



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



Housemade

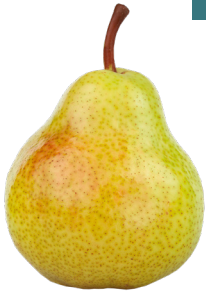
**Seasoned Boneless Skinless
Chicken Breast**
Lemon Herb w/Thyme & Cajun

\$7.99 lb
SAVE \$1.00/lb

SALE FLYER | MAY 13 TO MAY 19, 2026

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Bartlett Pears**
Argentina

\$1.99 lb
SAVE \$1.00/lb



**ORGANIC
Blueberries**
6oz Packages
California

\$3.99 ea
SAVE \$1.26/ea



**ORGANIC
Mini Seedless
Watermelons**
Mexico & California

\$3.99 ea
SAVE \$2.96/ea



**ORGANIC
Pink Lady Apples**
Washington

\$1.89 lb
SAVE \$1.10/lb



**ORGANIC
Cucumbers**
Mexico

\$1.99 lb
SAVE \$1.00/lb



**ORGANIC
Leeks**
Oregon, Washington & California

\$2.29 lb
SAVE \$0.70/lb



**ORGANIC
Kale**
All Varieties
Oregon, Washington & California

\$2.29 ea
SAVE \$0.70/ea



**ORGANIC
New Crop!
Yellow Potatoes**
Canada & Arizona

\$1.49 lb
SAVE \$0.50/lb



coop deals

GROCERY

coop deals

Grillo's Whole Pickles and Spears
32 oz.

\$5⁹⁹

SAVE \$1.30



Kite Hill Almond Milk Yogurt
Vanilla and Strawberry
5.3 oz.

2/\$3

SAVE \$0.98 on 2



coop deals



Amy's Frozen Burritos
S. West, Bean & Cheese,
Rice & Bean
5.5 - 6oz.

\$3²⁹

SAVE \$1.00



coop deals



Cascadian Farms Frozen Fruit
All Flavors
8-10 oz.

2/\$8

SAVE \$5.58 on 2



coop deals



Bragg ACV Beverages
All Flavors
16 oz.

2/\$6

SAVE \$1.98 on 2



coop deals



Coconut Secret Coconut Aminos
For Dressings and Marinade
8 oz.

\$5²⁹

SAVE \$1.00



coop deals



Justin's Nut Butter Cups
All Varieties
1.4 oz.

2/\$4

SAVE \$1.58 on 2



Prince of Peace Tea
Green, Oolong, White
and Black
100 count

\$5⁹⁹

SAVE \$1.50



coop deals



Amy & Brian Coconut Water
All Flavors
17.5 oz.

2/\$5

SAVE \$1.78 on 2



BULK



Organic Red Lentils
\$2⁶⁹ lb

SAVE \$0.30/lb



Organic Mission Figs
\$8⁹⁹ lb

SAVE \$1.30/lb



Cafe Mam Breakfast Blend
\$12⁹⁹ lb

SAVE \$3.00/lb



Organic Dry Roasted Tamari Almonds
\$14²⁹ lb

SAVE \$1.60/lb





**ASHLAND
FOOD CO+OP**

— EST. 1972 —

YOUR PATRONAGE DIVIDEND

will be available
at the Register
on June 1st!

Questions?

