



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



Organic Mushrooms

20% OFF
All Fresh Varieties

*Discount taken at register

SALE FLYER | February 25 to March 3, 2026

FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC
Cosmic Crisp Apples
Washington

\$2.28 lb
SAVE \$0.71/lb



ORGANIC
Triplecross Mandarins
California

\$3.24 lb
SAVE \$1.21/lb



ORGANIC
"Jumboz" Blueberries
9.8 oz pack
California

\$8.95 ea
SAVE \$2.00/ea



ORGANIC
Grapefruit
All Varieties!
California & Texas

\$2.24 lb
SAVE \$1.05/lb



ORGANIC
Red & White Onions
Washington

\$1.44 lb
SAVE \$0.55/lb



ORGANIC
Romanesco
California

\$2.25 lb
SAVE \$1.74/lb



ORGANIC
Broccolini
California

\$3.56 ea
SAVE \$0.89/ea



ORGANIC
Red & Yellow Potatoes
3lb Paper Bag
US & Canada

\$3.42 ea
SAVE \$1.53/ea



GROCERY

coop deals

GT's Kombucha
16 oz.

2/\$6

SAVE \$1.58 on 2



coop deals

Cascadian Farm Organic Frozen Vegetables
10 oz.

2/\$6

SAVE \$2.58 on 2

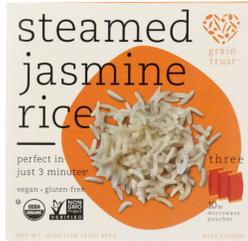


coop deals

Oatly Oat Milk
Original and Full Fat • 64 oz.

\$4.69

SAVE \$1.60



Grain Trust Steamed Rice
Jasmine • Brown Grain
30 oz.

\$4.89

SAVE \$1.00



coop deals

Lakewood Beet • Beet Ginger Turmeric
32 oz.

\$5.49

SAVE \$2.00



coop deals

Pamela's Shortbread Cookies
Gluten Free
6.25 oz.

\$4.49

SAVE \$1.30



coop deals

Amy's Soup All flavors
14-14.7 oz.

\$3.99

SAVE \$0.80



coop deals

Rao's Marinara and Tomato Basil
Pasta Sauce
24 oz.

\$6.99

SAVE \$3.00



coop deals

Annie's Shells and Aged Cheddar
11 oz.

\$3.99

SAVE \$1.50



BULK



Organic Chia Seeds

\$2.69 lb

SAVE \$0.70/lb



Organic Walnuts
Shelled Halves and Pieces

\$6.99 lb

SAVE \$1.30/lb



Cafe Mam Organic Decaf French

\$13.99 lb

SAVE \$3.00/lb



Organic Royal Red Quinoa

\$3.79 lb

SAVE \$0.50/lb



SALES FLYER FEBRUARY 25 TO MARCH 3



Organic Mushrooms



20% OFF All Varieties

Discount Taken at Register



Chef Sampler Packs
8 oz Pack



Brown Beech
Sweet and nutty with a dense texture.



Trumpet Royales
Firm with a savory, subtly briny flavor and long shelf life.



Lion's Mane
Mildly sweet flavor and texture mimics crab.



Oyster Mushrooms
Velvety and dense with a mild flavor.



Crimini Mushrooms
Mild, earthy, savory flavor and meaty texture.



Shiitake Mushrooms
Flavor reminiscent of the sea and a crunchy texture when cooked.



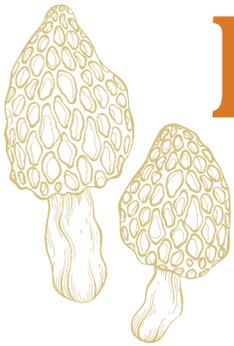
White Mushrooms
A great all-purpose mushroom with mild flavor and firm texture.



Portabellas
Meaty and savory, this mushroom can be grilled, sautéed, baked or stuffed.



SALES FLYER FEBRUARY 25 TO MARCH 3



Functional Mushrooms

Fungal Supplements for Boosting the Immune System



Kokora
5 Mushroom Wellness
Whole Plant Potency
60 cap

\$33⁷⁹

SAVE \$8.20



Herb Pharm
Organic Lion's Mane
Mood Focus and Memory
90 cap

\$22⁴⁹

SAVE \$5.50



Malama Mushrooms
Organic Turkey Tail
Immune Support
3.5 oz

\$21²⁹

SAVE \$5.00



Gaia Herbs
Cordyceps Mushroom
Energy Support
40 cap

\$23⁹⁹

SAVE \$6.00



LAND & SEA



Smart Chicken Thighs

\$3⁹⁹ lb
SAVE \$1.00/lb



Beeler's Boneless Pork Loin Chops

\$5⁹⁹ lb
SAVE \$2.00/lb



HOUSE-MADE

ASHLAND FOOD CO+OP
EST. 1972

Co-op Kitchen Made to Order Golden Milk

16 oz.
\$4⁹⁵
SAVE \$1.00



Roli Roti Butcher's Organic Bone Broth

All Varieties • 24 oz.

\$7⁹⁹
SAVE \$2.00



Hempler's Applewood Smoked Center Cut Bacon

10 oz.
\$6⁴⁹
SAVE \$1.50

ASHLAND FOOD CO+OP
EST. 1972

Co-op Kitchen Bakery Chocolate Coconut Pudding

Vegan
\$8⁴⁵ lb
SAVE \$1.50/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



Organic Smart Chicken Whole Chicken

\$4¹⁹ lb



Co+op basics



Field Day Coconut Water
33.8 oz.

\$4⁴⁹

Co+op basics



Field Day Organic Yellow Mustard

8 oz.
\$1⁹⁹



Co+op basics



Field Day Organic Toasted Wheat Square Crackers

7 oz.
\$3⁴⁹



Co+op basics



Field Day Salted Chunk Light Skipjack Tuna

5 oz.
\$2²⁹

ROUND UP TO Give Back

CHANGE
for good



ASK YOUR CASHIER TO ROUND UP!



Cultivating healthy kids, environmental stewardship, and the local economy. Rogue Valley Farm to School educates children about our food system through hands-on farm and garden programs, and by increasing local foods in school meals.

MARCH 1 TO 31

coop deals

Dr. Tung's Smart Floss
Removes Up to 55% More Plaque
30 yd.

\$4.00
SAVE \$1.29



WELLNESS

Kyolic Aged Garlic Extract
Cardiovascular Health
200 cap

\$22.79
SAVE \$4.50



Natural Factors Tranquil Sleep
Advanced Fast Acting Formula
60 chewable tablets

\$18.99
SAVE \$9.80



coop deals

coop deals

Sovereign Silver Natural Nasal Spray
Bio-Active Silver Hydrosol
2 oz.

\$11.99
SAVE \$1.00



Heritage Store Organic Caster Oil
100% Cold-Pressed
16 oz.

\$15.99
SAVE \$2.50



coop deals

BRUCE'S PICKS

Bouvet Brut
750 ml
Crémant de Loire, traditional sparkling wine from France. Chenin Blanc with a little Chardonnay, ripe pear and apple with real elegance.

\$17.99



AFC GSM Red Blend
750ml

Wonderful local red version of a Southern Rhone blend. Made for us by the great people at Quady North/ Barrel 42. Medium-bodied, loads of mixed berry, both dark berry and lighter raspberry and blueberry flavors.

\$19.99

