

<b>PRICE LIST</b> EFFECTIVE AUG 2018						*5 gallon	Lbs. in
PLU	Description		7LB	25lb. Bag	50lb. Bag	bucket	bucket
32110	- Regular Rolled		\$6.4		\$35	\$31	*20
32120	- Rolled <b>Organic</b>		\$9.7		\$54		
<b>OATS</b>			10LB				
60202	- Steelcut		\$6.4		\$34	\$40	*33
60204	-Whole groats		\$6.0		\$32	<b>*Special order</b>	
<b>GRAINS- non GMO*, no pesticides</b>		5LB	10LB		50lb. Bag	<b>SQ= Special request</b>	
51113	*Soft white wheat		\$8.9		\$37	\$47	*36
51114	*Hard red winter wheat		\$8.1		\$34	\$44	*36
51108	*Prarie Gold-hard white spring wheat		\$8.3		\$35	\$45	*36
51110	*Bronze Chief- hard red spring wheat		\$8.1		\$34	\$44	*36
	SPELT		<b>*Special order</b>		\$65	SQ	
60200	Hulled Barley- <b>Organic</b>	\$6.1		\$24		SQ	
60228	Rye Berries- <b>Organic</b>	\$6.0		\$22		SQ	
60215	Kamut- <b>Organic</b>			\$38			
<b>RICE</b>		4LB	12.5LB	25lb. Bag	50lb. Bag		
90010	*White rice- longrain		\$8.4		\$29	\$38	*36
92010	*Brown rice- longrain		\$9.2		\$31	\$39	*36
	White Basmati Rice			\$59			
<b>NEW</b>	Wild Rice	\$28					
<b>FLOUR- non GMO*, whole grains</b>			10LB	25lb. Bag	50lb. Bag		
30190	*King Arthur All purpose		\$7.1		\$28	\$32	*25
30180	*Sir Lancelot High gluten		\$7.8		\$30	\$33	*25
30130	Wholewheat- stone ground		\$6.6		\$24	\$29	*25
<b>**Organic &amp; Wheat Montana FLOUR- non GMO</b>							
51097	Natural All purpose flour		<b>*Special order</b>		\$39		
<b>**</b>	<b>Organic</b> Whole Wheat flour		\$15		\$54		
	<b>Organic</b> Rye flour		\$9.4	\$25			
<b>GLUTEN FREE</b>		8LB	10LB	25lb. Bag	50lb. Bag		
30189	Semolina flour (durum)		\$11.8		\$41		
55021	Tapioca Starch	\$12.8			\$68		
55099	Potato Starch	\$25.2					
30150	White Rice flour		\$9.8		\$36		
54756	G/Free Oats		<b>*Special order</b>		\$60		
		1LB	4LB	25lb. Bag	50lb. Bag		
	Xantham Gum- gluten free	\$16.20					
57201	<b>Organic</b> Coconut Flour <b>NEW</b>	\$3.50	\$12.5				
54755	<b>G/Free</b> All purpose flour		\$12.8	\$65			
<b>OTHER PRICES AVAILABLE ON REQUEST</b>							

