

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Pink Lady Apples
Washington
$1.94 lb
SAVE $1.05/lb
USDA ORGANIC



ORGANIC
Fuyu Persimmons
California
$2.98 lb
SAVE $1.47/lb
USDA ORGANIC



ORGANIC
Clementine Mandarins
California
$2.98 lb
SAVE $1.01/lb
USDA ORGANIC



ORGANIC
Opal Apples
Washington
$2.24 lb
SAVE $0.75/lb
USDA ORGANIC



ORGANIC
Cabbage
Red & Green
Oregon
$1.26 lb
SAVE $0.73/lb
USDA ORGANIC



ORGANIC
Brussels Sprouts
Mexico
$4.98 lb
SAVE $2.97/lb
USDA ORGANIC



ORGANIC
Daikon Radishes
Red & Purple
Oregon
$3.98 lb
SAVE $1.97/lb
USDA ORGANIC



ORGANIC
Japanese Sweet
Potatoes
California
$2.98 lb
SAVE $1.47/lb
USDA ORGANIC

GROCERY

Fage Plain Yogurt
0, 2, and 5%
16 oz.

2/$7

SAVE $2.98 on 2



NON GMO Project VERIFIED

Kerrygold Butter
Salted and Unsalted
8 oz.

$4.49

SAVE $2.00





Against the Grain Pepperoni and Three Cheese Pizza
Gluten and Grain Free
24 oz.

$10.49

SAVE $4.00



Beyond Beef Plant Based Ground
75% less saturated fat
16 oz.

$7.99

SAVE $3.30

NON GMO Project VERIFIED



Kite Hill Plant Based Cream Cheese
Made with Almond Milk
8 oz.

$5.99

SAVE $2.00

NON GMO Project VERIFIED



Kettle Brand Potato Chips
All Flavors
5 oz.

2/$7

SAVE $1.38 on 2

NON GMO Project VERIFIED



Cascadian Farm Cereal
All Your Favorites!
9.5 - 13.5 oz.

$4.79

SAVE $1.00

USDA ORGANIC

Imagine Vegetable and Chicken Broth
Low salt and salted
32 oz.

$3.79

SAVE $0.90



USDA ORGANIC



Rudi's Organic Bakery English Muffins
All Varieties
12 oz.

$4.39

SAVE $1.10

USDA ORGANIC

BULK



Organic Green Lentils

$2.99 lb

SAVE $0.30/lb

USDA ORGANIC



Organic Deluxe Mixed Nuts

$12.89 lb

SAVE $1.50/lb

USDA ORGANIC



Pachamama 5 Sisters
Medium Roast

$15.99 lb

SAVE $2.00/lb

USDA ORGANIC



Organic Lundberg
Arborio Rice

$3.99 lb

SAVE $0.50/lb

USDA ORGANIC



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!

ASHLAND
FOOD CO+OP
EST. 1972

THANKSGIVING

Turkey Giveaway

SIGN UP FOR TEXTS!

You'll be entered to win a free turkey and be the first to know about Co-op deals, specials, events and more!

SIGN UP →

https://lp.constantcontactpages.com/sl/KC0kf2r/CoopTexts

LAND & SEA



Organic Smart Chicken Boneless Skinless Breast

$8.99 lb

USDA ORGANIC

SAVE $3.50/lb



Smart Chicken Boneless Skinless Thighs

$5.99 lb

SAVE $2.00/lb



Beeler's Boneless Pork Shoulder Roast

$4.99 lb

NON GMO Project VERIFIED

SAVE $2.00/lb



Roli Roti Butcher's Organic Bone Broth

All Varieties

24 oz.

$8.99

SAVE $2.00

HOUSE-MADE

ASHLAND FOOD CO+OP EST. 1972

Co-op Kitchen Bakery Pumpkin Crackle Cookie

NEW ITEM!

$2.95

SAVE $0.55



ASHLAND FOOD CO+OP EST. 1972

Co-op Kitchen Grab N Go Tuna Salad

$16.95 lb

SAVE $3.00/lb



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



Organic Smart Chicken Whole Chicken

$4.49 lb

USDA ORGANIC



Field Day Organic Savory Herb Stuffing

10 oz.

$3.99

USDA ORGANIC



Field Day Organic Sweet Relish

16 oz.

$4.99

USDA ORGANIC



Field Day Organic Pizza Sauce

14 oz.

$2.99

USDA ORGANIC



Field Day Organic Cut Green Beans

14.5 oz.

$1.99

USDA ORGANIC



WELLNESS

co+op deals

Derma E Vitamin E Body Lotion

Fragrance Free
8 oz.

$7.99

SAVE $3.50



Gaia Turmeric Supreme

Adult Daily Gummies
40 ct.

$15.99

SAVE $4.50



Uncle Harry's All Products

20% OFF



Hyland's Calms Forte

Sleep Aid
100 tab

$10.99

SAVE $2.80



co+op deals

Child Life Formula 3 Cough Syrup

Natural Berry Flavor
4 oz.

$11.79

SAVE $3.20



BRUCE'S PICKS

Raices Ibericas Fabla Garnacha/ Syrah

2024 • 750 ml
2,500ft plus elevation vineyard, 80% Garnacha and 20% Syrah. Loads of red and darker berries, with great balance and length.

$14.99



Fidora Prosecco Brut Rose Nature

750ml
Floral and light, very dry, Italian Prosecco. Made from Biodynamically grown Glera 90% and Pinot Noir 10%.

$17.99

DEMETER CERTIFIED BIODYNAMIC

