

PRICE LIST EFFECTIVE JAN 4th, 2021						*5 gallon	Lbs. in
PLU	Description	7LB	10-13LB	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	\$8.40		\$34	\$42	*34
60204	-Whole groats	13lbs	\$12		\$34		
GRAINS- non GMO*, no pesticides		5LB	10LB	25lb. Bag	50lb. Bag	Packed on request	
51113	*Soft white wheat- Organic		\$12.50		\$44	\$52	*34
51114	*Hard red winter wheat		\$8.30		\$35	\$44	*34
51108	*Prarie Gold-hard white spring wheat		\$8.50		\$36	\$45	*34
51110	*Bronze Chief- hard red spring wheat			\$22	\$35		
	*SPELT		*Special order		\$65		
	Cracked Wheat		\$6		\$24		
60200	Hulled Barley- Organic	\$7		\$24			
NEW	Pearled Barley- Organic	\$7.50		\$26			
60228	Rye Berries- Organic	\$6.50		\$22			
	Hulled Buckwheat- Organic	\$21.50					
60215	Kamut- Organic			\$42		*5 gallon	Lbs. in
RICE- non GMO		5LBS	12.5LB	25lb. Bag	50lb. Bag	bucket	bucket
90010	*White rice- longrain		\$8.50		\$28	\$42	*35
92010	*Brown rice- longrain		\$9.20		\$29	\$44	*35
	White Basmati Rice			\$52		Packed on request	
	Organic Brown rice	\$14		\$50		*5 gallon	Lbs. in
FLOUR- non GMO*, whole grains		5LBS	10LB	25lb. Bag	50lb. Bag	bucket	bucket
30190	*King Arthur All purpose		\$6.80		\$29	\$38	*30
30180	*Sir Lancelot High gluten				\$30	\$39	*30
30130	Wholewheat- stone ground		\$6.50		\$27	\$37	*30
	Rye Flour- medium or white				\$30		
	Durum Flour				\$47		
Organic & Wheat Montana FLOUR-non GMO		5LBS	10LB	25lb. Bag	50lb. Bag	Packed on request	
51097	Natural All purpose flour				\$40		
	Organic Whole Wheat flour		\$16.50	\$37			
NEW	Organic Spelt flour	*By Special order		\$65			
	Organic Rye flour	\$6.50					
SALT		Small	5lb	25lb. Bag	50lb. Bag		
	Table salt	2.5lb	\$2				
	Purified Salt		*By Special order		\$34		
	Himalayan Salt	32oz	\$12	\$20			
54009	Natural pink sea salt	26oz	\$9	\$15	\$72		

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PLU	Description	5LB	10LB	25lb. Bag	50lb. Bag	* sealed in mylar	*5 gallon bucket	Lbs. in bucket
	BEANS- non GMO						Packed on request	
80031	Black (turtle)	\$8		\$32	\$58		\$65	*34
	Cannelini Beans				\$63			
80044	Garbanzo (chick pea's)	\$8		\$31			\$66	*34
80032	Great Northern	\$10		\$42			\$71	*34
80038	Green pea's- split	\$7		\$28			\$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
	Red lentils			\$41				
SALE ITEMS while stocks last		5lb	10lb	25lb. Bag	50lb. Bag			
80034	Lima- large	5.8lbs	\$9	\$30	\$56		*5 gallon bucket	Lbs. in bucket
CORN/ POPCORN			12LB	25lb. Bag	50lb. Bag			
60226	Cornmeal- organic			\$33				
54022	Fine Cornmeal		\$10		\$34			
60206	Corn Grits- coarse yellow organic			\$34				
	Whole corn- organic	Out of stock						
	Yellow Popcorn- non GMO		\$11.40				\$55	*38
SEEDS		5lb	10lb	25lb. Bag	50lb. Bag		Packed on request	
NEW	Chia seeds	1lb	\$8					
51919	Flaxseed- brown			\$26				
32140	Millet (food grade)		\$6	\$24				
30190	Poppy seeds		\$21	\$39	\$195			
	Sesame seeds	1lb	\$4	\$25				
	Raw Sunflower seeds		\$15		\$75			
	ORGANIC Quinoa	2.5lbs	\$14	\$50				
	ORGANIC Amaranth	2.5lbs	\$13.50					
	Bulgur wheat		\$10	*By Special order				
FATS	Coconut oil (refined)	1 gall	\$16				\$75	5gall Drum
	Pork lard			*By Special order			50lb.block	\$45
	Maple Syrup (from Wisconsin)	Pint	\$11.50				Gallon	\$61
	* RAW LOCAL HONEY		\$14	Pint	\$25		Quart	
	(subject to availability)		*Our OWN honey in stock					
OTHER PRICES AVAILABLE ON REQUEST								

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SWEETNERS			10LB	25lb. Bag	50lb. Bag	bucket	bucket
51038	Raw sugar	SALE	\$10.00				
51.42	Unrefined Brown sugar		\$15		\$61	\$63	*35
54486	White cane sugar				\$40	\$57	*38
DRIED GOODS		SM	5LB	20LB	50lb. Bag	Packed on request	
51920	Ground flax meal 2lbs	\$10					
37700	Egg powder 1lb	\$8				\$160	*20 x 12oz.
37180	Milk powder 1lb	\$6.50			\$195	\$166	*19 x 1lb.
51640	Yellow Cheese Powder 1lb	\$7.50					
52204	Elbow Macaroni			\$28		\$44	*21
60308	Spaghetti			\$28		\$48	*22
54109	Deydrated potatoes		\$12.50	\$47		\$55	*15
	Potato Flakes (instant) 2lbs	\$6		\$75	40lbs	*By Special order	
52055	Dehydrated potato Slices NEW 1.5lbs	\$4.50		\$70	25lbs	*By Special order	
52057	Dehydrated vegetables 1lb	\$7.50	\$21	3lbs		\$144	*20 x 10oz.
MISCELLANEOUS		1LB	2LB	5LB	10LB		
53595	Arrowroot powder	\$3.50		\$16			
	Cornstarch	\$1		\$4.50			
54044	Cream of Tartar	\$10		\$35			
51009	Unflavoured Gelatin (beef)	\$13			\$109	*By Special order	
	Instant Yeast (SAF) vacuum packed	\$5.50					
52831	Natural Cocoa Powder 1.5lbs	\$6					
	Nutritional yeast	\$18					
	PURE Vanilla- 16oz (pint)	\$36					
GLUTEN FREE		8LB	10LB	25lb. Bag	50lb. Bag		
30189	Semolina flour (durum)		\$10		\$41		
55021	Tapioca Starch	\$12.80			\$62		
55099	Potato Starch	\$25.20					
30150	White Rice flour		\$11		\$45	*By Special order	
54755	G/Free All purpose flour 5lbs	\$16.50		\$65	*By Special order		
	Xantham Gum 12oz	\$18					
ITEMS RELATED TO LONG TERM STORAGE		EACH	BULK	PLASTIC LINER		EACH	BULK
MYLAR	8 x 10" individual	.50ea	\$20/50pk		4 x 8"		\$3/20pk
	10 x 16" gallon size	\$1ea	\$9/10pk		5 x 15"		\$5/20pk
	30 x 20" for buckets	\$3 ea	\$25/10pk		30 x 20"	0.75ea	\$7/10pk
OXYGEN ABSORBERS		100cc	N/A	500cc	\$18/50pk	1000cc	N/A
OTHER-	5 gallon bucket w/lid (food grade)		\$14				
	Gamma lid		\$9	OTHER PRICES AVAILABLE ON REQUEST			

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