



**ASHLAND  
FOOD CO+OP**  
EST. 1972

*glamp  
it up!*  
SAVINGS



**By George  
Fromage Blanc**  
Plain, Garlic Basil, &  
Honey & Sea Salt  
8 oz. • Reg. \$8.29  
**\$7.49**

Sale Effective July 28 to August 3

## Fresh Produce

Your only Southern Oregon Certified Organic Grocer

**Oregon  
GROWN**



**ORGANIC  
Seedless Watermelon**  
Oregon Grown!  
Reg. \$0.98/lb

**68¢ lb**



**ORGANIC  
Seedless Grapes**  
Red • Green • Black • California  
Reg. \$3.99/lb

**\$2.94 lb**



**ORGANIC  
Black & Red Plums**  
California  
Reg. \$3.49/lb

**\$2.48 lb**



**ORGANIC  
Galia Melons**  
Northwest & California  
Reg. \$1.99/lb

**\$1.42 lb**

*New Crop!*



**ORGANIC  
Celery**  
California  
Reg. \$1.99/lb

**76¢ lb**

**Oregon  
GROWN**



**ORGANIC  
Cucumbers**  
Oregon Grown!  
Reg. \$3.49/lb

**\$2.48 lb**



**ORGANIC  
Red Bell Peppers**  
Northwest  
Reg. \$3.99/lb

**\$2.28 lb**



**ORGANIC  
Red & Yellow  
Potatoes**  
Northwest Grown!  
Reg. \$2.29/lb

**99¢ lb**



**Tofurkey Plant Based Sausages**  
Beer Brats • Italian Kielbasa

14 oz. • Reg. \$4.99

**\$3<sup>99</sup>**



**Grocery**



**Stahlbush Island Farms Vegetables**

Sustainably Grown in the USA

10 oz. • Reg. \$2.69

**2/\$4**



**Noosa Yoghurt**

Whole Milk

8 oz. • Reg. \$2.49

**\$1<sup>59</sup>**



**Kii Naturals Organic Artisan Crisps**

5.3 oz. • Reg. \$6.69

**\$4<sup>99</sup>**



**Silly Zak's Gluten Free Pie**

Pumpkin • Apple

22-24 oz. • Reg. \$12.99

**\$10<sup>99</sup>**



**Franklin Farms Portabella Veggie Balls**

9 oz. • Reg. \$5.69

**\$4<sup>29</sup>**



**Pamela's Gluten Free Cookies**

5.29-6.25 oz. • Reg. \$3.99

**\$2<sup>99</sup>**



**Clif Energy Bars**

2.4 oz. • Reg. \$1.25

**10/\$10**



**Mountain Valley Spring & Sparkling Water**

1 ltr. • Reg. \$2.29

**2/\$3**

**Bulk**



**ORGANIC Green Split Peas**

Reg. \$1.79/lb

**\$1<sup>49</sup> lb**



**Lotus Foods Organic White Jasmine Rice**

Reg. \$2.49/lb

**\$1<sup>99</sup> lb**



**Equal Exchange BioRevolution Dark Roast Coffee Blend**

**\$8<sup>99</sup> lb**



**ORGANIC Green Lentils**

Reg. \$2.29/lb

**\$1<sup>99</sup> lb**





**ASHLAND  
FOOD CO+OP**

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# glamp it up!

