

# HERB PHARM®

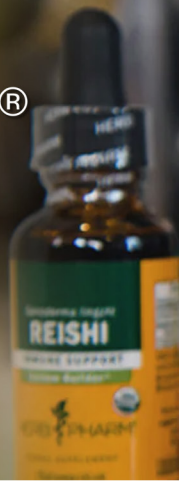
## 20% OFF

Sept. 3 through Sept. 30



**ASHLAND  
FOOD CO-OP**

EST. 1972



**SALE FLYER | September 3 to September 9, 2025**

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Snow Leopard  
Melons**

Washington

**\$1.49 lb**

SAVE \$0.80/lb



**ORGANIC  
Locally Grown Grapes  
Green, Red & Black**

Applegate Valley

**\$2.89 lb**

SAVE \$1.10/lb



**ORGANIC  
Figs  
All Varieties**

California • open pint

**\$5.95 ea**

SAVE \$2.00



**ORGANIC  
Starkrimson Pears**

Oregon & Washington

**\$2.49 lb**

SAVE \$1.50/lb



**ORGANIC  
Cauliflower**

California

**\$1.99 lb**

SAVE \$0.50/lb



**ORGANIC  
Mini Sweet Peppers  
1LB Bags**

Oregon & Washington

**\$4.95 ea**

SAVE \$3.00



**ORGANIC  
Fingerling Potatoes  
1.5LB Bags**

Washington

**\$3.49 ea**

SAVE \$1.76



**ORGANIC  
Green Beans**

Oregon & Washington

**\$3.49 lb**

SAVE \$1.46/lb



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

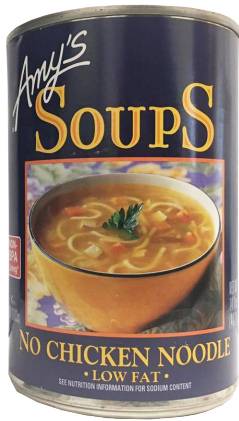


coop  
deals

**Amy's  
Organic Soup**  
14.1-14.5 oz

**\$3.99**

SAVE \$0.80



## GROCERY

coop  
deals

**Bachan's  
Japanese  
Barbecue Sauce**  
16-17 oz

**\$6.99**

SAVE \$1.00



coop  
deals

**Brew Dr.  
Organic Kombucha**  
14 oz

**2/\$5**

SAVE \$2.98 on 2



coop  
deals

**Alden's  
Organic Ice Cream**  
48 oz

**\$8.99**

SAVE \$1.00



coop  
deals

**Green  
Valley Creamery  
Organic Kefir**  
32 oz

**\$5.79**

SAVE \$2.00



coop  
deals

**Amy's  
Pizza**  
12-14 oz

**\$8.99**

SAVE \$2.70



coop  
deals

**R.W. Knudsen  
Lemon  
Ginger  
Echinacea  
Juice**  
32 oz

**\$3.69**

SAVE \$1.00



coop  
deals

**Rudi's Organic Bakery  
Organic English Muffins**  
12 oz

**\$3.49**

SAVE \$2.00



coop  
deals

**Rumiano  
Organic Cheese Blocks**  
8 oz

**\$4.99**

SAVE \$2.00



coop  
basics



**ORGANIC  
Quinoa**  
**\$2.29 lb**



**ORGANIC  
Apples  
Peeled**  
**\$9.99 lb**  
SAVE \$3.80/lb



## BULK



**Café Mam  
French Roast  
Dark Roast**  
**\$13.99 lb**  
SAVE \$2.00/lb



**ORGANIC  
Red Flame Raisins**  
**\$2.69 lb**  
SAVE \$1.00/lb







**ASHLAND  
FOOD CO+OP**

EST. 1972



HERB PHARM®

**20% OFF**



All Herb Pharm Products

**9/3 to 9/30**

Discount taken at the register







**ASHLAND  
FOOD CO+OP**

EST. 1972

# Join Today!

**Be a co-op owner  
with 13,000 of your  
neighbors & friends!**

Come for the perks,  
stay for the purpose!



