



## May 2021 Product List

Item ID	Item Description	Weight	wholesale Source	Price/lb
<b>BAKING</b>				
cacb11	cacao butter organic	11	94.80 Peru	8.62
cacb33	cacao butter organic	33	270.00 Peru	8.18
cacn33	cacao nibs organic	33	168.00 Peru	5.09
cacn5	cacao nibs organic	5	36.00 Peru	7.20
cacp1	cacao powder natural organic	1	6.00 Peru	6.00
cacp5	cacao powder natural organic	5	24.00 Peru	4.80
cacp55	cacao powder natural organic	55.1	210.00 Peru	3.81
choc25	choc chips semi-swt small org	25	137.70 Dom Repub	5.51
choc5	choc chips semi-swt medium org	5	36.00 Dom Repub	7.20
chocl25	choc chips semi-swt medium org	25	137.70 Dom Repub	5.51
choccosu40	choc chip drk coconut swtn org	40	288.00 Italy	7.20
choccosu5	choc chip drk coconut swtn org	5	48.00 Italy	9.60
chocs5	choc chips semi-swt small org	5	36.00 Dom Repub	7.20
cocbla50	cocoa powder alkalized black	50	150.00 Spain	3.00
cocbla5	cocoa powder alkalized black	5	21.60 Spain	4.32
cocd1	cocoa powder Dutch alkali org	1	9.60 Peru	9.60
cocd25	cocoa powder Dutch alkali org	25	126.00 Peru	5.04
cocd5	cocoa powder Dutch alkali org	5	33.00 Peru	6.60
nv10cocm	coconut milk organic	6 x 102oz	89.40 Phillipine	
tvp50	textured veg. protien non-org	50	90.00 USA	1.80
ystbkrs8oz	yeast bakers instant organic	.5	31.20 Iowa	62.40
<b>BEANS</b>				
adub25	adzuki beans organic	25	52.50 China	2.10
anab50	anasazi beans non-organic	50	90.00 Colorado	1.80
blb25	black beans US organic	25	37.20 N. Dakota	1.49
cann25	cannellini beans organic	25	53.70 USA	2.15
crbean25	cranberry beans organic	25	40.80 Washington	1.63
fava25	fava beans organic	25	57.60 China	2.30
garb50	garbanzo beans organic	50	66.00 Turkey	1.32
garb25	garbanzo beans organic	25	38.40 US	1.54
grtn25	great northern beans org	25	36.00 USA	1.44
kidb25	kidney beans dark organic	25	50.40 US	2.02
limb25	lima beans baby organic	25	38.40 California	1.54
liml25	lima beans larg organic	25	46.80 California	1.87
munb25	mung beans organic	25	47.70 China	1.91
muns25	mung beans split organic	25	58.50 China	2.34
navb25	navy beans organic	25	39.60 China	1.58
pinb25	pinto beans organic	25	37.20 Colorado	1.49
smrd25	small red beans organic	25	37.80 Idaho	1.51
soyb25	soybeans organic	25	30.00 Nebraska	1.20
soybb25	soybeans black organic	25	37.20 China	1.49
spm25	soup mix seven bean organic	25	55.20 US	2.21

## CEREALS

bafk25	barley flakes organic	25	35.40 Nebraska	1.42
bafk50	barley flakes organic	50	63.00 Iowa	1.26
bulgc25	bulgur organic	25	33.00 Turkey	1.32
cous25	couscous organic	25	52.20 US	2.09
cousi25	couscous Israeli/pearl org	25	45.42 Israel	1.82
cousw25	couscous whole wheat organic	25	53.40 US	2.14
nigr25	nine-grain cracked cereal org	25	50.40 Montana	2.02
oabr25	oat bran organic	25	55.20 Canada	2.21
oabr50	oat bran organic	50	95.70 Canada	1.91
oati50	oats rolled instant organic	50	59.40 Kansas	1.19
pofk4	potato flakes organic	4	14.40 Colorado	3.60
pofk40	potato flakes organic	40	93.60 Colorado	2.34
pole25	polenta organic	25	31.80 California	1.27
quif33	quinoa flakes organic	33	102.60 Bolivia	3.11
quik25	oats rolled quick organic	25	26.40 Canada	1.06
quro50	oats quick rolled organic	50	51.00 Canada	1.02
quroGF50	oats quick rolled organic	50	64.80 Canada	1.30
rego25	oats rolled regular organic	25	24.60 Canada	0.98
rero50	oats rolled regular organic	50	48.60 Canada	0.97
reroGF50	oats rolled regular GF organic	50	64.80 Canada	1.30
ryfk25	rye flakes organic	25	22.20 Nebraska	0.89
stco25	oats steel-cut organic	25	34.20 Canada	1.37
stco50	oats steel-cut organic	50	58.80 Canada	1.18
tcut25	oats rolled thick cut organic	25	32.70 Canada	1.31
thro50	oats rolled thick cut org	50	59.70 Canada	1.19
whbr25	wheat bran organic	25	15.00 Colorado	0.60

