

PRICE LIST EFFECTIVE NOV-DEC 2018		SALE ITEMS WHILE STOCKS LAST					
PLU	Description		7LB	25lb. Bag	50lb. Bag	25lb. Bag	50lb. Bag
32110	- Regular Rolled		\$6.4		\$35		
32120	- Rolled Organic		\$9.7		\$54		
OATS	- Organic steelcut		*Special order		\$54		
60202	- Steelcut	11lbs	\$8		\$34		
60204	-Whole groats	12lbs	\$9.6		\$35	Temp out of stock	
GRAINS- non GMO*, no pesticides		5LB	10LB	25lb. Bag	50lb. Bag		
	Organic soft white wheat			\$26			
51113	*Soft white wheat		\$8.9		\$37		
51114	*Hard red winter wheat		\$8.1		\$34		
51108	*Prarie Gold-hard white spring wheat		\$8.3		\$35		
51110	*Bronze Chief- hard red spring wheat				\$34	SALE	\$30
	SPELT		*Special order		\$65		
60200	Hulled Barley- Organic			\$24		\$20	SALE
60228	Rye Berries- Organic			\$22		\$19	
	Organic whole Buckwheat	\$11					
60215	Kamut- Organic			\$38			
RICE		4LB	12.5LB	25lb. Bag	50lb. Bag		
90010	*White rice- longrain		\$8.4		\$29		
92010	*Brown rice- longrain				\$31		
	Organic Brown rice			\$40			
	White Basmati Rice			\$59			
NEW	Wild Rice	\$28					
FLOUR- non GMO*, whole grains				25lb. Bag	50lb. Bag	25lb. Bag	50lb. Bag
30190	*King Arthur All purpose	12lbs	\$8.4		\$28		
30180	*Sir Lancelot High gluten				\$30		
30130	Wholewheat- stone ground		*Special order		\$24		
**Organic & Wheat Montana FLOUR- non GMO							
51097	Natural All purpose flour		*Special order		\$39		
**	Organic Whole Wheat flour	8.3lbs	\$15	\$37.5			
	Organic Rye flour			\$24		\$19	SALE
GLUTEN FREE		8LB	10LB	25lb. Bag	50lb. Bag	25lb. Bag	50lb. Bag
30189	Semolina flour (durum)		\$11.8		\$41		
55021	Tapioca Starch	\$12.80			\$68		
55099	Potato Starch	\$25.2	\$16-8lbs	\$66		\$59	SALE
30150	White Rice flour				\$36		\$30
57201	Organic Coconut Flour				\$80	SALE	\$70-40lbs
54755	G/Free All purpose flour			\$65		\$55	
OTHER PRICES AVAILABLE ON REQUEST							

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PLU	Description	2LB	5LB	25lb. Bag	50lb. Bag	25lb. Bag	50lb. Bag
	BEANS- non GMO						
	Adzuki SALE	\$9.3	\$10				
80031	Black (turtle)		\$6.10	\$29			
80030	Blackeyed pea's	SALE	\$10		\$87	SALE	\$50
80044	Garbanzo (chick pea's) ORGANIC		\$11	\$44			
80032	Great Northern	SALE	\$6		\$50	SALE	\$45
80038	Green pea's- split		\$5	\$24	\$44	\$21	\$40
80046	-whole	SALE	\$6				
80033	Kidney		\$7.10	\$33			
80035	Lentils- brown	SALE	\$6	\$27	\$52	\$23	\$45
60237	-red organic		\$10	\$45		\$40	SALE
80034	Lima- large	SALE	\$10	\$47	\$91	\$35	\$68
80036	Navy		\$6.10	\$26	\$48	SALE	\$43
80037	Pinto		\$5.50	\$25			
80039	Red- small		\$8.10	\$32	\$63	SALE	\$57
60223	Soybeans- organic	SALE		\$49		\$35	SALE
80041	Yellow Split pea's			\$23		\$20	
	Mixed (13) Beans	SALE		\$46		\$40	SALE
SOUP MIXES		2LB	5LB	25lb. Bag	50lb. Bag		
52092	Harvest Soup		\$20				
51401	Organic Harmony Soup		\$24				
	Hearty Soup		\$20				
	13 Bean soup		\$22				
SALT							50lb. Bag
34110	Purified white sea salt				\$39	SALE	\$35
54009	Natural pink sea salt 1.5lbs	\$6.4		\$72			
CORN/ POPCORN						25lb. Bag	
60226	Cornmeal- organic	SALE		\$33		\$30	SALE
60206	Corn Grits- coarse yellow organic			\$34			
80108	Yellow Popcorn- organic		\$11.8				
SEEDS			5LB	25lb. Bag		25lb. Bag	
54020	Quinoa	SALE		\$93		\$75	
32140	Millet (food grade)	SALE	\$5.5	\$22		\$20	SALE
60231	Amaranth	SALE		\$56		\$45	
51919	Flaxseed- brown			\$26			
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PLU	Description		10LB	25lb. Bag	50lb. Bag	
SWEETNERS- Xylitol			\$58	SALE		
51038	Raw sugar		\$12.8		\$51	
54486	White cane sugar				\$35	
	Maple Syrup from WI	Pint	\$11.00	\$20	Quart	Gallon \$61
	* HONEY- TLC Local & Raw	1/2 pint	\$7	\$13	Pint	\$24 Quart
FATS	Coconut oil (refined)	SALE	\$17.50-3	Quart	\$21	\$83 5gall Drum
	Pork lard			*By Special order		50lb.block \$50
DRIED GOODS		8oz.	10LB		50lb. Bag	
54109	Deydrated potato pieces				\$96	\$80 SALE
52057	Dehydrated vegetables	\$5.80	\$85	\$80-10lbs	SALE	
OTHER- miscellaneous items		5LB	10LB		40LB	
	Diatemateous Earth	\$6.50			\$24.00	
BAKING		1LB	5LB			
51009	Unflavoured Gelatin (beef)	\$13	\$103	*By Special order		
	Nutritional yeast	\$15	SALE			
	Xantham gum- gluten free	\$15				
	Poppy seeds	\$5	SALE			
	Sesame seeds	\$7				
	PURE vanilla- 16oz	\$35				
	Instant Yeast (SAF) vacuum packed	\$5.50				
54044	***Cream of Tartar	SALE	\$40			
53595	***Arrowroot powder		\$20			
37500	***Baking Soda				\$30	50lb. Bag
ON CLEARANCE (while stocks last)						
SPICE BOX- 8oz.EA BBQ,Taco,Chili, cinnamon,pepper,garlic, onion						
	-6oz Italian seas, 2oz. Oregano C&S	* sealed in mylar	*\$40			
	Nett Price- no further discounts	1.5LB	2LB	3LB	4LB	
	Chocolate baking drops			\$12		
	Butterscoth baking drops			\$12		
	Sliced almonds				\$24	
	Carob powder			\$12		
	Dutch Cocoa powder	\$10				
	Dessicated Coconut	\$10				
CANNED PRODUCTS		Size	EACH	SPECIAL	CASE	
Bega	Processed cheese	200gm		\$130	\$150	(36 cans)
Werling	MEAT- Beef & Pork ONLY	14.5oz.		\$140	\$149	(24 cans)

