



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

Get Cheesy!
for Mexican Heritage Month



Organic Valley
Finely Shredded
3 Cheese
Mexican Blend

\$5.19

Save \$0.60
6 oz

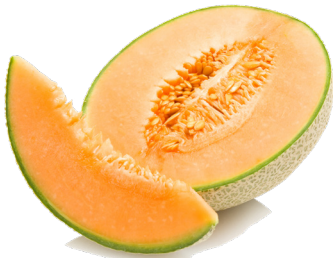


SALE FLYER | September 10 to September 16, 2025

ON SALE

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Cantaloupe**
Oregon & Washington

\$1¹⁰ lb

SAVE \$0.39/lb



**ORGANIC
Blackberries**
California • 6 oz

\$4⁹⁵ ea

SAVE \$1.00



**ORGANIC
California Keit Mangos**
California

\$4⁶⁵ ea

SAVE \$1.84



**ORGANIC
Honeycrisp Apples
New Crop**
Washington

\$2⁴⁹ lb

SAVE \$0.80/lb



**ORGANIC
Cilantro**
Oregon Grown!

\$1³⁹ ea

SAVE \$0.60



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

\$3⁹⁹ lb

SAVE \$1.96/lb



**ORGANIC
Red Bell Peppers**
Oregon

\$4⁶⁵ lb

SAVE \$2.30/lb



**ORGANIC
Limes**
Mexico

\$1²⁹ lb

SAVE \$2.70/lb



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

coop
deals

GROCERY

Cascadian Farm Organic Potatoes

16 oz

2/\$8

SAVE \$3.38 on 2



coop
deals

GT's Living Foods Kombucha

16 oz

2/\$6

SAVE \$1.58 on 2



coop
deals

CocoJune Organic Cultured Coconut Yogurt

16 oz

\$6.49

SAVE \$2.20



coop
deals

Bragg Liquid Aminos

32 oz

\$6.49

SAVE \$2.50



Gaea Organic Extra Virgin Olive Oil

16.9 oz

\$18.99

SAVE \$1.90



Dr. Praeger's Plant-Based Veggie Burgers

8 oz

\$5.49

SAVE \$1.50



coop
deals

Once Again Organic Peanut Butter

16 oz

\$6.99

SAVE \$1.00



coop
deals

Violife Vegan Cheese Alternative

Slices & Shreds
7.05-8 oz

\$4.99

SAVE \$1.50



coop
deals

Kashi Organic Cereal

17.2-18 oz

\$5.69

SAVE \$2.30



BULK



ORGANIC Red Lentils

\$2.49 lb

SAVE \$0.30/lb



Raw Almonds Sliced

\$6.99 lb

SAVE \$0.90/lb



Café Mam French Roast Dark Roast

\$13.99 lb

SAVE \$2.00/lb



Sunridge Farms Organic Greek Yogurt Pretzels

\$13.99 lb

SAVE \$4.00/lb





Cooking Essentials

**La Tortilla Factory
Organic Traditional
Flour Tortillas**

7.62 oz

\$2.99

SAVE \$1.00



**Amy's
Organic Refried Beans**

15.4 oz

2/\$7

SAVE \$1.78 on 2



**Garden of Eatin'
Taco Shells**

5.5 oz

\$3.89

SAVE \$1.00



**Muir Glen
Organic Tomatoes**

28 oz

\$3.69

SAVE \$1.60



**Tia Lupita
Grain-Free
Tortilla Chips**

5 oz

\$2.79

SAVE \$1.00



**Ya Oaxaca
Mole Sauce**

12 oz

\$5.99

SAVE \$2.00



**Garden of Eatin'
Organic Taco
Seasoning**

1.4 oz

\$1.99

SAVE \$0.70



**Cacique
Cotija**

10 oz

\$5.99

SAVE \$0.80



**ASHLAND
FOOD CO+OP**

EST. 1972

SALE FLYER

September 10 to September 16, 2025

Open Daily 7AM - 9PM



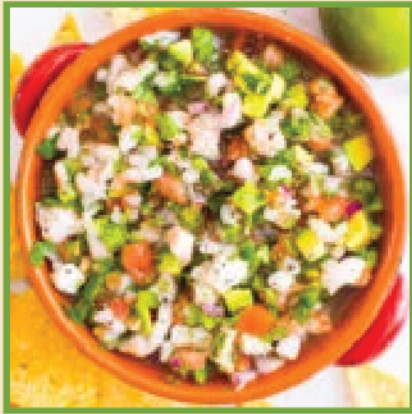
The Best Ever Shrimp Ceviche

Prep Time: 15 minutes • Marinating Time: 1.5-2 hours • Servings: 8



Ingredients

1 lb raw or cooked shrimp, peeled, deveined & tails off
3/4 cup fresh lime juice (about 6 large limes)
1 large tomato, diced
1 large avocado, diced
1/2 cup red onion, minced
1/2 cup cilantro, minced
1 jalapeño, seeded & diced
Salt and pepper, to taste



Instructions

If using frozen shrimp, add it to a medium bowl and cover with warm tap water. Let thaw for 10 minutes. Meanwhile, squeeze juice from limes and add to a large bowl.

