

Chai Latte

Made to Order
16 oz

\$3.95

SAVE \$1.00



SALES FLYER | OCTOBER 28 TO NOVEMBER 3, 2026

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Granny Smith Apples
Washington

\$1.68 lb

SAVE \$1.31/lb



ORGANIC
Starkrimson Pears
OREGON GROWN!

\$2.28 lb

SAVE \$1.21/lb



ORGANIC
Bosc Pears
Oregon & Washington

\$1.86 lb

SAVE \$1.63/lb



ORGANIC
Jonagold Apples
Oregon & Washington

\$1.68 lb

SAVE \$1.31/lb



ORGANIC
Russet Potatoes
Applegate Valley

\$1.24 lb

SAVE \$0.45/lb



ORGANIC
Rainbow Bunched Carrots
Washington

\$3.28 ea

SAVE \$0.97/ea



ORGANIC
Crimini Mushrooms
Oregon & Canada

\$5.25 lb

SAVE \$1.70/lb



ORGANIC
Chard Rainbow & Red
OREGON GROWN!

\$1.98 ea

SAVE \$1.01/ea



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

coop deals

Organic Valley Shredded Cheese
Cheddar, Mozzarella and Mexican
6 oz.

\$4⁵⁹

SAVE \$1.20



GROCERY

Coconut Cult Probiotic Yogurt
Strawberry and Chocolate
8 oz.

\$7⁹⁹

SAVE \$1.90



coop deals



Cascadian Farm Frozen Vegetable Blends

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

2/\$6

SAVE \$2.98 on 2



coop deals



Dr. Praeger's Plant Based Burgers

Cali Veg, Mushroom and Quinoa
10 oz.

\$4⁹⁹

SAVE \$2.00



coop deals



Lily's Sweets Chocolate Bars

All Flavors
2.8-3 oz.

2/\$2⁸⁰

BOGO



coop deals



Frontera Skillet Sauces

Enchilada, Green Chili, and Tex
8 oz.

2/\$2⁶⁹

BOGO



coop deals



Lotus Foods Rices

Brown Jasmine, White Jasmine,
Forbidden Jasmine
8 oz.

2/\$4⁹⁸

SAVE \$1.60 on 2

coop deals

R. W. Knudsen Juices

Prune, Pomegranate and Blueberry
32 oz.

\$6⁴⁹

SAVE \$2.30



coop deals



Nancy's Cream Cheese

Plain and Garlic Herb
8 oz.

2/\$4⁶⁹

BOGO



coop deals



Organic Lotus White Jasmine Rice

\$2³⁹ lb

SAVE \$0.40/lb



Organic Cashews

Whole, Raw

\$8⁹⁹ lb

SAVE \$1.50/lb



BULK



Cafe Mam Decaf Italian

Dark Roast

\$13⁹⁹ lb

SAVE \$3.00/lb



Organic Mixed Deluxe Nuts

Roasted and Salted

\$11⁹⁹ lb

SAVE \$2.40/lb





**ASHLAND
FOOD CO+OP**

EST. 1972

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

BOGO

BUY ONE GET ONE FREE!

coop
deals



Life Flo Magnesium Lotion

80% Soothe & Restore

8 oz

BOGO

BUY ONE GET ONE FREE!

coop
deals



Quantum Zinc Elderberry

Immune Support

14 lozenge

BOGO

BUY ONE GET ONE FREE!

coop
deals



Oregon Wild Harvest Valerian

Supports Restful Sleep

90 vcap

BOGO

BUY ONE GET ONE FREE!

coop
deals



LAND & SEA



Organic Smart Chicken
Boneless Skinless
Thighs

\$9⁹⁹ lb

SAVE \$1.50/lb



Wild Shell on Shrimp
21/25 count

Product of Mexico

\$13⁹⁹ lb

SAVE \$2.00/lb



Niman Ranch
Sausages

All Varieties
12 oz.

\$6⁹⁹

SAVE \$2.50



Applegate Naturals
Breakfast Sausage
Links

All Varieties
7 oz.

\$4⁹⁹

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.

\$3⁹⁵

SAVE \$1.00



**ASHLAND
FOOD CO+OP**

EST. 1972

Co-op Kitchen
Bakery
Pumpkindoodle

\$1⁹⁵

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

**co+op
basics**

Applegate Organics
Black Forest
Uncured Ham

6 oz.

\$8⁴⁹



**co+op
basics**



Field Day
Organic Black
Beans

15 oz.

\$1⁶⁹



**co+op
basics**



Valencia Oranges

\$2¹⁴ lb



**co+op
basics**



Field Day
Grapefruit
Sparkling Water

6 pk.

\$2⁹⁹

**co+op
basics**



Umpqua
Orange Juice

64 oz.

\$6⁰¹

ROUND UP TO Give Back

CHANGE
for good



**ASK YOUR CASHIER
TO ROUND UP!**



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

NOVEMBER 1 TO 30

coop
deals

Redmond Facial Mud
Hydrated Clay
4 oz.

\$9⁷⁹
SAVE \$2.00



WELLNESS

coop
deals

Beekeepers Soothing Lozenges
Propolis
1.76 oz.

\$3⁴⁹
BOGO



Wild Carrot All Products

20% OFF



Microjoy All Products

20% OFF



Quantum Super Lysine+
Immune Support
90 tab

\$10⁴⁹
SAVE \$3.80



coop
deals

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.

\$25⁹⁹



Sagemoor Estate Red Blend

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

\$11⁹⁹

