

PRICE LIST EFFECTIVE AUG 25th, 2020							*5 gallon	Lbs. in
PLU	Description		7LB	25lb. Bag	50lb. Bag		bucket	bucket
32110	- Regular Rolled		\$7		\$34		\$33	*20
32120	- Rolled Organic		\$10		\$55			
OATS	- Organic Steelcut		*Special order		\$58			
60202	- Steelcut	11.5lbs	\$8.4		\$34			
60204	-Whole groats	13lbs	\$12		\$34			
GRAINS- non GMO*, no pesticides		5LB	10LB	25lb. Bag	50lb. Bag			
51113	*Soft white wheat- Organic		\$12.5	\$27	\$44			
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			\$22	\$35			
	SPELT		*Special order		\$65			
60200	Hulled Barley- Organic	\$7		\$24				
60228	Rye Berries- Organic	\$6.50		\$22				
	Cracked Wheat		\$6		\$24			
32140	Millet (food grade)	\$6		\$24				
60215	Kamut- Organic			\$42				
RICE- non GMO		5LBS	12.5LB	25lb. Bag	50lb. Bag			
90010	*White rice- longrain		\$8.4		\$28		\$42	*35
92010	*Brown rice- longrain		\$9.2		\$29		\$44	*35
	White Basmati Rice			\$52				
	Organic Brown rice	\$14		\$50				
FLOUR- non GMO*, whole grains		5LBS	10LB	25lb. Bag	50lb. Bag	Special Request		
30190	*King Arthur All purpose		\$6.8		\$28		\$38	*30
30180	*Sir Lancelot High gluten				\$29		\$39	*30
30130	Wholewheat- stone ground		\$6.5		\$27		\$37	*30
	Rye Flour				\$30			
	Durum Flour				\$47			
Organic & Wheat Montana FLOUR-non GMO		5LBS	10LB	25lb. Bag	50lb. Bag			
51097	Natural All purpose flour				\$40			
	Organic Whole Wheat flour		\$16.50					
	Organic Rye flour	\$6.5						
GLUTEN FREE		8LB	10LB	25lb. Bag	50lb. Bag			12 oz
30189	Semolina flour (durum)		\$10		\$41	Xantham	Gum	
55021	Tapioca Starch	\$12.8			\$62			\$18
55099	Potato Starch	\$25.20						
30150	White Rice flour		\$11		\$45	*Special order		
54755	G/Free All purpose flour	5lbs	\$16.50		\$60			

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PRICE LIST EFFECTIVE AUG 25th, 2020				* sealed in mylar		*5 gallon	Lbs. in
PLU	Description	5LB	10LB	25lb. Bag	50lb. Bag	bucket	bucket
	BEANS- non GMO					Special Request	
80031	Black (turtle)	\$8		\$32		\$65	*34
80044	Garbanzo (chick pea's)	\$8		\$29		\$66	*34
80032	Great Northern	\$10		\$42		\$71	*34
80038	Green pea's- split	\$7		\$28	\$45	\$58	*34
80033	Kidney	\$10		\$39		\$73	*34
80035	Lentils- brown	\$7		\$26		\$62	*34
80036	Navy	\$9		\$36	\$65	\$69	*34
80037	Pinto	\$9		\$37	\$65	\$69	*34
80039	Red- small	\$9		\$35		\$70	*34
	WHILE STOCKS LAST						
SALT		2LB		25lb. Bag	50lb. Bag		
	Purified Salt	\$4	*By Special order		\$34		
	Himalayan Salt 40oz	\$15					
54009	Natural pink sea salt 26oz	\$9		\$78			
CORN/ POPCORN		12LB		25lb. Bag	50lb. Bag	*5 gallon	Lbs. in
60226	Cornmeal- organic			\$33		bucket	bucket
54022	Fine Cornmeal	\$10	*By Special order		\$34		
60206	Corn Grits- coarse yellow organic			\$34			
	Yellow Popcorn- non GMO	\$11.40				\$55	*38
SEEDS		5lb	10lb	25lb. Bag	50lb. Bag		
51919	Flaxseed- brown			\$26			
	Ground Flaxmeal 2lbs	\$12					
30190	Poppy seeds		\$45		\$195		
	Sesame seeds		\$25				
	Raw Sunflower seeds	\$17.50			\$75		
	ORGANIC Quinoa 2.5lbs	\$14					
	ORGANIC Amaranth 2.5lbs	\$13.50					
	OTHER PRICES AVAILABLE ON REQUEST						
SALE ITEMS while stocks last		5lb	10lb	25lb. Bag	50lb. Bag		
80030	Black eyed pea's 5.7lbs	\$5					
60203	Whole Corn- organic			\$27			
80034	Lima- large 5.8lbs	\$9		\$30	\$56		
80041	Yellow split pea's	\$4					
60237	Red Lentils	\$8					
	Wild Rice 4 LBS	\$28					
	OTHER PRICES AVAILABLE ON REQUEST						

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PLU	Description			1 gall			
FATS	Coconut oil (refined)			\$15			\$75 5gall Drum
	Pork lard				*By Special order	50lb.block	\$45
51009	Unflavoured Gelatin (beef) 1lb	\$13			Temporary out of stock	10lb	\$109
					* sealed in mylar	*5 gallon	Lbs. in
SWEETNERS			10LB	25lb. Bag	50lb. Bag	bucket	bucket
51038	Raw sugar		\$12.80		\$51	\$58	*35
54486	White cane sugar				\$40	\$57	*38
	Maple Syrup from WI	Pint	\$11.50			Gallon	\$61
	* RAW LOCAL HONEY 1/2 pint	\$7.50	\$14	Pint	\$25	Quart	
	(subject to availability)			*Honey in stock			
					* sealed in mylar	*5 gallon	Lbs. in
DRIED GOODS		SM	5LB	20LB	50lb. Bag	bucket	bucket
51920	Ground flax meal 2lbs	\$10					
37700	Egg powder					\$160	*20 x 12oz.
37180	Milk powder 1lb	\$6.50				\$166	*19 x 1lb.
51640	Yellow Cheese Powder 8oz	\$6.20					
52204	Elbow Macaroni			\$28		\$44	*21
60308	Spaghetti		Out of stock	\$28		\$50	*24
54109	Deydrated potatoes		\$12.50			\$55	*15
52057	Dehydrated vegetables 1lb	\$7.50	\$21	3lbs		\$125	*20 x 8oz.
MISCELLANEOUS		1LB	2LB	5LB			
52831	Natural Cocoa Powder	1.5lbs	\$6				
	Nutritional yeast		\$18				
54044	Cream of Tartar	\$10		\$35			
53595	Arrowroot powder		\$7.50				
	Instant Yeast (SAF) vacuum packed	\$5.5	*LIMIT-2 per customer				
	PURE Vanilla- 16oz (pint)	\$36					
ITEMS RELATED TO LONG TERM STORAGE							
MLAR BAGS		EACH		BULK			
.4mm	8 x 10" individual	.50ea		\$20/50pk			
	10 x 16" gallon size	\$1ea		\$9/10pk			
	30 x 20" for buckets	\$3 ea		\$25/10pk			
OXYGEN ABSORBERS		100cc		500cc		1000cc	
		N/A		\$18/50pk		N/A	
OTHER-							
	5 gallon bucket w/lid (food grade)		\$14				
	Gamma lid		\$9				
OTHER PRICES AVAILABLE ON REQUEST							

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