



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

BUY ONE, GET ONE!

Annie's
MACARONI & CHEESE



SALE FLYER | August 27 to September 2, 2025

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Seedless Watermelon
Oregon & Washington

89¢ lb
SAVE \$0.30/lb



ORGANIC
Grapes
Red & Green
California

\$2.99 lb
SAVE \$1.96/lb



ORGANIC
Strawberries
1LB Containers
California

\$5.49 ea
SAVE \$1.46



ORGANIC
Locally Grown
Hi Hoe Farm
Bartlett Pears
Applegate Valley

\$2.69 lb
SAVE \$0.60/lb



ORGANIC
Sweet Corn
Oregon & Washington

\$1.39 ea
SAVE \$0.60



ORGANIC
Locally Grown
Zucchini
Rogue & Applegate Valley

\$2.49 lb
SAVE \$0.80/lb



ORGANIC
Crimini Mushrooms
Canada

\$5.49 lb
SAVE \$1.46/lb



ORGANIC
Locally Grown
Ella Bella Farm
Italian Sweet Peppers
Rogue Valley

\$4.69 lb
SAVE \$1.26/lb



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



**Mi-Del
Ginger Snaps**
8-10 oz

\$4⁴⁹

SAVE \$1.10



GROCERY



**Kettle & Fire
Bone Broth**
16.9 oz

\$5⁹⁹

SAVE \$1.00



**Fage
Greek Yogurt**
5.3 oz

4/\$5

SAVE \$2.96 on 4



**Caulipower
Cauliflower Chicken
Tenders**
14 oz

\$8⁹⁹

SAVE \$3.00



**Green Valley
Creamery
Lactose Free
Yogurt**
6 oz

\$1⁶⁹

SAVE \$0.60



**Stahlbush Island Farms
Vegetables**
Sustainably made in the USA
10 oz

2/\$5

SAVE \$0.98 on 2



**Beyond Meat
Plant-Based
Sausage Links**
14 oz

**Buy One,
Get One FREE**



**Ben & Jerry's
Ice Cream**
pint

Buy One, Get One FREE



**Crofter's
Organic
Fruit Spread**
10-16.5 oz

**Buy One,
Get One FREE**



BULK



**ORGANIC
Tricolor Quinoa**

\$2⁴⁹ lb

SAVE \$0.50/lb



**Deluxe
Mixed Nuts**
Roasted & Salted

\$10⁶⁹ lb

SAVE \$2.00/lb



**Pachamama
Guatemala**
Medium Roast

\$15²⁹ lb

SAVE \$2.70/lb



**Organic
Raw Buckwheat Groats**

\$3⁸⁹ lb

SAVE \$0.50/lb





**ASHLAND
FOOD CO+OP**

EST. 1978



**Fresh Wild Alaskan
Coho Salmon Fillet**

\$13⁹⁹ lb

SAVE \$3.00/lb



**Prairie Fresh Pork
Baby Back Ribs**

\$3⁹⁹ lb

SAVE \$3.00/lb

SALE FLYER

August 27 to September 2, 2025

Open Daily 7AM - 9PM

Rogue & Applegate Valley
Grown

ORGANIC
Locally Grown
Slicer Tomatoes

\$2⁹⁹ lb

SAVE \$1.00/lb



California Grown

ORGANIC
Romaine Hearts
3 pack

\$3⁹⁹ bag

SAVE \$1.46

Rogue & Applegate Valley
Grown

ORGANIC
Locally Grown
Hot Peppers
Select Varieties

\$4⁹⁹ lb

SAVE \$1.96/lb



Oregon & Washington Grown

ORGANIC
Red Onions

\$1⁴⁹ lb

SAVE \$1.00/lb

Labor Day SALE



**Teton Waters Ranch
Sausages**

100% Grass Fed Beef • 10 oz

\$7⁴⁹

SAVE \$1.50



**Pederson's Natural Farms
Kielbasa Sausage**

No Sugar Added • 14 oz

\$5⁹⁹

SAVE \$2.00



LAND & SEA



Organic Smart Chicken
Boneless Skinless Breast

\$9⁹⁹ lb

SAVE \$2.00/lb



Wild Shell-on Shrimp
21/25 Count
Product of Mexico

\$11⁹⁹ lb

