



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

**NAVAL ORANGES
4 LB. BAG**



\$5.49

SAVE \$3.46

SALE FLYER | January 7 to January 13, 2026

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Honeycrisp Apples**
Washington

\$1.89 lb
SAVE \$1.10/lb



**ORGANIC
Pummelos
All Varieties**
California

\$2.49 lb
SAVE \$1.50/lb



**ORGANIC
Meyer Lemons**
California

\$3.89 lb
SAVE \$1.06/lb



**ORGANIC
Red D'anjou Pears**
Oregon & Washington

\$2.49 lb
SAVE \$0.50/lb



**ORGANIC
Potatoes
Red & Yellow**
Oregon & Canada

\$1.49 lb
SAVE \$0.50/lb



**ORGANIC
Leeks**
Oregon & Washington

\$2.69 lb
SAVE \$1.30/lb



**ORGANIC
Broccolini**
California

\$2.89 lb
SAVE \$1.10/lb



**ORGANIC
English Cucumbers**
Mexico

\$1.68 ea
SAVE \$0.61/ea





GROCERY



Brew Dr. Organic Kombucha
14 oz.
2/\$5
SAVE \$2.98 on 2!



Bonafide Provisions Organic Bone Broth
24 oz.
\$7.49
SAVE \$2.20



The Greek Gods Greek Yogurt
24 oz.
\$3.79
SAVE \$1.20



Woodstock Organic Ravioli
20 oz.
\$7.99
SAVE \$2.00



Jovial Organic Beans
13 oz.
\$2.89
SAVE \$0.80



Organic Valley Organic Cheese Blocks
Muenster • Papper Jack • Mozzarella
8 oz.
\$5.99
SAVE \$0.90



Siete Refried Beans
16 oz.
\$2.19
SAVE \$0.60



Four Sigmatic Organic Mushroom Coffee
Ground • 10 oz.
\$13.39
SAVE \$3.30



Back to Nature Crackers
5-7 oz.
\$3.19
SAVE \$0.80



BULK



Organic Red Quinoa
\$3.09 lb
SAVE \$0.40/lb



Organic Pitted Prunes
\$7.79 lb
SAVE \$1.20/lb



Cafe Mam Organic French Roast
\$12.99 lb
SAVE \$3.00/lb



Organic Extra Virgin Olive Oil
\$12.29 lb



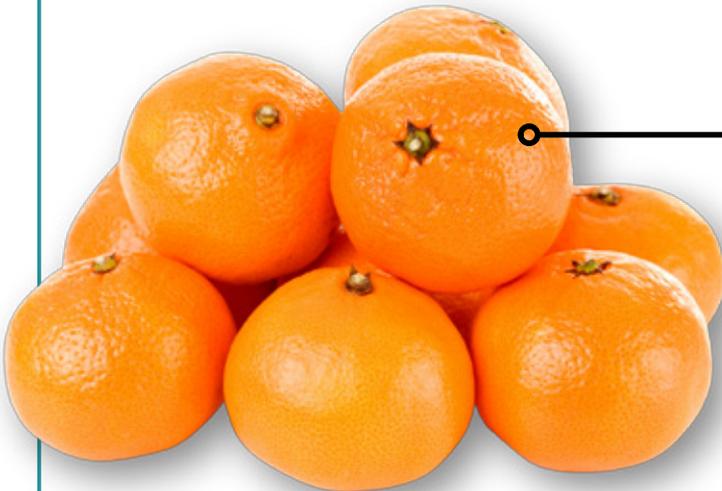


CLEMENTINE
MANDARINS

California
\$2.99/lb
Save \$1.00/lb



CELEBRATE CITRUS SEASON!



