



**Prairie Fresh Pork
Baby Back Ribs**

\$3.99 lb

SAVE \$2.00/lb



SALES FLYER | JULY 1 TO JULY 7, 2026

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Red & Yellow Potatoes**
New Crop!
California

\$1.68 lb

SAVE \$0.31/lb



**ORGANIC
Zucchini**
Oregon

\$2.64 lb

SAVE \$0.85/lb



**ORGANIC
Bi Color Sweet Corn**
California

2/\$3



**ORGANIC
Mini Persian
Cucumbers**
Mexico

\$1.96 lb

SAVE \$1.03/lb



**ORGANIC
Whole Seedless
Watermelon**
California

89¢ lb

SAVE \$0.30/lb



**ORGANIC
Dark Sweet
Cherries**
Oregon & Washington

\$5.95 lb

SAVE \$4.00/lb



**ORGANIC
White & Yellow
Peaches**
California

\$3.99 lb



**ORGANIC
Seedless Red & Green
Grapes**
California

\$4.24 lb

SAVE \$1.71/lb





GROCERY



Brown Cow Cream on Top Yogurt

All Flavors
5.3 oz

\$1.00

SAVE \$0.29



GoodPop Cherry Lemonade Frozen Fruit Bar

8 pk
\$4.99

SAVE \$1.80



Wildbrine Korean Style Kimchi

18 oz

\$6.99

SAVE \$1.30



Dr. Praeger's Black Bean Quinoa Veggie Burger

10 oz

\$4.99

SAVE \$2.00



Alvarado Hot Dog & Hamburger Bun

6 pack

\$4.89

SAVE \$0.60



Flax for Life Brownie Bite Muffin

Cherry and Original
14 oz

\$6.49

SAVE \$1.20



Blue Diamond Almond Breeze

All Flavors
32 oz

2/\$5

SAVE \$1.38 on 2



Bachan's BBQ Sauce

All Flavors
17 oz

\$6.79

SAVE \$0.90



Amy & Brian Coconut Water

Pulp & Pulp Free
17.5 oz

\$2.69

SAVE \$0.70



ORGANIC Small White Navy Beans

\$2.69 lb

SAVE \$0.30/lb



ORGANIC Grandy Organics Coconola

\$10.99 lb

SAVE \$3.50/lb



ORGANIC Equal Exchange Tamari Almonds

\$12.99 lb

SAVE \$2.90/lb



ORGANIC Cafe Mam French Roast

\$12.99 lb

SAVE \$3.00/lb



BULK

HAPPY
4TH OF JULY



ORGANIC
Mini Sweet Peppers
1lb bag
Mexico

\$4.98 ea

SAVE \$2.47/ea



ORGANIC
Blueberries
18oz Pack
California & Washington

\$7.98 ea

SAVE \$2.97/ea



ORGANIC
Portabella Mushrooms
Oregon & Canada

\$6.99 lb

SAVE \$2.96/lb



ORGANIC
Small Hass Avocado Bags
6ct bags
California

\$4.99 ea

SAVE \$1.96/ea



**COME SEE US AT THE CITY OF ASHLAND 4TH OF JULY CELEBRATION
~ STOP BY OUR BOOTH IN LITHIA PARK!**

ASHLAND FOOD CO+OP

EST. 1972

GET YOUR GRILL ON!

\$3.99 lb
SAVE \$2.00/lb



PRAIRIE FRESH PORK BABY BACK RIBS



**Ashland Food Co-op Housemade
Pork Bratwurst**

\$7.99 lb
SAVE \$3.00/lb



Emerald Hills Ground Beef
100% Grass Fed | Not to Exceed 20% Fat

\$6.99 lb
SAVE \$1.00/lb



Fresh Columbia River Steelhead Fillet
Farm Raised

\$12.99 lb
SAVE \$3.00/lb



Teton Waters Ranch Sasusages
Polish & Jalapeno Cheddar Bratwurst | 10 oz

\$8.49
SAVE \$2.00



LAND & SEA



Organic Smart Chicken Boneless Skinless Breast

\$9⁹⁹ lb

SAVE \$2.50/lb



Emerald Hills Beef Boneless Ribeye Steak

100% Grass Fed

\$24

SAVE \$4.00/lb



HOUSE-MADE

ASHLAND FOOD CO+OP

EST. 1972

CO-OP KITCHEN Italian Pasta Salad

Grab N Go

\$8⁹⁵ lb

SAVE \$2.00/lb



coop deals

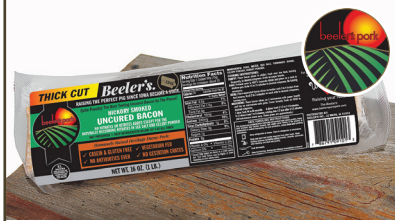


Chomps Jerky Sticks

All Varieties
1.15 oz

2/\$4

SAVE \$1.38 on 2



Beeler's Hickory Smoked Bacon

16 oz

\$10⁹⁹

SAVE \$2.00/ea



CO-OP KITCHEN ACBC Fresh Juice

Made to Order

16 oz

\$7⁹⁵

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!

coop basics

CO-OP BASICS

coop basics

Applegate Organics Oven Roasted Turkey Breast

16 oz

\$8⁹⁹



coop basics

Naked Bread Organic 100% Whole Wheat

26 oz

\$4⁹⁹



coop basics

Field Day Organic Yellow Mustard

8 oz

\$2⁴⁹



coop basics

Field Day Organic Sweet Relish

16 oz

\$4⁹⁹



coop basics

Field Day Organic Ketchup

20 oz

\$3⁹⁹



20% OFF COLD BAR JULY 1-7

coop deals

DISCOUNT TAKEN AT THE REGISTER



WELLNESS



**Natural Factors
Cranrich**
Super Strength 500 MG
180 cap

\$17⁹⁹

SAVE \$10.50



**Earth Science
Apricot Facial Scrub**
Gentle Exfoliant
4 oz

\$11⁷⁹

SAVE \$2.50

coop deals

**Mickleberry
All Products**

**25%
off**



coop deals

**Oregon's Wild Harvest
Chaste Tree**
Support for PMS
90 vcap



\$16⁹⁹

SAVE \$5.80

**T-Relief
Extra Strength Gel**
Plant Based Relief
3 oz



\$14⁷⁹

SAVE \$2.20

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.



\$13⁹⁹

**La Pirouette
Medoc Bordeaux**
750 ml

French red blend of primarily Cabernet Sauvignon and Merlot. Bright red fruit flavors of plum and cherry, nicely balanced with good acidity and moderate tannins.



\$14⁹⁹

