

Seafood SALE

20% OFF

9/11 - 9/13

Discount taken at register

3-DAYS ONLY!



**ASHLAND
FOOD CO+OP**

EST. 1972



Look for me!

SALES FLYER | SEPTEMBER 9 TO SEPTEMBER 15, 2026

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Bartlett Pears**
Oregon & Washington

\$1.98 lb

SAVE \$1.51/lb



**ORGANIC
Mini Seedless
Watermelons**
Oregon & Washington

\$4.95 ea

SAVE \$2.00/ea



**ORGANIC
Jumbo
California Keitt Mangos**
California

\$5.65 ea

SAVE \$2.00/ea



**ORGANIC
Honeycrisp Apples**
Washington

\$2.38 lb

SAVE \$1.61/lb



**ORGANIC
Cilantro**
Oregon & Washington

\$1.48 ea

SAVE \$1.51/ea



**ORGANIC
Heirloom Tomatoes**
Rogue and Applegate Valley

\$4.98 lb

SAVE \$0.97/lb



**ORGANIC
Hot Peppers**
Rogue and Applegate Valley

\$5.95 lb

SAVE \$2.00/lb



**ORGANIC
Large Hass Avocados**
Mexico

\$2.28 ea

SAVE \$0.71/ea



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

GROCERY

**Brew Dr.
Kombucha**
All Flavors
14 oz

2/\$5

SAVE \$2.98 on 2



**Afia
Traditional Falafel**
9 oz

\$5.69

SAVE \$1.00



coop deals



**Califia Farms
Plant Based Milks**
Oat, Almond, and Cashew
48 oz

\$5.69

SAVE \$2.20



coop deals



**Kite Hill
Ravioli and Tortellini**
All Flavors
9 oz

\$6.49

SAVE \$2.10



coop deals



**Organic Valley
Ricotta**
15 oz

\$5.69

SAVE \$1.10



coop deals



**Rudi's Organic Bakery
English Muffin**
Sourdough and Multigrain
12 oz

\$4.39

SAVE \$1.10



coop deals



**CLIF
Nutrition Bars**
Select Flavors
2.4 oz

2/\$3

SAVE \$1.38 on 2



coop deals

**Equal Exchange
Coffee**
All Flavors
12 oz

\$10.99

SAVE \$3.00



coop deals



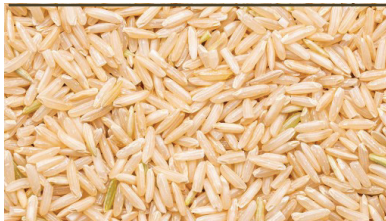
**Grama's
Sweet Chili Sauce**
13 oz

\$5.99

SAVE \$1.00



BULK



**ORGANIC
Lundberg Farms
Long Grain Brown Rice**

\$3.99 lb

SAVE \$0.50/lb



**ORGANIC
Brazil Nuts**

\$16.99 lb

SAVE \$2.40/lb



**ORGANIC
Equal Exchange
Chocolate Chips**
Bitter Sweet

\$13.99 lb

SAVE \$3.50/lb



**ORGANIC
Italian Roast
Dark Roast**

\$12.99 lb

SAVE \$3.00/lb





**ASHLAND
FOOD CO-OP**

EST. 1972

**3-DAYS
ONLY!**

Seafood SALE

20% OFF

9/11 - 9/13

Discount taken at register.

Select seafood products.

Salmon, shrimp,
scallops and more!

Sale items are
specially marked.



Look for me!



AIR FRYER FISH TACOS

WITH CILANTRO LIME SLAW



INGREDIENTS

FOR THE FISH:

1 ½ lb tilapia or white fish, (mahi mahi, cod, etc.)
1 tsp chili powder
1/2 tsp oregano
1/2 tsp garlic powder
1/2 tsp paprika
1/4 tsp cayenne (more or less for spiciness)
1/4 tsp onion powder
1/4 tsp cumin
½ tsp sea salt
½ tsp cracked pepper

FOR THE CILANTRO LIME SLAW:

2½ c cole slaw mix
3 T mayonnaise
1 T lime juice
1 garlic clove, minced
⅓ c chopped cilantro
½ tsp sugar, optional
¼ sea salt, more or less to taste
¼ tsp cracked pepper

FOR TACO ASSEMBLY:

Tortillas
Extra Lime Juice

Spray the air fryer basket with oil. In a small bowl, mix the spices, salt and pepper well to combine.