## DRIED FRUIT

apdi25	apples diced organic	22	162.00 China	7.36
apdi5	apples diced organic	5	42.00 China	8.40
apr28	apricots dried organic	27.55	114.00 Turkey	4.14
apr5	apricots dried organic	5	26.40 Turkey	5.28
aprd22	apricots diced organic	22	48.00 Turkey	2.18
aprd5	apricots dried diced org	5	15.00 Turkey	3.00
apri25	apple rings organic	25	195.00 Argentina	7.80
apri5	apple rings organic	5	47.70 China	9.54
bana14	banana chips sweet org	14	36.00 Philippine	2.57
banfk1	banana flakes organic	1	10.20 Ecuador	10.20
blue20	blueberries cultivated swtnd org	20	298.80 USA	14.94
blue5	blueberries cultivated swtnd org	5	84.00 USA	16.80
bluew25	blueberries wild swtnd org	25	420.00 Canada	16.80
bluew5	blueberries wild swtnd org	5	90.00 Canada	16.00
cher5	cherries dried tart organic	5	58.80 Turkey	11.76
ches17	cherries tart unswtnd organic	17.6	164.16 Turkey	9.33
cocf25	coconut fine macaroon organic	25	67.20 Philipines	2.69
coch25	coconut chips organic	25	90.00 Sri Lanka	3.60
coch4	coconut chips organic	4	18.00 Sri Lanka	4.50
coco25	coconut medium shred organic	25	74.40 Philipines	2.98
cranu25	cranberries unsweetened organic	25	240.00 Canada	9.60
cranu5	cranberries unsweetened organic	5	54.00 Canada	10.80
cranb25	cranberries sweetened organic	25	84.00 Canada	3.36
cranb5	cranberries sweetened organic	5	24.00 Canada	4.80
cranj25	cranberries juice-sweetnd org	25	149.94 Canada	6.00
cranj5	cranberries juice-sweetnd org	5	41.40 Canada	8.28
curr30	currants organic	30	124.80 California	4.16

curr5	currants organic	5	23.40 California	4.68
datp40	date paste organic	40	126.00 Turkey	3.15
dapt15	dates pitted Deglet organic	15	58.80 California	3.92
datm15	dates whole Medjool organic	15	79.14 California	5.28
fibm30	figs black mission organic	30	190.80 California	6.36
fibm5	figs black mission organic	5	37.20 California	7.44
fig28	figs Turkish organic	28	109.20 Turkey	3.90
fig5	turkish figs organic	5	28.80 Turkey	5.76
goji10	goji berries organic	10	108.00 China	10.80
goji40	goji berries organic	40	408.00 China	10.20
goji5	goji berries organic	5	60.00 China	12.00
goldb44	goldenberries goosberries org	44.1	418.80 Peru	9.50
goldb5	goldenberries goosberries org	5	54.00 Peru	10.80
mang5	mango sliced organic	5	43.20 Mexico	8.64
mulw13	mulberries white organic	13.2	67.20 Turkey	5.09
mulw5	mulberries white organic	5	31.20 Turkey	6.24
piner25	pineapple rings organic	25	204.00 Mexico	8.16
piner5	pineapple rings organic	5	43.20 Mexico	8.64
prun30	prunes pitted organic	30	113.70 California	3.79
prun5	prunes pitted organic	5	28.80 California	5.76
raif30	raisins flame organic	30	86.40 California	2.88
raif5	raisins flame organic	5	16.80 California	3.36
rais28	raisins sultana organic (30lbs)	30	72.00 California	2.40
rais30	raisins Thompson organic	30	72.60 USA	2.42
rais5	raisins sultana organic	5	16.80 California	3.36
raist5	raisins Thompson organic	5	15.00 California	3.00
toma5	tomatoes sundried halves org	5	38.40 Turkey	7.68
tomh22	tomatoes sundried halves org	22	105.60 Turkey	4.80

