

DUE TO THE FOOD SHORTAGE there is a <b>LIMIT OF 2 BAGS PER CUSTOMER</b> on many items							
<b>PRICE LIST EFFECTIVE MAY 12th, 2022</b>				<b>* sealed in mylar</b>		<b>*5 gallon</b>	<b>Lbs. in</b>
<b>PLU</b>	Description	7LB	10LB	25lb. Bag	50lb. Bag	<b>bucket</b>	<b>bucket</b>
32110	- Regular Rolled	\$10		\$38	\$52	\$42	*20
32120	- Rolled <b>Organic</b>	\$12			\$62		
<b>OATS</b>	- <b>Organic</b> Steelcut			<b>*Special order- 1 only</b>	\$59		
60202	- Steelcut		\$12.50		\$50	\$50	*34
60204	-Whole groats				\$52		
<b>NEW</b>	<b>Farina</b> (Cream of Wheat)		\$12.50			<b>Packed on request</b>	
	<b>LIMIT OF 2 BAGS</b>					<b>*5 gallon</b>	<b>Lbs. in</b>
<b>GRAINS- non GMO* , no pesticides</b>		5LB	10LB	25lb. Bag	50lb. Bag	<b>bucket</b>	<b>bucket</b>
51113	*Soft white wheat. <b>*ORGANIC</b>	*\$8.75		*\$40	\$63.50	\$64	*34
51114	*Hard red winter wheat		\$12		\$60	\$62	*34
51108	*Prarie Gold-hard white spring wheat	\$7.70	\$19		\$63.50	\$64	*34
51110	*Bronze Chief- hard red spring wheat			coming	\$59	soon	
	*SPELT			<b>SOLD OUT</b> \$72			
60200	Hulled Barley- <b>Organic</b>	\$8		\$32			
60228	Rye Berries- <b>Organic</b>	\$7		\$30			
<b>NEW</b>	Hulled Buckwheat- <b>Organic</b>	\$27					
	Cracked Bulgur wheat	\$16					
60215	Kamut- <b>Organic</b>			\$50		<b>Packed on request</b>	
	<b>LIMIT OF 2 BAGS</b>			<b>* sealed in mylar</b>		<b>*5 gallon</b>	<b>Lbs. in</b>
<b>RICE- non GMO</b>		5LBS	12.5LB	25lb. Bag	50lb. Bag	<b>bucket</b>	<b>bucket</b>
90010	*White rice- longrain		\$11		\$36**	\$46	*34
92010	*Brown rice- longrain		\$12		\$39		
60212	White Basmati Rice	\$14.50		\$52			
60210	ORG Brown rice	\$14				<b>LIMIT - 4 BAGS**</b>	
<b>FLOUR- non GMO* , whole grains</b>		5LBS	10LB	25lb. Bag	50lb. Bag	<b>Packed on request</b>	
30190	*King Arthur All purpose				\$44**	\$47	*30
30180	*Sir Lancelot High gluten				\$43	\$46	*30
<b>NEW</b>	Pollyanna A/P flour, UU				\$34		
30130	Wholewheat- stone ground				\$35		
	Rye Flour- medium or white				\$32		
<b>NEW</b>	High gluten flour	\$6.50			\$36	<b>Packed on request</b>	
	<b>LIMIT OF 2 BAGS</b>			<b>* sealed in mylar</b>		<b>*5 gallon</b>	<b>Lbs. in</b>
<b>Organic &amp; Wheat Montana FLOUR-non GMO</b>		5LBS	10LB	25lb. Bag	50lb. Bag	<b>bucket</b>	<b>bucket</b>
51097	Natural All purpose flour		\$12.50		\$58	<b>Limit- 1 only</b>	
30150	<b>Organic</b> Whole Wheat flour		\$19	\$44	<b>Limit- 1 only</b>		
60232	<b>Organic</b> Spelt flour		<b>SOLD OUT</b> \$55				
60230	<b>Organic</b> Rye flour	\$8		\$32	<b>Limit- 1 only</b>		