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<b>PRICE LIST</b> EFFECTIVE AUG 2018				* sealed in mylar		*5 gallon	Lbs. in
PLU	Description	2LB	5LB	25lb. Bag	50lb. Bag	bucket	bucket
	<b>BEANS- non GMO</b>					<b>SQ= Special request</b>	
	Adzuki	\$9.3					
80031	Black (turtle)		\$6.10	\$25	\$47	<b>SQ</b>	*34
80030	Blackeyed pea's		\$11.20	\$45			*34
80044	Garbanzo (chick pea's) <b>ORGANIC</b>		\$11.00	\$44		<b>SQ</b>	*35
80032	Great Northern		\$6.50	\$26	\$50	<b>SQ</b>	*34
80038	Green pea's- split		\$5.70	\$24	\$44	<b>SQ</b>	*35
80046	-whole		\$8.00				
80033	Kidney		\$7.10	\$33		<b>SQ</b>	*34
80035	Lentils- brown		\$6.70	\$27	\$52	<b>SQ</b>	*35
60237	-red <b>organic</b>	\$6.4		\$45			
80034	Lima- large		\$11.70	\$47	\$91		*34
80036	Navy		\$6.10	\$26	\$48	<b>SQ</b>	*35
80037	Pinto		\$5.50	\$25	\$46	<b>SQ</b>	*35
80039	Red- small		\$8.10	\$32	\$63	<b>SQ</b>	*34
60223	Soybeans- <b>organic</b>			<b>\$49</b>	<b>SALE</b>		
80041	Yellow Split pea's		\$5.50	\$23		<b>SQ</b>	*35
	Mixed (13) Beans	\$5.1		\$46			
<b>SOUP MIXES</b>		2LB	5LB	25lb. Bag	50lb. Bag		
52092	Harvest Soup		\$20				
51401	<b>Organic</b> Harmony Soup		\$24			*5 gallon	Lbs. in
<b>SALT</b>						bucket	bucket
34110	Purified white sea salt	\$2.2			\$39	<b>\$52</b>	*50
54009	Natural pink sea salt 1.5lbs	\$6.4		\$72		<b>\$105</b>	*20 x 1lb
<b>CORN/ POPCORN</b>							
60203	Whole Corn- <b>organic</b>	<b>*By Special order</b>		<b>\$28</b>		<b>\$47</b>	30
60226	Cornmeal- <b>organic</b>			\$33			
54022	Coarse Cornmeal		<b>*By Special order</b>		<b>\$34</b>		
60206	Corn Grits- coarse yellow <b>organic</b>			\$34			
80108	Yellow Popcorn- <b>organic</b>		\$11.8				
80109	Amish White popcorn		\$9				
<b>SEEDS</b>			5LB	25lb. Bag			
54020	Quinoa			\$93	<b>ORG \$102</b>	<b>*By Special order</b>	
32140	Millet (food grade)		\$5.5	\$22			
60231	Amaranth			\$56	<b>ORG \$83</b>	<b>*By Special order</b>	
51919	Flaxseed- brown			\$26			
<b>OTHER PRICES AVAILABLE ON REQUEST</b>							

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<b>PRICE LIST</b> EFFECTIVE AUG 2018				* sealed in mylar	*5 gallon	Lbs. in
PLU	Description		10LB	25lb. Bag	50lb. Bag	bucket
<b>SWEETNERS- Xylitol</b>			<b>\$58</b>	<b>SALE</b>		
51038	Raw sugar		\$12.8		\$51	\$57 *36
54486	White cane sugar				\$35	\$52 *39
	Maple Syrup from WI	Pint	\$11.50	\$21	Quart	Gallon \$61
	* <b>HONEY- TLC Local &amp; Raw</b>	1/2 pint	\$7	\$13	Pint	\$24 Quart
<b>FATS</b>	Coconut oil (refined)	\$4	(16oz.)	\$21	(Quart)	\$108 5gall Drum
	Pork lard			<b>*By Special order</b>		50lb.block <b>\$60</b>
<b>OTHER PRICES AVAILABLE ON REQUEST</b>				* sealed in mylar	*5 gallon	Lbs. in
<b>DRIED GOODS</b>		8oz.	10LB		50lb. Bag	bucket
37700	Egg powder					\$164 *20 x 1lb.
37180	Milk powder					\$153 *22 x8oz.
52204	Elbow Macaroni					\$43 *20
60308	Spaghetti					\$46 *22
54109	Deydrated potatoes				\$96	\$53 *15
52057	Dehydrated vegetables		\$85			\$152 *20 x 8oz.
<b>OTHER- miscellaneous items</b>		5LB	10LB		40LB	
	Diatemateous Earth	\$6.50			\$24.00	
<b>BAKING</b>		1LB	5LB			
51009	Unflavoured Gelatin (beef)	\$13	\$103	<b>*By Special order</b>		
	Instant Yeast (SAF) vacuum packed	\$5.5				
54044	***Cream of Tartar	\$11.5	\$45	***These 3 items make NATURAL		
53595	***Arrowroot powder	\$6.0	\$25	Baking powder (Recipe on website)		
37500	***Baking Soda	\$1.5			\$39	50lb. Bag
<b>NEW</b>	<b>ESSENTIAL OILS</b>	4fl.oz.	USES			
BS	Basil -sweet	\$7	Abdomiinal cramps, muscular spasms, Crohn's,migraines			
CB	Clove Bud	\$8	Aches, infections, toothcahe			
BG	Bergamot <b>ORGANIC</b>	\$12	Colic, stress			
EU	Eucalyptus Oil	\$7	Allergies, congestion, Poison Ivy			
FR	Frankincense	\$8	Arthritis, inflamation, depression, wrinkles			
GF	Grapefruit	\$12	Stress, appetite suppressant, metal toxicity			
LV	Lavender <b>ORGANIC</b>	\$9	Anxiety, burns, itches & rashes, sunburn			
LM	Lemon	\$6	Cough & sore throat, disinfectant, oily hair			
LG	Lemongrass <b>ORGANIC</b>	\$6	Bladder infection, high Cholesterol, torn tendon			
MJ	Marjoram-sweet	\$9	Arthritis, croup, high blood pressure			
OG	Orange <b>ORGANIC</b>	\$8	Nausea, anxiety, toxema			
OR	Oregano	\$8	Strep throat, warts			
RS	Rosemary	\$8	Breathing, low blood pressure, hair loss			
TT	Tea Tree (Melaluca)	\$6	Acne, athlete's foot, skin disorders, candida			

