



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

klean  kanteen®

Klean Kanteen

Limited Edition
Water Bottles

ON SALE!
\$14.99 - \$27.99



SALE FLYER | October 22 to October 28, 2025

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Empire Apples
Oregon

\$1⁹⁹ lb
SAVE \$1.00/lb



ORGANIC
Asian Pears
Oregon & Washington

\$3⁹⁹ lb
SAVE \$1.96/lb



ORGANIC
Keitt Mangos
California

\$4⁹⁵ ea
SAVE \$2.00



ORGANIC
Honeycrisp Apples
2LB Bags
Washington

\$3²⁹ ea
SAVE \$1.16



ORGANIC
Red Potatoes
California & Canada

\$1⁰⁹ lb
SAVE \$0.90



ORGANIC
**Locally Grown!
Winter Squash**
Rogue & Applegate Valley

\$1⁴⁹ lb
SAVE \$0.50



ORGANIC
Green Beans
California & Mexico

\$2²⁹ lb
SAVE \$2.66/lb



ORGANIC
Leeks
Oregon & Washington

\$2⁹⁹ lb
SAVE \$1.00/lb



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



GROCERY

**Tasty Bite
Indian Entrees**
Select Varieties • 10 oz

2/\$6

SAVE \$3.18 on 2



**Cascadian Farm
Organic
Vegetable Blends**
Chinese • California • Gardener's
10 oz

2/\$6

SAVE \$2.58 on 2



**Califia Farms
Unsweetened
Almondmilk**
32 oz

\$3.99

SAVE \$1.30



**Maple Hill
Creamery
Organic Kefir**
32 oz

\$5.49

SAVE \$1.80



**Caulipower
Gluten
Free
Chicken
Tenders**
14 oz

\$8.99

SAVE \$3.00



**Annie's
Organic
Dressing &
Vinaigrette**
8 oz

\$4.39

SAVE \$1.30



**Kettle
Brand
Avocado
Oil
Potato
Chips**
6 oz

\$3.89

SAVE \$1.00



**Mush
Overnight Oats**
Blueberry • Chocolate
5 oz

2/\$4

SAVE \$0.98 on 2



**Ocean's Halo
Organic
Broth**
Pho • Miso
32 oz

\$4.79

SAVE \$1.00



**Organic
Grind Your Own
Peanut Butter**

\$3.79/lb

SAVE \$0.50/lb



**Organic
Garlic Powder**

\$15.99/lb

SAVE \$8.40/lb



BULK



**Pachamama
5 Sisters
Medium Roast**

\$16.49/lb

SAVE \$1.50/lb



**Organic
Smoked Paprika**

\$14.99/lb

SAVE \$6.90/lb



 **ASHLAND FOOD CO+OP**

proudly sponsors



Ashland
SCHOOLS
FOUNDATION

Costume Fun Run

10K, 5K & 1-Mile Races
Virtual & Non-Runners Welcome!

Saturday, October 25

Lithia Park, Ashland



Race starts at 8:30

**Visit us at the
Monster Activity Village
9:00 am - 12:30 pm**



MORE
INFO
HERE!



**ASHLAND
FOOD CO+OP EDI
COMMITTEE**

presents



DIA DE MUERTOS

FOOD. ART. MUSIC. LOTERIA. RESOURCES. COMMUNITY.

OCTOBER 30TH 6:00 – 8:30 PM

One night only.

*Indulge in authentic Mexican cuisine while giving
back to the Rogue Valley immigrant
farmworker community.*

300 Pioneer St. (in the co-op classroom)

\$30 to attend, \$25 for members

**Purchase
tickets
here!**



All proceeds go to:





LAND & SEA



Organic Smart Chicken
Bone-In Thighs

\$5⁴⁹ lb

SAVE \$1.00/lb



Wild Ahi Tuna Fillet
Previously Frozen

\$11⁹⁹ lb

SAVE \$3.00/lb



Applegate Naturals
Breakfast Sausage Links
All Varieties

7 oz

\$4⁹⁹

SAVE \$2.00



Applegate Naturals
Chicken Nuggets &
Tenders • Family Size

16 oz

\$10⁹⁹

SAVE \$2.00

HOUSE-MADE

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

Co-op Kitchen
Bakery
Snickerdoodle
Cookie

\$1⁹⁵

SAVE \$0.30



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

Co-op Kitchen
Grab-N-Go
Wheat Free Greek
Garden Sandwich
Vegan

\$6⁹⁵

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

\$7⁹⁹ lb



**Co+op
basics**



Field Day
Berry Flavored
Sparkling Water
6 pk

\$2⁴⁹

**Co+op
basics**



Field Day
Organic
Long Grain White Rice
2 lb.

\$4⁹⁹



**Co+op
basics**



Field Day
Organic
All Purpose Flour
5lb

\$6⁴⁹



**Co+op
basics**



Field Day
Organic
Honey Oat
Granola
12 oz

\$4⁹⁹



Upcoming Events

Thai in No Time

Join Chef Deborah of the Cosmic Muffin School for a lively intro to Thai cooking. Learn and sample Tom Kha Soup, Cucumber Salad, and easy Pad Thai.

\$60 Community member

\$55 Owner

Sat, Nov 1 | 12-2pm

Heal Your Mental Disorder: The Doctors' Program

Discover natural Ayurvedic methods to restore balance. Author Ambuja Rosen shares doctors' step-by-step guidance using herbs, massage, and diet for lasting wellness.

FREE

Wed, Nov 5 | 6-8pm

North Mountain Park Clean Up

Ashland Food Co-op joins the city's Adopt-a-Park program by adopting North Mountain Park. Each quarter, staff and community unite for cleanup, connection, and teamwork.

FREE

Fri, Nov 7 | 9-11am

From Programs to People: Overcoming "Us vs Them"

Join Abigail Stason for a workshop exploring how brain wiring fuels "us vs. them" thinking. Learn practical ways to overcome bias and foster true inclusion.

FREE

Wed, Nov 19 | 6pm

From Chiapas to Your Cup: Café Mam's Story

Join Community Liaison Megan Bassett for coffee, photos, and a film exploring Café Mam's 35-year journey with small-scale, fair, organic Chiapas cooperatives.

FREE

Thurs, Nov 20 | 6-8pm

Sign up/Learn More:
AshlandFood.Coop/Events

Dr Hauschka
All Products

30% OFF



WELLNESS

Herb Pharm
All Products

25% OFF



Host Defense
All Products

25% OFF



coop deals



Heritage Store
Organic Castor Oil

For Wellness Packs
100% Cold-Pressed
16 oz

\$15.99

SAVE \$2.50



coop deals

Solaray
Magnesium Citrate

Bone Health
& Muscle Support
90 cap

\$8.99

SAVE \$2.00



BRUCE'S PICKS



Luzador
Tinto

750 ml
50% Garnacha, 50% Tempranillo
from Navarra, SP. Juicy, without
being over ripe, great balance.

\$16.99



Mary Taylor
Cotes de Gascogne

750ml
White blend from SW France.
New vintage emphasizes the
fresh and bright character,
low 11.5% alc, lightly floral and
aromatic.

\$12.99

