



ORGANIC Cherry Tomatoes

All Varieties
Rogue Valley

\$4.98 ea

SAVE \$2.97/ea



SALES FLYER | AUGUST 5 TO AUGUST 11, 2026

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC Plums & Pluots

All Varieties
Oregon, Washington
& California

\$2.98 lb

SAVE \$1.01/lb



ORGANIC Grape Totes

Red, Green & Black
Oregon & California

\$3.68 lb

SAVE \$2.27/lb



ORGANIC White Nectarines

Washington & California

\$4.68 lb

SAVE \$1.27/lb



ORGANIC Hermiston Cantaloupe

Oregon

99¢ lb

SAVE \$1.00/lb



ORGANIC Cabbage

Red and Green
Rogue & Applegate Valley

\$1.48 lb

SAVE \$0.51/lb



ORGANIC Cucumbers

Rogue & Applegate Valley

\$2.86 lb

SAVE \$0.63/lb



ORGANIC Tomatoes

Rogue & Applegate Valley

\$3.58 lb

SAVE \$0.67/lb



ORGANIC Summer Squash

Sunburst & Crookneck
Rogue Valley

\$2.84 lb

SAVE \$1.15/lb



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



Wandering Bear
Cold Brew Black Coffee
11 oz

\$4.49

SAVE \$0.80



GROCERY



Ruby Jewel
Ice Cream Sandwiches
All Flavors
rBST free
5.2 oz

\$3.79

SAVE \$0.50



Follow Your Heart
Vegemise

Made with Avocado Oil
14 oz

\$5.99

SAVE \$1.70



Woodstock
Ravioli

All Flavors
20 oz

\$8.49

SAVE \$1.50



Horizon
American Cheese Slices
Classic!

8 oz

\$5.99

SAVE \$0.90



Organic Valley
Cheese Slices

6 oz
All Flavors

\$5.49

SAVE \$1.10



Annie's
Cheddar Crackers

Squares and Bunnies
7.5 oz

2/\$8

SAVE \$1.98 on 2



Artisana Organics
Raw Almond Butter

14 oz

\$14.99

SAVE \$5.00



Cascadian Farm
Granola

Fruit 'n Nut, Cinn Raisin,
& Oat Honey

11 oz

2/\$8

SAVE \$3.98 on 2



ORGANIC
Adzuki Beans

\$4.19 lb

SAVE \$0.40/lb



ORGANIC
Hulled Millet

\$1.89 lb

SAVE \$0.40/lb



BULK



ORGANIC
Sweetened Banana Chips

\$4.69 lb

SAVE \$1.60/lb



ORGANIC
Cafe Mam
Decaf French Roast

\$13.99 lb

SAVE \$3.00/lb





CHECK OUT WHAT'S ON SALE THIS WEEK
FROM SOME OF OUR FAVORITE LOCAL FARMS!