SAVE \$3.00/lb



Applegate Organics
Sliced Turkey
All Varieties • 6 oz

\$6⁹⁹

SAVE \$1.50



Applegate Naturals
Turkey Bacon
8 oz

\$4⁷⁹

SAVE \$1.90

HOUSE-MADE

ASHLAND
FOOD CO+OP
EST. 1972

Co-op Kitchen
Made-to-Order
ACBC

16 oz

\$7⁴⁵

SAVE \$1.50



ASHLAND
FOOD CO+OP
EST. 1972

Co-op Kitchen
Grab-n-Go
Vegan Black Bean
Burrito

\$6⁹⁵

SAVE \$1.00



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

co+op
basics



Smart Chicken
Drumsticks

\$2⁴⁹ lb



co+op
basics

Field Day
Organic
Extra Virgin
Olive Oil
16.9 oz.

\$9⁹⁹



co+op
basics

Surata
Organic Firm Tofu
16 oz.

\$4⁰⁵



co+op
basics

Field Day
Organic
Tomato Paste
6 oz.

\$1³⁹



co+op
basics

Field Day
Organic Diced
Peaches & Pears
4 pk

\$3⁹⁹



Upcoming Events

Optimizing Health in Perimenopause

Perimenopause is complex and confusing. This talk explores women's health disparities, hormones, physiology changes, and holistic strategies to optimize well-being during the transition and beyond for women 30+.

FREE

Wed., September 3 | 6-8pm

Nia: Movement for Body & Soul

with Physical Therapist Rachael R. Resch

Experience Nia, a holistic, sensory-based fitness practice blending dance, martial arts, and healing arts in a self-paced workout to global music. All ages welcome. **BRING YOUR YOGA MAT.**

FREE

Wed., September 17 | 6-8pm

Cardiovascular Wellness with Herbs

Discover powerhouse herbs that support and nurture the heart, while learning to create fun, effective remedies that easily integrate into your everyday health routine.

\$30 Community member
\$25 Owners

Sat., September 20 | 12-2pm

Natural Hormone Balance

One in three adults face hormonal imbalance as infertility and endocrine disorders rise. Learn how foods, herbs, and lifestyle restore balance naturally with folk herbalist Athena Rose, M.Ed.

FREE

Thurs., September 25 | 6-8pm



**ASHLAND
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Sign up/Learn More:
AshlandFood.Coop/Events

WELLNESS

Redmond Earth Paste Spearmint

Unsweetered Natural Toothpaste 4 oz

\$7.99

SAVE \$1.50



coop deals

Country Life Easy Iron

Non-Constipating & Gentle On Stomach 90 vcap

\$9.99

SAVE \$3.30



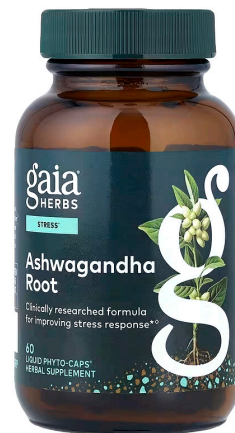
coop deals

Gaia Herbs Ashwagandha Root

Stress Support 60 cap

\$16.99

SAVE \$8.00



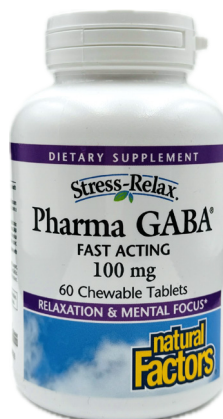
coop basics

Natural Factors Pharma GABA

Relaxation & Mental Focus 60 tab

\$17.79

SAVE \$5.70



Ashland Food Co-op Melatonin 3 mg

Dietary Supplement 2 oz

\$8.79

SAVE \$0.70



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.

\$22.99



Tintero Rosato

750ml
Primarily Barbera, with a splash of aromatic white grapes. Just a little spritzzy, a fun Italian Summer rose.

\$12.99