## FEED

oatw50	oats whole unhulled organic (48lbs)	48	41.40 Nebraska	0.86
sunb50	sunflower birdseed organic	50	41.40 Nebraska	0.83

## FLOUR

almc25	almond meal conventional	25	91.50 California	3.66
almm20	almond meal organic	20	186.00 USA	9.30
almm5	almond meal organic	5	50.40 US	10.08
apf50	all-purpose white flour org	50	35.40 Colorado	0.71
apt50	flour Turkey Red AP white org	50	66.00 Kansas	1.32
artf5	arrowroot powder organic	5	21.60 Inda	4.32
artf55	arrowroot powder organic	55	158.40 India	2.88
banfl22	banana flour organic	22	110.40 Peru	5.02
barfm50	barley flour malted diastatic	50	84.00 Wisconsin	1.68
barf50	barley flour organic	50	58.80 Montana	1.18
bkfd25	buckwheat flour organic	25	30.00 S. Dakota	1.20
blcm25	cornmeal blue organic	25	32.94 Kansas	1.32
blcm50	cornmeal blue organic	50	63.00 Kansas	1.26
brofm25	flax brown ground meal organic	25	54.00 Canada	2.16
brofm5	flax brown ground meal organic	5	21.60 Canada	4.32
brofm50	flax brown ground meal organic	50	90.00 Canada	1.80
cassa55	cassava flour organic	55.1	100.80 Peru	1.83
cassa5	cassava flour organic	5	14.40 Peru	2.88
cofl25	coconut flour organic	25	44.70 Philippines	1.79
dufl25	durum patent flour organic	25	39.30 USA	1.57
garf50	garbanzo flour organic	50	94.80 US	1.90
higf25	strong bread flour organic	25	32.10 Kansas	1.28
higf50	strong bread winter flour org	50	45.00 Colorado	0.90

kaf125	kamut flour whole grain org	25	35.10 Montana	1.40
kafw25	kamut flour white organic	25	41.70 USA	1.67
milf25	millet flour organic	25	35.70 Kansas	1.43
mesq5	mesquite powder organic	5	30.00 Peru	6.00
mesq1	mesquite powder organic	1	9.60 Peru	9.60
oatf25	oat flour whole org	25	34.20 Kansas	1.37
oatf50	oat flour whole org	50	45.00 Canada	0.90
oatfGF50	oat flour gluten free organic	50	90.00 Canada	1.80
pofl50	potato flour organic	50	106.80 Colorado	2.14
qufl50	quinoa flour organic	50	126.00 Peru	2.52
rdlf25	red lentil flour organic	25	52.50 Turkey	2.10
rifl50	brown rice flour organic	50	68.40 California	1.37
rifl25	brown rice flour organic	25	40.80 California	1.63
semo25	semolina flour organic	25	40.20 N. Dakota	1.61
sorf50	sorghum flour white organic	50	90.00 N. Dakota	1.80
spfl25	spelt flour whole organic	25	46.50 Michigan	1.86
spwh25	spelt flour white organic	25	54.60 Michigan	2.18
tapi25	tapioca starch organic	25	43.20 Thailand	1.73
tapi5	tapioca starch organic	5	10.80 Thailand	2.16
tefbf50	teff flour brown non-organic	50	102.00 US	2.04
uapf25	unbleached white flour organic	25	32.10 Colorado	1.28
whlwf25	whole wheat flour organic	25	24.30 Colorado	0.97
whwf50	whole wheat flour organic	50	45.60 Colorado	0.91
whwpl50	whole wheat pastry flour org	50	38.40 Montana	0.77
wrf125	rye flour whole organic	25	21.90 Montana	0.88
wrf150	rye flour whole organic	50	38.70 Montana	0.77
ycm25	cornmeal yellow organic	25	23.10 Kansas	0.92
ycm50	cornmeal yellow organic	50	42.00 Kansas	0.84

