



SALE FLYER | JANUARY 14 TO 20, 2026

**ASHLAND
FOOD CO+OP**

EST. 1972

**20%
OFF**

**Johansen Farm
Navel Oranges
4lb bag**



FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Cosmic Crisp Apples
Washington

\$1.89⁹⁹ lb
SAVE \$1.10/lb



ORGANIC
Grapefruit
All Varieties
California

**20%
OFF**



ORGANIC
Blueberries
Pint Containers
Peru

\$5.95⁹⁹ ea
SAVE \$3.00/ea



ORGANIC
Clementine Mandarins
California

**20%
OFF**



ORGANIC
Cabbage
Green & Red
California

99¢ lb
SAVE \$1.00/lb



ORGANIC
Lage Hass Avocados
Mexico

\$1.99⁹⁹ ea
SAVE \$0.50/ea



ORGANIC
Red Bell Peppers
Mexico

\$1.99⁹⁹ lb
SAVE \$2.00/lb



ORGANIC
Zucchini
Mexico

\$1.99⁹⁹ lb
SAVE \$1.00/lb



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

coop
deals

GROCERY

coop
deals

Stahlbush Island Farms Strawberries

10 oz. • Sustainably grown
in the USA

2/\$8

SAVE \$1.29 on 2!



Deep Indian Kitchen Veggie Masala Dumplings

7.8 oz.

\$5.49

SAVE \$1.30



coop
deals



Bellwether Farms Organic Whole Milk Yogurt

5.3 oz.

\$1.59

SAVE \$0.70



coop
deals



Malk Organic Almond Milk

28 oz.

\$4.99

SAVE \$2.30



coop
deals



Miracle Noodle Bone Broth Noodle Soup

7.6 oz.

\$4.69

SAVE \$1.20

coop
deals



Pacific Foods Organic Soup

32 oz.

\$3.99

SAVE \$1.30



coop
deals



Equal Exchange Organic Tea

20 bag

2/\$7

SAVE \$1.79 on 2!



Cobram Estate Classic Extra Virgin Olive Oil

12.7 oz.

\$8.99

SAVE \$3.30



coop
deals



Lesser Evil Organic Popcorn

4.6 oz.

\$2.59

SAVE \$1.60



BULK

coop
deals



Organic Raw Cashew Pieces

\$5.49 lb

SAVE \$1.00/lb



Equal Exchange Organic Dry Roasted Almonds

No Salt

\$10.99 lb

SAVE \$2.00/lb



Cafe Mam Organic French Roast

\$12.99 lb

SAVE \$3.00/lb



coop
basics

Organic Sunflower Seeds

Unpasteurized

\$3.39 lb





**ASHLAND
FOOD CO+OP**

EST. 1972

CITRUS SALE

**January
14 to 20**

**20%
OFF**

Discount taken
at the register

Citrus Primer



Cara Cara *navel*
December – April

Mild Acid/Sweet
Juicing, Fresh Eating
Seeds: No

Likely a cross between a Washington and a Brazilian Bahia Navel. Extraordinary Cara Cara oranges boast vivid salmon-colored flesh. Some describe its balanced flavor as a perfect blend of tangerine and grapefruit; others note a mild strawberry to cranberry-like finish. Size varies from small and medium to large. Great for eating fresh. It was discovered in Valencia, Venezuela.



African Shaddock *pummelo*
December – March

Moderate Acid
Sweet
Seeds: Few to Many

Resembling a grapefruit, African Shaddock is the largest fruit in the citrus family. Pale green to yellow skin when ripe, Shaddock is pebbled with many small oil glands. A light-red, white, or pink interior is complex and meaty with a pleasant, subtly sweet grapefruit flavor. There is a substantial, cotton-like pith that is white, spongy, and inedible underneath the thick rind, making peeling a bit laborious.



Fremont *mandarin*
December – April

Medium Acid
High Sugar
Fresh Eating
Seeds: Moderate
Easy Peeling: Yes

Fremont is medium in size, flat on top and bottom (oblate) with a bright reddish-orange and medium-thick rind. Deep-orange tender flesh is juicy, rich and vibrant. The fruit retains quality exceptionally well past maturity.



Mango *valencia*
December – March

Sub Acid
Mild Sweetness
Seeds: Few

This variety delivers a delicate sweet flavor with a vanilla finish that tastes like a mango. Originating in northern Africa near the Mediterranean, this is a great citrus option for avoiding acidic foods and visually appealing with a soft, pink ring around the outside of the flesh.