Support our local  
farmers and purveyors

FOR MORE INFORMATION ON HOW TO BECOME AN OWNER GO TO  
[WWW.ASHLANDFOOD.COOP/BECOME-OWNER](http://WWW.ASHLANDFOOD.COOP/BECOME-OWNER) OR SCAN THE QR CODE!





## LAND & SEA



**Organic Smart Chicken**  
Boneless Skinless Thighs

**\$8<sup>49</sup> lb**

SAVE \$1.50/lb



**Diestel Turkey Ranch**  
Ground Dark Turkey

**\$4<sup>99</sup> lb**

SAVE \$2.00/lb



**Niman Ranch**  
Sausages  
All Varieties • 12 oz

**\$6<sup>99</sup>**

SAVE \$2.50



**Diestel Turkey Ranch**  
Organic Sliced  
Turkey

Oven Roasted & Smoked • 6 oz

**\$6<sup>99</sup>**

SAVE \$2.50



## HOUSE-MADE

**ASHLAND**  
**FOOD CO+OP**

EST. 1972

**Co-op Kitchen**  
Made-to-Order  
Brown Sugar Breve  
16oz

*New Product!*

**\$4<sup>95</sup>**

SAVE \$1.00



**ASHLAND**  
**FOOD CO+OP**

EST. 1972

**Co-op Kitchen**  
Grab-n-Go  
Turkish Garbanzo  
Salad

**\$9<sup>95</sup> lb**

SAVE \$2.00/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!

**Co+op**  
**basics**

## CO+OP Basics

**Co+op**  
**basics**



**Emerald Hills**  
Ground Beef

Not to exceed 20% fat

**\$7<sup>99</sup> lb**



**Co+op**  
**basics**



**Field Day**  
Organic  
Cranberry Juice  
32 oz.

**\$6<sup>99</sup>**



**Co+op**  
**basics**



**Field Day**  
Organic Vanilla  
Blueberry Granola  
12 oz.

**\$4<sup>99</sup>**



**Co+op**  
**basics**



**New**  
Chapter  
Turmeric  
Force  
60 vcap

**\$26<sup>99</sup>**

**Co+op**  
**basics**



**Field Day**  
Organic  
Stone  
Ground  
Mustard  
8 oz.

**\$1<sup>99</sup>**





# ROUND UP TO Give Back



ASK YOUR CASHIER TO ROUND UP!



The mission of the Siskiyou Field Institute is to increase the understanding of, and connection to the Klamath-Siskiyou ecoregion through education, scientific research, and public engagement.

## WELLNESS

**Pranarom  
All Products**

**15%  
OFF**



**Humble  
Moroccan  
Rose  
Deodorant**  
Aluminum-free  
Deodorant  
2.65 OZ

**\$8<sup>39</sup>**  
SAVE \$3.10



**Garden of Life  
All Products**

**15%  
OFF**



**Kal  
Lithium Orotate**  
Brain & Nervous System  
Support  
120 vcap

**\$10<sup>99</sup>**  
SAVE \$1.50



**Yerba Prima  
Daily Fiber  
Caps**  
Supports Digestive  
Health  
180 cap

**\$12<sup>99</sup>**  
SAVE \$3.80



## BRUCE'S PICKS



**Plaisance Ranch  
Sauvignon Blanc**

750 ml  
Come by the tasting kiosk, Friday 3-5pm, Joe Ginet from Plaisance will be pouring a selection of his family's estate grown wines.

**\$19<sup>99</sup>**



**Luzador  
Tinto**

750ml  
50% Garnacha, 50% Tempranillo from Navarra, SP. Juicy, without being over ripe, great balance. Biodynamic.

**\$16<sup>99</sup>**