## GRAIN

amag25	amaranth grain organic	25	42.00 India	1.68
amag50	amaranth grain organic	50	68.40	1.37
bapl25	barley pearled organic	25	26.40 USA	1.06
bapl50	barley pearled organic	50	48.00 USA	0.96
basp50	barley sprouting organic	50	47.40 Nebraska	0.95
bkrk25	buckwheat rsted kasha org	25	43.80 S. Dakota	1.75
bluc25	corn blue organic	25	31.20 Kansas	1.25
bluc50	corn blue organic	50	56.40 Kansas	1.13
bucg25	buckwht groats hulld China org	25	31.20 China	1.25
bucu25	buckwheat groats hulled US org	25	46.80 US	1.87
bucw25	buckwheat whole organic	25	27.00 S. Dakota	1.08
bucw50	buckwheat whole organic	50	48.00 Nebraska	0.96
crny25	corn yellow organic	25	20.40 Nebraska	0.82
crny50	corn yellow organic	50	37.20 Nebraska	0.74
eink25	einkorn organic	25	98.40 Oregon	3.94
farr11	farro emmer organic	11	24.00 Italy	2.18
farr22	farro emmer organic	22	46.80 Italy	2.13
hulo50	oats hullless organic	50	55.20 Nebraska	1.10
hulsb25	barley hullless organic	25	25.80 Nebraska	1.03
hwwb25	wheat hard white organic	25	24.00 Montana	0.96
hwwb50	wheat hard white organic	50	39.30 Montana	0.79
kamu25	kamut grain organic	25	31.20 Montana	1.25
milh25	millet hulled organic	25	28.80 Colorado	1.15
milh50	millet hulled organic	50	50.40 Colorado	1.01
milu50	millet unhulled organic	50	50.40 Colorado	1.01
oatg25	oat groats organic	25	24.00 Canada	0.96
oatg50	oat groats organic	50	45.00 Canada	0.90

popc25	popcorn yellow organic	25	32.10	Nebraska	1.28
popc50	popcorn yellow organic	50	58.80	Nebraska	1.18
popm25	popcorn multicolor organic	25	33.00	California	1.32
popw25	popcorn white organic	25	37.80	Nebraska	1.51
quib25	quinoa black organic	25	58.80	Bolivia	2.35
quin25	quinoa white organic	25	58.80	Peru	2.35
quir25	quinoa red organic	25	69.60	Bolivia	2.78
quir50	quinoa red organic	50	129.00	Peru	2.58
quit25	quinoa tri-color organic	25	70.80	Bolivia	2.83
rye25	rye berries organic	25	24.00	Montana	0.96
rye50	rye berries organic	50	45.60	Montana	0.91
seven25	seven-grain mix organic	25	48.00	US	1.92
sorg25	sorghum grain organic	25	34.80	US	1.39
sorg50	sorghum grain organic	50	62.40	US	1.25
speb25	spelt grain organic	25	44.40	Michigan	1.78
speb50	spelt grain organic	50	80.40	Michigan	1.61
trit25	triticale organic	25	23.40	Nebraska	0.94
whhr25	wheat hard red winter organic	25	20.10	Colorado	0.80
whrw50	wheat hard red winter organic	50	34.20	Colorado	0.68
whtr25	wheat turkey red organic	25	20.10	Colorado	0.80
whtr50	wheat turkey red organic	50	35.40	Colorado	0.71
wsw25	wheat soft white organic	25	24.00	Montana	0.96
wsw50	wheat soft white organic	50	42.60	Colorado	0.85
<b>LENTILS</b>					
blal25	lentils black organic	25	54.90	Canada	2.20
frgl25	lentils french green org	25	42.00	Canada	1.68
goll25	lentils golden yellow organic	25	42.00	Turkey	1.68
grel25	lentils green organic	25	33.00	Canada	1.32
rdld25	lentils red skins-off organic	25	36.00	Canada	1.44
rdln25	lentils red skins-on organic	25	37.20	Canada	1.49
<b>NON FOOD</b>					
buch25	buckwheat hulls organic	25	26.40	S. Dakota	1.06
pail5gl	pail 5 gal		6.60		
pail5gl lid	pail lid 5 gl + spout		3.00		
<b>Nut Butters</b>					
albr35	almond butter rsted org	35	330.00	US	9.43
cabr40	cashew butter rsted organic	40	288.00	US	7.20
pnbc35	peanut butter creamy organic	35	125.52	Argentina	3.59
pnbc crunch40	peanut butter crunchy organic	40	132.00	Mexico	3.30
tahi40	tahini toasted organic	40	106.80	USA	2.67
<b>Nuts</b>					
almchoc5	almonds dark chocolate organic	5	45.60	Italy	9.12
almb125	almonds blanched organic	25	246.00	Italy	9.84
almb15	almonds blanched organic	5	54.00	Italy	10.80
almn25	almonds US organic	25	209.70	California	8.39
almn5	almonds US organic	5	51.00	California	10.20
alms25	almonds raw org Spain	25	237.60	Spain	9.50
alms5	almonds raw org Spain	5	50.70	Spain	10.14
als120	almonds sliced natural organic	20	201.00	Spain	10.05
als15	almond sliced natural organic	5	54.00	Spain	10.80
braz44	Brazil nuts organic	44	237.60	Bolivia	5.40
braz5	Brazil nuts organic	5	42.00	Bolivia	8.40
casp25	cashew pieces organic	25	117.60	Brazil	4.70
casp5	cashew pieces organic	5	31.20	Brazil	6.24

