



KALE SALE!

ORGANIC
Locally Grown Kale
All Varieties

Rogue & Applegate Valley

\$2⁴⁸ ea

SAVE \$0.51/ea



SALES FLYER | JULY 8 TO JULY 14, 2026

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Plums
All Varieties
California

\$2⁹⁸ lb

SAVE \$1.01/lb



ORGANIC
Thai Coconuts
Thailand

\$5⁴⁵ ea

SAVE \$1.50/ea



ORGANIC
Blueberries
2lb Containers
Washington

\$11⁴⁸ ea

SAVE \$3.47/ea



ORGANIC
Strawberries
1lb Containers
California

\$3⁹⁸ ea

SAVE \$0.97/ea



ORGANIC
Locally Grown
Green Cabbage
Oregon & Washington

\$1⁴² lb

SAVE \$0.57/lb



ORGANIC
Baby Arugula
5oz Bags
Oregon

\$4⁴⁸ ea

SAVE \$1.01/ea



ORGANIC
Cherry Tomatoes
Open Pints
Oregon & California

\$5²⁵ ea

SAVE \$2.70/ea



ORGANIC
Cilantro
Oregon

\$1⁴⁸ ea

SAVE \$1.01/ea



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

coop
deals

GROCERY

coop
deals

Forager Project Cashewmilk Yogurt

All Flavors
5.3 oz

\$1.59

SAVE \$0.70



Ben & Jerry's Ice Cream

All Flavors
16 oz

\$5.49

SAVE \$1.50



coop
deals

coop
deals

coop
deals

coop
deals



**Nancy's
Sour Cream**
16 oz

\$4.39

SAVE \$0.90



**Pitaya
Passion Fruit Cubes**
12 oz

\$4.69

SAVE \$1.60



**Primal Kitchen
Avocado Oil**
25.36 oz

\$14.99

SAVE \$3.60



**Lakewood
Pomegranate Concentrate**
12.5 oz

\$9.99

SAVE \$1.40



coop
deals

coop
deals

coop
deals



**Angie's
Boom Chicka Pop**
Popcorn
4.5-4.8 oz

\$2.99

SAVE \$1.30



**Kettle Brand
Potato Chips**
All Flavors
13 oz

\$4.99

SAVE \$1.50



Just Iced Tea
All Flavors
16 oz

2/\$4

SAVE \$1.58 on 2



coop
deals

BULK



**ORGANIC
Grandy Organics Trail Mix**
Antioxidant

\$11.99 lb

SAVE \$3.30/lb



**ORGANIC
Royal Quinoa
Tricolored**

\$3.29 lb

SAVE \$0.30/lb



**ORGANIC
Cranberries
Sweetened**

\$8.59 lb

SAVE \$3.00/lb



**ORGANIC
Cafe Mam
French Roast**

\$12.99 lb

SAVE \$3.00/lb



Medford
Food  Coop

presents the annual



ROGUE VALLEY FARM TOUR

FREE!

*Visit farms and
ranches in Jackson
& Josephine counties*



LEARN MORE



RVFARMTOUR.COM

with support from:



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

WHAT TO DO IN
SOUTHERN OREGON
WWW.WHATTODOSOUTHERNOREGON.COM

Rogue Valley
Food System
NETWORK
growing our local food system



AFC

GIVES



COMMUNITY
grants

**2026 APPLICATIONS
OPEN JULY 9th!**



♥ *Show Some Love* ♥
for some of our Local producers!

RED BUTTES FARM
Applegate Valley, Oregon



FRY FAMILY FARM
Medford, Oregon



37 MILES
WANDERING ROOTS FARM
Gold Hill, Oregon



18 MILES
WHISTLING DUCK FARM
Applegate Valley, Oregon



FROM THE
**ASHLAND
FOOD CO+OP**



30 MILES

37 MILES

LAND & SEA



Smart Chicken
Boneless Skinless Thighs
\$6⁴⁹ lb
SAVE \$1.50/lb



Wild Ahi Tuna Fillet
Previously Frozen
\$11⁹⁹ lb
SAVE \$3.00/lb

HOUSE-MADE

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

CO-OP KITCHEN
Wheat Free
Oat Bars
Bakery
\$6⁹⁵ lb
SAVE \$1.00/lb



Aidells
Chicken Sausages & Meatballs
All Sku's
8-12 oz
\$6⁹⁹
SAVE \$1.00



Beeler's
Bone-in Pork Chops
\$5⁹⁹ lb
SAVE \$2.00/lb



CO-OP KITCHEN
Gorgonzola
Salad Dressing
Grab N Go
12 oz

\$7⁵⁰
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

**Co+op
basics**

Applegate Organics
Black Forest
Uncured Ham
6 oz

\$8⁴⁹



**Co+op
basics**

Naked Bread
Organic
Classic Plain Bagels
18 oz

\$4⁷⁹



**Co+op
basics**

Field Day
Organic
Stone Ground Mustard
8 oz

\$2⁴⁹



**Co+op
basics**

Field Day
Black Sliced Olives
3.8 oz

\$2⁴⁹



**Co+op
basics**

Organic Valley
Salted Butter
1 lb

\$9³⁹



**ASHLAND
FOOD CO+OP**

ROGUE VALLEY
**RO
CO**
ROASTING CO.

ON SALE!
JULY 8th-14th

**ALL 12OZ ROCO
RETAIL BAGS**
reg **\$14.99**
on sale **\$13.99**

**ALL BULK ROCO
COFFEE BEANS**
reg **\$18.99/lb**
on sale **\$17.99/lb**

**USDA
ORGANIC**

Local



**coop
deals**



**Avalon Organics
Vitamin C Cream**
Renewal Rich
1.7 oz
\$19⁹⁹
SAVE \$8.00

**coop
deals**

WELLNESS

**coop
deals**



**Ultima Replenisher
Electrolyte Drink Mix**
All Flavors
3.6 oz
\$15⁹⁹
SAVE \$5.50

**Bach
All Products**
**20%
off**



**coop
deals**



**Canary
All Products**
**20%
off**

**Yerba Prima
Psyllium Husk Whole**
Colon Cleanser
12 oz

\$15⁷⁹
SAVE \$4.50



BRUCE'S PICKS

**Quady North
Sauvignon Blanc**
750 ml

Starts with a burst of fresh citrus, honeydew melon, and hints of mango. With vibrant acidity and a clean, zippy finish.

\$19⁹⁹



**Caparzo
Sangiovese**
750 ml

Great value from Tuscany. Shows red fruits like currant, pomegranate and cherry. Balanced with typical Italian acidity and earthy tannins..

\$14⁹⁹

