

SALE FLYER | MAY 20 TO MAY 26, 2026

**3  
Days!**



All housemade  
sausages!

**HOUSEMADE  
SAUSAGES  
20% OFF  
5/22 - 5/24**



Sale items are  
specially marked.

## FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



**ORGANIC  
Seedless Watermelon**  
California

**85¢ lb**  
SAVE \$0.34/lb



**ORGANIC  
Blueberries  
Pint Containers**  
California

**\$3.95 ea**  
SAVE \$3.00/ea



**ORGANIC  
Grapes  
Red, Green & Black**  
California & Mexico

**\$3.95 lb**  
SAVE \$3.00/lb



**ORGANIC  
Nectarines**  
California

**\$3.95 lb**  
SAVE \$2.00/lb



**ORGANIC  
Corn**  
California

**\$1.99 ea**  
SAVE \$1.00/ea



**ORGANIC  
Romaine Hearts  
3 Pack**  
California

**\$3.95 ea**  
SAVE \$1.00/ea



**ORGANIC  
Tomatoes  
On The Vine**  
Mexico

**\$3.99 lb**  
SAVE \$0.96/lb



**ORGANIC  
Coleslaw  
9oz Bags**  
California

**\$3.45 ea**  
SAVE \$1.50/ea



coop deals

# GROCERY

coop deals

**Brew Dr. Kombucha**  
All Flavors  
Made with Organic Ingredients  
16 oz.

**2/\$5**

SAVE \$2.58 on 2



**Califia Farms**  
Non-Dairy  
Almond Milk  
48 oz.

**\$4.49**

SAVE \$1.50



coop deals



**Actual Veggies**  
Veggie Burgers  
All Flavors  
4 pack

**\$5.99**

SAVE \$1.50



coop deals



**Santa Cruz Organics**  
Lemonade  
All Flavors  
32 oz.

**2/\$5**

SAVE \$1.98 on 2



**Tinkyada**  
Brown Rice Pasta  
Fettuccini and Shells  
14-16 oz.

**2/\$7**

SAVE \$2.38 on 2



**American Tuna**  
Albacore  
Salted and Unsalted  
Wild Pole Caught  
5 oz.

**\$6.99**

SAVE \$2.00



**Barbara's**  
Cheese Puffs  
Original and Jalapeno  
7 oz.

**\$2.79**

SAVE \$0.90

**Alvarado St.**  
Hamburger and  
Hot Dog Buns  
6 pack

**\$4.99**

SAVE \$0.50



coop deals



**Boulder Canyon**  
Potato Chips  
Made with Avocado Oil  
5.25oz.

**2/\$6**

SAVE \$2.58 on 2



coop deals



**Organic**  
Lotus Foods  
White Jasmine Rice

**\$2.49 lb**

SAVE \$0.50/lb



# BULK



**Organic**  
Deglet Pitted Dates

**\$4.99 lb**

SAVE \$1.30/lb



**Cafe Mam**  
Breakfast Blend

**\$12.99 lb**

SAVE \$3.00/lb



**Organic**  
Green Lentils

**\$2.59 lb**

SAVE \$0.40/lb



# ASHLAND FOOD CO+OP



**Woodstock  
Ketchup**  
20 oz.  
**\$3<sup>39</sup>**  
SAVE \$1.10



**Woodstock  
Yellow, Stoneground  
and Dijon Mustard**  
8 oz.  
**\$2<sup>69</sup>**  
SAVE \$1.30



**Woodstock  
Mayonnaise**  
16 oz.  
**\$4<sup>79</sup>**  
SAVE \$1.00



**Woodstock  
Whole Kosher Dill Pickles**  
24 oz.  
**\$4<sup>99</sup>**  
SAVE \$1.90



**Woodstock  
Kosher Dill Pickle Slices**  
24 oz.  
**\$4<sup>99</sup>**  
SAVE \$1.90



**Woodstock  
Sweet Relish**  
16 oz.  
**\$4<sup>99</sup>**  
SAVE \$1.90



**Fresh Columbia River  
Steelhead Fillet**  
Farm Raised  
**\$12<sup>99</sup>** lb  
SAVE \$3.00/lb



**Applegate Organics  
Great Hot Dog**  
10 oz.  
**\$6<sup>99</sup>**  
SAVE \$1.30



**Emerald Hills  
Ground Beef**  
**\$6<sup>99</sup>** lb  
SAVE \$1.00/lb



# MEMORIAL DAY COOKOUT CLASSICS

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

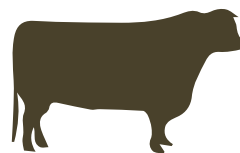
