

PRICE LIST EFFECTIVE MARCH 25th, 2020							*5 gallon	Lbs. in
PLU	Description		7LB	25lb. Bag	50lb. Bag	bucket	bucket	
32110	- Regular Rolled		\$7.2		\$38.50	\$33	*20	
32120	- Rolled Organic		\$9.7	Sold Out	\$54			
OATS	- Organic Steelcut		*Special order		\$58			
60202	- Steelcut	11.5lbs	\$8.4		\$34	\$42	*33	
60204	-Whole groats	13lbs	\$12		\$34			
GRAINS- non GMO*, no pesticides		5LB	10LB	25lb. Bag	50lb. Bag			
51113	*Soft white wheat- Organic			\$27.00				
51114	*Hard red winter wheat		\$8.3		\$35	\$44	*35	
51108	*Prarie Gold-hard white spring wheat		\$8.5		\$36	\$45	*35	
51110	*Bronze Chief- hard red spring wheat			Sold Out	\$34			
	SPELT		*Special order		\$65			
60200	Hulled Barley- Organic	\$7		\$24				
60228	Rye Berries- Organic	6lbs	\$7.5	\$22				
	Cracked Wheat		\$6	\$24				
32140	Millet (food grade)	\$6		\$24				
60215	Kamut- Organic			\$38				
RICE	Wild Rice	\$37.80- 5.4LBS	12.5LB	25lb. Bag	50lb. Bag			
90010	*White rice- longrain		\$8.4	Sold Out	\$28	\$42	*35	
92010	*Brown rice- longrain		\$9.2	Sold Out	\$29	\$44	*35	
	White Basmati Rice			\$52		Next RICE delivery due end APRIL		
	Organic Brown rice			\$45				
FLOUR- non GMO*, whole grains			10LB	25lb. Bag	50lb. Bag			
30190	*King Arthur All purpose	Temporary out of stock		\$29	\$35	*25		
30180	*Sir Lancelot High gluten	Temporary out of stock		\$30	\$36	*25		
30130	Wholewheat- stone ground			\$24	\$33	*25		
	Rye Flour			\$30				
	Durum Flour			\$47				
**Organic & Wheat Montana FLOUR- non GMO								
51097	Natural All purpose flour				\$40			
	Organic Whole Wheat flour	8.3lbs	\$15	\$38	Sold Out			
	Organic Rye flour	\$6.5		\$24				
GLUTEN FREE		8LB	10LB	25lb. Bag	50lb. Bag		12oz	
30189	Semolina flour (durum)		\$10		\$41	Xantham		
55021	Tapioca Starch	\$12.8			\$62	Gum	\$14	
55099	Potato Starch	\$25.20						
30150	White Rice flour		\$9.8		\$30	*Special order		
54755	G/Free All purpose flour	5lbs	\$16.50					

Prices exclude tax - subject to change without notice

PRICE LIST EFFECTIVE MARCH 25th, 2020				* sealed in mylar		*5 gallon	Lbs. in
PLU	Description	5LB	10LB	25lb. Bag	50lb. Bag	bucket	bucket
	BEANS- non GMO					SQ= Special request	
80031	Black (turtle)	\$8		\$30		\$65	*34
80044	Garbanzo (chick pea's)	\$8		\$29		SQ	*34
80032	Great Northern	\$8	Sold Out	\$29		\$59	*34
80038	Green pea's- split	\$7		\$27	\$45	\$58	*34
80046	-whole	6.25lbs	\$5 SALE				
80033	Kidney	\$10		\$39		\$73	*34
80035	Lentils- brown	\$7	Sold Out	\$25	\$48	\$62	*34
80034	Lima- large	5.8lbs	\$9 SALE	\$30	\$56		
80036	Navy	\$9		\$34	\$65	\$69	*34
80037	Pinto	\$9		\$34	\$65	\$69	*34
80039	Red- small	\$10		\$35	Sold Out	\$70	*34
60223	Soybeans- organic			\$40 SALE			
SALT		2LB		25lb. Bag	50lb. Bag	*5 gallon	Lbs. in
	Iodised Salt	\$1				bucket	bucket
	Purified Salt			*By Special order \$34			
54009	Natural pink sea salt	1.5lbs	\$6	Sold Out	\$65	\$105	*20 x 1lb
	CORN/ POPCORN	12LB		25lb. Bag	50lb. Bag		
60203	Whole Corn- organic			\$30		\$49	*30
60226	Cornmeal- organic		Sold Out	\$33			
54022	Coarse Cornmeal			*By Special order \$34			
60206	Corn Grits- coarse yellow organic		Sold Out	\$34			
	Yellow Popcorn- non GMO	\$11.40				\$55	*38
	SEEDS	5lb	10lb	25lb. Bag	50lb. Bag		
51919	Flaxseed- brown			\$26			
30190	Poppy seeds		\$45		\$195		
	Sesame seeds		\$25				
NEW	Raw Sunflower seeds	\$12			\$75		
	ORGANIC Quinoa	2.5lbs	\$14				
	ORGANIC Amaranth	2.5lbs	\$13.50				
FATS	Coconut oil (refined)					\$75	5gall Drum
	Pork lard			*By Special order		50lb.block	\$45
51009	Unflavoured Gelatin (beef)	1lb	\$13	*By Special order		10lb	\$103
	OTHER PRICES AVAILABLE ON REQUEST						

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PRICE LIST EFFECTIVE MARCH 25th, 2020				* sealed in mylar		*5 gallon	Lbs. in
PLU	Description		10LB	25lb. Bag	50lb. Bag	bucket	bucket
SWEETNERS							
51038	Raw sugar		\$12		\$51	\$58	*35
54486	White cane sugar				\$40	\$57	*39
	Maple Syrup from WI- out of supply	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.	5LB	10LB	50lb. Bag	bucket	Lbs. in bucket
51920	Ground flax meal	2lbs	\$10				
37700	Egg powder					\$160	*20 x 12oz.
37180	Milk powder					\$175	*20 x 1lb.
51640	Yellow Cheese Powder	\$4.5	Temporary out of stock				
52204	Elbow Macaroni			*By Special order		\$45	*20
60308	Spaghetti			*By Special order		\$47	*22
54109	Deydrated potatoes		\$12.50			\$55	*15
52057	Dehydrated vegetables	\$5.8	Sold Out	\$85		\$158	*20 x 8oz.
MISCELLANEOUS							
		1LB	2LB	LB			
52831	Dutch Cocoa Powder	1.8lbs	\$9.90				
	Nutritional yeast		\$18				
54044	Cream of Tartar		\$10	\$35			
53595	Arrowroot powder			\$16.25	4.5lbs		
	Instant Yeast (SAF) vacuum packed		\$5.5				
	PURE Vanilla- 16oz (pint)		\$36				
ITEMS RELATED TO LONG TERM STORAGE							
MLAR BAGS							
				BULK			
.4mm	8 x 8" individual	.50ea	Temporary out of stock				
	10 x 16" gallon size	1.00ea					
	29 x 19" for buckets	2.50ea	Temporary out of stock				
OXYGEN ABSORBERS							
		100cc		500cc		2000cc	
		N/A		\$18/50pk		\$10/10pk	
OTHER-							
	5 gallon bucket w/lid (food grade)		\$15				
	Gamma lid		\$9				
OTHER PRICES AVAILABLE ON REQUEST							

