



**ASHLAND
FOOD CO+OP**

EST. 1972



*Happy
Valentines
Day*

**One Dozen
Roses
\$24.95**

SALE FLYER | FEBRUARY 11 to FEBRUARY 17

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC
Kanzi Apples**
Washington

\$1.99 lb
SAVE \$1.00/lb



**ORGANIC
Strawberries**
1 lb Containers
California & Mexico

\$7.95 ea
SAVE \$2.00/ea



**ORGANIC
Raspberries**
6 oz Packages
California

\$4.85 ea
SAVE \$2.10/ea



**ORGANIC
Tango Mandarins**
California

\$2.69 lb
SAVE \$1.30/lb



**ORGANIC
Fennel Bulbs**
California

\$2.89 ea
SAVE \$1.10/ea



**ORGANIC
Crimini Mushrooms**
Canada

\$5.45 lb
SAVE \$1.50/lb



**ORGANIC
Fingerling Potatoes**
1.5 lb Bags
Washington

\$3.49 ea
SAVE \$1.46/ea



**ORGANIC
Bunched Carrot**
California

\$2.99 ea
SAVE \$1.00/ea



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

coop deals

GROCERY

coop deals

Bitchin' Sauce
Vegan Dip & Spread
7-8 oz.

BOGO
BUY ONE GET ONE
FREE!



GT's Kombucha
16 oz.

2/\$6
SAVE \$1.58 on 2



coop deals



A Dozen Cousins
Seasoned Beans
Cuban Black • White Chili Verde
10 oz.

2/\$6
SAVE \$1.58 on 2

coop deals



Barbara's
Cheese Puffs
5.5-7 oz.

2/\$6
SAVE \$1.38 on 2

coop deals



Choice Organic
Herbal Tea
16 bags

2/\$8
SAVE \$1.78 on 2



Food For Life
English Muffins
Brown Rice • Multi Seed
18 oz.

\$6.59
SAVE \$2.00



coop deals



Chickapea
Organic Pasta
8 oz.

BOGO
BUY ONE GET ONE
FREE!



coop deals

Follow Your Heart
Vegan Sliced
Cheese
Provolone • Gouda
7 oz.

\$4.49
SAVE \$1.50



coop deals



Dr. Bronner's
Organic Virgin Coconut
Oil
14 oz.

\$7.99
SAVE \$3.00



BULK



Organic
Brown Flax Seed
\$2.49 lb
SAVE \$0.40/lb



Organic
Adzuki Beans
\$4.09 lb
SAVE \$0.50/lb



Northbound
Coffee Roasters
Organic Mexico
Light Roast
\$14.99 lb
SAVE \$3.00/lb



Organic
Whole Raw Cashews
\$6.99 lb
SAVE \$0.70/lb





**ASHLAND
FOOD CO+OP**

— EST. 1972 —

Just in time for Valentine's Day

LOCAL TULIP BUNCHES

\$19.95/bunch



Organic Flowers grown in
the Applegate Valley by
Flora Flower Farm

Join us February 20th, 5 - 7 pm at the Meese Auditorium to learn more about Oregon's Black History!

PRESENTED BY: **OREGON BLACK PIONEERS**

Complementary snacks and refreshments

\$10 TO ATTEND
\$5 FOR CO-OP OWNERS

SOU students attend for free!

ALL PROCEEDS GO TO

BLACK SOUTHERN OREGON ALLIANCE

SCAN HERE FOR TICKETS:



This event is brought to you in partnership with



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



CHANGE
for good

We're excited to invite local organizations to apply to be a 2027 Change for Good Partner!

Ashland Food Co-op's monthly register round-up initiative allows shoppers to round up their total at checkout, to support nonprofits making a difference in our community ~ *one cent at a time.*

Please apply and spread the word to our local non-profit organizations!

<https://ashlandfood.coop/change-for-good-partner-application-2026>

LAND & SEA



Premium Raw Peeled & Deveined Shrimp

21/25 count

\$9⁹⁹ lb

SAVE \$5.00/lb



Fresh Columbia River Steelhead Fillet

Farm Raised

\$11⁹⁹ lb

SAVE \$4.00/lb



Smart Chicken Boneless Skinless Thighs

\$5⁹⁹ lb

SAVE \$1.50/lb



Emerald Hills Beef Boneless Ribeye Steak

100% Grass Fed

\$19⁹⁹ lb

SAVE \$7.00/lb



HOUSE-MADE

ASHLAND FOOD CO+OP
EST. 1972

Co-op Kitchen Bakery Chocolate Dipped Macaroons

\$2⁹⁵

SAVE \$1.00



ASHLAND FOOD CO+OP
EST. 1972

Co-op Kitchen Made to Order Raspberry Mocha

16 oz.

\$4⁹⁵

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

Applegate Naturals Chicken Nuggets

8 oz.

\$6⁴⁹

SAVE \$1.50



Co+op basics



Field Day Baby Wipes

72 ct.

\$3⁹⁹

Co+op basics



Field Day Organic Unrefined Coconut Oil

14 oz.

\$7⁹⁹



Co+op basics



Field Day Organic Diced Pears

4 pack

\$3⁹⁹



Co+op basics



Field Day Organic Mild Cheddar Macaroni and Cheese

6 oz.

\$1⁹⁹



VALENTINE'S DAY SPARKLING WINE SALE

11:30-1:30
Live Music!



Buy 4 or more bottles and receive an additional 10% off!

20% OFF
All Sparkling Wine

FEBRUARY 14th
ONE DAY ONLY!

Discount taken at register

Join us on February 14th
from 11:30am to 1:30pm
for live harp music
with Casey Gina

WELLNESS

Mountain Ocean Skin Trip
Coconut Moisturizer
8 oz.

\$10⁷⁹
SAVE \$1.20



Natural Factors Organic Oil Of Oregano
Minimum 80% Carvacrol
1 oz.

\$17⁷⁹
SAVE \$4.20



Inesscents All Products

20% OFF



coop deals



Spry Peppermint Mints
Dental Defense
240 ct.

\$11⁹⁹
SAVE \$3.50

coop deals

Gaia Herbs Ashwagandha Root
Clinically Researched For Improving Stress Response
120 veg caps

\$17⁹⁹
SAVE \$7.00



BRUCE'S PICKS

Cleto Chiarli Lambrusco Secco
750 ml
Pale red in color, this Italian bubbly is dry, with flavors of red berries and pomegranate. Light, pleasant bitterness and citrusy acidity on the finish.

\$17⁹⁹



Le Fraghe Chiaretto Rosato
750ml
Corvina and Rondinella, grown near Lake Garda. Aromas of roses and strawberry, tastes of tart cherry and nectarine, dry and lengthy finish.

\$21⁹⁹

