

BANYAN[®]
BOTANICALS



20% OFF

All Banyan Botanicals Products

April 1st - 28th

SALE FLYER | APRIL 15 TO APRIL 21, 2026



**ASHLAND
FOOD CO+OP**

EST. 1972

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Grapefruit**
All Varieties
California & Texas

\$1.99 lb
SAVE \$1.30/lb



**ORGANIC
Blood Oranges**
California

\$2.99 lb
SAVE \$0.50/lb



**ORGANIC
Tango Mandarins**
California

\$2.49 lb
SAVE \$1.50/lb



**ORGANIC
Abate Pears**
California & Argentina

\$2.29 lb
SAVE \$1.00



**ORGANIC
Purple Potatoes**
Washington & Canada

\$1.29 lb
SAVE \$0.70/lb



**ORGANIC
Zucchini**
Mexico

\$1.78 lb
SAVE \$1.21/ea



**ORGANIC
Cabbage Red & Green**
California, Washington
& North Carolina

\$1.49 lb
SAVE \$0.50/lb



**ORGANIC
Cilantro**
California & Mexico

\$1.38 ea
SAVE \$0.61/ea



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

coop deals

GROCERY

coop deals

Bellwether Farms Sheep Milk Yogurt

All Flavors
6 oz.

\$2.29

SAVE \$1.00



Harmless Harvest Cultured Coconut Yogurt

24 oz.

\$6.99

SAVE \$1.90



coop deals



Cado Frozen Dessert

All Flavors
1 pint

\$6.49

SAVE \$1.00



coop deals



Food For Life Sprouted Bread

Original and Sprouted Grain
24 oz.

\$5.99

SAVE \$1.60



coop deals



Equal Exchange Coffee

All Varieties
10-12 oz.

\$10.99

SAVE \$3.00



coop deals



Beyond Good Chocolate Bars

Ethical,
Made at the Source
2.64 oz.

3.99

SAVE \$1.60



coop deals



Alter Eco Chocolate Bars

All Flavors
2.65 - 2.82 oz.

BOGO
BUY ONE GET ONE
FREE!



coop deals

Orgain Creamy Chocolate Fudge

Nutrition Shake
4 pack - 11 oz.

\$11.99

SAVE \$2.40



coop deals



Clif Nutrition Bars

Select Flavors • 2.4 oz.

2/\$3

SAVE \$1.38 on 2



coop deals



Organic Walnut Halves and Pieces

\$7.49 lb

SAVE \$0.80/lb



Organic Chia Seeds

\$2.89 lb

SAVE \$1.70/lb



BULK



Cafe Mam Decaf Italian Dark Roast

\$13.99 lb

SAVE \$3.00/lb



Organic Roasted Salted Pistachios

\$8.49 lb

SAVE \$1.00/lb





**ASHLAND
FOOD CO+OP**

EST. 1972



FRY FAMILY FARM

Certified Organic

Plant Starts

20% OFF
4/17 to 4/19



**ASHLAND
FOOD CO+OP**

EST. 1972

DON'T FORGET TO USE YOUR MARCH/APRIL OWNER COUPON

**10%
OFF
ONE SHOP**

**CO-OP
OWNERS
DISCOUNT**

Remember to combine your 10% off
with other discounts to maximize your
savings!

To learn more about becoming a
Co-op owner visit
<https://ashlandfood.coop/become-owner>

FRESH

organic



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

HOUSE-MADE

ASHLAND FOOD CO+OP
EST. 1972

Co-op Kitchen Grab N Go Ham & Swiss on Rye

\$8⁹⁵

SAVE \$1.00



coop deals



Applegate Naturals Chicken Nuggets & Tenders • Family Size

16 oz.

\$10⁹⁹

SAVE \$2.00



coop deals

Diestel Turkey Ranch Organic Sliced Turkey
Oven Roasted & Smoked • 7 oz

\$6⁹⁹

SAVE \$2.50



ASHLAND FOOD CO+OP
EST. 1972

Co-op Kitchen Grab N Go Guacamole

\$10⁹⁵ lb

SAVE \$2.00/lb



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



Emerald Hills Ground Beef
Not to Exceed 20% Fat

\$7⁹⁹ lb



coop basics



Field Day Organic Garlic Cilantro Salsa

16 oz.

\$3⁹⁹



coop basics



Field Day Apple Cinnamon Cereal Bars

7.8 oz.

\$2⁹⁹

coop basics



Field Day Organic Mini Twist Pretzels

8 oz.

\$2⁴⁹



coop basics



Field Day Organic Blue Corn Tortilla Chips

9 oz.

\$2⁹⁹



JOIN US!

Saturday
April 18th, 2026
10 am to 4 pm

at
ScienceWorks
HANDS-ON
MUSEUM

to
celebrate

EARTH DAY!

fun for all ages
rain or shine
event



coop deals

WELLNESS

coop deals

**Heritage Store
Rosewater Facial
Toner**
Tones & Refines Pores
8 oz.

\$10⁴⁹
SAVE \$3.80



**Host Defense
Reishi Extract**
Longevity Support
1 oz.

\$15⁹⁹
SAVE \$3.00



**Wild Carrot
All Products**

**20%
OFF**

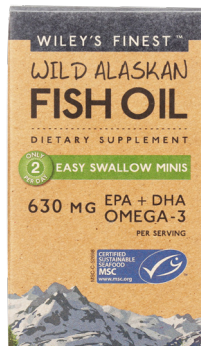


coop deals

coop deals

**Wiley's Finest
Fish Oil**
Easy Swallow Minis
60 softgel

\$13⁹⁹
SAVE \$8.00



**Megafood
Kids Multivitamin**
Soft Chews
30 ct

\$15⁴⁹
SAVE \$7.50



coop deals

BRUCE'S PICKS

**Quady North
G.S.M. Rose**

750 ml
New vintage, 2025, of the best selling wine here at the Coop. Watermelon and strawberry, with a dry and bright finish.

\$13⁹⁹



**Naia
Verdejo**

750ml
Dry-farmed, estate vineyard, four months on the lees. Very fresh, a little stone fruit and plenty of crisp green apple and citrus.

\$14⁹⁹

