



fresh deals

April 29, 2026 - May 05, 2026

All prices while supplies last.



1.99
per lb



CERTIFIED ORGANIC
Vidalia Onions
Product of USA



3.99
each



CERTIFIED ORGANIC
Mini Watermelon
Product of Mexico



3/\$4



CERTIFIED ORGANIC
Avocados
Product of Mexico



3.99
per lb



CERTIFIED ORGANIC
Brussel Sprouts
Product of Mexico



2/\$7



CERTIFIED ORGANIC
Strawberries
1 LB | Product of Mexico



3.99
12 oz



CERTIFIED ORGANIC
Green Beans
Product of Mexico

Always *fresh* fruits & veggies at your co-op.



13.99

ORIGIN PROVISIONS

100% Grass Fed Ground Beef (3 PK)

3 LB | 85/15 | Product of Princeton, MN



4.99

WINDLAND FLATS

100% Grass Fed Uncured Beef Sticks

5 OZ | Original or Jalapeno | Product of Princeton, MN



6.99

WINDLAND FLATS

100% Grass Fed Uncured Beef Summer Sausage

10 OZ | Original or Cran. Wild Rice | Princeton, MN



7.99

ORGAIN

Vanilla Protein Shakes

4 PK



23.59

ORGAIN

Nut Butter Protein Powders

18.7 OZ | Select Variety



29.99

ORGAIN

Vanilla Bean Protein Powder

2.03 LB



27.99

ORGAIN

Creamy Chocolate Protein Powder

2.03 LB



29.99

ORGAIN

Strawberries & Cream Protein Powder

32.4 OZ





27.89

OREGON'S WILD HARVEST
Milk Thistle
Dandelion
90 CT



27.89

OREGON'S WILD HARVEST
Milk Thistle
90 CT



22.49

OREGON'S WILD HARVEST
Nettle
90 CT



18.49

OREGON'S WILD HARVEST
Cayenne
90 CT



3.99

LEANIN' TREE
Mother's Day Greeting Cards
1 CT | Select Variety

MOTHER'S DAY IS SUNDAY, MAY 10TH!



FREE!

COFFEE SHOP
Get a FREE Cortado
with purchase of
any 20oz drink!



3.99

ZIBA FOODS
Dry Roasted &
Salted Sweet
Apricot Kernels
5.3 OZ