

PRICE LIST EFFECTIVE SEPT 2019						*5 gallon	Lbs. in
PLU	Description		7LB	25lb. Bag	50lb. Bag	bucket	bucket
32110	- Regular Rolled		\$6.4		\$35	\$31	*20
32120	- Rolled Organic		\$9.7		\$54		
OATS	- Organic Steelcut				\$58	*Special order	
60202	- Steelcut	11lbs	\$8.0		\$34	\$42	*33
60204	-Whole groats	12lbs	\$9.6		\$32		
GRAINS- non GMO*, no pesticides		5LB	10LB	25lb. Bag	50lb. Bag		
51113	*Soft white wheat- Organic		\$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	*Special order	
	SPELT				\$65	*Special order	
60200	Hulled Barley- Organic			\$24			
60228	Rye Berries- Organic	\$6		\$22			
	Organic whole Buckwheat	\$11					
32140	Millet (food grade)		\$5.5	\$22			
60215	Kamut- Organic			\$38			
RICE	Wild Rice	\$28	4LB	12.5LB	25lb. Bag	50lb. Bag	
90010	*White rice- longrain		\$8.4		SALE \$26	\$40	*36
92010	*Brown rice- longrain		\$9.2		SALE \$28	\$41	*36
	White Basmati Rice			\$52			
	Organic Brown rice			\$45			
FLOUR- non GMO*, whole grains			10LB	25lb. Bag	50lb. Bag		
30190	*King Arthur All purpose		SALE \$6		\$26	\$34	*25
30180	*Sir Lancelot High gluten				\$28	\$35	*25
30130	Wholewheat- stone ground				\$22	\$31	*25
	Rye Flour				\$28		
	Durum Flour				\$47		
**Organic & Wheat Montana FLOUR- non GMO							
51097	Natural All purpose flour					\$39	
	Organic Whole Wheat flour	8.3lbs	\$15	\$37.5			
	Organic Rye flour	\$6		\$24			
GLUTEN FREE		8LB	10LB	25lb. Bag	50lb. Bag	1LB	
30189	Semolina flour (durum)		\$10		\$38	Xantham Gum	
55021	Tapioca Starch	\$12.8			\$62		\$15
55099	Potato Starch	\$25.2					
30150	White Rice flour		\$9.8		\$30	*Special order	
54755	G/Free All purpose flour		\$15 SALE				

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PLU	Description	5LB	10LB	25lb. Bag	50lb. Bag	bucket	bucket
	BEANS- non GMO					SQ= Special request	
	Adzuki	\$8 SALE					
80031	Black (turtle)	\$6		\$30		SQ	*34
80030	Blackeyed pea's	SALE \$10					
80044	Garbanzo (chick pea's) ORGANIC	\$11		\$46		SQ	*35
80032	Great Northern		\$12	\$28	\$50	SQ	*34
80038	Green pea's- split	SALE \$10			\$44	SQ	*35
80046	-whole	\$5 SALE					
80033	Kidney	\$8		\$34		SQ	*34
80035	Lentils- brown	\$6		\$27	\$52	SQ	*35
80034	Lima- large	\$9		\$40	\$72		
80036	Navy	\$6		\$27	\$48	SQ	*35
80037	Pinto	\$5.50		\$25	\$46	SQ	*35
80039	Red- small	\$7			\$63	SQ	*34
60223	Soybeans- organic			\$40 SALE			
80041	Yellow Split pea's			\$20 SALE			
	Mixed (13) Beans			\$40 SALE			
SALT		2LB		25lb. Bag	50lb. Bag	*5 gallon	Lbs. in
	Iodised Salt	\$1		SALE	\$20	bucket	bucket
34110	Purified white sea salt	\$2		SALE	\$30	\$52	*50
54009	Natural pink sea salt	1.5lbs \$6		\$65		\$105	*20 x 1lb
CORN/ POPCORN				25lb. Bag	50lb. Bag		
60203	Whole Corn- organic			\$28		\$47	*30
60226	Cornmeal- organic			\$33			
54022	Coarse Cornmeal			*By Special order \$34			
60206	Corn Grits- coarse yellow organic			\$34			
80108	Yellow Popcorn- organic		\$11.8		\$42	*By Special order	
SEEDS		2lb	10lb	25lb. Bag	50lb. Bag		
51919	Flaxseed- brown			\$26			
30190	Poppy seeds		\$38.8		\$175		
51920	Ground flax meal	\$10					
NEW	ALUMINUM FREE Baking powder	\$4.8	8oz				
FATS	Coconut oil (refined)				SALE \$65	5gall Drum	
	Pork lard			*By Special order		50lb.block	\$45
OTHER PRICES AVAILABLE ON REQUEST							

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PLU	Description		10LB	25lb. Bag	50lb. Bag	bucket	bucket
SWEETNERS							
51038	Raw sugar		\$12		\$51	\$58	*35
54486	White cane sugar				\$35	\$54	*39
	Maple Syrup from WI	Pint	\$11	\$21	Quart	Gallon	\$61
	* RAW LOCAL HONEY		\$7	\$13	Pint	\$24	Quart
	(subject to availability)	*Honey NOW back in in stock					
DRIED GOODS							
		8oz.	2.5LB	10LB	50lb. Bag	bucket	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.
MISCELLANEOUS							
		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					
ITEMS RELATED TO LONG TERM STORAGE							
CANNED PRODUCTS		Size	EACH	SPECIAL	CASE		
Bega	Processed cheese	200gm	\$4.50	\$130	\$150	(36 cans-\$3.61each)	
Werling	MEAT- Beef & Pork ONLY	14.5oz.	\$6.50	\$140	\$149	(24 cans- \$5.83each)	
	(Chicken & Turkey sold out)						
MLAR BAGS							
.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		
OXYGEN ABSORBERS		100cc		500cc		2000cc	
		\$30/100pk		\$18/50pk		\$10/10pk	
DESSICANTS		SMALL	\$10/25 pack				
	(moisture absorbers)	LARGE	\$5.50/5pack		BULK	\$45/50	
OTHER-		5LB			40LB		
	Diatemateous Earth	\$6.50			\$24.00		
OTHER PRICES AVAILABLE ON REQUEST							

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

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