

PRICE LIST EFFECTIVE DEC 5th, 2023						
PLU	Description	7LB	10LB	20lb REFILL BUCKET		
32110	- Regular Rolled			\$26		
32120	- Rolled <b>Organic</b>			\$35		
<b>OATS</b>				25lb. Sq. Bucket		
60202	- Steelcut <b>Organic</b>			\$47		
60204	-Whole groats			SOLD OUT		
				*NEW Bucket w/Gamma lid		
<b>GRAINS- non GMO*</b> , no pesticides		5LB	50LB	33lb. Buck	20lb REFILL BUCKET	
51113	*Soft white wheat- <b>ORGANIC</b>			SOLD OUT		
51114	*Hard red winter wheat			\$55		\$41
51108	*Prarie Gold-hard white spring wheat			\$56		\$42
51110	*Bronze Chief- hard red spring wheat					\$35
	*SPELT			SOLD OUT		
60200	Hulled Barley- <b>Organic</b>			\$44		
60228	Rye Berries- <b>Organic</b>			\$44		
60215	Kamut- <b>Organic</b>			\$62		
	Cracked Bulgur wheat	\$16		25lb. Sq. Bucket		
				*NEW Bucket w/Gamma lid		
<b>RICE- non GMO</b>		5LBS	12.5LB	35lb. Buck	20lb REFILL BUCKET	
90010	*White rice- longrain			*\$48		\$33
92010	*Brown rice- longrain			*\$50		\$35
60212	White Basmati Rice			\$64	25lb. Sq. Bucket	
60210	ORG Brown rice	\$14				
				*NEW Bucket w/Gamma lid		
<b>FLOUR- non GMO*</b> , whole grains		5LBS	10LB	25lb. Buck	50lb. Bag	20lb REFILL BUCKET
30190	*King Arthur All purpose			*\$46	\$40	\$31
30180	*Sir Lancelot High gluten			*\$48	\$42	\$32
<b>Organic &amp; Wheat Montana FLOUR-non GMO</b>						
51097	Natural All purpose flour		\$15			
	Bread Flour	\$8				
30150	<b>Organic</b> Whole Wheat flour			\$45	20lb. Sq. Bucket	
60230	<b>Organic</b> Rye flour			\$37	20lb REFILL BUCKET	
	RYE Flour			\$25		
<b>GLUTEN FREE</b>		5LB	10LB	25lb. Bag		
30189	Semolina flour		\$12			
	Sorghum flour			\$50	SALE	below cost

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30150	White Rice flour			\$30	25lb. Sq. Bucket	
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<b>PLU</b>	Description					
	<b>BEANS- non GMO</b>			25lb. Sq. Bucket		
80031	Black (turtle)			\$47		
80044	Garbanzo (chick pea's)			<b>SOLD OUT</b>	<b>33lb REFILL BUCKET</b>	
80032	Great Northern			\$47	\$45	
80038	Green pea's- split			\$46		
80033	Kidney			\$51		
80035	Lentils- brown			\$47	\$42	
80036	Navy			\$47	\$45	
80037	Pinto			\$48		
80039	Red- small			\$50		
	Mixed Beans			\$54		
	ORG Red lentils			\$60		
<b>POPCORN</b>		5lb				
80108	Organic Yellow Popcorn	\$10				
<b>SEEDS</b>		1lb	5lb	25lb. Sq. Bucket		
51919	Flaxseed- golden	\$4.50	\$15	\$40	20lbs	
32140	<b>ORGANIC</b> Millet			\$59		
30190	Poppy seeds.	\$6	\$25			
38120	Sesame seeds	\$6	\$25			
60259	Raw Sunflower seeds		\$18	\$52	16lbs	
<b>SUGAR</b>			Pint		Gallon	
	MAPLE SYRUP (from Wisconsin)		\$14		\$62	
		5LB		25lb. Sq. Bucket		
51042	Raw Brown Sugar			\$49		
54486	White cane sugar	4lbs	\$4.50	\$37		
<b>SALT</b>			5lb	<b>50lb REFILL BUCKET</b>		
	Iodised Table Salt			\$31		
	Himalayan Salt.	16 oz	\$7			
*	Natural pink sea salt	26oz	\$11	<b>* REDMOND</b>		
<b>MISCELLANEOUS</b>		1LB		5LB		
<b>SP</b>	NATURAL BAKING POWDER KIT- see recipe on website				\$20	

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54044	Cream of Tartar		\$14				
	Instant Yeast (SAF) vacuum packed		\$9				
51520	Natural Cocoa Powder	1.5lb	\$9		\$27	3lb	
	BRAGG'S Liquid Amino's 16oz		\$8				
	Citric Acid. 5oz		\$5				
	PURE Vanilla- 16oz (pint)		\$42				
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<b>PLU</b>	Description		SM	MED			
<b>DRIED GOODS</b>							
	<b>ORGANIC</b> Elderberries- dried. 1lb		\$25				
37180	Milk powder 1lb		\$8	\$30	4lbs		
51652	Buttermilk powder 1lb		\$6				
51640	Yellow Cheese Powder 1lb		\$8				
52204	Elbow Macaroni			\$6.40	4lbs		
52057	Dehydrated vegetables 1lb		\$10	\$27	3lbs		
54109	Deydrated potatoes				10 lbs	\$45	
51781	Potato Flakes (instant) 2lbs				8 lbs	\$36	
52055	Dehydrated potato Slices.				6 lbs	\$30	
<b>CLASS</b>	Olive oil, natural salt & raw sugar Pack		\$20				
						<b>SQUARE BUCKET</b>	
<b>OTHER PRICES AVAILABLE ON REQUEST</b>							

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