

<b>PRICE LIST</b> EFFECTIVE JUNE 2019						*5 gallon	Lbs. in
<b>PLU</b>	Description		7LB	25lb. Bag	50lb. Bag	bucket	bucket
32110	- Regular Rolled		\$6.4		\$35	\$31	*20
32120	- Rolled <b>Organic</b>		\$9.7		\$54		
<b>OATS</b>	- <b>Organic</b> Steelcut				\$58	<b>*Special order</b>	
60202	- Steelcut	11lbs	\$8.0		\$34	\$42	*33
60204	-Whole groats	12lbs	\$9.6		\$32		
<b>GRAINS- non GMO*, no pesticides</b>		5LB	10LB	25lb. Bag	50lb. Bag		
51113	*Soft white wheat- <b>Organic</b>		\$8.9	\$27.00			
51114	*Hard red winter wheat		\$8.1		\$34	\$44	*36
51108	*Prarie Gold-hard white spring wheat		\$8.3		\$36	\$45	*36
51110	*Bronze Chief- hard red spring wheat				\$34	<b>*Special order</b>	
	SPELT				\$65	<b>*Special order</b>	
60200	Hulled Barley- <b>Organic</b>			\$24			
60228	Rye Berries- <b>Organic</b>	\$6		*\$22	<b>*Out of stock</b>		
	<b>Organic</b> whole Buckwheat	\$11					
32140	Millet (food grade)		\$5.5	\$22			
60215	Kamut- <b>Organic</b>			\$38			
<b>RICE</b>		4LB	12.5LB	25lb. Bag	50lb. Bag		
90010	*White rice- longrain		\$8.4		\$29	\$40	*36
92010	*Brown rice- longrain		\$9.2		\$31	\$41	*36
	White Basmati Rice			\$52			
	<b>Organic</b> Brown rice			\$45			
	Wild Rice	\$28					
<b>FLOUR- non GMO*, whole grains</b>		5LB	10LB	25lb. Bag	50lb. Bag		
30190	*King Arthur All purpose	12lbs	\$8.4		\$28	\$34	*25
30180	*Sir Lancelot High gluten				\$30	\$35	*25
30130	Wholewheat- stone ground				\$24	\$31	*25
<b>**Organic &amp; Wheat Montana FLOUR- non GMO</b>							
51097	Natural All purpose flour			<b>*Special order</b>		\$39	
	<b>Organic</b> Whole Wheat flour	8.3lbs	\$15	\$37.5			
	<b>Organic</b> Rye flour	\$6		\$24			
<b>GLUTEN FREE</b>		8LB	10LB	25lb. Bag	50lb. Bag		
30189	Semolina flour (durum)		\$10		\$38		
55021	Tapioca Starch	\$12.8			\$62		
55099	Potato Starch	\$25.2					
30150	White Rice flour		\$9.8		\$30	<b>*Special order</b>	
54755	<b>G/Free</b> All purpose flour	\$15	<b>SALE</b>				
		1LB					
	Xanthan Gum- gluten free	\$15					

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<b>PRICE LIST</b> EFFECTIVE JUNE 2019				* sealed in mylar		*5 gallon	Lbs. in
PLU	Description	2LB	5LB	25lb. Bag	50lb. Bag	bucket	bucket
	<b>BEANS- non GMO</b>					<b>SQ= Special request</b>	
	Adzuki	<b>SALE</b>	<b>\$10</b>				
80031	Black (turtle)		\$6.10	\$30		<b>SQ</b>	*34
80030	Blackeyed pea's	<b>SALE</b>	<b>\$10</b>		<b>\$50</b>		
80044	Garbanzo (chick pea's) <b>ORGANIC</b>		\$11.00	\$46		<b>SQ</b>	*35
80032	Great Northern	4lbs	\$5.00	\$28	\$50	<b>SQ</b>	*34
80038	Green pea's- split		\$5.70	\$25	\$44	<b>SQ</b>	*35
80046	-whole	<b>SALE</b>	<b>\$5</b>				
80033	Kidney		\$7.10	\$34		<b>SQ</b>	*34
80035	Lentils- brown		\$7.80	\$27	\$52	<b>SQ</b>	*35
60237	-red organic	3lbs	<b>\$4</b>	<b>SALE</b>	<b>\$30</b>		
80034	Lima- large		\$11.70	\$40	\$72		
80036	Navy		\$6.10	\$27	\$48	<b>SQ</b>	*35
80037	Pinto		\$5.50	\$25	\$46	<b>SQ</b>	*35
80039	Red- small		\$8.10		\$63	<b>SQ</b>	*34
60223	Soybeans- organic			<b>\$40</b>	<b>SALE</b>		
80041	Yellow Split pea's			\$23			
	Mixed (13) Beans			\$46			
<b>SALT</b>		2LB		25lb. Bag	50lb. Bag	*5 gallon	Lbs. in
	Iodised Salt	\$1		<b>SALE</b>	<b>\$20</b>	bucket	bucket
34110	Purified white sea salt	\$2.2			<b>\$30</b>	\$52	*50
54009	Natural pink sea salt	1.5lbs	\$6.4	\$72		\$105	*20 x 1lb
<b>CORN/ POPCORN</b>				25lb. Bag	50lb. Bag		
60203	Whole Corn- organic			<b>*By Special order</b>	\$28	\$47	*30
60226	Cornmeal- organic				\$33		
54022	Coarse Cornmeal			<b>*By Special order</b>	\$34		
60206	Corn Grits- coarse yellow organic			\$34			
80108	Yellow Popcorn- organic		\$11.8		\$42	<b>*By Special order</b>	
<b>SEEDS</b>		2lb	10lb	25lb. Bag	50lb. Bag		
51919	Flaxseed- brown			\$26			
30190	Poppy seeds		\$38.8		\$175		
51920	Ground flax meal	\$10					
<b>NEW</b>	<b>ALUMINUM FREE Baking powder</b>	\$4.8	8oz				
<b>FATS</b>	Coconut oil (refined)					\$83	5gall Drum
	Pork lard			<b>*By Special order</b>		50lb.block	\$60
<b>OTHER PRICES AVAILABLE ON REQUEST</b>							