Minneola *tangelo*
January – April

Medium Sugar
Slight Bitterness
Great for Fresh Eating, Juicy
Seeds: Few

Hybrid of a Duncan grapefruit and a Dandy mandarin. Juicy, orange-colored flesh. Nicknamed “The Honeybell” due to its bell shape, this large-sized fruit is juicy with orange-colored flesh that’s rich, sweet and tart. Its flavor is described as traditional orange with a touch of tangerine. It’s the most popular of all tangelos.



Moro *blood orange*
February – May

Baking, Juicing, Snacking
Seeds: Minimal
Easy Peeling: No

Moro blood oranges are known as the “connoisseur’s citrus.” This orange is originally from Sicily and is very common throughout Italy. The Moro has a dark burgundy color rind and a deep red internal color. The flavor is unequalled, ranging from sweet to tart with berrylike overtones. Striped-red-orange to dark burgundy flesh, seedless. Tastes of raspberry, plums and pomegranates.



Sweet *lime*
November – December

Low Acid/Mild
Fresh Eating, Baking, Juicing
Seeds: No
Easy Peeling: No

Hybrid of Mexican lime and a Sweet lemon or citron. AKA Palestine lime/Persian lime/Indian Sweet lime. Sweeter than ordinary limes, this versatile fruit is excellent for sweet limeade, for tossing into a winter fruit salad, or for toning down cocktails in place of more sour limes. Popular in Middle Eastern, Latin American, and Indian cooking, they are used for their juice and utilized as a sweet flavoring agent. The skin is smooth and thin, and it is a perfect lime for folks who cannot have high acidity fruits. Sweet Limes have many medicinal health properties as well.

LAND & SEA

coop
deals

SMART
CHICKEN



**Organic Smart Chicken
Tenderloins**

\$9⁹⁹ lb

SAVE \$2.00/lb



**Applegate Naturals
Sunday Bacon • 8 oz.**

\$5⁹⁹

SAVE \$1.30



**Premium
Raw Peeled &
Deveined Shrimp**

21/25 Count

\$9⁹⁹ lb

SAVE \$5.00/lb



**Applegate Naturals
Breakfast Sausage
Links**

All Varieties

\$4⁹⁹

SAVE \$2.00

HOUSE-MADE

**ASHLAND
FOOD CO+OP**

EST. 1972

**Co-op Kitchen
Made to Order
Bombshell Coffee**

16 oz.

\$3⁴⁵

SAVE \$1.50



**ASHLAND
FOOD CO+OP**

EST. 1972

**Co-op Kitchen
Grab N Go
Spinach
Artichoke Dip**

\$10⁹⁵ 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!

coop
basics

CO-OP BASICS

coop
basics

SMART
CHICKEN



**Smart Chicken
Drumsticks**

\$2⁴⁹ lb

coop
basics



**Field Day
Organic Refried
Pinto Beans**

16 oz.

\$1⁴⁹



coop
basics



**Field Day
Organic Long Grain
White Rice**

2 lb.

\$4⁹⁹



coop
basics



**Natural Factors
Tangy Orange
Vitamin C Fruit
Chews**

90 count

\$13²⁹

coop
basics



**Field Day
Organic Garlic
Cilantro Salsa**

16 oz.

\$3⁹⁹





HELLO SHOPPERS!

The Co-op will be closing early on Saturday, January 17th for our Staff Party.

AFC Kitchen closing at 4PM

Store closing at 5PM

everyday deal

Buy \$100 worth of wellness products

GET 10% OFF

WELLNESS



Solaray Magnesium Glycinate
Bone-Muscle-Relaxation
120 vcap

\$19.99

BUY ONE GET ONE!



Garden Of Life Ashwagandha
Stress & Mood

60 tab

\$15.99

SAVE \$11.00



Barleans All Products

20% OFF



Shikai Borage Therapy
Dry Skin Lotion
1 oz.

\$2.99

SAVE \$0.80



Natural Factors Theracurmin

Healthy Inflammatory Response
60 vcap

\$17.49

SAVE \$5.50



BRUCE'S PICKS

Domaine Brunet Chinon

750 ml

Nice example of Loire Valley Cabernet Franc, with juicy fruit up front, followed by a rustic, earthy, herbal finish.

\$15.99



Femina Etna Bianco

750ml

100% Carricante grown in the black volcanic soils of Sicily, 2,100ft elevation, terraced vineyard. Minerality, elegance, aromatic, bright acidity.

\$24.99

