  
5.3 oz.

**Buy One, Get One FREE**



## BULK



**ORGANIC  
Pistachios**

**\$7.79 lb**

SAVE \$0.60/lb



**ORGANIC  
French Green Lentils**

**\$2.49 lb**

SAVE \$0.50/lb



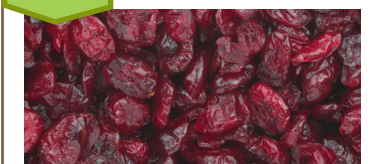
**Pachamama  
Guatemala  
Medium Roast**

**\$15.29 lb**

SAVE \$2.70/lb



coop  
deals



**Organic  
Dried Cranberries**

Cane Juice Sweetened

**\$6.99 lb**

SAVE \$1.80/lb





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FOOD CO+OP**

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# Supporting Our Local Economy



"Strategic planning and targeted investments in our local community and businesses have driven consistent sales growth for AFC. Our future expansion and long-term sustainability depend on identifying opportunities to partner with or steward legacy businesses by investing in growers and producers who share AFC's mission and vision. Last year we welcomed RoCo and Rolling Hills Farm to the AFC family, and we remain committed to pursuing similar partnerships that strengthen our community network and advance our shared values."

Nick Hardee  
AFC General Manager



Total Sales From  
Local Products

**\$9,294,663**

**26% of total sales**

Local Vendors

**145**





**ASHLAND  
FOOD CO+OP**

EST. 1972

# Board of Directors



**Mark Gibbs**  
*President*



**Kathryn Kavanagh**  
*Vice-President*



**Jen Gibbs**  
*Secretary*



**Ernesto Soto**  
*Treasurer*



**Abby Lazerow**  
*Board Administrator*



**Joanna Wnorowski**  
*Director*



**Elizabeth Walsh**  
*Director*



**Evan Archard**  
*Director*





## LAND & SEA



**Organic Smart Chicken**  
Tenderloins

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

SAVE \$2.00/lb



**Wild Ahi Tuna Fillet**  
Previously Frozen

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

SAVE \$3.00/lb



**Beeler's**  
Bone-in Pork Chops

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

SAVE \$2.00



**Applegate Naturals**  
Sunday Bacon

8 oz

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

SAVE \$1.30

**ASHLAND**  
**FOOD CO+OP**

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**Co-op Kitchen**  
Bakery  
Vegan Walnut  
Brownies

**\$5<sup>50</sup> lb**

SAVE \$3.00



**ASHLAND**  
**FOOD CO+OP**

EST. 1972

**Co-op Kitchen**  
Grab-n-Go  
Soup

16 oz

**\$5<sup>25</sup>**

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**

## CO+OP Basics

**co+op**  
**basics**



**Emerald Hills**  
Ground Beef

Not to exceed 20% fat

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



**co+op**  
**basics**



**Umpqua**  
Organic Whole Milk  
1 Gallon

**\$6<sup>92</sup>**



**co+op**  
**basics**



**Field Day**  
Face, Hand & Baby  
Wipes

72 ct

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

**co+op**  
**basics**



**Field Day**  
Organic  
Three Cheese Pizza

12.2 oz

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



**co+op**  
**basics**



**Field Day**  
Organic  
Bay Leaves

0.15 oz

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





# Recipe

## Grilled Peaches with Honey

### Ingredients:

- 4 ripe peaches, halved and pitted
- Extra-virgin olive oil, for brushing
- ½ cup walnuts, toasted and crushed (optional)
- ½ teaspoon cinnamon
- ¼ teaspoon sea salt
- Honey to taste
- Vanilla ice cream

### Instructions:

1. Brush peaches with oil; grill cut-side down 3 min until charred.
2. Mix walnuts, cinnamon & salt.
3. Serve peaches with ice cream.
4. Sprinkle walnut mix, drizzle honey.



Upcoming Events:  
**AshlandFood.Coop/Events**

## WELLNESS

**Terry Naturally  
All Products**

**20%  
OFF**



**coop  
deals**

**Badger  
Daily  
SPF 30  
Mineral  
Sunscreen**  
90% Organic  
Ingredients  
4 oz

**\$15.99**  
**SAVE \$5.00**



**Nordic Naturals  
All Products**

**10%  
OFF**



**coop  
deals**

**Country Life  
Acid Rescue**  
Calcium Carbonate  
60 tab

**\$9.49**

**SAVE \$2.50**



**Radius  
Peppermint  
Organic  
Floss**

Softer Floss for Better Clean  
1 ct

**\$3.99**

**SAVE \$0.80**



## BRUCE'S PICKS

**Fidora Prosecco  
Brut Rose Nature**  
750 ml

Floral and light, very dry,  
Italian Prosecco. Made from  
Biodynamically grown Glera  
90% and Pinot Noir 10%.

**\$16.99**



**Monte Tondo  
Garganega  
Frizzante**  
750ml

This is a super-refreshing  
sparkling Italian Soave. Dry  
and aromatic, lightly  
carbonated ~ bring on the  
warm weather.

**\$11.99**

