

CELEBRATE ST. PATRICK'S DAY

Eel River Organic
Corned Beef Brisket

\$14.99/LB
SAVE \$3.00/LB

SALE FLYER | MARCH 11 TO MARCH 17, 2026



FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Cara Cara Navel
Oranges
California

\$1.89 lb
SAVE \$1.10/lb



ORGANIC
Gold Nugget
Mandarins
California

\$2.49 lb
SAVE \$1.50/lb



ORGANIC
Kiwis
California

\$4.45 lb
SAVE \$1.50/lb



ORGANIC
Lemons
California & Mexico

\$1.99 lb
SAVE \$1.00/lb



ORGANIC
Red and Russet
Potatoes
Oregon, Washington &
Canada

99¢ lb
SAVE \$0.30-\$1.00/lb



ORGANIC
Green & Red Cabbage
California & Mexico

\$1.29 lb
SAVE \$0.70/lb



ORGANIC
Bunched Carrots
OREGON GROWN!

\$2.99 ea
SAVE \$1.00/lb



ORGANIC
Radishes
All Varieties
California & Mexico

\$1.89 ea
SAVE \$1.00/ea



coop deals

GROCERY

coop deals

Red's Frozen Buritto
4.5-5 oz.

\$2²⁹

SAVE \$0.70



Cocojune Organic Coconut Yogurt
16 oz.

\$6⁹⁹

SAVE \$1.70



Epic Grass Fed Beef Tallow
Raised without Antibiotics
11 oz.

\$8⁹⁹

SAVE \$3.00

coop deals



Daiya Dairy and Gluten Free Pizza
15.7-16.7 oz.

\$7⁴⁹

SAVE \$2.00



coop deals



Nancy's Yogurt
32 oz.

\$4⁹⁹

SAVE \$0.70



coop deals



Wild Planet Wild Skipjack Tuna
Salted & Unsalted
5 oz.

\$2⁹⁹

SAVE \$1.30



Newman's Own Fig Newmans
Low Fat, and Wheat Free
10 oz.

\$4⁵⁹

SAVE \$1.00

Spectrum Extra Virgin Olive Oil
Cold Pressed
24.5 oz.

\$17⁹⁹

SAVE \$6.00



Let's Date Organic Date Sugar
12 oz.

\$5⁷⁹

SAVE \$1.00



BULK



Organic Hulled Millet

\$1⁸⁹ lb

SAVE \$0.40/lb



Organic Equal Exchange Chocolate Chips
Bittersweet

\$14⁹⁹ lb

SAVE \$2.50/lb



Pachamama Guatemala
Medium Roast

\$15⁴⁹ lb

SAVE \$2.50/lb



Organic Flax

\$2⁸⁹ lb

SAVE \$0.40/lb





**ASHLAND
FOOD CO+OP**

EST. 1972



A TASTE OF IRELAND



KERRYGOLD BUTTER
SALTED AND UNSALTED
8 OZ.
\$4.99 SAVE \$2.00



KERRYGOLD 2 YEAR
RESERVE CHEDDAR
7 OZ.
\$3.99 SAVE \$2.10



HOUSEMADE
IRISH SODA BREAD
BAKED FRESH!
\$6.95



**ASHLAND
FOOD CO+OP**

EST. 1972

IT'S YOUR LUCKY DAY!



**SAVE
\$3.00/LB**

**EEL RIVER ORGANIC
CORNERED BEEF BRISKET
\$14.99/LB**



LAND & SEA



Emerald Hills Ground Beef

Not to Exceed 20% Fat

\$6⁹⁹ lb

SAVE \$1.00/lb



Eel River Organic Corned Beef Brisket

100% Grass Fed

\$14⁹⁹ lb

SAVE \$3.00/lb



HOUSE-MADE

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Made To Order Matcha Latte

16 oz.

\$3⁹⁵

SAVE \$1.00



Applegate Organics Sliced Turkey

All Varieties • 6 oz.

\$6⁹⁹

SAVE \$1.50



Premium Raw Peeled & Deveined Shrimp

21/25 Count

\$9⁹⁹ lb

SAVE \$5.00/lb

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Bakery Lemon Almond Crackle Cookie

\$2⁵⁰

SAVE \$0.75



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!

Coop basics

CO-OP BASICS

Coop basics



Smart Chicken Drumsticks

\$2⁴⁹ lb

Coop basics



Field Day Organic Apple Cider Vinegar

32 oz.

\$6⁴⁹



Coop basics



Field Day Organic Garlic Powder

.6 oz.

\$3⁹⁹



Coop basics



Field Day Organic Cranberry Juice

32 oz.

\$6⁹⁹



Coop basics



Field Day Organic Unsweetened Coconut Flakes

7 oz.

\$3⁹⁹



Co-op Classroom

MARCH



Luck of the Irish Kitchen

12-2pm



Rosemary Focaccia

APRIL



Spring Renewal



Senior Living Trivia



Sneezy Season



Spring Luncheon

Sign up online at:
ashlandfood.coop/events

WELLNESS

Shikai Shower Gel
Rich In Aloe & Oatmeal
12 oz.

\$8⁷⁹

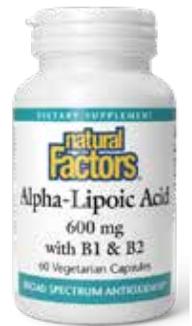
SAVE \$1.50



Natural Factors Alpha-Lipoic Acid
Broad Spectrum
Antioxidant
60 vcap

\$17²⁹

SAVE \$5.50



Humble All Products

20% OFF



Plantiva Aller Dx
Works In Minutes
60 vap

\$19⁹⁹

SAVE \$5.00



Terry Naturally Curamed 750mg
Superior Absorption
Curcumin
30 soft gel

\$22⁴⁹

SAVE \$7.50



BRUCE'S PICKS

Ruffino Prosecco
750 ml
Organically grown Italian bubbles with just a hint of sweetness. Floral aromas, apple, pear, peach, citrus, delicate and soft. Great price, ideal for a Holiday party.

\$12⁹⁹



Lamblin Bourgone Blanc
750ml
100% unoaked Chardonnay from northern Burgundy. Light and crisp, this is a lovely facsimile of much more expensive Chablis.

\$19⁹⁹