casp50	cashew pieces organic	50	222.00	Brazil	4.44
casw5	cashew whole organic	5	42.00	Brazil	8.40
caswl25	cashews whole organic	25	180.00	Brazil	7.20
caswl50	cashews whole organic	50	318.00	Brazil	6.36
caswr25	cashews whole dry roasted organic	25	174.00	Brazil	6.96
caswr5	cashews whole dry roasted organic	5	48.00	Brazil	9.60
hazl25	hazelnuts organic	25	186.00	Turkey	7.44
hazl5	hazelnuts organic	5	43.20	Turkey	8.64
maca25	macadamia halves/pcs organic	25	432.00	Kenya	17.28
maca5	macadamia halves/pcs organic	5	92.40	Kenya	18.48
macw25	macadamia nuts whole organic	25	469.50	Kenya	18.78
macw5	macadamia nuts whole organic	5	99.60	Kenya	19.92
peca30	pecan halves organic	30	390.00	Texas	13.00
peca5	pecan halves organic	5	70.80	California	14.16
pecp30	pecan pieces organic	30	372.00	California	12.40
pecp5	pecan pieces organic	5	70.20	USA	14.04
pine1	pine nuts organic	1	22.20	Siberia	22.20
pine27.5	pine nuts organic	27.5	534.00	China	19.42
pine5	pine nuts organic	5	106.80	China	21.36
pish27	pistachio meats raw org. 27.5	27.5	495.00	California	18.00
pish5	pistachios raw meats organic	5	102.00	California	20.40
pishp25	pistachio raw pieces organic	25	450.00	California	18.00
pisn25	pistachios roasted no salt	25	270.00	California	10.80
pisn5	pistachios roasted no salt	5	64.80	California	12.96
pisr25	pistachios roasted/salted	25	270.00	California	10.80
pisr5	pistachios roasted/salted	5	64.80	California	12.96
pist25	pistachios raw in-shell org	25	270.00	California	10.80
pist5	pistachios raw in-shell org	5	64.80	California	12.96
pntb5	peanut butter stock org	5	26.10	Mexico	5.22
pntr50	peanuts raw shelled organic	50	126.00	Mexico	2.52
pntr25	peanuts raw shelled organic	25	69.60	Mexico	2.78
pntr5	peanuts raw shelled organic	5	18.00	Mexico	3.60
pntr30	peanut rst/unslt org(pb stock)	30	118.50	USA	3.95
pntb5	peanut rst/unslt org(pb stock)	5	21.00	USA	4.20
waln25	walnut halves pieces organic	25	192.00	California	7.68
waln5	walnut halves pieces organic	5	48.00	Romania	9.60

