

Let's Do Organic
Ice Cream Cones
Sugar and Cake Cone
12 pk

SAVE 50¢

PER PACK!



**ASHLAND
FOOD CO+OP**

EST. 1972

SALES FLYER | JULY 29 TO AUGUST 4, 2026

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer

Oregon
GROWN



**ORGANIC
Sweet Corn
Bi-color**

Oregon

\$1.38 ea

SAVE \$1.11/ea



Oregon
GROWN



**ORGANIC
Cherry Tomatoes**

Oregon

\$4.58 ea

SAVE \$3.37/ea



**ORGANIC
Persian Cucumbers**

Mexico

\$1.98 lb

SAVE \$1.01/lb



Oregon
GROWN



**ORGANIC
Cilantro**

Oregon

\$1.24 ea

SAVE \$1.25/ea



Oregon
GROWN



**ORGANIC
Blueberries
Pint Containers**

Oregon

\$3.58 ea

SAVE \$1.37/ea



**ORGANIC
Yellow Nectarines**

Washington

\$3.98 lb

SAVE \$0.97/lb



**ORGANIC
Thomcord Grapes**

California

\$4.48 lb

SAVE \$2.47/lb



**ORGANIC
Mini Watermelons**

California

\$3.98 ea

SAVE \$2.97/ea



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



GROCERY



Fage
Greek Style Yogurt
16 oz

2/\$7

SAVE \$2.98 on 2



Actual Veggies
Plant Based Burgers
All Flavors
12 oz

\$5.49

SAVE \$2.00



Upton's
Seitan Chorizo and Bacon
Plant Based
5-8 oz

\$4.39

SAVE \$1.60



Beyond Meat
Plant Based Bratwurst
14 oz

\$7.99

SAVE \$2.40



Organic Valley
Sliced Cheeses
6 oz

\$5.49

SAVE \$1.10



Rudi's Bakery
Sliced Bread
22 oz

\$4.99

SAVE \$1.50



Benissimo
Avocado Oil
8.45 oz

\$9.99

SAVE \$2.00



Equal Exchange
Coffee
Ground and Whole
10-12 oz

\$10.99

SAVE \$3.00



Finn Crisp
Rye Crispbread
The "Round" Cracker!
14 oz

\$6.69

SAVE \$1.30



ORGANIC
Roasted Almonds

\$12.99/lb

SAVE \$2.30/lb



ORGANIC
Grandy Organics
Garlic Herb Cashews

\$15.99/lb

SAVE \$3.30/lb



BULK



ORGANIC
Pitted Prunes

\$7.49/lb

SAVE \$2.40/lb



ORGANIC
Cafe Mam
French Roast

\$12.99/lb

SAVE \$3.00/lb





Summer Sipper:



Raspberry-Basil Gingerade

Ingredients:

(yields 2 servings)

- ☐ 10 Raspberries, plus extra for garnish
- ☐ 1 tsp freshly grated ginger
- ☐ ¼ Cup lemon juice (about 3 lemons)
- ☐ 2-4 Tbs concentrated coconut sugar simple syrup (see note)
- ☐ Club soda
- ☐ 4 Basil leaves, plus additional for garnish
- ☐ Ice

Instructions:

1. To each of two glasses, add 5 raspberries, ½ tsp grated ginger and 2 basil leaves. Muddle to combine, break up berries and bruise herbs.
2. Add 1-2 Tbs concentrated coconut sugar simple syrup to each glass (to taste); divide lemon juice between glasses.
3. Add desired amount of ice and top with club soda. Garnish, if desired. Pop in a straw and go to town!

Coconut sugar simple syrup: combine 2 cups coconut sugar with 1 cup water and simmer until sugar is completely dissolved. Allow to cool before using. Stores in the fridge for several weeks.



