

**ORGANIC
Yellow Watermelon
Seeded**

Red Buttes Farm
Applegate Valley, Oregon

\$1.46 lb

SAVE \$0.23/lb



SALES FLYER | AUGUST 19 TO AUGUST 25, 2026

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer

Oregon
GROWN



**ORGANIC
Seedless Watermelon**

Oregon

86¢ lb

SAVE \$0.33/lb



**ORGANIC
Strawberries
1lb Containers**

California

\$4.98 ea

SAVE \$0.97/ea



**ORGANIC
Jumbo Keitt Mangos**

California and Mexico

\$3.98 ea

SAVE \$3.97/ea



Oregon
GROWN



**ORGANIC
Starkrimson Pears**

Oregon

\$2.64 lb

SAVE \$0.85/lb



Oregon
GROWN



**ORGANIC
Broccolini**

Oregon

\$2.84 ea

SAVE \$0.45/ea



Oregon
GROWN



**ORGANIC
Green Beans**

Oregon

\$3.24 lb

SAVE \$0.75/lb



Oregon
GROWN



**ORGANIC
Red Bell Peppers**

Oregon

\$4.48 lb

SAVE \$2.47/lb



Oregon
GROWN



**ORGANIC
Sweet Corn**

Bi-colored
Oregon

\$1.38 ea

SAVE \$0.61/ea



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



Toby's Family Foods
Dips and Spreads
 Plant Based Foods
 11 oz

\$4⁴⁹

SAVE \$1.30



GROCERY

Ice Cream for Bears
Sweetened with Raw Honey
 All Flavors
 14 oz

\$6⁴⁹

SAVE \$1.80



Malk
Almond Milk
 Unsweetened and Vanilla
 28 oz

\$4⁹⁹

SAVE \$2.30



Amy's
Frozen Entrees
 Wide Selection!

\$5⁹⁹

SAVE \$2.30



Silver Hills Bakery
Bagels
 14 oz

\$4⁹⁹

SAVE \$1.50



C2O
Coconut Water
 With Pulp and Without!
 17.5 oz

2/\$4

SAVE \$2.38 on 2



Nairn's
Oatcakes
 All Flavors
 5.64 oz

\$4⁴⁹

SAVE \$1.30



Purely Elizabeth
Oatmeal
 Select Varieties
 8.3 oz

\$3⁹⁹

SAVE \$1.30



Tasty Bite
Basmati and Jasmine
 Prepared Rice
 8.8 oz

2/\$6

SAVE \$1.38 on 2



BULK



ORGANIC
Roasted Mixed Nuts
 Deluxe

\$12³⁹ lb

SAVE \$2.00/lb



ORGANIC
Small White
Navy Beans

\$2⁶⁹ lb

SAVE \$0.30/lb



ORGANIC
Dried Sweetened
Cranberries
 Fruit Sweetened

\$9⁹⁹ lb

SAVE \$1.60/lb



ORGANIC
Cafe Mam
Decaf French Roast

\$13⁹⁹ lb

SAVE \$3.00/lb





Make This!



INGREDIENTS

- 4 Ripe Rolling Hills Peaches
- 4 Ounces Crater Lake Blue Cheese, Crumbled
- 3 Tablespoons Joey's Hot Honey
- 1/2 Cups Fresh Blackberries, For Garnish

INSTRUCTIONS

Halve 4 ripe Rolling Hills peaches, remove the pits, and cut each half into thick wedges. Fan the wedges out on a cutting board or platter.

Crumble Crater Lake Blue cheese and scatter it generously over the peach wedges.

Warm 3 Tablespoons of Joey's Hot Honey then drizzle it over the peaches and cheese.

Garnish with mint or berries and enjoy!



WHISTLING DUCK FARM

Applegate Valley, Oregon

**37 MILES
FROM THE
ASHLAND
FOOD CO+OP**

EST. 1972

Whistling duck farm offers a diverse selection of fruits, fresh greens, and vegetables, along with house-made salad dressings, spice blends, and fermented foods.





