



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

# Fall Harvest BULK SALE

Look  
for me!



## 20% OFF

Select Bulk Grocery and Wellness Products

### 10/10 to 10/12

Discount Taken at Register

**SALE FLYER | October 8 to October 14 2025**

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC**  
Oregon Grown!  
Honeycrisp Apples  
Oregon

**\$2<sup>29</sup> lb**

SAVE \$1.20/lb



**ORGANIC**  
Oregon Grown!  
Comice Pears  
Oregon

**\$2<sup>29</sup> lb**

SAVE \$1.20/lb



**ORGANIC**  
Grape Totes  
Red & Green  
California

**\$2<sup>99</sup> lb**

SAVE \$1.96/lb



**ORGANIC**  
Raspberries  
6oz Containers  
California

**\$3<sup>95</sup> ea**

SAVE \$2.00



**ORGANIC**  
Oregon Grown!  
Broccolini  
Oregon

**\$2<sup>49</sup> ea**

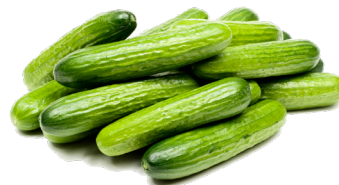
SAVE \$1.50



**ORGANIC**  
Bunched Carrots  
Washington

**\$2<sup>99</sup> ea**

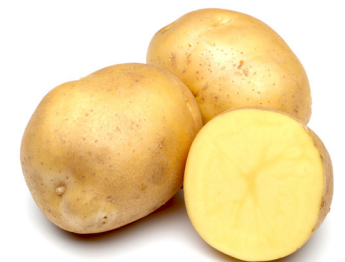
SAVE \$1.00



**ORGANIC**  
Mini Persian  
Cucumbers  
Mexico

**\$2<sup>29</sup> lb**

SAVE \$1.70/lb



**ORGANIC**  
Yellow Potatoes  
Oregon & Canada

**\$1<sup>09</sup> lb**

SAVE \$0.90/lb



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





## Angie's Boom Chicka Pop Popcorn

4.5-7 oz

**2/\$6**

SAVE \$2.58 on 2



## GROCERY



## Woodstock Organic Peppers & Cauliflower

10 oz

**2/\$7**

SAVE \$2.58 - \$2.78 on 2



## Organic Valley Organic Cottage Cheese

16 oz

**\$5.49**

SAVE \$1.00



## Dr. Praeger's Veggie Burgers

8 oz

**\$5.39**

SAVE \$1.60



## Maple Hill Creamery Organic Plain Whole Milk Greek Yogurt

32 oz

**\$5.49**

SAVE \$1.80



## Emmy's Organics Coconut Cookies

6 oz

**\$4.79**

SAVE \$1.50



## Mi-Del Ginger Snaps

Select Varieties  
8-10 oz

**\$4.49**

SAVE \$1.10



## Perfect Bar Organic Protein Bars

2.3-2.5 oz

**2/\$5**

SAVE \$2.18 on 2



## Bhuja Nut Mix Snacks

Cracker • Nut • Peas  
7 oz

**\$4.39**

SAVE \$1.00



## BULK



## ORGANIC Raw Cashews

Whole

**\$6.69 lb**

SAVE \$1.00/lb



## Sunridge Farms Organic Sunny Worms

**\$10.89 lb**

SAVE \$4.00/lb



## Pachamama Sunrise Light Roast

**\$16.49 lb**

SAVE \$1.50/lb



## ORGANIC Extra Virgin Olive Oil

**\$12.29 lb**







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

# Fall Harvest BULK SALE

Look  
for me!



# 20% OFF

Select Bulk Grocery and Wellness Products

## 10/10 to 10/12



# BULK

## up your pantry for Fall

Look  
for me!



**Equal Exchange  
Organic Chocolate Chips**

bulk

**\$17<sup>49</sup> lb**



**Applegate Apiaries  
Raw and Unfiltered Honey**

bulk

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



**ORGANIC  
Arbequina Olive Oil**

bulk

**\$12<sup>79</sup> lb**



**ORGANIC  
Jasmine Rice**

bulk

**\$2<sup>89</sup> lb**



**Wheat Free Granola  
House Made from the Co-op**

bulk

**\$10<sup>95</sup> lb**



**ASHLAND  
FOOD CO+OP**

EST. 1972

**SALE FLYER**  
October 8 to October 14, 2025  
Open Daily 7AM - 9PM





## LAND & SEA



**Organic Smart Chicken  
Boneless Skinless Thighs**

**\$8<sup>99</sup> lb**

SAVE \$1.50/lb



**Beeler's  
Boneless Pork Shoulder  
Roast**

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

SAVE \$2.00/lb



## HOUSE-MADE

**ASHLAND  
FOOD CO+OP**

EST. 1972

**Co-op Kitchen  
Bakery  
Wheat Free  
Chocolate Chip  
Cookie**

**\$1<sup>95</sup>**

SAVE \$0.30



**Volpi  
Sliced Meats**

All Varieties  
3-5.5 oz.

**\$1<sup>00</sup> ea**



**Applegate  
Naturals  
Turkey Bacon**

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

SAVE \$1.70

**ASHLAND  
FOOD CO+OP**

EST. 1972

**Co-op Kitchen  
Grab-N-Go  
Greek Dolma  
Salad**

**\$8<sup>95</sup>**

SAVE \$2.00



## 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**



**Organic  
Smart Chicken  
Whole Chicken**

**\$4<sup>19</sup> lb**



**Co+op  
basics**



**Field Day  
Organic Blueberries**  
32 oz.

**\$9<sup>99</sup>**



**Co+op  
basics**



**Field Day  
Organic Original  
Applesauce**  
24 oz.

**\$3<sup>99</sup>**



**Co+op  
basics**



**Field Day  
Chunk White  
Albacore Tuna**  
Salted/No Salt Added • 5 oz.

**\$2<sup>99</sup>**



**Co+op  
basics**



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

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





# Indigenous Peoples' Day

This Indigenous Peoples' Day, we're honoring the histories, food traditions, and stewardship practices of the tribes of southern Oregon. Learn how these first foods and practices continue to inspire our community today.

Learn More



## WELLNESS

Garden of Life  
All Products

**15% OFF**



Lily Of The Desert  
Aloe Vera Jelly  
Soothing Moisturizer  
4 oz

**\$3.99**

SAVE \$0.80



Aura Cacia  
All Products

**30% OFF**



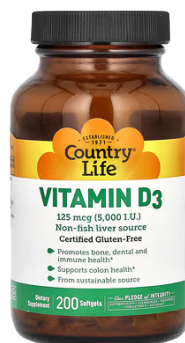
coop deals

Country Life  
Vitamin D3 5000

Promotes Bone, Dental & Immune Health  
200 soft gel

**\$14.99**

SAVE \$4.50



coop deals

Wild Carrot  
Lord!  
My Hands  
Are So Dry!  
For Overworked  
Extremely Dry Hands  
200 ml

**\$16.99**

SAVE \$4.50



## BRUCE'S PICKS

Decibel  
Sauvignon Blanc

750 ml  
Single vineyard, Hawke's Bay, North Island New Zealand. Citrus, apple, guava, apricot, pineapple.

**\$12.99**



Chateau  
Pey-Bonhomme  
Bordeaux Rouge

750ml  
Biodynamically grown Merlot, Cabernet Franc and Malbec. Plum, blackberry, bay leaf.

**\$18.99**

