

PRICE LIST EFFECTIVE NOV 15th, 2023				REFILL BUCKET		*5 gallon	Lbs. in
PLU	Description	7LB	10LB	20lb. Buck	50lb. Bag	bucket	bucket
32110	- Regular Rolled	\$10		\$26		\$44	*20
32120	- Rolled Organic	\$12		\$35	\$70		
OATS				25lb. Sq. Bucket		* sealed in mylar	
60202	- Steelcut Organic			\$47			
60204	-Whole groats			SOLD OUT			
						Packed on request	
	Limit- 1 only		*NEW	Bucket w/Gamma lid		*5 gallon	Lbs. in
GRAINS- non GMO* , no pesticides		5LB	50LB	33lb. Buck	REFILL	bucket	bucket
51113	*Soft white wheat- ORGANIC			SOLD OUT			
51114	*Hard red winter wheat		\$56	\$55	\$41	\$58	*34
51108	*Prarie Gold-hard white spring wheat		\$59	\$56	\$42	\$59	*34
51110	*Bronze Chief- hard red spring wheat				\$35	* sealed in mylar	
	*SPELT				SOON		
60200	Hulled Barley- Organic			\$44			
60228	Rye Berries- Organic			\$44			
60215	Kamut- Organic			\$62			
	Cracked Bulgur wheat	\$16		25lb. Sq. Bucket			
	Limit- 1 only		*NEW	Bucket w/Gamma lid			
RICE- non GMO		5LBS	12.5LB	35lb. Buck	REFILL		
90010	*White rice- longrain		\$11	*\$48	\$33		
92010	*Brown rice- longrain		\$12	*\$50	\$35		
60212	White Basmati Rice			\$64			
60210	ORG Brown rice	\$14		25lb. Sq. Bucket			
	LIMIT OF 2 BAGS		*NEW	Bucket w/Gamma lid			
FLOUR- non GMO* , whole grains		5LBS	10LB	25lb. Buck	50lb. Bag	REFILL	LBS
30190	*King Arthur All purpose		\$10	*\$46	\$40	\$26	25
30180	*Sir Lancelot High gluten		\$11	*\$48	\$42	\$28	25
30130	Wholewheat- stone ground			SOLD OUT			
	Rye Flour- dark or white				\$37		
Organic & Wheat Montana FLOUR-non GMO		5LBS	10LB	25lb. Bag	50lb. Bag	Limit- 1 only	
51097	Natural All purpose flour		\$20		SOON		
	Bread Flour	\$10					
30150	Organic Whole Wheat flour		\$19				
60230	Organic Rye flour	\$8					

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PLU	Description	5LB	10LB	25lb. Bag	50lb. Bag		
	BEANS- non GMO			25lb. Sq. Bucket			
80031	Black (turtle)	\$9		\$47			
80044	Garbanzo (chick pea's)		SOLD OUT				
80032	Great Northern	\$9		\$47	\$60		
80038	Green pea's- split	\$8		\$46			
80033	Kidney	\$10		\$51			
80035	Lentils- brown	\$8.50		\$47	\$59		
80036	Navy	\$9		\$47			
80037	Pinto			\$48			
80039	Red- small	\$9.50		\$50			
	Red lentils	\$10		\$60			
				Limit- 1 only			
POPCORN		5lb	12LB	25lb. Bag	50lb. Bag		
80108	Organic Yellow Popcorn	\$10					
80105	Yellow Popcorn- non GMO		\$12				
SEEDS		5lb	10lb	25lb. Sq. Bucket			
51919	Flaxseed- golden 1lb- \$4.50	\$15		\$40	20lbs		
32140	ORGANIC Millet	\$11		\$59			
30190	Poppy seeds. 1lb- \$6	\$25	\$48	SALE	\$175		
38120	Sesame seeds 1lb- \$6	\$25					
60259	Raw Sunflower seeds	\$18					
SUGAR			Pint		Gallon		
	MAPLE SYRUP (from Wisconsin)		\$14		\$62		
		5LB	10LB	25lb. Sq. Bucket			
51042	Raw Brown Sugar			\$49			
54486	White cane sugar 4lbs	\$4.50		\$37			
SALT			5lb	25lb. Bag	50lb. Bag		
	Iodised Table Salt				\$26		
	Himalayan Salt. 16 oz	\$7					
*	Natural pink sea salt 26oz	\$11		\$85	* REDMOND		

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					Limit- 1 only		
CLASS	Olive oil, natural salt & raw sugar Pack		\$20				
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PLU	Description	SM	5LB	20LB			
DRIED GOODS			Limit- 1 only				
	ORGANIC Elderberries- dried. 1lb	\$25					
37180	Milk powder 1lb	\$8	\$37				
51652	Buttermilk powder 1lb	\$6					
51640	Yellow Cheese Powder 1lb	\$8					
52204	Elbow Macaroni	4lbs	\$6.40	\$33			
60308	Spaghetti			\$33			
52057	Dehydrated vegetables 1lb	\$10	\$27	3lbs			
54109	Deydrated potatoes		\$21	10 lbs	\$45		
51781	Potato Flakes (instant) 2lbs	\$7	\$15	8 lbs	\$36		
52055	Dehydrated potato Slices.			6 lbs	\$30		
					SQUARE		
					BUCKET		
MISCELLANEOUS		1LB	2LB	5LB			
SP	NATURAL BAKING POWDER KIT- see recipe on website				\$20		
54044	Cream of Tartar	\$14					
	Instant Yeast (SAF) vacuum packed	\$9					
51520	Natural Cocoa Powder	1.5lb	\$9	\$27.50			
	BRAGG'S Liquid Amino's 16oz	\$8					
	Citric Acid. 5oz	\$5					
	PURE Vanilla- 16oz (pint)	\$42					
GLUTEN FREE		5LB	10LB	25lb. Bag	50lb. Bag		
30189	Semolina flour		\$12				
	Sorghum flour			\$65	SALE		
30150	White Rice flour		\$10	\$30	25lb. Sq. Bucket		
OTHER PRICES AVAILABLE ON REQUEST							

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