

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

\$499_{lb}





ORGANIC
Asian Pears
Oregon & Washington

\$399_{lb}





ORGANIC Keitt Mangos California

\$495 ea





ORGANIC
Honeycrisp Apples
2LB Bags
Washington

\$329 ea





ORGANIC
Red Potatoes
California & Canada

\$409_{lb}





ORGANIC
Locally Grown!
Winter Squash
Rogue & Applegate Valley

\$449_{lb}



ORGANIC



ORGANIC
Green Beans
California & Mexico

\$2²⁹lb





ORGANIC Leeks

Oregon & Washington

\$299_{lb}





GROCERY

60 AAA TASTY BIT TASTY BITE ORGANIC Channa Masalo

Tasty Bite Indian Entrees Select Varieties • 10 oz

SAVE \$3.18 on 2



Cascadian Farm Organic

Vegetable Blends Chinese • California • Gardener's

10 oz

SAVE \$2.58 on 2





Annie

ORGANI





SAVE \$1.30



USDA ORGANIC

coop deals

Maple Hill Creamery **Organic Kefir** 32 oz

SAVE \$1.80



coop deals

Caulipower Gluten Free Chicken **Tenders**

14 oz

overnight oats

Dark Chocolate

BULK

S**O**99

SAVE \$3.00



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

SAVE \$1.30



deals

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



MADE WITH

AVOCADO OIL

APPLE CIDER

VINEGAR

POTATO CHIPS NET WEIGHT 2

coop deals



SAVE \$0.98 on 2





Pho • Miso 32 oz

SAVE \$1.00







SAVE \$1.00



Organic Grind Your Own Peanut Butter

SAVE \$0.50/lb





5 oz



Organic Garlic Powder







BLUEBERRY

Pachamama 5 Sisters Medium Roast

SAVE \$1.50/lb





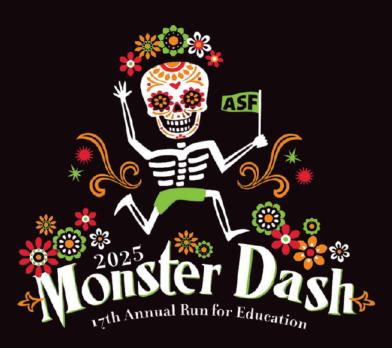
Organic Smoked Paprika





@ ASHLAND FOOD CO+OP

proudly sponsors







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!





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

-49 SAVE \$1.00/lb





Wild Ahi Tuna Fillet **Previously Frozen**

SAVE \$3.00/lb



HOUSE-MADE





Applegate Naturals **Breakfast Sausage Links** All Varieties

7 oz

SAVE \$2.00



Applegate Naturals Chicken Nuggets & Tenders • Family Size 16 oz

SAVE \$2.00



ASHLAND FOOD CO+OP

EST. 1972

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

295

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.



CO+OP Basics ⊕op basi¢s





Emerald Hills Ground Beef Not to exceed 20% fat

lb







Field Day **Organic All Purpose Flour** 5lb





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





Field Day Organic Long Grain White Rice Granola 2 lb.





Field Day Organic **Honey Oat**

12 oz



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 smallscale, 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 PharmAll Products

25% OFF



Host Defense All Products

25% OFF









coop deals







Heritage StoreOrganic Castor Oil

For Wellness Packs 100% Cold-Pressed 16 oz

\$15⁹⁹

SAVE \$2.50



Solaray Magnesium Citrate

Bone Health & Muscle Support 90 cap

\$899

SAVE \$2.00



BRUCE'S PICKS



Luzador Tinto

750 ml

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

\$16⁹⁹



Mary Taylor Cotes de Gascogne

750m

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

\$12⁹⁹

