

| DUE TO THE FOOD SHORTAGE there is a LIMIT OF 2 -4 BAGS PER CUSTOMER on many items | | | | | | | |
|---|--------------------------------------|-----------------|---------|--------------------------|-----------|-------------------|--------------------------|
| PRICE LIST EFFECTIVE NOV 2nd, 2022 | | | | | | | |
| PLU | Description | 7LB | 10LB | 25lb. Bag | 50lb. Bag | * sealed in mylar | *5 gallon bucket |
| | | | | | | | Lbs. in bucket |
| 32110 | - Regular Rolled | \$10 | | \$33 | \$53 | | \$44 *20 |
| 32120 | - Rolled Organic | \$12 | | | \$69 | | |
| OATS | - Organic Steelcut | | | | \$62 | | |
| 60202 | - Steelcut | | \$12.50 | | \$53 | | |
| 60204 | -Whole groats | | | | \$54 | | |
| NEW | Farina (Cream of Wheat) | | | \$40 | | | Packed on request |
| | LIMIT OF 2 BAGS | | | Limit- 1 only | | | *5 gallon bucket |
| | | | | | | | Lbs. in bucket |
| GRAINS- non GMO* , no pesticides | | 5LB | 10LB | 25lb. Bag | 50lb. Bag | | |
| 51113 | *Soft white wheat- ORGANIC | \$8.75 | | \$35 | \$62 | | \$65 *34 |
| 51114 | *Hard red winter wheat | | \$15 | | \$53 | | \$58 *34 |
| 51108 | *Prarie Gold-hard white spring wheat | | | | \$54 | | \$59 *34 |
| 51110 | *Bronze Chief- hard red spring wheat | | \$14 | | \$50 | | \$57 *34 |
| | *SPELT | | | | \$76 | | |
| 60200 | Hulled Barley- Organic | \$8 | | \$32 | | | |
| 60228 | Rye Berries- Organic | \$7 | | \$32 | | | |
| NEW | Hulled Buckwheat- Organic | \$27 | | | | | |
| | Cracked Bulgur wheat | \$16 | | | | | |
| 60215 | Kamut- Organic | | | \$50 | | | Packed on request |
| | LIMIT OF 4 BAGS | | | * sealed in mylar | | | *5 gallon bucket |
| | | | | | | | Lbs. in bucket |
| RICE- non GMO | | 5LBS | 12.5LB | 25lb. Bag | 50lb. Bag | | |
| 90010 | *White rice- longrain | | \$11 | | \$39 | | \$47 *34 |
| 92010 | *Brown rice- longrain | | \$12 | | \$40 | | |
| 60212 | White Basmati Rice | \$14.50 | | \$52 | | | |
| 60210 | ORG Brown rice | \$14 | | | | | * sealed in mylar |
| FLOUR- non GMO* , whole grains | | 5LBS | 10LB | 25lb. Bag | 50lb. Bag | | Packed on request |
| 30190 | *King Arthur All purpose | | \$10 | | \$40 | | \$48 *30 |
| 30180 | *Sir Lancelot High gluten | \$6.50 | | | \$42 | | \$49 *30 |
| | Pollyanna A/P flour, UU | | | | \$39 | | |
| 30130 | Wholewheat- stone ground | | | | \$37 | | |
| | Rye Flour- medium or white | | | | \$36 | | |
| | | | | | | | Packed on request |
| | LIMIT OF 2 BAGS | | | Limit- 1 only | | | *5 gallon bucket |
| | | | | | | | Lbs. in bucket |
| Organic & Wheat Montana FLOUR-non GMO | | 5LBS | 10LB | 25lb. Bag | 50lb. Bag | | |
| 51097 | Natural All purpose flour | | \$12.50 | | \$58 | | |
| 30150 | Organic Whole Wheat flour | | \$19 | \$44 | | | |
| 60232 | Organic Spelt flour | SOLD OUT | | \$55 | | | |
| 60230 | Organic Rye flour | \$8 | | \$32 | | | |

