

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Granny Smith Apples
Washington
$1.68 lb
SAVE $1.31/lb
USDA ORGANIC



ORGANIC
Starkrimson Pears
OREGON GROWN!
$2.28 lb
SAVE $1.21/lb
USDA ORGANIC



ORGANIC
Bosc Pears
Oregon & Washington
$1.86 lb
SAVE $1.63/lb
USDA ORGANIC



ORGANIC
Jonagold Apples
Oregon & Washington
$1.68 lb
SAVE $1.31/lb
USDA ORGANIC



ORGANIC
Russet Potatoes
Applegate Valley
$1.24 lb
SAVE $0.45/lb
USDA ORGANIC



ORGANIC
Rainbow Bunched Carrots
Washington
$3.28 ea
SAVE $0.97/ea
USDA ORGANIC



ORGANIC
Crimini Mushrooms
Oregon & Canada
$5.25 lb
SAVE $1.70/lb
USDA ORGANIC



ORGANIC
Chard Rainbow & Red
OREGON GROWN!
$1.98 ea
SAVE $1.01/ea
USDA ORGANIC

GROCERY

Organic Valley Shredded Cheese

Cheddar, Mozzarella and Mexican
6 oz.

$4.59

SAVE $1.20



Coconut Cult Probiotic Yogurt

Strawberry and Chocolate
8 oz.

$7.99

SAVE $1.90



USDA ORGANIC

Cascadian Farm Frozen Vegetable Blends

Cali, Chinese Stir Fry, and Gardeners • 10 oz.

2/$6

SAVE $2.98 on 2



USDA ORGANIC

Dr. Praeger's Plant Based Burgers

Cali Veg, Mushroom and Quinoa
10 oz.

$4.99

SAVE $2.00



NON GMO Project VERIFIED

Lily's Sweets Chocolate Bars

All Flavors
2.8-3 oz.

2/$5.69

BOGO



NON GMO Project VERIFIED

Frontera Skillet Sauces

Enchilada, Green Chili, and Tex
8 oz.

2/$2.69

BOGO



NON GMO Project VERIFIED

Lotus Foods Rices

Forbidden Jasmine
15 oz.

2/$5.89

BOGO



R. W. Knudsen Juices

Prune, Pomegranate and Blueberry
32 oz.

$6.49

SAVE $2.30



USDA ORGANIC

Nancy's Cream Cheese

Plain and Garlic Herb
8 oz.

2/$4.69

BOGO



USDA ORGANIC

BULK

Organic Lotus White Jasmine Rice

$2.39 lb

SAVE $0.40/lb



USDA ORGANIC

Organic Cashews

Whole, Raw

$8.99 lb

SAVE $1.50/lb



USDA ORGANIC

Cafe Mam Decaf Italian

Dark Roast

$13.99 lb

SAVE $3.00/lb



FAIRTRADE

USDA ORGANIC

Organic Mixed Deluxe Nuts

Roasted and Salted

$11.99 lb

SAVE $2.40/lb



USDA ORGANIC



ASHLAND FOOD CO+OP
EST. 1972

AIR-CHILLED SMART CHICKEN®

SMART GIVING

Helping those in need

IN 2025, WE DONATED
1,920 LBS
OF SMART CHICKEN TO THE
ASHLAND COMMUNITY FOOD BANK!

November 1st through November 30th.

We donate 1 lb of Smart Chicken® for every 10 lbs sold!



Natural Factors
Oil of Oregano
80% Carvacrol
1 oz

co+op deals

BOGO
BUY ONE GET ONE FREE!



Life Flo
Magnesium Lotion
80% Soothe & Restore
8 oz

co+op deals

BOGO
BUY ONE GET ONE FREE!

ASHLAND FOOD CO+OP
EST. 1972



Quantum
Zinc Elderberry
Immune Support
14 lozenge

co+op deals

BOGO
BUY ONE GET ONE FREE!



Oregon Wild Harvest
Valerian
Supports Restful Sleep
90 vcap

co+op deals

BOGO
BUY ONE GET ONE FREE!

LAND & SEA



Organic Smart Chicken Boneless Skinless Thighs

$9.99 lb

USDA ORGANIC

SAVE $1.50/lb



Wild Shell on Shrimp 21/25 count

Product of Mexico

$13.99 lb

SAVE $2.00/lb

co+op deals



Niman Ranch Sausages

All Varieties

12 oz.

$6.99

SAVE $2.50

co+op deals



Applegate Naturals Breakfast Sausage Links

All Varieties

7 oz.

$4.99

SAVE $2.00

HOUSE-MADE

ASHLAND FOOD CO+OP
EST. 1972

Co-op Kitchen Made to Order Rishi Black or Ginger Turmeric Chai Latte

16 oz.

$3.95

SAVE $1.00



ASHLAND FOOD CO+OP
EST. 1972

Co-op Kitchen Bakery Pumpkindoodle

$1.95

SAVE $0.30



WHAT IS CO+OP BASICS?

Co+op Basics includes over 450 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 Black Forest Uncured Ham

6 oz.

$8.49

co+op basics



Field Day Grapefruit Sparkling Water

6 pk.

$2.99

co+op basics



Field Day Organic Black Beans

15 oz.

$1.69

USDA ORGANIC

co+op basics



Valencia Oranges

$2.14 lb

USDA ORGANIC

co+op basics



Umpqua Orange Juice

64 oz.

$6.01

ROUND UP TO Give Back

¢HANGE for good

A Round Up Program

ASHLAND FOOD CO+OP — EST. 1972 —

Support Local — Non-Profits

ASK YOUR CASHIER TO ROUND UP!

LOMAKATSI RESTORATION PROJECT

Lomakatsi's mission is to restore ecosystems and the sustainability of communities, cultures, and economies.

NOVEMBER 1 TO 30

WELLNESS

co+op deals

Redmond Facial Mud
Hydrated Clay
4 oz.

$9.79

SAVE $2.00



Beekeepers Soothing Lozenges
Propolis
1.76 oz.

$6.79

BOGO



Wild Carrot All Products

20% OFF



Microjoy All Products

20% OFF



Quantum Super Lysine+
Immune Support
90 tab

co+op deals

$10.49

SAVE $3.80



BRUCE'S PICKS

Fonseca Terra Belle Port
750 ml
Single vineyard, farmed organically since 1992. Ruby-style blended from reserve wines selected for their intense depth of color and fruit character. Fruity, rich and soft.

$25.99



Sagemoor Estate Red Blend
2022 • 750ml
Washington Merlot with 13% Cabernet Franc and 10% Cabernet Sauvignon. Plush and smooth with loads of fresh fruit.

$11.99