LAND & SEA

**Organic Smart Chicken
Bone-In Thighs**

\$5⁹⁹ lb

SAVE \$1.00/lb



**Wild Shell on Shrimp
21/25 Count**

Product of Mexico

\$13⁹⁹ lb

SAVE \$2.00/lb

HOUSE-MADE

**ASHLAND
FOOD CO-OP**

EST. 1972

**CO-OP KITCHEN
Vegan Walnut
Brownies**

Bakery

\$7⁵⁰ lb

SAVE \$1.00/lb



**Applegate Naturals
Bacon**
Sunday Bacon and No Sugar
8 oz

\$4⁹⁹

SAVE \$2.30



**Applegate Naturals
Chicken Nuggets & Tenders**
Family Size 16 oz
All Varieties

\$9⁹⁹

SAVE \$3.00

**CO-OP KITCHEN
Ham & Swiss
Croissant**

Grab N Go

\$10⁹⁵ 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
basics**

CO-OP BASICS

**Co+op
basics**

**Applegate Organics
Uncured Turkey Bacon**
8 oz

\$9⁹⁹



**Co+op
basics**

**Naked Bread
Organic
Everything Bagels**
18 oz

\$4⁷⁹



**Co+op
basics**

**Field Day
Organic
Corn Chip Dippers**
9.75 oz

\$3⁹⁹



**Co+op
basics**

**Field Day
Organic
Mango Lemonade Juice**
64 oz

\$3⁹⁹



**Co+op
basics**

**Field Day
ALUMINUM FOIL**
50 SQ FT

\$3⁹⁹



UPCOMING EVENTS



Saturday, September 12th 11am - 1pm (FREE 18+, EVENT)

The Four Essentials Tasks of Natural Community Death Care

Hosted by: Dr. Diana Cunningham and Bethany Williams

How your deathcare choice impacts the planet for 225 years or more, these are decisions that protect your choices, your family, our public health and our water, soil and air quality.



Friday, September 18th, 9 - 11 FREE

North Mountain Park Clean Up

Location: 620 N. Mountain Ave, Ashland, OR, 97520

Join the co-op and community for a morning of stewardship at North Mountain Park.



Wednesday, September 23rd, 6 - 8 pm FREE

Building Loving Boundaries: How To Set Limits and Build Powerful Connections

Hosted By: Satya Beneventi, Certified Parent Coach

Parents - Is your child listening to you? Learn how to set limits with your child free from conflict.

I KNOW A PRO!™

SPEAKER SERIES



Hosted by
Belinda Godin - Owner
Senior Living Advisor
Placement Specialist
Home Safety Specialist
Speaker / Educator



Saturday, September 26th, 12 - 2 FREE

I KNOW A PRO Speaker Series

Hosted By: Belinda Godin Senior Living Advisor, Placement Specialist

Join Belinda Godin at this speaker series designed to give attendees the opportunity to meet professionals who can support caretakers and aging individuals with varying aspects of aging and living well.

see more here!



WELLNESS

Country Life Activated Charcoal

260 MG
40 ct

\$7.99

SAVE \$2.00



Megafood Turmeric Whole Body

60 tab

BOGO
BUY ONE GET ONE FREE!



Aura Cacia All Products

30% off



Mineral Fusion Nail Polish

Assorted Colors
0.33 oz

BOGO
BUY ONE GET ONE FREE!



Enzymedica Lets Go Fiber Strawberry Kiwi Flavor

9.21 oz

\$18.99

SAVE \$4.80



BRUCE'S PICKS

Domaine Rogue Viognier Orange Wine

750 ml

Five days of skin contact, then a year in neutral oak. Aromatic, bright acidity, lightfruit flavors of peach and tart cherry.

\$20.99



Labriego Del Plata Pinot Gris

750 ml

Rich and round with flavors of stone fruits, melon, and pear.

Come by the tasting kiosk this Friday, 4-6pm, owners/winemaker will be in-store pouring samples!

\$21.99