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PRICE LIST EFFECTIVE MAY 12th, 2022				* sealed in mylar		*5 gallon	Lbs. in
PLU	Description	5LB	10LB	25lb. Bag	50lb. Bag	bucket	bucket
<b>BEANS- non GMO</b>						<b>Packed on request</b>	
80031	Black (turtle)	\$9		\$38		\$77	*34
80044	Garbanzo (chick pea's)	\$9.50		\$40		\$80	*34
80032	Great Northern	\$8.50		\$37	\$68	\$76	*34
80038	Green pea's- split	\$8		\$35		\$73	*34
80033	Kidney	\$10		\$39		\$78	*34
80035	Lentils- brown 4,5lbs	\$9	<b>SOLD OUT</b>	\$35	<b>OUT</b>	\$73	*34
80036	Navy	\$9	<b>OUT</b>	\$37	\$68	\$76	*34
80037	Pinto	\$9		\$38	\$70	\$77	*34
80039	Red- small	\$9.50		\$40	\$70	\$80	*34
	Red lentils			\$46	\$72		
<b>LIMIT OF 2 BAGS</b>						*5 gallon	Lbs. in
<b>CORN/POPCORN</b>		5lb	12LB	25lb. Bag	50lb. Bag	bucket	bucket
60226	Cornmeal- <b>organic</b>			\$37			
54022	Yellow Cornmeal -fine		\$10		\$36	\$42	*30
60206	Corn Grits- coarse yellow <b>organic</b>	\$17.50		\$48			
80108	<b>Organic Yellow Popcorn</b>	\$10		\$45 <b>'Special order- 1 only</b>			
80105	Yellow Popcorn- non GMO		\$11.40		\$41	\$55	*38
<b>SEEDS</b>	* by Wheat Mointana	5lb	10lb	25lb. Bag	50lb. Bag	<b>Packed on request</b>	
<b>NEW</b>	Chia seeds <b>ORGANIC</b> 1lb \$8	\$35					
51921	Ground flaxmeal* 1.75lbs	\$6	\$25				
51919	Flaxseed- golden* 2.5lbs	\$6		\$40	<b>SOLD OUT</b>		
32140	<b>ORGANIC</b> Millet	\$20		\$60	<b>'Special order- 1 only</b>		
30190	Poppy seeds. 1lb- \$4	\$19		<b>SALE \$120</b>			
38120	Sesame seeds 1lb- \$6	\$25					
60259	Raw Sunflower seeds	\$18			\$98	<b>Special order- 1 only</b>	
82564	<b>ORGANIC</b> Quinoa 2.5lbs	\$14	\$50				
52513	<b>ORGANIC</b> Amaranth 2.5lbs	\$13.50					
<b>FATS</b>	Coconut oil (refined)	\$29	3qts.	<b>*By Special order</b>		\$125	5gall Drum
	Pork lard			<b>*By Special order</b>		\$45	50lb.block
	Maple Syrup (from Wisconsin)	Pint	\$14.00			Gallon	\$62
	* RAW LOCAL HONEY			Quart	\$28		
<b>LIMIT OF 2 BAGS</b>						*5 gallon	Lbs. in
<b>SUGAR</b>		5lb	10LB	25lb. Bag	50lb. Bag	bucket	bucket
51042	Raw Brown sugar- unrefined		\$16.50		\$74	\$73	*35
54486	White cane sugar 4lbs	\$4.50	\$10		\$46	\$60	*38

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PLU	Description			SM	5LB	20LB	50lb. Bag	Packed on request		
<b>DRIED GOODS</b>										
51920	Ground flax meal				\$25					
37180	Milk powder	1lb		\$8	\$35		\$220	\$170	*16x 1lb.	
51652	Buttermilk powder	1lb		\$7	\$32					
51640	Yellow Cheese Powder	1lb		\$8						
<b>NEW</b>	White Cheddar Powder.	1lb		\$9						
52204	Elbow Macaroni			Limit- 1 only		\$33		\$56	*20	
60308	Spaghetti					\$33		\$56	*20	
54109	Deydrated potatoes			\$19	<b>SOLD OUT</b>					*15
51781	Potato Flakes (instant)	2lbs		\$6	\$12	<b>SOLD OUT</b>				*12
52055	Dehydrated potato Slices.	1.5lbs		\$4.50		\$71 25lbs		\$44	*8	
52057	Dehydrated vegetables	1lb		\$10.00	\$27	3lbs		\$160	*20 x 10oz.	
<b>MISCELLANEOUS</b>				1LB	2LB	5LB	10LB	* sealed in mylar		
53595	Arrowroot powder			\$6		\$25				
51758	Cornstarch			\$1		\$4.50				
54044	Cream of Tartar			\$12						
51009	Unflavoured Gelatin (beef)			\$13			\$109	*By Special order		
	Instant Yeast (SAF) vacuum packed			\$6						
51520	Natural Cocoa Powder	1.5lb		\$8		\$20	4lbs			
60270	Nutritional yeast			\$18	\$45	3lbs				
<b>NEW</b>	BRAGG'S Liquid Amino's	16oz		\$8						
	PURE Vanilla- 16oz (pint)			\$42						
<b>GLUTEN FREE</b>				8LB	10LB	25lb. Bag	50lb. Bag			
30189	Semolina flour				\$10		\$41	Limit- 1 only		
<b>NEW</b>	Sorghum flour					\$72				
55021	Tapioca Starch			\$20			\$85			
55099	Potato Starch	5lbs		\$14.50						
30150	White Rice flour				\$12		\$52			
54755	G/Free All purpose flour	5lbs		\$16.50						
	Xanthan Gum	8oz		\$16						
<b>SALT</b>	Limit- 1 only				5lb	25lb. Bag	50lb. Bag			
	Purified Salt						\$37	*By Special order		
	Himalayan Salt	2.5lb		\$12						
	Iodised Table Salt	2.5lbs		\$2			\$26	*By Special order		
	Natural pink sea salt	26oz		\$11	\$20	\$83				
<b>OTHER PRICES AVAILABLE ON REQUEST</b>										

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<b>PRICE LIST EFFECTIVE MAY 12th, 2022</b>						
<b>ITEMS RELATED TO LONG TERM STORAGE</b>				<b>EACH</b>		
<b>OTHER-</b>	5 gallon bucket w/lid (food grade)			\$14		
	Gamma Lids- <b>special order</b>			\$12.50	<b>BULK</b>	
<b>MYLAR</b>	20 x 30"- for buckets	4mm		\$3	\$25 for 10pk	
	8 x 10"- 1lb bags	2,5mm		.50c	\$19 for 20pk, \$45 for 100pk	
<b>PLASTIC BAGS-Heavy Duty</b>						
	25 x 16 x 29inch	4mm		\$1	\$9/10pk <b>SPECIAL</b>	
<b>OXYGEN ABSORBERS</b>						
	1,000cc for buckets				\$12.50/ 10pack	
	100cc for jars				\$22.50/ 100pack	
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