Visit: AshlandFood.Coop/patronage-faq



Mexican Style
**BEEF
FAJITAS**

Local



Busan Grill
**BABY BACK
RIBS**



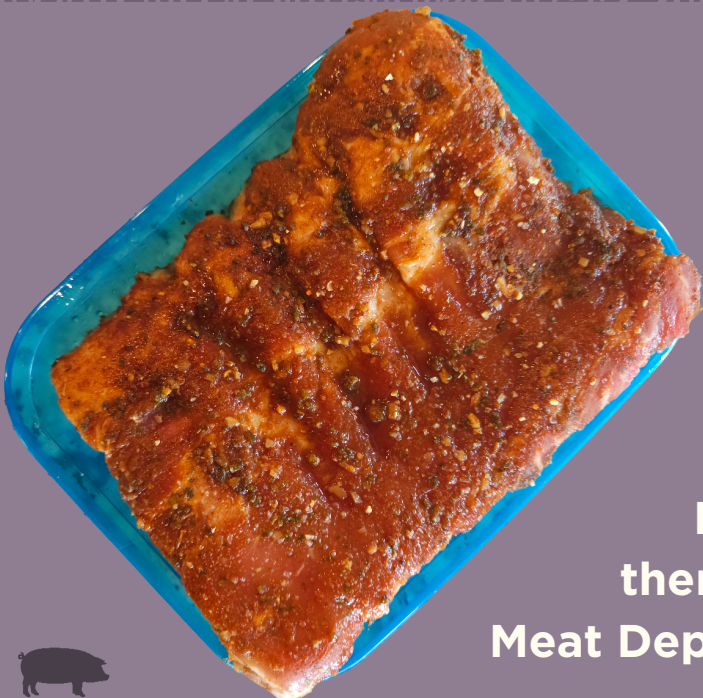
Fast, Fresh and Ready
for your Grill
or Oven!



Smoky Chipotle
**BABY BACK
RIBS**



Tequila Lime
**CHICKEN
FAJITAS**



Find
them in the
Meat Department case!





LAND & SEA



Organic Smart Chicken Bone-In Thighs

\$5.49 lb

SAVE \$1.00/lb



Beeler's Boneless Pork Loin Chops

\$5.99 lb

SAVE \$2.00/lb



HOUSE-MADE

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Made to Order Berry Blast

\$7.95

SAVE \$1.00



Volpi Sliced Meats

All Varieties • 3.5-5 oz.

\$1 OFF

SAVE \$1.00



Aidells Chicken Sausages & Meatballs

8-12 oz.

\$6.99

SAVE \$1.00

ASHLAND FOOD CO+OP

EST. 1972

Co-op Kitchen Grab N Go Chicken Quesadillas

\$3.95

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



Applegate Organics Oven Roasted Turkey Breast

6 oz.

\$8.99



Field Day Unsalted & Creamy Almond Butter

16 oz.

\$7.99



Field Day Organic Strawberry Fruit Spread

14 oz.

\$4.99



Field Day Organic Mini Twist Pretzels

8 oz.

\$2.49



Field Day Organic Three Cheese Pizza

12.2 oz.

\$7.99



CO-OP CLASSROOM

JUNE EVENTS



Senior Living Roadmap

JUNE 6
12-2PM

FREE



JUNE 13
12-2PM

Summer In Espana!

\$55 Owners
\$60 Community



JUNE 29
TO
JULY 2

Eat Your Way Around the World
Kids Camp with
Rogue Valley Farm to School!
Ages 7-10
\$260 Owners
\$270 Community

RV Farm to School is offering a second Kids Camp for ages 9-12 from July 6th - 9th. Register below!



Register at
<https://events.humanitix.com/host/ashland-food-cooperative>

WELLNESS

coop deals

Now Nattokinase
100 mg
Cardiovascular Health
60 vcap

\$17.49

SAVE \$3.00



Natural Factors Stress-Relax Melatonin
10 mg
60 count

\$8.79

SAVE \$3.70



Alba Botanicals After Sun Gel
80% Aloe Vera Gel
8 oz.

\$6.29

SAVE \$3.00



coop deals

coop deals

Soothing Touch Bath Salts
Eucalyptus Spruce
32 oz.

\$6.49

SAVE \$1.80



coop deals

Kal B6 & B12 Methyl Folate
Mixed Berry
Quick Dissolve Tablets
60 tab

\$14.99

SAVE \$1.50



BRUCE'S PICKS

Ercole Rosato
1000 ml
Produced in a Piedmont wine cooperative comprised of small, family growers around Monferrato. Barbera and Dolcetto, red apple, strawberry and raspberry.

\$13.99



Deltetto Arneis
750 ml
Fruity nose with notes of exotic fruits, white flowers, and crunchy red apple. Very fresh, great acidity, light, ideal for warmer Spring weather.

\$19.99

