

PRICE LIST EFFECTIVE APRIL 24th, 2024						
<b>PLU</b>	Description		50LB	<b>20lb REFILL BUCKET</b>		
32110	- Regular Rolled			\$26		
32120	- Rolled <b>Organic</b>		\$70	\$35		
<b>OATS</b>				<b>25lb. Sq. Bucket</b>		
60202	- Steelcut <b>Organic</b>			\$47		
60204	-Whole groats			<b>SOLD OUT</b>		
				<b>*NEW</b> Bucket w/Gamma lid		
<b>GRAINS- non GMO*, no pesticides</b>			50LB	<b>33lb.Buck</b>	<b>33lb REFILL BUCKET</b>	
51113	*Soft white wheat- <b>ORGANIC</b>				*30lbs	\$65
51114	*Hard red winter wheat		\$58	*59		\$44
51108	*Prarie Gold-hard white spring wheat		\$59	*60		\$45
	*SPELT			\$62		
60200	Hulled Barley- <b>Organic</b>			\$44	<b>SALE</b>	
60228	Rye Berries- <b>Organic</b>			\$57		
60215	Kamut- <b>Organic</b>			\$62		
	Cracked Bulgur wheat	\$16		<b>25lb. Sq. Bucket</b>		
				<b>*NEW</b> Bucket w/Gamma lid		
<b>RICE- non GMO</b>		5LBS	12.5LB	<b>35lb.Buck</b>	<b>33lb REFILL BUCKET</b>	
90010	*White rice- longrain			*\$48		\$33
92010	*Brown rice- longrain			*\$50		\$35
60212	White Basmati Rice			\$64	<b>25lb. Sq. Bucket</b>	
60210	ORG Brown rice	\$14				
				<b>*NEW</b> Bucket w/Gamma lid		
<b>FLOUR- non GMO*, whole grains</b>		5LBS	10LB	<b>25lb.Buck</b>	50lb. Bag	<b>BUCKET</b>
30190	*King Arthur All purpose			*\$46	\$41	\$31
30180	*Sir Lancelot High gluten			*\$48	\$43	\$33
<b>Organic &amp; Wheat Montana FLOUR-non GMO</b>						
51097	Natural All purpose flour		\$18		\$70	
	Bread Flour	<b>SOLD OUT</b>				
30150	<b>Organic</b> Whole Wheat flour			\$45	<b>20lb. Sq. Bucket</b>	
60230	<b>Organic</b> Rye flour			\$37	<b>20lb REFILL BUCKET</b>	
	RYE Flour			\$25		
<b>GLUTEN FREE</b>		5LB	10LB	25lb. Bag	50lb. Bag	
30189	Semolina flour		\$12		\$68	
	Sorghum flour			\$50	<b>SALE</b>	below cost
30150	White Rice flour		<b>SALE</b>	\$30	<b>25lb. Sq. Bucket</b>	
<b>SALT</b>	Himalayan Salt.	16 oz	\$7			
	Redmond Natural	10oz shak	\$7.50			
		26oz Pouch	\$13.50			

Prices exclude tax - subject to change without notice

PRICE LIST EFFECTIVE MARCH 21st, 2024				SALE-BEANS			
PLU	Description			\$5 off ALL Square buckets			
	<b>BEANS- non GMO</b>			<b>25lb. Sq. Bucket</b>			
80031	Black (turtle)				\$51		
80044	Garbanzo (chick pea's)				\$68		
80032	Great Northern				\$51		
80038	Green pea's- split				\$52		
80033	Kidney				\$57		
80035	Lentils- brown				\$50		
80036	Navy				\$52		
80037	Pinto				\$54		
80039	Red- small				\$54		
	Mixed Beans				\$54		
	ORG Red lentils				\$60		
<b>SEEDS</b>		1lb	5lb	<b>25lb. Sq. Bucket</b>			
51919	Flaxseed- golden		\$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		<b>25lb. Sq. Bucket</b>			
51042	Raw Brown Sugar			\$53			
54486	White cane sugar			\$45			
<b>MISCELLANEOUS</b>		1LB					
<b>BPW</b>	<b>NATURAL BAKING POWDER KIT- see recipe on website</b>				<b>\$20</b>		
54044	Cream of Tartar	\$14					
<b>SAF</b>	Instant Yeast (SAF) vacuum packed	\$9					
<b>BLA</b>	BRAGG'S Liquid Amino's 16oz	\$8					
<b>VAN</b>	PURE Vanilla- 16oz (pint)	\$42					
<b>CLASS</b>	Olive oil, natural salt & raw sugar Pack			<b>\$20</b>			
<b>DRIED GOODS</b>							
	<b>ORGANIC</b> Elderberries- dried. 1lb	\$25					
37180	Milk powder 1lb	\$8					
51652	Buttermilk powder 1lb	\$6					
52057	Dehydrated vegetables 1lb	\$10	\$27	3lbs			
54109	Deydrated potatoes			10 lbs	\$45		<b>SQUARE</b>
52055	Dehydrated potato Slices.			6 lbs	\$36		<b>BUCKET</b>

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