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<b>PRICE LIST</b> EFFECTIVE AUG 2018						
<b>NEW</b>	<b>HERBAL CAPSULES</b>		100ct	500ct	USES	
<b>TM</b>	<b>ORGANIC</b> Tumeric (540mg)-2 per day		\$11	\$50	Inflamation, memory	
<b>CP</b>	<b>ORGANIC</b> Cayenne Pepper (475mg) - 1 per day		\$11.50		Immune system	
<b>AC</b>	Activated Charcoal	No stock-	coming soon		Diarrhea	
<b>ITEMS RELATED TO LONG TERM STORAGE</b>						
<b>CANNED PRODUCTS</b>		Size	EACH	<b>SPECIAL</b>	<b>CASE</b>	
Bega	Processed cheese	200gm	\$4.50	<b>\$130</b>	\$150	(36 cans-\$3.61each)
Red Feather	Butter	12oz.	\$8.50	<b>\$152</b>	\$172	(24 cans- \$6.33each)
Werling	MEAT- Beef & Pork ONLY	14.5oz.	\$6.50	<b>\$140</b>	\$149	(24 cans- \$5.83each)
	(Chicken & Turkey sold out)					
	-mixed pack(1 each meat)	28oz	\$12.50	<b>\$48</b>		(4cans- \$12 each)
<b>MLAR BAGS</b>				<b>BULK</b>		
.4mm	8 x 8" individual	.50ea		<b>\$20.00</b>	for 50	
	10 x 16" gallon size	1.00ea		<b>\$40.00</b>	for 50	
	29 x 19" for buckets	2.50ea		<b>\$20.00</b>	for 10	
<b>OXYGEN ABSORBERS</b>		<b>100cc</b>		<b>500cc</b>		<b>2000cc</b>
		<b>\$30/100pk</b>		<b>\$18/50pk</b>		<b>\$10/10pk</b>
<b>DESSICANTS</b>		<b>SMALL</b>	\$10/25 pack			
	(moisture absorbers)	<b>LARGE</b>	\$5.50/5pack		<b>BULK</b>	<b>\$45/50</b>
<b>MISC</b>	Srike Anywhere matches	\$5/ 3 pack				
	Bucket Opener- plastic	\$6				
<b>KATADYN WATER FILTERS</b>		PRICE	Filter Cap.	REPLACEMENT FILTERS		
	Gravity Camp (6 liter Bag)	<b>\$85.00</b>	400 gal	\$35.00		
	Microfilter	<b>\$330.00</b>	13,200 gal	\$175.00	Ceramic	ORDER ONLY
	TRK Drip Gravidyn	<b>\$270.00</b>	39,000 gal	\$65.00	(3 filters)	
<b>SPICE BOX</b> - 8oz.EA BBQ,Taco,Chili, cinnnamon,pepper,garlic, onion						
	-6oz Italian seas, 2oz. Oregano C&S			<b>* sealed in mylar</b>		<b>*\$40</b>
<b>ON CLEARANCE (while stocks last)</b>						
	<b>Nett Price- no further discounts</b>	1.5LB	2LB	3LB	4LB	
	Chocolate baking drops			<b>\$12</b>		
	Butterscoth baking drops			<b>\$12</b>		
	Sliced almonds				<b>\$24</b>	
	Raisins- oil treated		<b>\$7.2</b>			
	Carob powder			<b>\$12</b>		
	Dutch Cocoa powder	<b>\$10</b>				
	Dessicated Coconut	<b>\$10</b>				

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