

ASHLAND FOOD CO+OP

EST. 1972



Cafe Mam
BULK COFFEE
ALL VARIETIES

\$10⁹⁹-
\$12³⁹

SAVE \$1.60/lb

SALE FLYER | APRIL 10 TO 16, 2024

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Cosmic Crisp Apples

Washington

\$1⁶⁴ lb

SAVE \$1.35/lb



**Oregon
GROWN**



ORGANIC
Rhubarb

Oregon Grown

\$4²⁵ lb

SAVE \$1.70/lb



ORGANIC
Strawberries

California & Mexico

1 lb. Container

\$4⁸⁶ ea

SAVE \$1.09/ea



ORGANIC
Honey Mangos

Mexico

\$1⁹⁹ ea

SAVE \$1.00/ea



ORGANIC
Cauliflower

California

\$1⁴² lb

SAVE \$2.57/lb



ORGANIC
Eggplant

Mexico

\$2⁵⁴ lb

SAVE \$1.45/lb



ORGANIC
Large Hass Avocados

California & Mexico

2/\$5

SAVE \$0.79/ea



ORGANIC
Red Bell Deli

Mexico

\$2⁹⁸ lb

SAVE \$1.97/lb

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

coop deals

Late July
Organic Multigrain
Tortilla Chips

7.5 oz.

\$3⁷⁹

SAVE \$1.00



GROCERY

coop deals

Clif
Builders
Protein Bars
2.4 oz.

2/\$4



Cascadian Farm
Organic Berries

8-10 oz.

\$4⁴⁹

SAVE \$2.30

coop deals



Nuts for Cheese
Organic Dairy Free
Cashew Cheese
Alternative

4.23 oz.

\$6⁴⁹

SAVE \$2.10

coop deals



Canyon Bakehouse
Gluten Free
Sliced Bread

7 Grain • Mountain White • 18 oz.

\$5⁹⁹

SAVE \$1.70

coop deals



Fage
Greek Yogurt

32 oz.

\$5⁷⁹

SAVE \$2.50

coop deals



Organic Valley
Organic Cottage
Cheese

16 oz.

\$5²⁹

SAVE \$1.20

Hummingbird
Organic
Dark Chocolate
Covered Ginger

6 oz.

\$9⁶⁹

SAVE \$1.80



USDA ORGANIC

coop deals



Amy's
Pizzas

9.1-14 oz.

\$8⁹⁹

SAVE \$2.90

BULK



USDA ORGANIC

ORGANIC
Black Chia Seeds

\$2⁹⁹ lb

SAVE \$0.90/lb



USDA ORGANIC

ORGANIC
Tamari Almonds

\$10⁸⁹ lb

SAVE \$2.40/lb



USDA ORGANIC

FAIRTRADE

Cafe Mam
Bulk Coffee
All Varieties

\$10⁹⁹-\$12³⁹ lb

SAVE \$1.60/lb

coop deals



USDA ORGANIC

ORGANIC
Pitted Prunes

\$7²⁹ lb

SAVE \$2.00/lb

ASHLAND FOOD CO+OP

EST. 1972

SUSTAINABILITY STARTS AT YOUR CO+OP

Ways to Save

We Adopted a Park!

Q&A with Itty Bitty Farm

SPRING 2024 | VOL. NO. 13

Check out our Spring 2024 Newsletter!



1st Street
BEET



Scan the QR code or visit www.ashlandfood.coop

ROGUE EARTH DAY

THE FARM @ SOU 155 WALKER AVE.



Join Southern Oregon University and community partners for **FREE exhibits, live performances, bike rodeo, art, food trucks, and more**, all in celebration of Earth Day!

APRIL 19, 3:30 - 7:00 PM



LAND & SEA



**Niman Ranch
Applewood Smoked
Bacon**
12 oz.
\$7⁹⁹ SAVE \$4.00



**Applegate Naturals
Chicken Nuggets &
Tenders Family Size**
16 oz. • Located in Freezer
\$9⁹⁹ SAVE \$3.00

HOUSE-MADE

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

**Co-op Bakery
Grab-n-Go
Focaccia Buns
3 Pack**
\$3⁹⁵
SAVE \$1.50



**Organic Smart Chicken
Tenderloins**
\$8⁹⁹ lb
SAVE \$2.50/lb



**Fresh Columbia River
Steelhead Fillet**
Farm Raised
\$12⁹⁹ lb
SAVE \$3.00/lb

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

**Co-op Kitchen
Grab-n-Go
Fog City
Macaroni Salad**
\$8⁹⁵ lb
SAVE \$2.00/lb



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**



**Organic Smart
Chicken
Whole Chicken**
\$3⁹⁹ lb



**ORGANIC
Quinoa**
\$2⁵⁹ lb



**ORGANIC
Black Beans**
\$1⁸⁹ lb



**ORGANIC
Extra Virgin Olive Oil**
\$12²⁹ lb



**Lundberg Family Farms
Organic White
Basmati Rice**
\$3²⁹ lb

Upcoming Class



Koji & Miso-Making 3 Day Workshop

April 26, 9am-12pm
& 6pm-7:30pm

April 27, 9am-1pm
& 6pm-7:30pm

April 28, 9am-1pm

Co-op Classroom
300 N. Pioneer
Ashland, OR 97520

Join Midori Uehara, owner of Mido's Miso, PNW's only certified koji instructor and miso sommelier, for a three-day Miso and Koji Workshop. Learn how to create this versatile and medicinal product from start to finish.

WELLNESS



Boiron Allergy Calm
Year-Round Allergy Relief • 60 tab.
\$10⁴⁹
SAVE \$2.50

Acure Day Cream
All Skin Types • 1.7 oz.
\$12⁴⁹
SAVE \$5.30



Camamu All Products
15% OFF



coop deals

Dr. Bronner's Baby Mild Soap
Pure-Castile Soap • 32 oz.
\$10⁹⁹
SAVE \$7.80



Bulletproof MCT Oil
Keto Friendly • 16 oz.
\$13²⁹
SAVE \$4.20



BRUCE'S PICKS

Ecliptic Brewing 6-pk. Cans
The juicy Starburst IPA is a perennial Coop favorite. Try out the refreshing seasonal Parsec Grapefruit Hazy IPA.
\$10⁹⁹



Lone Birch Cabernet Sauvignon
750 ml.
Just a little toasty oak and tannic grip, plenty of smooth and juicy dark fruit flavors in this Washington Cab.
\$13⁹⁹

