



ORGANIC
Locally Grown Carrots
5lb Bags

Red Buttes Farm
Applegate Valley

\$10⁹⁸ ea
SAVE \$0.97/ea



SALES FLYER | JULY 22 TO JULY 28, 2026

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Limes

Mexico

\$1⁶⁸ lb
SAVE \$1.31/lb



ORGANIC
Nectarines

California

\$3⁹⁸ lb
SAVE \$0.97/lb



ORGANIC
Medjool Dates

California

\$9⁷⁴ lb
SAVE \$3.21/lb



ORGANIC
Galia Melons

California

\$1⁴² lb
SAVE \$1.57/lb



ORGANIC
Broccoli Crowns

California

\$2⁴⁶ lb
SAVE \$1.53/lb



ORGANIC
Crimini Mushrooms

Canada

\$5²⁵ lb
SAVE \$1.70/lb



ORGANIC
Shishito Peppers
1lb Bags

Mexico

\$6²⁴ ea
SAVE \$1.71/ea



ORGANIC
Mini Mixed Peppers
1lb Bags

Mexico

\$5²⁵ ea
SAVE \$2.20/ea



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



Cocojune
Coconut Based Yogurts
 All Flavors
 16 oz

\$6⁹⁹

SAVE \$1.70



GROCERY

Pacha
English Muffins
 Sourdough Buckwheat
 13 oz

\$7⁴⁹

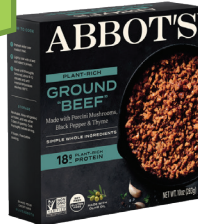
SAVE \$1.40



Little Sesame
Hummus
 All Flavors
 8 oz

\$3⁹⁹

SAVE \$1.30



Abbot's Butcher
Plant Based
 Ground "Beef"
 10 oz

\$6⁴⁹

SAVE \$1.90



Zevia
Natural Soda
 All Flavors
 6 pk

\$5⁹⁹

SAVE \$2.00



Wa-Chaa
Sichuan Spicy Peanuts
 4 oz

\$3²⁹

SAVE \$0.70



Taste Nirvana
Real Coconut Water
 23.6 oz

\$7⁹⁹

SAVE \$1.00



Safe Catch
Wild Pink Salmon
 salted and no salt
 5 oz

\$4²⁹

SAVE \$1.00



Pero
Coffee Substitute
 Caffeine Free
 7 oz

\$9⁴⁹

SAVE \$1.50



ORGANIC
Tamari Almonds

\$12⁹⁹ lb

SAVE \$2.90/lb



ORGANIC
Peeled Apple Rings

\$10⁹⁹ lb

SAVE \$2.80/lb



BULK



ORGANIC
Grandy Organics
 Turmeric Ginger Cashews

\$15⁹⁹ lb

SAVE \$2.40/lb



ORGANIC
Cafe Mam
 French Roast

\$12⁹⁹ lb

SAVE \$3.00/lb



RED BUTTES FARM



ORGANIC
Locally Grown Carrots
5lb Bags

Applegate Valley

\$10⁹⁸ ea

SAVE \$0.97/ea



RED BUTTES FARM
Certified Organic by
Oregon Department of Agriculture
Carrots 5 lbs
Lot #: 071726 Product of USA
10241 Williams Hwy. Grants Pass, OR 97527



TERRASOL



ORGANIC
Locally Grown Micro Greens
2oz-1.5oz Bags

Applegate Valley

\$4²⁸ ea

SAVE \$1.21/ea



ORGANIC
Locally Grown Zucchini
Applegate & Rogue Valley

\$2.86 lb

SAVE \$0.63/lb



ASHLAND
FOOD CO+OP

EST. 1972

FRY FAMILY FARM



WHISTLING DUCK FARM



WANDERING ROOTS FARM



ORGANIC
Locally Grown Red & Rainbow Chard
Rogue Valley

\$2.48 ea

SAVE \$0.51/ea



Locally Grown
Lion's Mane Mushrooms
ABC Fungi
Applegate Valley

\$12.98 lb

SAVE \$2.97/lb

LAND & SEA



Organic Smart Chicken
Boneless Skinless Thighs

\$9⁹⁹ lb

SAVE \$1.50/lb



Wild Shell on Shrimp
21/25 Count

Product of Mexico

\$13⁹⁹ lb

SAVE \$2.00/lb



Applegate Naturals
Breakfast Sausage Links

All Varieties
7 oz

\$5⁹⁹

SAVE \$1.00



Niman Ranch
Applewood Smoked Bacon
12 oz

\$7⁹⁹

SAVE \$4.00

HOUSE-MADE

ASHLAND
FOOD CO+OP
EST. 1972

CO-OP KITCHEN
Bran Muffin
Bakery

\$2²⁵

SAVE \$1.00



CO-OP KITCHEN
Artichoke Dip
Grab N Go

\$12⁹⁵ 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!

Co+op
basics

CO-OP BASICS

Co+op
basics

Applegate Organics
Smoked Turkey Breast
6 oz

\$8⁹⁹



Co+op
basics

Naked Bread
Organic Bare
White Bread
22.5 Oz

\$4⁷⁹



Co+op
basics

Field Day
Organic
Yellow Mustard
8 oz

\$2⁴⁹



Co+op
basics

Field Day
Organic
Sweet Relish
16 oz

\$4⁹⁹



Co+op
basics

Field Day
Free & Clear
Liquid Dish Detergent
25 Oz

\$3⁹⁹





I KNOW A PRO!™ SPEAKER SERIES

Join Belinda Godin at this speaker series designed to give attendees the opportunity to meet professionals in a small group setting. Gain insights into the ways these pros can help you manage tasks and decisions with varying aspects of aging and living well.



FREE!



**SATURDAY, AUGUST 22nd
12 - 2 PM**

**SATURDAY, SEPTEMBER 26th
12 - 2 PM**

**Co-op Classroom
300 N. Pioneer St**

WELLNESS

**Terry Naturally
Curamin**
Extra Strength
30 tab
\$16⁹⁹
SAVE \$5.50



Flora
Advanced Adult Probiotic
7 Senior-Specific Strains
30 vcap
\$19⁹⁹
SAVE \$4.30



Plantiva
All Products
15% off



Dr. Tung's
Oil Pulling Concentrate
Ancient Ayurvedic Formula
1.7 oz
\$12⁹⁹
SAVE \$4.00



HiBar
Natural Deodorant
Lavender Jasmine
2.25 oz
\$8⁹⁹
SAVE \$3.50



BRUCE'S PICKS

D'Hanteillan
Haut-Medoc 2019
750 ml

Seven year old Bordeaux at a wonderful price. Dark fruit flavors with cherry, plum, chocolate, and licorice.

\$14⁹⁹



Chateau Margilliere
Provence Rose
750 ml

Grenache and Cinsault grown near the French Riviera. Lightly floral with strawberry and summer peach flavors.

\$9⁹⁹

