



ORGANIC
Gala Apples
Oregon



\$1.78 lb
SAVE \$0.51/lb



SALES FLYER | SEPTEMBER 23 TO SEPTEMBER 29, 2026

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Red Bartlett Pears
Oregon Grown!

\$2.48 lb
SAVE \$1.01/lb



ORGANIC
Swiss Gourmet Apples
Oregon Grown!

\$2.58 lb
SAVE \$0.91/lb



ORGANIC
Starkrimson Pears
Oregon Grown!

\$2.48 lb
SAVE \$1.01/lb



ORGANIC
Ribston Pippin Apples
Oregon Grown!

\$2.58 lb
SAVE \$0.91/lb



ORGANIC
Sweet Corn Bi-Colored
Oregon Grown!

\$1.32 ea
SAVE \$0.67/ea



ORGANIC
Leeks
Oregon Grown!

\$2.28 lb
SAVE \$1.21/lb



ORGANIC
Radishes
Oregon Grown!

\$1.96 ea
SAVE \$1.03/ea



ORGANIC
White Onions
Oregon Grown!

\$1.52 lb
SAVE \$0.47/lb



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

coop
deals

Wildbrine
Korean Style Kimchee
18 oz.

\$6⁴⁹

SAVE \$1.80



GROCERY

Petit Pot
Tapioca and Rice
Pudding
Gluten Free • 14 oz.

\$5⁹⁹

SAVE \$2.30



coop
deals

coop
deals



Angie's
Boom Chicka Pop
All Flavors • 4.5-7 oz.

\$3³⁹

SAVE \$0.90



coop
deals



Bob's Red Mill
All Purpose White
Flour
5 lb.

\$5⁹⁹

SAVE \$1.70



coop
deals



Bragg
Liquid Amino
Gluten Free • 32 oz.

\$6⁹⁹

SAVE \$2.00



coop
deals



Gimme
Seaweed Snacks
6 pack

\$5⁴⁹

SAVE \$1.80



coop
deals



Late July
Tortilla Chips
Dippers
7.4 oz.

\$3⁹⁹

SAVE \$0.80



coop
deals



Justin's
Peanut Butter Cups
Dark and Milk Chocolate
4.2-4.7 oz.

\$5⁹⁹

SAVE \$1.60



coop
deals



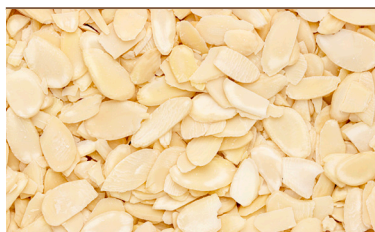
Califia
Oat Milk Barista Blend
Unsweetened and Vanilla
32 oz.

\$4³⁹

SAVE \$1.50



BULK



Organic
Almonds
Thick Sliced

\$7⁶⁹ lb

SAVE \$1.00/lb



Organic
Adzuki Beans

\$4¹⁹ lb

SAVE \$0.40/lb



Cafe Mam
Italian Roast
Dark Roast

\$12⁹⁹ lb

SAVE \$3.00/lb



Organic
Lundberg Family
Farms Sushi Rice

\$2⁹⁹ lb

SAVE \$0.50/lb

coop
deals

CINNAMON APPLE PEAR CRISP



INGREDIENTS

4 medium/large ripe **pears**, peeled and sliced (4–5 cups, or 500–625g, slices)*
3 medium/large **apples**, peeled and sliced (4–5 cups, or 500–625g, slices)*
1/2 cup (100g) packed light or dark **brown sugar**
1/4 cup (31g) **all-purpose flour**
1 teaspoon **pure vanilla extract**
1 teaspoon **ground cinnamon**
1/2 teaspoon **ground nutmeg**
1/4 teaspoon **salt**

Topping

3/4 cup (94g) **all-purpose flour** (spooned & leveled)
3/4 cup (150g) packed light or dark **brown sugar**
1 teaspoon **ground cinnamon**
1/2 cup (8 Tbsp; 113g) **unsalted butter**, cold and cubed
1 cup (85g) old-fashioned **whole rolled oats**
optional: 1 cup (125g) **chopped pecans**

Preheat oven to 350°F (177°C). Lightly grease a 9×13-inch baking pan.

Mix all of the filling ingredients together in a large bowl, then spread into the baking pan.

Make the topping: Whisk the flour, brown sugar, and cinnamon together in a medium bowl. Cut in the butter using a pastry cutter or fork until the mixture becomes super crumbly. Stir in the oats. Sprinkle over filling.

Bake for 40–45 minutes or until the topping is golden brown and the fruit juices are bubbling around the edges. Remove from the oven, place on a wire rack, and allow to cool for at least 5 minutes before serving. Serve warm, room temperature, or cold. Cover leftovers and store in the refrigerator for up to 5 days.