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NEW	ESSENTIAL OILS	1/3fl.oz.	USES			
BS	Basil -sweet	\$7.5	Abdomiinal cramps, muscular spasms, Crohn's,migraines			
CB	Clove Bud	\$6.5	Aches, infections, toothcahe			
BG	Bergamot ORGANIC	\$13.5	Colic, stress			
EU	Eucalyptus Oil ORGANIC	\$6.5	Allergies, congestion, Poison Ivy			
FR	Frankincense	\$8	Arthritis, inflammation, depression, wrinkles			
GF	Grapefruit ORGANIC	\$8	Stress, appetite suppressant, metal toxicity			
LV	Lavender ORGANIC	\$10.5	Anxiety, burns, itches & rashes, sunburn			
LM	Lemon ORGANIC	\$6.5	Cough & sore throat, disinfectant, oily hair			
LG	Lemongrass ORGANIC	\$6.5	Bladder infection, high Cholesterol, torn tendon			
MJ	Marjoram-sweet	\$10	Arthritis, croup, high blood pressure			
OG	Orange ORGANIC	\$6.5	Nausea, anxiety, toxema			
OR	Oregano ORGANIC	\$11.5	Strep throat, warts			
PM	Peppermint ORGANIC	\$7	Allergies, pain			
RS	Rosemary	\$7.5	Breathing, low blood pressure, hair loss			
TT	Tea Tree (Melaluca)	\$6	Acne, athlete's foot, skin disorders, candida			
OTHER PRICES AVAILABLE ON REQUEST						
NEW	HERBAL CAPSULES		100ct	500ct	USES	
TM	ORGANIC Tumeric (540mg)-2 per day		\$11	\$50	Inflamation, memory	
CP	ORGANIC Cayenne Pepper (475mg) - 1 per day		\$11.50		Immune system, digestion, heart	
AC	Activated Charcoal	No stock-	coming soon		Diarrhea	
ITEMS RELATED TO LONG TERM STORAGE						
MLAR BAGS			BULK			
.4mm	8 x 8" individual	.50ea	\$20.00 for 50			
	10 x 16" gallon size	1.00ea	\$40.00 for 50			
	29 x 19" for buckets	2.50ea	\$20.00 for 10			
OXYGEN ABSORBERS		100cc		500cc		2000cc
		\$30/100pk		\$18/50pk		\$10/10pk
DESSICANTS		SMALL	\$7.70/25 pack			
	(moisture absorbers)	LARGE	\$5.50/5pack		BULK	\$45/50
MISC	Srike Anywhere matches	\$5/ 3 pack	\$3			
	Bucket Opener- plastic	\$4	SALE			
KATADYN WATER FILTERS		PRICE	Filter Cap.	REPLACEMENT FILTERS		
	Gravity Camp (6 liter Bag)	\$85.00	400 gal	\$35.00	SALE	\$90 incl. extra filter
	TRK Drip Gravidyn	\$270.00	39,000 gal	\$65.00	(3 filters)	
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