Pat fish dry and then lay it in the air fryer basket. Brush with olive oil. Generously cover the fish with the spice rub and gently press it into the fish. Spritz over top of the fish with oil to help it all hold to the fish and stay moist.

Preheat air fryer to 400°F. Heat the fish for about 8-10 minutes or until opaque and easily flakes. Internal temperature should reach 145°F.

While the fish cooks, toss together the ingredients for the cilantro lime slaw. Adjust the salt to taste or add more lime juice as desired.

When fish is cooked, remove from the air fryer basket. Cut into small pieces and add to tortillas and top with slaw. Add an extra squeeze of lime. Store in an air tight container in the refrigerator for 2-3 days. To reheat, air fry the fish for about 2-4 minutes until hot.

LAND & SEA



Smart Chicken
Boneless Skinless Thighs

\$6⁴⁹ lb

SAVE \$1.50/lb



Beeler's
Boneless Pork Shoulder Roast

\$4⁹⁹ lb

SAVE \$2.00/lb



HOUSE-MADE

**ASHLAND
FOOD CO+OP**

EST. 1972

CO-OP KITCHEN

London Fog

Hot or Iced

Made to Order

16 oz

\$3⁹⁵

SAVE \$1.00



Aidells
Chicken Sausages & Meatballs
All Varieties
8-12 oz

\$6⁹⁹

SAVE \$1.00



Applegate Naturals
Breakfast Sausage Links
All Varieties
7 oz

\$5⁹⁹

SAVE \$1.00

CO-OP KITCHEN

Vegan Tzatziki

Grab N Go

\$9⁹⁵ 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
basic**

CO-OP BASICS



Applegate Naturals
Roasted Turkey Breast

7 oz

\$7⁴⁹

TEAR HERE - RESEAL FOR FRESHNESS - TEAR HERE - RESEAL FOR FRESHNESS - TEAR HERE - RESEAL FOR FRESHNESS - TEAR HERE - RESEAL FOR FRESHNESS



Field Day
Strawberry Cereal Bars
7.8 oz

\$3³⁹



Field Day
Organic
Grape Juice
32 oz

\$4⁹⁹



Naked Bread
Organic
Hamburger Buns
15 oz

\$4⁷⁹



Field Day
1 Ply Paper Napkins
250 ct

\$3⁹⁹

Did You Know?

Ashland Food Co-op's C.A.N. Program offers an everyday 10% discount throughout the store for co-op owners who provide current enrollment documentation for one of the programs listed below?

- SNAP (Supplemental Nutrition Assistance Program; also known as EBT)
- TANF (Temporary Assistance for Needy Families)
- WIC (Women, Infants & Children)
- SSI (Supplemental Security Income)
- SSDI (Social Security Disability Income)
- HUD (Housing and Urban Development)
- HTBA (Home Tenant-Based Assistance)
- Section 8 Assistance
- Pell Grant Recipients
- Medicaid



LEARN
MORE
HERE



coop
deals

**Biosil
Advanced
Collagen Generator**
Hair, Skin, & Nails
30 vcap

\$15⁹⁹
SAVE \$5.30



WELLNESS



**Auromère
Herbal Toothpaste**
Herbal Toothpaste
4.16 oz

\$7²⁹
SAVE \$2.00

**Jarrow
All Products
10%
off**



coop
deals

**Vive Organic
Wellness Shots**
Assorted Varieties
2 oz

2/\$6
SAVE \$0.99 on 2



**Yerba Prima
Psyllium Husks**
Gentle, Soothing Fiber
180 vcap

\$15⁷⁹
SAVE \$3.20



BRUCE'S PICKS

**AFC
Rosé**
750 ml

Locally grown Rose of Pinot Noir. Grapefruit and tangerine, with raspberry and watermelon. Bright and zippy acidity.

\$12⁹⁹



**Schaad
Pinot Noir**
750 ml

Natural winemaking, bright acidity, dark cherry, cranberry, sweet tobacco. Classic WillametteValley finesse and elegance, at a wonderful price.

\$21⁹⁹

