



SALES FLYER | JULY 15 TO JULY 21, 2026

ORGANIC Cantaloupe

Oregon & Washington

\$1.48 lb

SAVE \$1.51/lb



FRESH PRODUCE

Your only Southern Oregon Certified Organic Grocer



ORGANIC Honeydew Melons

California

\$1.38 lb

SAVE \$1.11/lb



ORGANIC Blueberries Pint Containers

Oregon & California

**20%
OFF** /ea



ORGANIC Champagne Grapes 1lb Containers

California

**20%
OFF** /ea



ORGANIC Honey Mangos

Mexico

\$1.68 ea

SAVE \$1.31/ea



ORGANIC Cauliflower

California

\$1.99 lb

SAVE \$1.00/lb



ORGANIC Snap Peas

Mexico

\$5.95 lb

SAVE \$3.00/lb



ORGANIC Spring Onions

Oregon

\$3.82 ea

SAVE \$1.63/ea



ORGANIC Green Beans

California & Mexico

\$2.84 lb

SAVE \$1.15/lb





GROCERY



Grillo's Pickles
Whole and Spears
32 oz

\$5⁹⁹
SAVE \$1.30



Staus Family Creamery
Ice Cream
All Flavors
1 Pint

\$5⁴⁹
SAVE \$1.80



Miyoko's Creamery
Vegan Cultured Butter
Plant Based
8 oz

\$4⁹⁹
SAVE \$1.50



Gardein
Beefless Burger
Plant Based
12 oz

\$4⁴⁹
SAVE \$2.00



Alvarado Street Bakery
Sprouted Breads
All Flavors
19-24 oz

\$5²⁹
SAVE \$0.70



Zevia Soda
Zero Sugar
6 pk

\$5⁹⁹
SAVE \$2.00



VOSS
Artisinal Water
Glass Bottle
27.05 oz

\$2⁶⁹
SAVE \$1.00



Siete Puffs
Chili Lime, & Queso
4 oz

2/\$7
SAVE \$1.58 on 2



Late July
Salsas
All Flavors
15.5 oz

\$4⁹⁹
SAVE \$1.00



ORGANIC
Quinoa
Red Royal
\$3⁸⁹ lb
SAVE \$0.40/lb



ORGANIC
Grandy Organics
Classic Granola
Gluten Free
\$7³⁹ lb
SAVE \$1.90/lb



ORGANIC
Apple Rings
\$10⁹⁹ lb
SAVE \$2.80/lb



ORGANIC
Cafe Mam
French Roast
\$12⁹⁹ lb
SAVE \$3.00/lb



BULK

ASHLAND FOOD CO+OP

— EST. 1972 —



**ORGANIC
Blueberries
18oz Containers**
Oregon & California



**ORGANIC
Blueberries
Open Pints**
Oregon & California



**ORGANIC
Blueberries
2lb Containers**
Oregon & California





20% OFF

Cherries, Grapes, Berries & Plums

7/15 - 7/21

Discount Taken at the Register



ORGANIC
Strawberries
1lb Containers
California



ORGANIC
Locally Grown Strawberries
Open Pints
Rogue Valley



ORGANIC
Strawberries
2lb Containers
California





LAND & SEA

**Smart Chicken
Bone-In Thighs**

\$5⁹⁹ lb

SAVE \$1.00/lb



**Diestel Turkey Ranch
Ground Dark Turkey**

\$5⁹⁹ lb

SAVE \$1.50/lb

HOUSE-MADE

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

**CO-OP KITCHEN
Latte**

Hot or Iced

Made to Order
16 oz

\$3⁹⁵

SAVE \$1.00



**Niman Ranch
Applewood Smoked Bacon**
12 oz

\$7⁹⁹

SAVE \$4.00



**Niman Ranch
Sausages**
All Varieties
12 oz

\$6⁹⁹

SAVE \$2.50

**CO-OP KITCHEN
Vegan
Black Bean Burrito**
Grab N Go

\$6⁹⁵

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
Spicy
Chicken Breast Tenders**
16 oz

\$12⁹⁹



**Co+op
basics**

**Buenatural
Organic
Stone Ground Tortillas**
12 ct

\$3⁴⁹



**Co+op
basics**

**Field Day
Organic
Pinto Beans**
15 oz

\$1⁶⁹



**Co+op
basics**

**Field Day
Organic
Jalapeno Lime Salsa**
16 oz

\$3⁹⁹



**Co+op
basics**

**Field Day
Organic
Chili Powder**
2 oz

\$3⁹⁹



CO-OP CLASSROOM

Summer Cooking Classes

coop deals

WELLNESS

coop deals



GLUTEN FREE CINNAMON ROLLS
Saturday July 26th



SUMMER IN PARIS
August 16th



NORTH MOUNTAIN PARK CLEAN
September 18th



ASHLAND FOOD CO+OP
EST. 1972

Wishgarden Herbs Serious Relaxer
Supports Muscle Discomfort
2 oz

\$16⁹⁹
SAVE \$7.50



Wiley's Finest Fish Oil Minis
630 MG EPA + DHA
60 soft gel

\$13⁹⁹
SAVE \$8.00



coop deals

Silver Falls All Products
20% off



coop basics

Natural Factors Suntheanine
100 MG
60 tab

\$14⁷⁹
SAVE \$4.70



Shikai Color Reflect Shampoo
Highlights Golden Tones
8 oz

\$9⁹⁹
SAVE \$2.00



BRUCE'S PICKS

Naia Verdejo
750 ml

Dry-farmed, estate vineyard, four months on the lees. Very fresh, a little stone fruit and plenty of crisp green apple and citrus. Rueda, Spain.

\$14⁹⁹



Le Ragnaie Toscana Rosso
750 ml

100% Sangiovese from high elevation vineyards. Low 12.5% alc., raspberry, red currant, with an earthy and dusty finish. Always one of my favorite wines, this vintage absolutely shines.

\$23⁹⁹