## OILS

olca1	oil canola gallon organic	7.6	28.50	US	3.75
olca35	canola oil organic	38	116.40	USA	3.06
cbdx30	CBD oil full spectrum 900mg	900	45.60	Colorado	0.04
olco1	oil coconut refined organic	7.5	24.00	Philipines	3.20
olco38	oil coconut refined organic	38	98.40	Philipines	2.59
olcv1	oil coconut virgin org	7.5	38.40	Philipines	5.12
olcv38	oil coconut virgin pail org	38	162.00	Philipines	4.26
olmct1	coconut oil MCT organic	7.6	61.56	Singapore	8.10
olol1	oil olive extra virgin organic	7.6	42.00	Spain	5.53
olol35	oil olive extra virgin organic	35	158.60	Spain	4.53
olsa1	oil safflower hi-oleic org gal	7.6	25.20	Mexico	3.32
olsa38	oil safflower hi-oleic organic	40	118.20	Mexico	2.96
olsoyt1	tamari soy sauce GF San-J Org	9.7	43.20	USA	4.45
olsoyt49	tamari soy sauce GF San-J Org	49	147.00	USA	3.00
olst1	sesame oil toasted organic	9.2	38.40	Mexico	4.17
olst38	sesame oil toasted organic	38	163.20	Mexico	4.29
olsu1	oil sunflwr hi-oleic org gal	7.6	28.80	Ukraine	3.79
olsu38	oil sunflwr hi-oleic org	38	110.40	Ukraine	2.91
palm33	palm shortening organic	33	62.40	Ecuador	1.89

**PASTA**

paqe5	pasta quinoa elbows organic	5	24.18	Bolivia	4.84
paqf4	pasta quinoa fusilli organic	4	19.34	Bolivia	4.84
paqo5	pasta quinoa orzo organic	5	24.18	Bolivia	4.84
paqp5	pasta quinoa penne organic	5	24.18	Bolivia	4.84
paqs5	pasta quinoa spaghetti organic	5	24.18	Bolivia	4.84
pasps5	pasta sorghum penne org	5	24.18	Bolivia	4.84

**PEAS**

blep25	peas blackeye organic	25	41.40	Texas	1.66
grsp25	peas green split organic	25	29.40	Canada	1.18
peas50	peas yellow shoot sprout org	50	65.70	Nebraska	1.31
whgp25	peas whole green organic	25	21.30	Canada	0.85
yesp25	peas yellow split organic	25	27.00	Canada	1.08

**RICE**

riar25	rice arborio white org	25	88.50	California	3.54
ribb25	rice brown basmati org	25	50.70	US	2.03
ribm25	rice brown medium org	25	48.60	California	1.94
ribw25	rice white basmati org	25	56.10	California	2.24
rjia25	rice black organic	25	63.00	Thailand	2.52
rjib25	rice brown jasmine org	25	55.20	California	2.21
riib25	rice brown long org	25	31.20	California	1.25
risg25	rice brown short org	25	39.00	California	1.56
risu25	rice sushi white org	25	45.00	California	1.80
ritr25	rice red organic	25	41.40	Thailand	1.66
riwb25	rice brown/wild blend org	25	94.50	California	3.78
riwi25	rice wild org	25	234.00	California	9.36
riwj25	rice white jasmine org	25	62.70	California	2.51
riwl25	rice white long org	25	30.60	California	1.22

**ECOFARM RICE**

rilgn25	rice brown long grain EcoFarm	25	34.80	California	1.39
risgn25	rice brown short grain EcoFarm	25	28.50	California	1.14
riwbn25	rice white basmati EcoFarm	25	48.00	California	1.92

**SEEDS**

brof50	brown flax seed organic	50	68.40		1.37
brof25	brown flax seed organic	25	43.20		1.73
brof5	brown flax seed organic	5	12.00		2.40
alfs1	alfalfa seeds organic	1	13.20	Canada	13.20
alfs25	alfalfa seeds organic	25	222.00	Canada	8.88
alfs5	alfalfa seeds organic	5	52.80	Canada	10.56
brocc1	broccoli seeds organic	1	18.30	Canada	18.30
brocc5	broccoli seeds organic	5	76.50	Canada	15.30
brocc50	broccoli seed organic	50	525.00	USA	10.50
brocr1	broccoli seed raab organic	1	18.00	USA	18.00
brocr5	broccoli seed raab organic	50	60.00	USA	1.20
brof25	flax brown organic	25	43.20	Canada	1.73
brof50	flax brown organic	50	68.40	Canada	1.37
chib1	chia black organic	1	4.80	Ecuador	4.80
chib25	chia black organic	25	57.60	Paraguay	2.30
chib5	chia black organic	5	16.80	Paraguay	3.36
chib55	chia black organic	55	108.00	Mexico	1.96
chiw1	chia white organic	1	5.10	Ecuador	5.10
chiw25	chia white organic	25	83.40	Ecuador	3.34
chiw5	chia white organic	5	21.00	Ecuador	4.20
cres1	cress curly organic	1	12.00	Canada	12.00

