



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



Red Buttes Farm

ORGANIC

*Seeded Yellow
Watermelons*

99¢ lb
Save \$1.00



SALE FLYER | August 6 to August 12, 2025

ON SALE

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Piel De Sapo Melons
Dry Farmed
Oregon & Washington

\$1.69 lb

SAVE \$0.60/lb



ORGANIC
Blueberries
Pint Containers
Oregon

\$2.99 ea

SAVE \$1.00



ORGANIC
Grape Totes
Red & Green
California

\$3.99 lb

SAVE \$0.96/lb



ORGANIC
Canary Melons
Oregon & Washington

\$1.69 lb

SAVE \$0.60/lb



ORGANIC
Baby Bok Choy
California

\$1.99 lb

SAVE \$2.00/lb



ORGANIC
Eggplant
Oregon & Washington

\$3.89 lb

SAVE \$2.06/lb



ORGANIC
Bunched Carrot
Oregon

\$2.49 ea

SAVE \$1.50



ORGANIC
Broccoli
California

\$1.99 lb

SAVE \$1.00/lb

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

coop
deals

Harmless Harvest Organic Coconut Smoothie

10 oz

2/\$7

SAVE \$1.78 on 2



GROCERY

coop
deals

Late July Organic Tortilla Chips

Select Varieties
7.5-7.8 oz

\$3.79

SAVE \$1.00



coop
deals

Califia Almondmilk

48 oz

\$3.99

SAVE \$2.00



Alden's Organic Ice Cream Bars

3-4 pk

\$5.99

SAVE \$1.00



coop
deals

Woodstock Organic Ravioli

20 oz

\$7.99

SAVE \$2.00



coop
deals

Equal Exchange Organic Chocolate Bars

2.8-3.5 oz

\$3.99

SAVE \$1.60



coop
deals

Siete Grain Free Cookies

4.5 oz

\$3.49

SAVE \$1.00



Perfect Bar Organic Protein Bars

2.3 oz

2/\$5

SAVE \$2.18 on 2



coop
deals

Miyoko's Organic Cream Cheese Spread

Dairy Free • 8 oz

\$4.49

SAVE \$1.50



BULK



ORGANIC Small White Navy Beans

\$2.39 lb

SAVE \$0.50/lb



ORGANIC Red Flame Raisins

\$2.69 lb

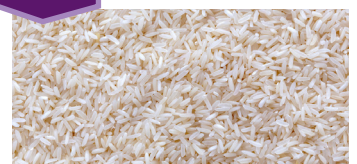
SAVE \$1.00/lb



Pachamama Guatemala Medium Roast

\$15.29 lb

SAVE \$2.70/lb



ORGANIC White Basmati Rice

\$3.29 lb



coop
basics

MELON TASTING

Friday, August 8



ORGANICALLY[®]

GROWN CO

STOP BY THE DEMO KIOSK ON
FRIDAY, AUGUST 8 FROM 12 TO 4
AND SAMPLE ALL KINDS OF
MELONS WITH NATHAN
FROM OGC!

MELONS ARE ON SALE!



HONEYDEW FROM RED BUTTES FARM (WHILE SUPPLIES LAST!)

Pair with salty favorites like cured meat and cheese. If this melon smells sweet and robust, it's ready to enjoy.



\$1.69/LB



\$1.69/LB

SNOW LEOPARD

Snow Leopard shares a flavor profile with honeydew, but with crunchier flesh. To check for ripeness, give this melon a good sniff. If it's sweet and robust, it's ready to enjoy.

SUGAR CUBE

Sugar Cube packs a lot of flavor into its small size. To check for ripeness, give this melon a good sniff. If its scent is sweet and robust, it's ready to enjoy.



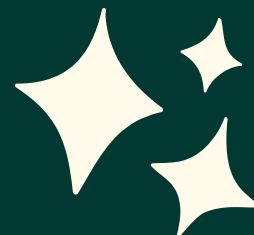
\$1.69/LB



\$1.69/LB

GALIA

Sweetly aromatic with notes of tropical fruit. To check for ripeness, give this melon a good sniff. If its scent is sweet and robust, it's ready to enjoy.





Organic Smart Chicken
Bone-In Thighs

\$5⁴⁹ lb

SAVE \$1.00/lb



LAND & SEA



Beeler's
Boneless Pork Loin Chops

\$5⁹⁹ lb

SAVE \$2.00/lb



Diestel Turkey Ranch
Ground Dark Turkey

\$4⁹⁹

SAVE \$2.00



Aidells
Chicken Sausage & Meatballs
8-12 oz

\$6⁹⁹

SAVE \$1.00

HOUSE-MADE

ASHLAND
FOOD CO+OP

EST. 1972

Co-op Kitchen
Grab-n-Go
Cobb Salad

\$9⁹⁵ lb

SAVE \$2.00/lb



ASHLAND
FOOD CO+OP

EST. 1972

Co-op Kitchen
Bakery
Cocoa Crackle
Cookie

\$1⁹⁵ ea

SAVE \$0.30



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

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Emerald Hills
Ground Beef
Not to exceed 20% fat

\$7⁹⁹ lb



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Field Day
Organic Linguine
Pasta
16 oz.

\$1⁹⁹



Co+op
basics



Organic Valley
Butter

Salted • Unsalted • 1 lb

\$9³⁹



Co+op
basics



Field Day
Organic
Raw
Wildflower
Honey
16 oz.

\$6⁹⁹

Co+op
basics



Field Day
Unsalted &
Creamy
Almond Butter
16 oz.

\$7⁹⁹





BECOME A CO-OP CARROT TODAY!

Welcome to your one-stop shop for information on all of our Co-op activities for children, young adults, and their families.

Scan the QR code below or visit:
ashlandfood.coop/co-op-carrots
to learn more and join the Co-op Carrot crew!



WELLNESS



Barlean's
All Products

**20%
OFF**



coop
deals

Alba
Botanica
Sheer Mineral
Sunscreen
Fragrance Free
2 oz

\$7.49

SAVE \$5.80



Nordic Naturals
All Products

**10%
OFF**



coop
deals

Everyone
3in1 Soap
Nourishing
& Multitasking
32 oz

\$7.99

SAVE \$3.80



coop
deals

Natural
Factors
Melatonin
1mg
Resets Sleep-Wake
Cycle
90 tab

\$3.99

SAVE \$2.50



BRUCE'S PICKS

Quady North
G.S.M. Rose

750 ml
New vintage of the best selling wine here at the Coop. Watermelon and strawberry, with a dry and bright finish. of richness, light and crisp.

\$13.99



Lapierre
Moulin-à-Vent

750ml
Single cru Beaujolais, 100% Gamay, 20% de-stemmed, the rest whole-cluster fermented. Light tannins, currants, cherries, licorice, wet earth.

\$18.99