Drain the shrimp and pat dry. Dice the shrimp and add to the bowl with lime juice.

Marinate cooked shrimp for 15 minutes; marinate raw shrimp for 1.5-2 hours, or until opaque and pink.

While the shrimp is marinating, dice the tomato, avocado, red onion, cilantro, and jalapeño and add to another bowl.

Add the vegetables to the bowl with the marinated shrimp, stir, and add salt and pepper to taste.

Serve cold with tortilla chips or on a tostada.

Agua Fresca de Pepino (Cucumber Lime Cooler)

Prep Time: 5 minutes • Servings: 8

Ingredients

2 organic cucumbers, peeled and chopped
(leave the peel on for a more vibrant green color)
6 cups of water
1/3 cup of fresh lime juice
2/3 cup of sugar
Fresh mint leaves (optional, for garnish)

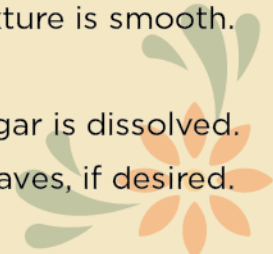
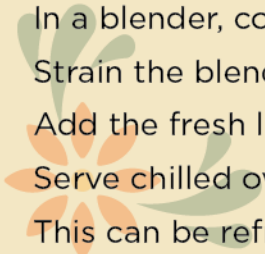


Instructions

In a blender, combine the chopped cucumbers and water, and blend until the mixture is smooth. Strain the blended liquid into a pitcher and discard the pulp.

Add the fresh lime juice and sugar to the strained liquid and mix well until the sugar is dissolved. Serve chilled over ice. Garnish with cucumber slices, lime slices, and fresh mint leaves, if desired.

This can be refrigerated for up to three days.



LAND & SEA



**Organic Smart Chicken
Bone-In Thighs**

\$5⁴⁹ lb

SAVE \$1.00/lb



**Beeler's
Boneless Pork Shoulder
Roast**

\$4⁹⁹ lb

SAVE \$2.00/lb



HOUSE-MADE

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

**Co-op Kitchen
Grab-N-Go
Pepperoni Pizza**

\$16⁹⁵

SAVE \$3.00



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

**Co-op Kitchen
Grab-N-Go
Ranch Dressing**
12 oz

\$5⁵⁰

SAVE \$2.00



**Hempler's
Applewood Smoked
Center Cut Bacon**
10 oz

\$6⁴⁹

SAVE \$1.50



**Volpi
Sliced Meats**
All Varieties
3-5.5 oz.

\$1 OFF ea



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
Organics
Chicken Strips**
8 oz.

\$9⁹⁹



**Co+op
basics**

**Field Day
Organic
Raw
Wildflower
Honey**
16 oz.

\$6⁹⁹



**Co+op
basics**

**Field Day
Organic
Tomato Paste**
6 oz.

\$1³⁹



**Co+op
basics**

**Field Day
Berry Flavored
Sparkling Water**
6 pk

\$2⁴⁹



**Co+op
basics**

**Field Day
Organic Blueberries**
32 oz.

\$9⁹⁹





Happy Hispanic Heritage Month!
This month coincides with seven Latin American Independence Days; Chile, Costa Rica, El Salvador, Guatemala, Honduras, Mexico and Nicaragua.

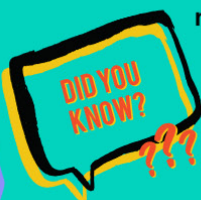
AFC celebrates the vast contributions Latinos have made to the United States; creating lasting impacts on science, technology, agriculture, food, music and culture. We also recognize that often times, much of the food you eat has been touched by Latino hands before anyone else's.



Check out A Dozen Cousins, authentic meals and sides inspired by Latin American and Caribbean recipes!



A Dozen Cousins' brand name is inspired by the founder and CEO's daughter, her eleven cousins, and all the great family dinners they enjoy together.

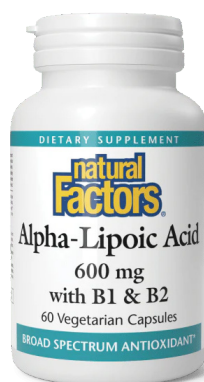


WELLNESS

Natural Factors
Alpha-Lipoic Acid 600 mg
Broad Spectrum
Antioxidant
60 vcap

\$17.29

SAVE \$5.50



coop
deals

Kal
D-3 K-2
Immune System
Support
2 oz

\$14.99

SAVE \$2.50



Host Defense
All Products

**20%
OFF**



coop
basics

Tiger Balm
Ultra
Strength
Pain Relieving
Ointment
0.63 oz

\$7.79

SAVE \$1.00



Now Foods
D-Mannose
Powder
Healthy Urinary Tract
3 oz

\$17.99

SAVE \$2.00



BRUCE'S PICKS

Pallieres
Sablet

750 ml
Sablet is a single cru Cotes du Rhone. This blend of Grenache and Syrah is ripe, yet balanced.

\$14.99



Masseria Del Feudo
Grillo

750ml
100% Grillo from Sicily, this white has notes of almond and peanut, a leesy textural element, balanced by lemony and bright acidity.

\$19.99