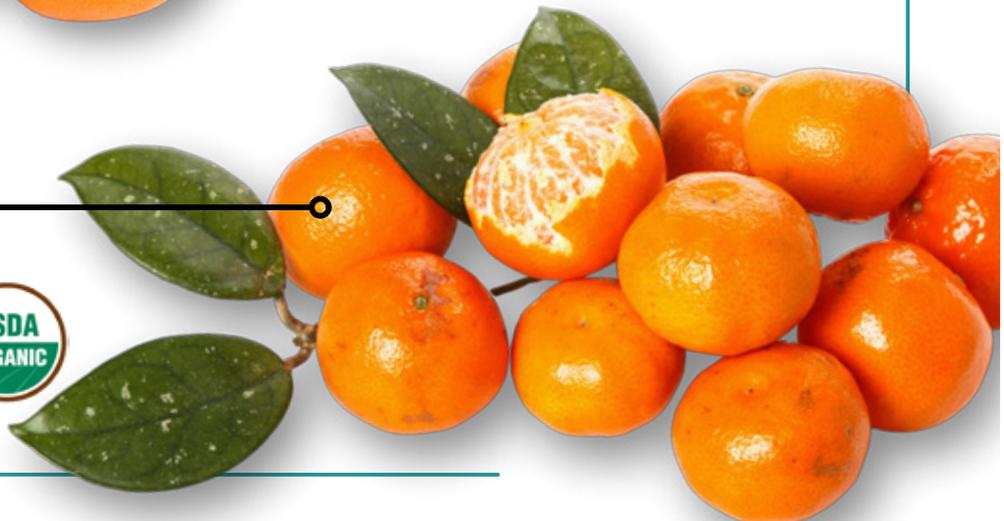
DAISY TANGERINES

California
\$2.99/lb
Save \$1.00/lb



SATSUMA
MANDARINS

California
\$2.99/lb
Save \$1.00/lb





AFC is a proud sponsor
of Ashland's 38th Annual
Rev. Dr. Martin Luther King Jr.
Day Celebration

Join us at the
Historic Ashland Armory
January 19th, 2026

Event: 12:00 PM Doors: 11:30 AM

FREE ENTRY!

Live Performances

Keynote Speaker:
Dr. Richard J. Bailey,
SOU President

Celebration followed by a
march to Ashland Plaza for the
"I Have a Dream" speech.



@somlkday



Sign Language
interpretation



Non-perishable food donations
for SOU Food Pantry encouraged

"The time is
always right
to do what
is right."

Martin Luther King Jr.



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



**Beeler's
Boneless Pork
Shoulder Roast**

\$4⁹⁹ lb

SAVE \$2.00/lb



**Applegate Naturals
Sliced Turkey & Ham**
All Varieties

\$5⁹⁹

SAVE \$1.50

HOUSE-MADE

**ASHLAND
FOOD CO+OP**

EST. 1972

**Co-op Kitchen
Bakery
Sesame Trail Bar**

Vegan

\$8⁹⁵ lb

SAVE \$1.00/lb



**ASHLAND
FOOD CO+OP**

EST. 1972

**Co-op Kitchen
Grab N Go
Pastrami & Swiss
on Rye**

NEW PRODUCT!

\$10⁹⁵

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**



**Smart Chicken
Boneless
Skinless Breast**

\$6⁹⁹ lb

**Co+op
basics**



**AFC
Show Me the Whey**
13.5 oz.

\$26⁹⁹

**Co+op
basics**



**Field Day
Organic Mini
Twist Pretzels**
8 oz.

\$2⁴⁹



**Co+op
basics**



**Field Day
Organic Strawberry
Fruit Spread**
14 oz.

\$4⁹⁹



**Co+op
basics**



**Field Day
Organic Mild Macaroni
and Cheese**
6 oz.

\$1⁹⁹



THE CO-OP COMMUNITY CLASSROOM

HERBS FOR INFLAMMATION: ROOTING OUT PAIN & RESTORING BALANCE

January 17, 12-2 pm

\$25 Owners | \$30 Community

Inflammation plays a role in everything from chronic pain to immune health—this class breaks down the why and the how to calm it. Learn the science, explore herbal allies, and create take-home remedies that support balance, relief, and whole-body harmony with clinical herbalist Holly Hawthorn.

SENIOR LIVING ROADMAP

January 24th, 12-2 pm
FREE

Navigating senior living choices can feel overwhelming—but it starts with one honest conversation. Join this free, encouraging talk with Belinda Godin to get clarity, answers, and a lot less stress around supporting a senior through life's transitions.

Just behind the Co-op at 300 N Pioneer St, our community classroom is a hub for cooking classes, free talks, wellness events, and more—led by local educators you'll love. Owners get discounts, nonprofits can use the space for free, and the classroom (plus kitchen!) is available to rent for your own gatherings.

Learn more at:

<https://ashlandfood.coop/conversation/news/co-op-community-classroom>

WELLNESS

Co-op basics

Country Life Coenzyme Bcomplex
Supports Energy
60 vcaps

\$18⁹⁹
BUY ONE GET ONE!



Garden Of Life Collagen Peptides
Hair, Skin, Nails & Joints
9.87 oz.

\$15⁹⁹
SAVE \$9.30



Mickleberry All Products

20% OFF



T-Relief Arnica + 12
Lasting Pain Relief
2 oz.

\$11⁷⁹
SAVE \$1.50



Enzymedica Betaine HCL
For Relief Of Occasional Heartburn & Indigestion
120 cap

\$15³⁹
SAVE \$1.10



Co-op basics

BRUCE'S PICKS

Barone Cornacchia Cerasuolo D'Abruzzo

750 ml
100% Montepulciano, grown near the Adriatic. Dark rose color, black currant, sour cherry, and citrus flavors. Lively and vibrant, wonderful alone as a dry rose/chilled light red, pair with spicy foods, fried anything, pizza....

\$14⁹⁹



Chateau Courac Cotes du Rhone

750ml
Heavier on Syrah (50%) than most Cotes du Rhone, with a little age too (2021), all of which gives elegance and refinement that belies the bargain price.

\$15⁹⁹