**3  
Days!**

# HOUSEMADE SAUSAGES

**20% OFF**  
**5/22 - 5/24**

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## LAND & SEA



**Organic Smart Chicken**  
Boneless Skinless Thighs

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

SAVE \$2.50/lb



**Cooked Peeled & Cleaned Shrimp**

31/40 Count • Farm Raised

**\$12<sup>99</sup>** lb

SAVE \$3.00/lb

## HOUSE-MADE

**ASHLAND FOOD CO+OP**

EST. 1972

**Co-op Kitchen Bakery**  
Vegan Walnut Brownies

**\$7<sup>50</sup>** lb

SAVE \$1.00/lb



**Chomps Jerky Sticks**

All Varieties • 1.15 oz.

**2/\$4**

SAVE \$1.38 on 2



**Beeler's Hickory Smoked Bacon**

16 oz.

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

SAVE \$2.00



**ASHLAND FOOD CO+OP**

EST. 1972

**Co-op Kitchen Grab N Go**  
Classic Potato Salad

**\$9<sup>45</sup>** lb

SAVE \$1.50



## 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**  
Spicy Chicken Breast Tenders

16 oz.

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



**Co+op basics**



**Field Day Organic Shoestring Cut Fries**

24 oz.

**\$5<sup>49</sup>**

**Co+op basics**



**Field Day Organic Whole Kernel Sweet Corn**

15 oz.

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



**Co+op basics**



**Organic Valley Salted Butter**

1 lb.

**\$9<sup>39</sup>**



**Co+op basics**



**Field Day Organic Apple Cider Vinegar**

32 oz.

**\$6<sup>49</sup>**





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

# BBQ Chicken on the grill



## ingredients

1 LB Chicken thighs

Pepper to taste

Salt to taste

1 tsp Majorum or other favorite leaf seasoning of choice

1/2 tsp Garlic powder

1 tsp Onion powder

1/2 raw onion

Your favorite Bbq sauce



## instructions

Rub pepper, salt, marjoram, garlic and onion on chicken, let it sit for 30 min to 1 hr.

In the meantime, fire up the grill to 325.

Rub onion on the grill to prevent sticking.

Put the chicken on the grill and flip it every 20 minutes. Try to get in two rotations. After your first two rotations, brush with BBQ sauce every five minutes until the chicken reaches 165.

Best enjoyed with your favorite people

## WELLNESS



### Prince Of Peace Red Panax Ginseng Extractum

Ultra Stength  
10 count

**\$6<sup>29</sup>**

SAVE \$2.00



### New Chapter Kids Multivitamin Gummies

Organic Fiber  
60 count

**\$19<sup>49</sup>**

SAVE \$6.50

coop  
deals

### Badger All Products

**20%  
OFF**



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### Shikai Dry Skin Foot Cream

Unscented  
4.2 oz.

**\$11<sup>29</sup>**

SAVE \$2.20

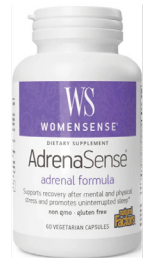


### Natural Factors Adrenasense

Adrenal Formula  
60 vcap

**\$15<sup>49</sup>**

SAVE \$7.30



coop  
deals

## BRUCE'S PICKS

### Quady North Rosé

750 ml

New vintage, 2025, of the best selling wine here at the Co-op. Watermelon and strawberry, with a dry and bright finish.

**\$13<sup>99</sup>**



### Abacela Albarino

750 ml

100% estate-grown in the Umpqua Valley. Very dry, zippy acidity, super-fresh, new 2025 vintage just released.

**\$18<sup>99</sup>**