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<b>PRICE LIST</b> EFFECTIVE JUNE 2019					<b>* sealed in mylar</b>	<b>*5 gallon</b>	Lbs. in	
<b>PLU</b>	Description		10LB	25lb. Bag	50lb. Bag	<b>bucket</b>	bucket	
<b>SWEETNERS</b>								
51038	Raw sugar		*Out of stock		*\$51	\$58	*35	
54486	White cane sugar				\$35	\$54	*39	
	Maple Syrup from WI	Pint	\$11	\$21	Quart	Gallon	\$61	
	<b>* RAW LOCAL HONEY</b>		\$7	\$13	Pint	\$24	Quart	
	(subject to availability)		*Honey will be back in in stock in July					
<b>DRIED GOODS</b>								
		8oz.	2.5LB	10LB	50lb. Bag	<b>bucket</b>	bucket	
37700	Egg powder					\$180	*25 x8oz.	
37180	Milk powder					\$135	*20 x 1lb.	
51640	Yellow Cheese Powder	\$4.5				\$174	*20 x 1lb.	
52204	Elbow Macaroni					\$45	*20	
60308	Spaghetti					\$47	*22	
54109	Deydrated potatoes		*\$10			\$55	*15	
52057	Dehydrated vegetables	\$5.8		\$85		\$158	*20 x 8oz.	
<b>MISCELLANEOUS</b>								
		1LB	5LB					
51009	Unflavoured Gelatin (beef)	\$13	\$103 *By Special order					
	Nutritional yeast	\$15						
	Instant Yeast (SAF) vacuum packed	\$5.5						
54044	Cream of Tartar	\$10	\$35					
53595	Arrowroot powder	SALE	\$15					
	PURE Vanilla- 16oz	\$35						
<b>ITEMS RELATED TO LONG TERM STORAGE</b>								
<b>CANNED PRODUCTS</b>								
		Size	EACH	SPECIAL	CASE			
Bega	Processed cheese	200gm	\$4.50	\$130	\$150	(36 cans-\$3.61each)		
Red Feather	Butter * By special order	12oz.	\$8.50	\$152	\$172	(24 cans- \$6.33each)		
Werling	MEAT- Beef & Pork ONLY	14.5oz.	\$6.50	\$140	\$149	(24 cans- \$5.83each)		
	(Chicken & Turkey sold out)							
<b>MLAR BAGS</b>								
				BULK				
.4mm	8 x 8" individual	.50ea	SALE	\$20.00	for 50			
	10 x 16" gallon size	1.00ea	10 for \$9	\$40.00	for 50			
	29 x 19" for buckets	2.50ea		\$20.00	for 10			
<b>OXYGEN ABSORBERS</b>								
		100cc		500cc		2000cc		
		\$30/100pk		\$18/50pk		\$10/10pk		
<b>DESSICANTS</b>								
		SMALL	\$10/25 pack					
	(moisture absorbers)	LARGE	\$5.50/5pack		BULK	\$45/50		
<b>OTHER-</b>								
		5LB			40LB			
	Diatemateous Earth	\$6.50			\$24.00			

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OTHER PRICES AVAILABLE ON REQUEST						
<b>PRICE LIST</b> EFFECTIVE JUNE 2019						
<b>ON CLEARANCE (while stocks last)</b>						
	<b>Nett Price- no further discounts</b>	1.5LB	2LB	3LB	4LB	
Butterscoth baking drops				<b>\$12</b>		
Carob powder				<b>\$12</b>		
Dessicated Coconut		<b>\$10</b>				
<b>SPICE BOX</b> - 8oz.EA BBQ,Taco,Chili, cinnnamon,pepper,garlic, onion						
	-6oz Italian seas, 2oz. Oregano C&S			<b>* sealed in mylar</b>	<b>*\$40</b>	

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