APPLES TO APPLES

RACHEL'S PICKS

coop
basics

FUJI



THE FUJI IS OUR COOP BASICS APPLE. A SWEET DELIGHT OFFERED AT THE LOWEST POSSIBLE PRICE.



HONEY CRISP

A JUICY APPLE WITH A SWEET/TART FLAVOR PROFILE. THEY ARE AN EASY FAN FAVORITE.



COSMIC CRISP

A CROSS BETWEEN A HONEYCRISP AND AN ENTERPRISE APPLE. IT IS CRISP, JUICY AND DELIGHTFULLY SWEET.



PINK LADY

TART-FORWARD TASTE WITH A ROBUST SWEETNESS. BECAUSE OF THEIR DENSE TEXTURE, PINK LADY APPLES ARE GREAT FOR BAKING.



OPAL

KNOWN FOR OXIDIZING SLOWLY, MAKING IT A GOOD CHOICE FOR PRECUT SNACKS. ITS FLAVOR PROFILE IS SWEET, AND EARLY IN THE SEASON THEY ARE NICE AND CRISP.



GRANNY SMITH

A TART APPLE THAT LENDS DEPTH TO SWEET FALL CONFECTIONS AND HAS HELD UP OVER THE YEARS AS THE PREMIER BAKING APPLE.



SUGARBEE

A GORGEOUS, SWEET, EXTRA JUICY APPLE THAT WILL REMIND YOU OF FRESH PRESSED APPLE CIDER WHEN YOU BITE INTO IT.





LAND & SEA



**Organic Smart Chicken
Bone-in Thighs**

\$5⁹⁹ lb

SAVE \$1.00/lb



**Diestel Turkey Ranch
Ground Dark Turkey**

\$5⁹⁹ lb

SAVE \$1.50/lb



**Wild Shell on
Shrimp**

21/25 Count

Product of Mexico

\$13⁹⁹ lb

SAVE \$2.00/lb



**Diestel Turkey Ranch
Sliced Turkey &
Ham**

All Varieties • 6 oz.

\$4⁹⁹

SAVE \$2.50

HOUSE-MADE

**ASHLAND
FOOD CO+OP**

EST. 1972

**Co-op Kitchen
Bakery
Wheat Free
Fruit Bread**

\$6⁹⁵ lb

SAVE \$2.00/lb



**ASHLAND
FOOD CO+OP**

EST. 1972

**Co-op Kitchen
Made to Order
Brown Sugar Breve
hot or iced**

\$4⁹⁵ ea

SAVE \$1.00



WHAT IS CO+OP BASICS?

Co+op Basics includes over 400 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**



**Emerald Hills
Ground Beef**

Not to exceed 20% fat

\$7⁹⁹ lb



**Co+op
basics**



**Field Day
Sea Salt Veggie
Straws**

7 oz.

\$3⁴⁹

**Co+op
basics**



**Field Day
Organic
Light Brown Sugar**

\$4⁴⁹



**Co+op
basics**



**Nancy's
Organic Lowfat
Cottage Cheese**

16 oz.

\$5⁸⁹



**Co+op
basics**



**Field Day
Organic Applesauce**

\$3²⁹



CO-OP CLASSROOM

CLASSES + EVENTS



SEPT 26
12-2PM

I Know a Pro Speaker Series FREE



SEPT 27
12-2PM

Nourish Your Nerves: Herbal Allies for Calm, Focus & Rest \$25 Owners | \$30 Community



SEPT 30
6-8PM

Building a Body That Lasts: Optimizing Macronutrients and Strength Training for Women FREE



OCT 3
12-3PM

Allergen-Free Artisan Baking: Same-Day Sourdough & More \$135 Owners \$140 Community



OCT 17
12-2PM

Winter Wellness: Herbal Preparations for the Cold Season \$35 Owners | \$40 Community



Register at
[https://events.humanitix.com/
host/ashland-food-cooperative](https://events.humanitix.com/host/ashland-food-cooperative)

coop
deals

Andalou Naturals Kukui Cocoa Body Butter

Nourishing • 8 oz.

15%
OFF



WELLNESS

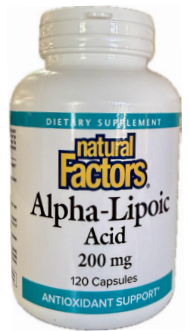
coop
deals

Natural Factors Alpha Lipoic Acid

120 cap • 200 mg

\$16⁹⁹

SAVE \$11.00



Host Defense All Products

20%
OFF



Pranarom All Products

15%
OFF



Naturtint Permanent Hair Color

All Varieties
1 pack

\$12⁹⁹

SAVE \$4.80



BRUCE'S PICKS

Goldback Cuvee

2020 • 750 ml

Grown at Jaxon Vineyard,
made here in Ashland.
Grenache and Syrah, neutral
oak, some whole cluster,
minimal intervention
winemaking.

\$15⁹⁹



Haden Fig Chardonnay

2024 • 750ml

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

\$19⁹⁹