## SAVINGS



**Mix Bakery  
Sesame, Olive, Country  
Loaves, and Baguettes**

Artisan Bakery, Ashland OR

**\$3<sup>99</sup>-\$7<sup>49</sup>**



Little Applegate Sourdough



made with 99% organic ingredients 23oz. 679g



**Rise Up Bakery  
Sandwich, Loaves,  
and Focaccia**

Artisan Bakery, Applegate OR

**\$5<sup>99</sup>-\$6<sup>39</sup>**

**Village Baker  
Various Exciting Flavors**

Artisan Bakery, Ashland OR

**\$4<sup>45</sup>-\$5<sup>25</sup>**

**La Baguette  
Sourdough  
Loaves and  
Baguettes**

Artisan Bakery,  
Ashland OR

**\$2<sup>99</sup>**



**Organicos  
Gluten Free  
Sandwich Loaves  
and Baguettes**

Artisan Bakery, Phoenix OR

**\$5<sup>65</sup>-\$7<sup>99</sup>**



**MULTIGRAIN SEEDED BREAD**

Gluten Free • Vegan • Non GMO

**INGREDIENTS:** Organic Brown Rice Flour, Organic Plant  
Organic Corn Starch, Organic Buckwheat Flour, Unsweet-  
ened Apple Sauce, Super-Fine High Oleic Safflower Oil,  
Organic Flax Seed Meal, Unrefined Blackstrap Molasses,  
Organic Cane Sugar, Organic Pumpkin Seeds, Organic Sun-  
flower Seeds, Organic Cassava Roots, Organic Pumpkin Seeds,  
Vegan Organic Vanilla Extract, Sea Salt

For Best Results Freeze and Toast as you go

Prepared in a dedicated gluten free facility

Prepared in a facility that processes tree nuts

4495 S. Pacific Hwy, Unit 420 • Phoenix, OR 97535

541-944-1473

www.organicosbakery.com • @organicosbakery



24 oz. 679g

## Land & Sea



SAVE \$1

### Aidell's Chicken Sausage & Meatballs

All Varieties  
12 oz. • Reg. \$7.49  
**\$6.49**



### Echo Falls Smoked Coho Salmon

4 oz. • Reg. \$8.99  
**\$7.49**

## House-Made

### ASHLAND FOOD CO+OP

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### Co-op Kitchen Grab-n-Go PCT Breakfast Burrito

Reg. \$5.95/ea  
**\$4.95** ea



SAVE \$1

7AM TO 11AM DAILY



SAVE \$2/lb

### Beeler's Heluka Boneless Pork Shoulder Roast

Reg. \$6.99/lb  
**\$4.99** lb



### Organic Smart Chicken Boneless Skinless Breast

Reg. \$11.49/lb  
**\$9.99** lb

### ASHLAND FOOD CO+OP

EST. 1972

### Co-op Kitchen Grab-n-Go Assorted 9-in Quiche

Great Hot or Cold!  
Reg. \$18.95/ea  
**\$16.95** ea



SAVE \$2

## CO+OP Basics

## 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 basics

CO+OP basics

### Applegate Organics Smoked Turkey Breast

6 oz.  
**\$6.99**



CO+OP basics



### Woodstock Organic Peanut Butter

Crunchy • Smooth • 35 oz.  
**\$9.99**

CO+OP basics



### Trace Minerals Power Pak Guava Passion Fruit

0.18 oz.  
**49¢**

CO+OP basics



### Desert Essence Tea Tree Oil & Neem Toothpaste

6.25 oz.  
**\$4.99**

CO+OP basics



### Wild Harvest Chicken & Beef Cat Food

5.5 oz.  
**99¢**



# BUILD YOUR OWN charcuterie TRAY



Artisan Cheese  
Local Bread  
Fresh Fruit & Veggies!

## Wellness



SAVE \$3

**Herbs Etc. Chloroxygen Chlorophyll Concentrate**

60 gel. • Reg. \$14.99

**\$11.99**



**Garden of Life All Products**

**20% OFF**

**For the Biome All Products**

**20% OFF**



coop deals



SAVE \$3

**Source Natural Melatonin 3mg**

For Occasional Sleeplessness

60 tab. • Reg. \$9.99

**\$6.99**

coop deals



**Alba Kids Sunscreen SPF 45**

Broad Spectrum

4 oz. • Reg. \$11.49

**\$7.99**

## Bruce's Picks

**Marchase Frascati**

750 ml.

Summer isn't officially here until my favorite Italian Summer wine arrives. New vintage is, as always, fresh and bright and irresistible..

**\$12.99**



**Cooper Hill Pinot Noir**

750 ml.

Estate vineyards, organically grown, classic Willamette Valley flavors of cherry and a whiff of dirt.

**\$16.99**