FRY FAMILY FARM

Medford, Oregon

- **SPRING ONIONS**
- **CHERRY TOMATOES**
- **SUMMER SQUASH**
- **TOMATOES**
- **CUCUMBERS**
- **CABBAGE**

HI HOE PRODUCE AT BLUE BIRD FARM

Applegate Valley, Oregon

- **SUMMER SQUASH**
- **CUCUMBERS**
- **CABBAGE**

ASHLAND FOOD CO+OP

EST. 1972

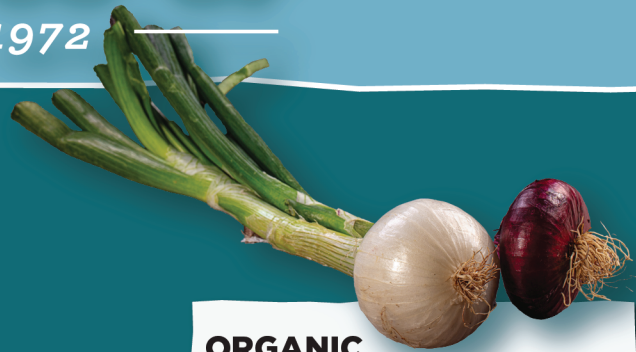


ORGANIC Cherry Tomatoes

All Varieties
Rogue Valley

\$4.98 ea

SAVE \$2.97/ea



ORGANIC Locally Grown Spring Onions

Rogue Valley

\$4.28 ea

SAVE \$1.17/ea

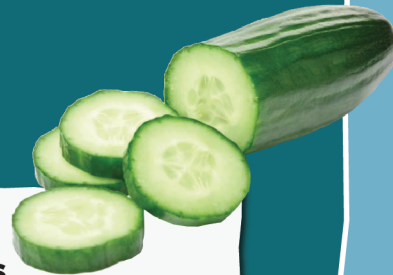


ORGANIC Cabbage Red and Green

Rogue & Applegate Valley

\$1.48 lb

SAVE \$0.51/lb



ORGANIC Cucumbers

Rogue & Applegate Valley

\$2.86 lb

SAVE \$0.63/lb



ORGANIC Tomatoes

Rogue & Applegate Valley

\$3.58 lb

SAVE \$0.67/lb



ORGANIC Summer Squash Sunburst & Crookneck

Rogue Valley

\$2.84 lb

SAVE \$1.15/lb



LAND & SEA



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



Beeler's
Boneless Pork Loin Chops
\$5⁹⁹ lb
SAVE \$2.00/lb



HOUSE-MADE

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

CO-OP KITCHEN
Wheat Free
Chocolate Chip Cookies
Bakery
\$1⁹⁵ ea
SAVE \$0.30/ea



Volpi
Sliced Meats
All Varieties
3-5.5 oz

SAVE \$1



Niman Ranch
Applewood Smoked Bacon
12 oz
\$8⁴⁹
SAVE \$3.50

CO-OP KITCHEN
Egg Salad
Grab N Go
\$13⁹⁵ 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



Applegate Organics
Smoked Turkey Breast
6 oz

\$8⁹⁹



Field Day
Sea Salt Pita Chips
7.33 oz

\$3⁴⁹



Field Day
Coconut Water
16.6 oz

\$2⁶⁹



Naked Bread
Organic
100% Whole Wheat
Bread
26 oz

\$4⁹⁹



Field Day
Free & Clear
Liquid Laundry Detergent
100 oz

\$12⁹⁹

ROUND UP TO Give Back

CHANGE
for good



**ASK YOUR CASHIER
TO ROUND UP!**



Cultivating
connections
between people
and nature!

AUGUST 1 TO 31

coop
deals

WELLNESS

coop
basics

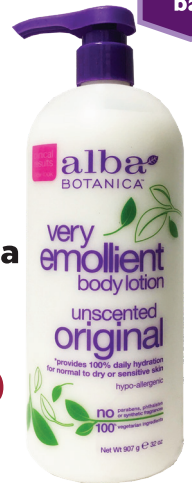
Gaia
Turmeric Supreme
Adult Daily Gummies
40 ct



\$14⁹⁹

SAVE \$5.50

Alba Botanica
Body Lotion
Unscented
32 oz



\$12⁹⁹

SAVE \$6.00

Dr. Hauschka
All Products

**30%
off**



Barlean's
All Products

**20%
off**



New Chapter
Fermented Vitamin C
Immune Support
30 vcap

\$13⁴⁹

SAVE \$4.50



BRUCE'S PICKS

Domaine Escaravailles
Cotes du Rhone Rose
750 ml

Nice balance, round and fruity
with a delicate, light and fresh
finish.

50% Grenache, 30% Mourvedre,
20% Cinsault.

\$14⁹⁹



Haden Fig
Chardonnay
750 ml

Willamette Valley grown and
bottled. Lemon, nectarine,
golden apple, with only a faint
whisper of oak..

\$19⁹⁹

