

**ASHLAND
FOOD CO+OP**

EST. 1972

**3
DAYS!**



**HOUSEMADE
SAUSAGES**

20% OFF

5/23 - 5/25

Discount taken at register.

All housemade sausages!

Sale items are specially marked.



SALE FLYER | May 21 to May 27, 2025

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Seedless Watermelon**
California & Mexico

82¢ lb

SAVE \$0.17/lb



**ORGANIC
Yellow Peaches**
California

\$4⁵⁶ lb

SAVE \$1.39/lb



**ORGANIC
Cherries**
California

\$9⁹⁹ lb

SAVE \$2.96/lb



**ORGANIC
Honey Mangos**
Mexico

\$1⁸⁶ ea

SAVE \$0.63



**ORGANIC
Sweet Corn
on the Cob**
California

\$1⁹⁶ ea

SAVE \$0.48



**ORGANIC
Asparagus**
Washington

\$5⁹⁸ lb

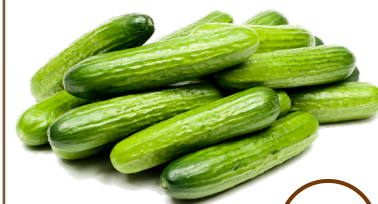
SAVE \$3.97/lb



**ORGANIC
Portabella
Mushrooms**
Oregon & Canada

\$6⁹⁵ lb

SAVE \$3.00/lb



**ORGANIC
Persian Cucumbers**
Mexico

\$1⁸⁶ lb

SAVE \$1.13/lb

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

GROCERY

**Maranatha
Almond Butter**
12 oz.

\$8⁹⁹

SAVE \$2.00



**Simpli
Organic Regenerative
Tri-Color Quinoa**
12 oz.

\$5⁴⁹

SAVE \$1.00



**coop
deals**

**Bubbies
Sauerkraut**
25 oz.

\$7²⁹

SAVE \$2.30



**coop
deals**

**Cappello's
Almond Flour
Crust Pizza**
11-12 oz.

\$7⁹⁹

SAVE \$3.00



**coop
deals**

**Toby's
Tofu Plant Based
Dip & Spread**
11 oz.

\$4⁴⁹

SAVE \$1.30



**coop
deals**

**Talenti
Gelato & Sorbetto**
pint

\$4⁹⁹

SAVE \$1.00



**Angie's
Boom Chicka Pop
Popcorn**
4.5-7 oz.

\$2⁸⁹

SAVE \$1.40



**Organic Valley
Organic Cheese Blocks**
Muenster • Pepper Jack • Mozzarella
8 oz.

\$4⁹⁹

SAVE \$1.90



**Kettle
Brand
Potato
Chips**
4.25-5 oz.

\$2⁹⁹

SAVE \$1.00



BULK

**coop
deals**



**Organic
Green Lentils**

\$2⁴⁹ lb

SAVE \$0.50/lb



**Organic
Adzuki Beans**

\$3³⁹ lb

SAVE \$0.40/lb



**Pachamama
Peru
Medium Roast**

\$14⁹⁹ lb

SAVE \$2.00/lb



**Organic
Red Royal Quinoa**

\$2⁸⁹ lb

SAVE \$0.70/lb



ASHLAND FOOD CO+OP

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Open Daily 7AM - 9PM

Memorial Cookout Classics



**Woodstock
Organic Ketchup**
20 oz.

\$3³⁹ ea
SAVE \$0.60



**Woodstock
Organic
Mayonnaise**
32 oz.

\$7⁹⁹ ea
SAVE \$1.00



**Woodstock
Organic
Bread & Butter
Pickle Chips**
24 oz.

\$5⁴⁹ ea
SAVE \$1.40



**Woodstock
Organic
Yellow Mustard**
8 oz.

\$2⁹⁹ ea
SAVE \$1.00



**Applegate Organics
Great Hot Dog**
10 oz.

\$6⁴⁹ ea
SAVE \$1.80



**Emerald Hills
Ground Beef**
Not to Exceed 20% Fat

\$6⁹⁹ lb
SAVE \$1.00/lb



**Fresh Columbia River
Steelhead Fillet**
Farm Raised

\$12⁹⁹ lb
SAVE \$3.00

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HOUSEMADE SAUSAGES

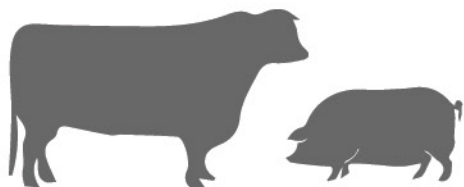
20% OFF

5/23 - 5/25

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All housemade
sausages!

Sale items are
specially marked.





Organic Smart Chicken
Bone-In Thighs

\$5⁴⁹ lb

SAVE \$1.00/lb



LAND & SEA



Cooked Peeled & Cleaned Shrimp
31/40 Count • Farm Raised

\$11⁹⁹ lb

SAVE \$3.00/lb

coop deals



Chomps
Jerky Sticks
All Varieties • 1.15 oz.

2/\$4

SAVE \$1.00 on 2



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!

coop basics

HOUSE-MADE

**ASHLAND
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Co-op Kitchen
Grab-N-Go
Baked Potato Salad

\$8⁹⁵ lb

SAVE \$2.00/lb



**ASHLAND
FOOD CO+OP**

EST. 1972

Co-op Kitchen
Bakery
Muffin of the Day

\$1⁹⁵ ea

SAVE \$0.30



CO+OP BASICS

coop basics

Applegate
Organics
Chicken Strips
8 oz.

\$9⁹⁹



coop basics

Field Day
Organic
Mini Twist Pretzels
8 oz.

\$2⁷⁹



coop basics

Field Day
Organic
Three Cheese Pizza
12.2 oz.

\$7⁹⁹



coop basics

Field Day
Organic
Raw
Wildflower
Honey
16 oz.

\$6⁹⁹



coop basics

Field Day
Organic
Diced
Peaches & Pears
4 pk

\$3⁹⁹





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FOOD CO+OP**
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YOUR PATRONAGE DIVIDEND

will be available
at the Register
on June 2nd!

Questions?
Visit
[AshlandFood.Coop
/patronage-faq](https://AshlandFood.Coop/patronage-faq)

WELLNESS



**Heritage
Store
Rose Water**
Refreshing Facial Mist
8 oz.

\$9⁴⁹

SAVE \$1.00



**Solaray
Calcium
Citrate**
Bone Strength
+ Healthy Teeth
120 vcap

\$10⁴⁹

SAVE \$1.80



**Evanhealy
All Products**

**20%
OFF**



**Pranarom
All Products**

**15%
OFF**



**Ultima
Replenisher
Lemonade**

Daily Electrolyte Drink Mix
3.9 oz.

\$16⁹⁹

SAVE \$3.50

BRUCE'S PICKS



**Upper Five
Sauvignon Blanc**
750 ml

New 2024 vintage. Biodynamic
vineyard in Talent, fermented in
large Acacia wood barrels,
citrusy, aromatic, bright,
super clean and fresh.

\$22⁹⁹



**Sound & Vision
Pig Missile Rosé**
750 ml

Locally grown Rose of
Primitivo. Pretty aroma and
flavor of strawberry, vibrant,
zippy acidity.

\$21⁹⁹

