

PRICE LIST EFFECTIVE MAY 31st, 2024						
PLU	Description		50LB	20lb REFILL BUCKET		
32110	- Regular Rolled			\$26		
32120	- Rolled Organic		\$70	\$35		
OATS				25lb. Sq. Bucket		
60202	- Steelcut Organic			\$47		
60204	-Whole groats			SOLD OUT		
				*NEW Bucket w/Gamma lid		
GRAINS- non GMO*, no pesticides			50LB	33lb. Buck	33lb REFILL BUCKET	
51113	*Soft white wheat- ORGANIC				*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- Organic			\$44	SALE	
60228	Rye Berries- Organic			\$57		
60215	Kamut- Organic			\$62		
	Cracked Bulgur wheat	\$16		25lb. Sq. Bucket		
				*NEW Bucket w/Gamma lid		
RICE- non GMO		5LBS	12.5LB	35lb. Buck	33lb 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		
FLOUR- non GMO*, whole grains		5LBS	10LB	25lb. Buck	50lb. Bag	25lb REFILL BUCKET
30190	*King Arthur All purpose			*\$46	\$41	\$31
30180	*Sir Lancelot High gluten			*\$48	\$43	\$33
Organic & Wheat Montana FLOUR-non GMO						
51097	Natural All purpose flour		\$18		\$70	
	Bread Flour	SOLD OUT				
30150	Organic Whole Wheat flour			\$45	20lb. Sq. Bucket	
60230	Organic Rye flour			\$37	20lb REFILL BUCKET	
GLUTEN FREE						
30189	Semolina flour	5LB	10LB	SOLD OUT		
30150	White Rice flour			SALE	\$30	25lb. Sq. Bucket
SALT	Himalayan Salt.	16 oz	\$7			

Prices exclude tax - subject to change without notice

	Redmond Natural	10oz shd	\$7.50				
		26oz Pouch	###				
PRICE LIST EFFECTIVE MAY 31st, 2024 SALE-BEANS							
PLU	Description	\$5 off ALL Square buckets					
	BEANS- non GMO			25lb. Sq. Bucket			
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			
SEEDS		1lb	5lb	25lb. Sq. Bucket			
51919	Flaxseed- golden		\$15	\$40	20lbs		
32140	ORGANIC Millet			\$59			
30190	Poppy seeds.	\$6	\$25				
38120	Sesame seeds	\$6	\$25				
60259	Raw Sunflower seeds		\$18	\$52	16lbs		
SUGAR			Pint		Gallon		
	MAPLE SYRUP (from Wisconsin)		\$14		\$62		
		5LB		25lb. Sq. Bucket			
51042	Raw Brown Sugar			\$53			
54486	White cane sugar			\$45			
MISCELLANEOUS		1LB					
BPW	NATURAL BAKING POWDER KIT- see recipe on website					\$20	
54044	Cream of Tartar	\$14					
SAF	Instant Yeast (SAF) vacuum packe	\$9					
BLA	BRAGG'S Liquid Amino's 16oz	\$8					
VAN	PURE Vanilla- 16oz (pint)	\$42					
CLASS	Olive oil, natural salt & raw sugar Pack		\$20				
DRIED GOODS							

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	ORGANIC Elderberries- dried.	1	\$25					
37180	Milk powder	1lb	\$8					
51652	Buttermilk powder	1lb	\$6					
52057	Dehydrated vegetables	1lb	\$10	\$27	3lbs			
54109	Deydrated potatoes				10 lbs	\$45	SQUARE BUCKET	
52055	Dehydrated potato Slices.				6 lbs	\$36		

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