Summer Sipper:



Peach-Raspberry Lemonade

Ingredients:

(yields 4 servings)

- ☐ ¼ cup agave nectar
- ☐ 6 ounces raspberries
- ☐ 3 medium peaches, sliced
- ☐ 1 cup freshly squeezed lemon juice



Instructions:



1. In a medium saucepan, combine 1 cup water and agave over medium heat until agave has dissolved, about 1 minute. Add raspberries and peaches, and simmer, stirring occasionally, until raspberries have broken down, about 5 minutes.
2. With the cap removed, combine raspberry peach mixture in a blender until smooth, about 1 minute; let cool completely before straining through cheesecloth or fine sieve.
3. In a large pitcher, whisk together raspberry peach mixture, lemon juice and 5 cups water. Place in the refrigerator until chilled.



Serving Suggestion: Serve over ice and raspberries, with freshly sliced peaches.



Recipe sourced from "Damn Delicious" by Chungah



\$5.49

~~\$7.29~~

ALL **STRAUS** 16oz
ICE CREAM PINTS

JULY 29th - AUGUST 4th

ALL *Alden's* 48oz
ICE CREAM CONTAINERS

~~\$10.99~~

\$7.99



LAND & SEA



Organic Smart Chicken Tenderloins

\$10⁹⁹ lb

SAVE \$2.00/lb



Shrimp
Cooked Peeled & Cleaned
31/40 Count

\$13⁹⁹ lb

SAVE \$2.00/lb



Beeler's Boneless Pork Shoulder Roast

\$4⁹⁹ lb

SAVE \$2.00/lb



Niman Ranch Sausages
All Varieties
12 oz

\$6⁹⁹

SAVE \$2.50

HOUSE-MADE

ASHLAND FOOD CO+OP
EST. 1972

CO-OP KITCHEN

Matcha Latte

Hot or Iced

Made to Order

16oz

\$3⁹⁵

SAVE \$1.00



CO-OP KITCHEN

Greek Garden

Sandwich

Vegan

Grab N Go

\$7⁹⁵ ea

SAVE \$1.00/ea



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 basic

CO-OP BASICS

Co+op basics

Applegate Organics Black Forest Uncured Ham

6 oz

\$8⁴⁹



Co+op basics

Naked Bread Organic Bare White Bread

22.5 oz

\$4⁷⁹



Co+op basics



Organic Valley Organic Salted Butter
1 lb

\$9³⁹



Co+op basics



Field Day Organic Lemonade
64 oz

\$3⁹⁹



Co+op basics



Field Day 1 Ply Paper Napkins
250 CT

\$3⁹⁹

ROGUE VALLEY
**RO
CO**
ROASTING CO.

BEER ON TAP



WINE BY THE GLASS



COCKTAILS MADE RIGHT



**ROCO'S SUMMER DRINK MENU
HAS YOU COVERED
FROM SUNRISE TO SUNDOWN**

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WELLNESS

coop
deals

Natural Factors Oil Of Oregano

Organic
1 oz

\$16⁴⁹

SAVE \$5.50



Uncle Harry's Remineralization Liquid

For Strong Enamel
1 oz

\$8⁹⁹

SAVE \$2.00



coop
deals

Garden Of Life All Products

**15%
off**



coop
deals

Giovanni Mousse Air-Turbo Charged Medium To Firm Hold

7 oz
\$6⁴⁹

SAVE \$3.30



Sunfood Chlorella Tablets Green Superfood

4 oz
\$18⁹⁹

SAVE \$5.80



BRUCE'S PICKS

Notre Dame des Pallieres Sablet

750 ml

Big, round, full-bodied blend of
Grenache and Syrah.
Single Cru quality at
Cotes du Rhone prices.

\$14⁹⁹



Ashland Food Coop Sauvignon Blanc

750 ml

Fresh and light, green apple,
citrus, fresh herbs. Grown and
bottled by our friends at
Schmidt Family Vineyards in
the Applegate Valley..

\$10⁹⁹

