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DUE TO THE FOOD SHORTAGE there is a		LIMIT OF 2		BAGS PER CUSTOMER on many items			
PRICE LIST EFFECTIVE MAY 19th, 2022				*** sealed in mylar**		*5 gallon	Lbs. in
PLU	Description	7LB	10LB	25lb. Bag	50lb. Bag	bucket	bucket
32110	- Regular Rolled	$10		**SOLD OUT**	$52	$42	*20
32120	- Rolled **Organic**	$12			$62		
OATS	-**Organic** Steelcut		***Special order- 1 only**		$59		
60202	- Steelcut		$12.50		$50	$50	*34
60204	-Whole groats				$52		
NEW	**Farina** (Cream of Wheat)		$12.50			**Packed on request**	
	LIMIT OF 2 BAGS					*5 gallon	Lbs. in
GRAINS- non GMO* , no pesticides		5LB	10LB	25lb. Bag	50lb. Bag	bucket	bucket
51113	*Soft white wheat. ***ORGANIC**	*$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			**SOLD OUT**	$72		
60200	Hulled Barley- **Organic**	$8		$32			
60228	Rye Berries- **Organic**	$7	**SOLD**	$30	**OUT**		
NEW	Hulled Buckwheat- **Organic**	$27					
	Cracked Bulgur wheat	$16					
60215	Kamut- **Organic**			$50		**Packed on request**	
	LIMIT OF 2 BAGS			*** sealed in mylar**		*5 gallon	Lbs. in
RICE- non GMO		5LBS	12.5LB	25lb. Bag	50lb. Bag	bucket	bucket
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				LIMIT - 4 BAGS**	
FLOUR- non GMO* , whole grains		5LBS	10LB	25lb. Bag	50lb. Bag	**Packed on request**	
30190	*King Arthur All purpose				$44**	$47	*30
30180	*Sir Lancelot High gluten				$43	$46	*30
NEW	Pollyanna A/P flour, UU				$34		
30130	Wholewheat- stone ground				$35		
	Rye Flour- medium or white			coming soon	$36		
NEW	High gluten flour	$6.50			$36	**Packed on request**	
	LIMIT OF 2 BAGS			*** sealed in mylar**		*5 gallon	Lbs. in
Organic & Wheat Montana FLOUR-non GMO		5LBS	10LB	25lb. Bag	50lb. Bag	bucket	bucket
51097	Natural All purpose flour		$12.50		$58	Limit- 1 only	
30150	**Organic** Whole Wheat flour		$19	$44	Limit- 1 only		
60232	**Organic** Spelt flour	**SOLD OUT**		$55			
60230	**Organic** Rye flour	$8		$32	Limit- 1 only		

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PLU	Description	5LB	10LB	25lb. Bag	50lb. Bag	bucket	bucket
	BEANS- non GMO					Packed on request	
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	SOLD	$35	OUT	$73	*34
80036	Navy	$9		$37	$68	$76	*34
80037	Pinto	$9		$38	$70	$77	*34
80039	Red- small	$9.50		$40	$70	$80	*34
	Red lentils			$46	$72		
	LIMIT OF 2 BAGS					*5 gallon	Lbs. in
CORN/ POPCORN		5lb	12LB	25lb. Bag	50lb. Bag	bucket	bucket
60226	Cornmeal- **organic**			$37			
54022	Yellow Cornmeal -fine		$10		$36	$42	*30
60206	Corn Grits- coarse yellow **organic**	$17.50		$48			
80108	**Organic Yellow Popcorn**	$10		$45	*Special order- 1 only		
80105	Yellow Popcorn- non GMO		$12		$45	$56	*38
SEEDS	* by Wheat Mointana	5lb	10lb	25lb. Bag	50lb. Bag	Packed on request	
NEW	Chia seeds **ORGANIC** 1lb $8	$35					
51921	Ground flaxmeal* 1.75lbs	$6	$25				
51919	Flaxseed- golden* 2.5lbs	$6		$40	SOLD OUT		
32140	**ORGANIC** Millet	$20		$60	*Special order- 1 only		
30190	Poppy seeds. 1lb- $4	$19		SALE	$120		
38120	Sesame seeds 1lb- $6	$25					
60259	Raw Sunflower seeds	$18			$98	Special order- 1 only	
82564	**ORGANIC** Quinoa 2.5lbs	$14	$50				
52513	**ORGANIC** Amaranth 2.5lbs	$13.50					
FATS	Coconut oil (refined)	$29	3qts.	*By Special order		$125	5gall Drum
	Pork lard			*By Special order		$45	50lb.block
	Maple Syrup (from Wisconsin)	Pint	$14.00			Gallon	$62
*	RAW LOCAL HONEY			Quart	$28		
	LIMIT OF 2 BAGS					*5 gallon	Lbs. in
SUGAR		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	
DRIED GOODS								
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					
NEW	White Cheddar Powder.	1lb	$9					
52204	Elbow Macaroni		Limit- 1 only		$33		$56	*20
60308	Spaghetti				$33		$56	*20
54109	Deydrated potatoes			$19	SOLD OUT			*15
51781	Potato Flakes (instant)	2lbs	$6	$12	40lbs	$72	$43	*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.
MISCELLANEOUS			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			
NEW	BRAGG'S Liquid Amino's	16oz	$8					
	PURE Vanilla- 16oz (pint)		$42					
GLUTEN FREE			8LB	10LB	25lb. Bag	50lb. Bag		
30189	Semolina flour			$10		$41	Limit- 1 only	
NEW	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					
	Xantham Gum	8oz	$16					
SALT	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			
	OTHER PRICES AVAILABLE ON REQUEST							

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

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