

Happy  
Mother's Day!



#1 Mom Bouquet  
**\$12<sup>95</sup> - 24<sup>95</sup> ea**

SALE FLYER | MAY 6 TO MAY 12, 2026

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC**  
Rio Star Grapefruit  
California

**\$1<sup>99</sup> lb**  
SAVE \$1.30/lb



**ORGANIC**  
Raspberries  
6oz Container  
California

**\$4<sup>95</sup> ea**  
SAVE \$1.00/ea



**ORGANIC**  
Murcott Mandarins  
California

**\$2<sup>89</sup> lb**  
SAVE \$1.10/lb



**ORGANIC**  
Honey Mangos  
Mexico

**\$1<sup>99</sup> ea**  
SAVE \$0.50/ea



**ORGANIC**  
Persian Cucumbers  
Mexico & California

**\$1<sup>99</sup> lb**  
SAVE \$2.00/lb



**ORGANIC**  
Romaine Hearts  
3 Pack  
California

**\$3<sup>95</sup> ea**  
SAVE \$1.00/ea



**ORGANIC**  
Cherry Tomatoes  
All Varieties  
Mexico

**\$5<sup>95</sup> ea**  
SAVE \$3.00/ea



**ORGANIC**  
Fingerling Potatoes  
1.5LB Bags  
Washington

**\$2<sup>99</sup> ea**  
SAVE \$2.96/ea



coop deals

Fage Greek Style Yogurt  
16 oz.

2/\$7

SAVE \$2.98 ON 2



# GROCERY

coop deals

Organic Valley Grass Fed Milk  
2% and Whole  
59 oz.

\$5.99

SAVE \$1.50



coop deals



Alden's Ice Cream Bars  
Various Flavors  
3 pack & 4 pack

\$5.49

SAVE \$1.50



coop deals



Kite Hill Dairy Free Ravioli  
All Flavors  
9 oz.

\$6.49

SAVE \$2.10



coop deals



Lucini Italia Pasta Sauce  
All Flavors  
24 oz.

\$8.99

SAVE \$1.50



coop deals



Bionaturae Pasta  
Made in Italy  
16 oz.

2/\$6

SAVE \$0.98 ON 2



coop deals



Chocolove Chocolate Bars  
All Flavors  
2.9-3.2 oz.

2/\$7

SAVE \$2.38 on 2



coop deals



Nairn's Oat Grahams  
Ginger, Chocolate Chip,  
and Original  
5.64 oz.

\$4.49

SAVE \$1.30



coop deals



Loacker Wafer Cookies  
All Flavors  
8.82 oz.

\$4.39

SAVE \$1.60



Organic Flax Seed  
\$2.69 lb

SAVE \$0.60/lb



Organic Mission Figs  
\$8.99 lb

SAVE \$1.30/lb



# BULK



Cafe Mam Breakfast Blend  
\$12.99 lb

SAVE \$3.00/lb



Organic Tamari Almonds  
\$14.29 lb

SAVE \$1.60/lb



*Happy  
Mother's Day!*



**Mother's Day Bouquets**  
**\$12<sup>95</sup> - 24<sup>95</sup> ea**

*with a Co-op Bouquet!  
Brighten her day*



**ASHLAND  
FOOD CO+OP**

EST. 1972

*Mother's Day  
Sparkling Wine Sale*  
**10% OFF**

**BUY 4 OR MORE AND  
GET ANOTHER 10% OFF**

**May 8 to 10**



## LAND & SEA



**Smart Chicken  
Boneless Skinless  
Thighs**  
**\$5<sup>99</sup> lb**  
SAVE \$1.50/lb



**Diestel Turkey Ranch  
Ground Dark Turkey**  
**\$5<sup>49</sup> lb**  
SAVE \$2.00/lb



**Roli Roti  
Butcher's Organic Bone  
Broth**  
All Varieties • 24 oz.  
**\$8<sup>99</sup>**  
SAVE \$2.00



**Hempler's  
Applewood Smoked  
Center Cut Bacon**  
10 oz.  
**\$6<sup>49</sup>**  
SAVE \$1.50

## HOUSE-MADE

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

**Co-op Kitchen  
Bakery  
Camp Cookie**  
**\$1<sup>95</sup>**  
SAVE \$0.30



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

**Co-op Kitchen  
Grab N Go  
Tempeh Club**  
Vegan  
**\$7<sup>45</sup>**  
SAVE \$2.50



## 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  
**\$7<sup>99</sup> lb**



**Co+op  
basics**



**Field Day  
Organic Garlic  
Cilantro Salsa**  
16 oz.  
**\$3<sup>99</sup>**



**Co+op  
basics**



**Field Day  
Organic Blue Corn  
Tortilla Chips**  
9 oz.  
**\$2<sup>99</sup>**



**Co+op  
basics**



**Field Day  
Organic Garlic  
Powder**  
2.5 oz.  
**\$3<sup>99</sup>**



**Co+op  
basics**



**Field Day  
Organic Pinto Refried  
Beans**  
16 oz.  
**\$1<sup>49</sup>**





**20% OFF  
ALL HOUSEMADE  
QUICHE**

**MADE FROM SCRATCH  
IN OUR KITCHEN!**

**5/6 - 5/12**

**WELLNESS**



**Tiger Balm  
Ultra Strength**  
Pain Relieving Ointment  
.63 oz.

**\$7.49**

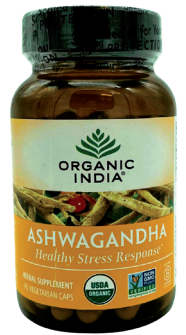
SAVE \$3.70



**Organic India  
Ashwagandha**  
Healthy Stress  
Response  
90 vcap

**\$18.49**

SAVE \$5.80



**Garden Of Life  
All Products**

**20%  
OFF**



**Booda Organics  
All In One  
Moisturizer**  
Vegan Body Butter  
2.3 oz.

**\$9.79**

SAVE \$2.70



**Biosil  
Hair, Skin, Nails**  
Advanced Collagen  
Generator  
30 vcap

**\$16.79**

SAVE \$4.50



**BRUCE'S PICKS**

**Upper Five  
Rosato**

750 ml  
New release, 100% early  
picked Tempranillo.  
Savory notes of orange  
peel, tomato leaf and  
bitter herbs, mixed  
with raspberry and  
red apple.

**\$19.99**



**Corsini  
Bianco**

750 ml  
Piedmont, Italy grown  
white blend of Arneis,  
Sauvignon Blanc, and  
Chardonnay.  
Super clean and bright,  
pear, apple, hint of peach  
and tangerine.

**\$17.99**

