



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



SALE FLYER

July 16 to July 22, 2025

20% OFF

**Cherries, Grapes,
Berries & Plums**

7/16 to 7/22

Discount Taken at the Register

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Cilantro**
Oregon

\$1.29 ea

SAVE \$0.70



**ORGANIC
Heirloom Tomatoes**
Oregon

\$5.95 lb

SAVE \$1.00/lb



**ORGANIC
Sweet Corn**
California

\$1.78 ea

SAVE \$0.51



**ORGANIC
Red Onions**
California

\$1.49 lb

SAVE \$1.00/lb



**ORGANIC
Limes**
Mexico

\$1.99 lb

SAVE \$0.90/lb



**ORGANIC
Red Mangos**
Mexico

\$1.99 ea

SAVE \$1.50



**ORGANIC
Blackberries**
Open 1/2 Pint
Oregon

**20%
OFF** Earth Candy Sale



**ORGANIC
Dark Sweet
Cherries**
Oregon & Washington

**20%
OFF** Earth Candy Sale

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



GROCERY



Late July Organic Tortilla Chips
10.1 oz

2/\$7

SAVE \$2.58 on 2



Dr. Bronner's Organic Chocolate Bars
2.93 oz

\$3.79

SAVE \$1.50



Maple Hill Creamery Organic Kefir
32 oz

\$5.49

SAVE \$1.80



Alden's Organic Ice Cream Sandwiches & Bars
3-4 pk

\$5.49

SAVE \$1.50



Rebbl Organic Protein Beverage
12 oz

\$3.99

SAVE \$1.00



Jonny Pops Organic Fruit Popsicles
14.8 oz

\$5.39

SAVE \$1.60



Bionaturæ Organic Gluten Free Pasta
12 oz

\$3.49

SAVE \$1.00



LaCroix Sparkling Water
8 pk

\$3.99

SAVE \$1.30



Santa Cruz Organic Lemonade
32 oz

\$2.79

SAVE \$0.70



ORGANIC Quinoa

\$2.29 lb



Nutritional Yeast

\$9.49 lb

SAVE \$1.10/lb

BULK



Café Mam Italian Roast Dark Roast

\$12.99 lb

SAVE \$3.00/lb



ORGANIC Golden Flax

\$2.49 lb

SAVE \$0.80/lb





ORGANIC
Plums
All Varieties
Oregon & California

20%
OFF/lb
Earth Candy Sale



ORGANIC
Blueberries
2lb Container
Oregon

20%
OFF/ea
Earth Candy Sale



ORGANIC
Strawberries
1lb Container
California

20%
OFF/ea
Earth Candy Sale



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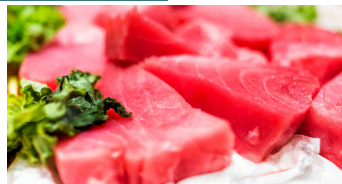
Organic Smart Chicken Tenderloins

\$9⁹⁹ lb

SAVE \$2.00/lb



LAND & SEA



Wild Ahi Tuna Fillet
Previously Frozen

\$11⁹⁹ lb

SAVE \$3.00/lb

HOUSE-MADE

ASHLAND FOOD CO+OP
EST. 1972

Co-op Kitchen
Made-to-Order
Third Eye

16 oz

\$7⁴⁵ ea

SAVE \$1.50



coop deals



Niman Ranch
Applewood Smoked
Bacon

12 oz

\$7⁹⁹

SAVE \$4.00



Applegate Organics
Sliced Turkey

Oven Roasted & Smoked

6 oz

\$7⁴⁹

SAVE \$1.00



ASHLAND FOOD CO+OP
EST. 1972

Co-op Kitchen
Grab-n-Go
Curry Tempeh Salad

\$13⁹⁵ lb

SAVE \$3.00/lb



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

CO+OP BASICS



Smart Chicken
Drumsticks

\$2⁴⁹ lb

coop basics



Field Day
Baking Soda

16 oz.

\$1²⁹



coop basics



Field Day
Organic
Extra Virgin
Olive Oil

16.9 oz.

\$9⁹⁹



coop basics



Umpqua
Organic Whole Milk

1 Gallon

\$6⁹²



coop basics



Field Day
Organic
Three Cheese Pizza

12.2 oz.

\$7⁹⁹



Upcoming Events

Rogue Valley Farm Tour

Please join us...
for the 2025 Rogue Valley FarmTour!
Visit farms and ranches across Jackson
and Josephine counties to meet local
makers, taste artisanal foods, and explore
unique, handcrafted goods.

FREE

Sunday, July 20 | 10am-3pm



Unlock Your Inner Coach: 7 Steps

Learn seven essential self-coaching steps
to boost emotional, mental, and physical
well-being. Build self-awareness,
accountability, resilience, and self-advocacy
for lasting personal growth.

FREE

Wed., July 23 | 6-8pm



Protecting Your Lungs

When smoke fills the air, your lungs need
extra care. In this class, we'll explore
natural ways to support respiratory
health during the smoky season.

\$30 Community member

\$25 Owners

Sat., August 9 | 12-2pm

Sign up/Learn More:
AshlandFood.Coop/Events

WELLNESS

**coop
deals**

Solaray Calcium Citrate 1000mg

Bone Strength
& Healthy Teeth
120 vcaps

\$9.99

SAVE \$2.30



**coop
deals**

Solaray D-Mannose 1000mg

Urinary Tract
Health
60 vcaps

\$21.99

SAVE \$3.50



Plantiva All Products

**15%
OFF**



**coop
deals**

Giovanni L.A. Hold Styling Gel Strong Hold 6.8 oz

\$5.99

SAVE \$3.80



Garden of Life All Products

**10%
OFF**



BRUCE'S PICKS

Cowhorn Spiral

750 ml
Vince, Ashland resident and
Cowhorn's winemaker, will be
in-store Friday from 3-5pm, to
pour samples of these local and
biodynamic wines.

\$31.99



Castaldi Pianazzi

750ml
Single vineyard, Alto
Piedmont Nebbiolo. Pale
color due to only 5 day skin
contact, all stainless, crisp
and fresh red fruits with good
earthiness and structure.

\$19.99