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| PRICE LIST EFFECTIVE NOV 2nd, 2022 | | | | * sealed in mylar | | *5 gallon | Lbs. in |
| PLU | Description | 5LB | 10LB | 25lb. Bag | 50lb. Bag | bucket | bucket |
| BEANS- non GMO | | | | | | Packed on request | |
| 80031 | Black (turtle) | \$9 | | \$35 | \$58 | \$78 | *34 |
| 80044 | Garbanzo (chick pea's) | \$9.50 | | \$37 | | \$81 | *34 |
| 80032 | Great Northern | \$9 | | \$35 | \$60 | \$77 | *34 |
| 80038 | Green pea's- split | \$8 | | \$34 | | \$74 | *34 |
| 80033 | Kidney | \$10 | | \$39 | | \$79 | *34 |
| 80035 | Lentils- brown | \$8.50 | | \$35 | \$59 | \$74 | *34 |
| 80036 | Navy | \$9 | | \$35 | \$60 | \$77 | *34 |
| 80037 | Pinto | \$9 | | \$36 | \$60 | \$78 | *34 |
| 80039 | Red- small | \$9.50 | | \$38 | | \$81 | *34 |
| | Red lentils | | | \$49 | | | |
| LIMIT OF 2 BAGS | | | | Limit- 1 only | | *5 gallon | Lbs. in |
| CORN/POPCORN | | 5lb | 12LB | 25lb. Bag | 50lb. Bag | bucket | bucket |
| 60226 | Cornmeal- organic | | | \$37 | | | |
| 54022 | Yellow Cornmeal -fine | | \$10 | | \$36 | | |
| 60206 | Corn Grits- coarse yellow organic | \$17.50 | | \$48 | | | |
| 80108 | Organic Yellow Popcorn | \$10 | | \$45 *Special order | | | |
| 80105 | Yellow Popcorn- non GMO | | \$12 | | \$47 | \$57 | *38 |
| SEEDS | * by Wheat Mointana | 5lb | 10lb | 25lb. Bag | 50lb. Bag | Packed on request | |
| NEW | Chia seeds ORGANIC 1lb \$8 | \$35 | | Limit- 1 only | | | |
| 51921 | Ground flaxmeal* 1.75lbs | \$6 | | | | | |
| 51919 | Flaxseed- brown* 2.5lbs | \$6 | | \$59 SOLD OUT | | | |
| 32140 | ORGANIC Millet | | | \$47 | | | |
| 30190 | Poppy seeds. 1lb- \$6 | \$29 | \$55 | | \$175 | *Special order | |
| 38120 | Sesame seeds 1lb- \$6 | \$25 | | | | | |
| 60259 | Raw Sunflower seeds | \$18 | | | \$99 | *Special order | |
| 82564 | ORGANIC Quinoa 2.5lbs | \$14 | \$50 | | | | |
| 52513 | ORGANIC Amaranth 2.5lbs | \$13.50 | | Limit- 1 only | | | |
| FATS | Coconut oil (refined) | \$29 | 96oz. | *By Special order | | \$140 | 5gall Drum |
| | Pork lard. 42oz | \$9 | | *By Special order | | \$80 | 50lb.block |
| SUGAR | | | Pint | | Quart | Gallon | |
| | MAPLE SYRUP (from Wisconsin) | | \$14 | | | \$62 | |
| | RAW LOCAL HONEY | Limited supply | | | \$28 | *5 gallon | Lbs. in |
| | Limit- 1 only | 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 | \$12 | | \$50 | \$60 | *38 |

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|--|------------------------------------|---------|------|--------------------------|-------------|--------------------------|--------------------------|
| PRICE LIST EFFECTIVE NOV 2nd, 2022 | | | | Limit- 1 only | | *5 gallon bucket | Lbs. in bucket |
| PLU | Description | SM | 5LB | 20LB | 50lb. Bag | | |
| DRIED GOODS | | | | | | | |
| NEW | ORGANIC Elderberries- dried | | \$25 | | | | |
| 37180 | Milk powder 1lb | \$8 | \$37 | Coming | | \$192 | *18 x 1lb. |
| 51652 | Buttermilk powder 1lb | \$7 | \$32 | soon | | | |
| 51640 | Yellow Cheese Powder 1lb | \$8 | | | | | |
| 52204 | Elbow Macaroni | | | \$33 | | \$57 | *20 |
| 60308 | Spaghetti | | | \$33 | | \$57 | *20 |
| 52057 | Dehydrated vegetables 1lb | \$10 | \$27 | 3lbs | | \$160 | *20 x 10oz. |
| 54109 | Deydrated potatoes | | \$21 | 40lbs | *\$129 | \$70 | *15 |
| 51781 | Potato Flakes (instant) 2lbs | \$6 | \$12 | 40lbs | \$90 | SOLD OUT | |
| 52055 | Dehydrated potato Slices. 1.5lbs | \$4.50 | | | *\$71 25lbs | \$45 | *8 |
| | | | | *By Special order | | | |
| MISCELLANEOUS | | | | | | | |
| 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 | \$7 | | | | | |
| 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 | | | | | | | |
| 30189 | Semolina flour | | | | \$57 | *By Special order | |
| NEW | Sorghum flour | | | \$72 | | | |
| 55021 | Tapioca Starch | | | | \$107 | *By Special order | |
| 55099 | Potato Starch 5lbs | \$14.50 | | | | | |
| 30150 | White Rice flour | | \$12 | | \$48 | | |
| | | | | Limit- 1 only | | | |
| SALT | | | | | | | |
| | Purified Salt | | 5lb | 25lb. Bag | 50lb. Bag | \$37 | *By Special order |
| | Himalayan Salt 2.5lbs | \$12 | | | | | |
| | Iodised Table Salt | | | | \$26 | | |
| | Natural pink sea salt 26oz | \$11 | \$20 | \$83 | | | |

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| <u>PRICE LIST EFFECTIVE NOV 2nd, 2022</u> | | | | | | |
|---|--|-------|-------------|------------------|--|--|
| <u>ITEMS RELATED TO LONG TERM STORAGE</u> | | | <u>EACH</u> | <u>BULK</u> | | |
| <u>MYLAR</u> | 20 x 30" - for buckets | 4mm | \$3 | \$25 for 10pk | | |
| | 8 x 13" - 1/2 gallon size | 3mm | \$1 | \$9 for 12pk | | |
| | 8 x 10" - 1lb bags | 1,5mm | .50c | \$19 for 20pk | | |
| | NO LONGER AVAILABLE | | | | | |
| <u>OTHER-</u> | 5 gallon bucket w/lid (food grade) | | \$14 | | | |
| | Gamma Lids- limited | | \$12.50 | <u>BULK</u> | | |
| <u>OXYGEN ABSORBERS</u> | | | | | | |
| | 1,000cc for buckets | | | \$12.50/ 10pack | | |
| | 100cc for jars | | | \$22.50/ 100pack | | |
| | | | | | | |
| | OTHER PRICES AVAILABLE ON REQUEST | | | | | |

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