cres22	cress curley organic	22	154.50	Canada	7.02
cres5	cress curley organic	5	45.60	Canada	9.12
golf50	flax gold organic	50	94.80	USA	1.90
golf25	flax gold organic	25	52.80	USA	2.11
hemp25	hemp hearts organic	25	177.60	Canada	7.10
hemp5	hemp hearts organic	5	42.00	Canada	8.40
ngla1	nigella sativa seeds organic	1	9.60	India	9.60
ngla5	nigella seeds organic	5	42.00	India	8.40
popp1	poppy seeds organic	1	8.40	Turkey	8.40
popp5	poppy seeds organic	5	34.80	Turkey	6.96
popp50	poppy seeds organic	50	237.60	Turkey	4.75
puAA5	pumpkin seeds AA organic	5	26.40	China	5.28
puAA55	pumpkin seeds AA organic	55.1	210.00	China	3.81
rad1	radish seeds daikon organic	1	9.60	Canada	9.60
rad25	radish seeds daikon organic	25	178.80	Canada	7.15
rad5	radish seeds daikon organic	5	43.20	Canada	8.64
radr1	radish seeds red organic	1	8.40	Canada	8.40
radr25	radish seeds red organic	25	127.50	Nebraska	5.10
radr5	radish seeds red organic	5	36.00	Canada	7.20
radt1	radish triton organic	5	9.60	Canada	1.92
redc1	red clover seeds organic	1	5.70	Canada	5.70
redc25	red clover seeds organic	25	135.30	Canada	5.41
redc5	red clover seed organic	5	29.70	Canada	5.94
sesb50	sesame seeds black organic	50	141.00	India	2.82
sesb50	sesame seeds hulled organic	50	94.80	India	1.90
sesb25	sesame seeds hulled organic	25	56.40	India	2.26
sesn25	sesame seeds natural whole org	25	54.00	Peru	2.16
sprs1	sunflower sprouting org	1	6.00	Nebraska	6.00
sprs5	sunflower sprouting org	5	21.60	Nebraska	4.32
sprs50	sunflower sprouting org	50	150.60	Nebraska	3.01
sund25	sunflower seed hulled org US	25	58.20	US	2.33
sundh55	sunflower hulled organic	55	89.40	Romania	1.63

## SPICES

ashwagp50	ashwaghanda powder organic	50	450.00	India	9.00
ashwagp5	ashwaghanda powder organic	5	54.00	India	10.80
ashwagp1	ashwaghanda powder organic	1	14.40	India	14.40
baslg50	basil powder organic	50	240.00	Egypt	4.80
baslg5	basil powder organic	5	30.00	Egypt	6.00
baslg1	basil powder organic	1	7.20	Egypt	7.20
baslw22	basil cut sift organic	22	104.40	Egypt	4.75
baslcs3	basil cut sift organic	3	21.60	Egypt	7.20
baslcs1	basil cut sift organic	1	8.40	Egypt	8.40
beetp40	beet root powder	40	342.00	China	8.55
beetp5	beet root powder	5	54.00	China	10.80
beetp1	beet root powder	1	12.00	China	12.00
cilfl20	cilantro flakes organic	20	235.20	Egypt	11.76
cilfl1	cilantro flakes organic	1	14.40	Egypt	14.40
cilfl.5	cilantro flakes organic	.5	9.60	Egypt	19.20
cara25	caraway seeds organic	25	115.20	India	4.61
cara5	caraway seeds organic	5	30.00	India	6.00
cara1	caraway seeds organic	1	7.20	India	7.20
carg1	cardamom whole ground organic	1	36.00	Guatamala	36.00
carg5	cardamom whole ground organic	5	174.00	Guatamala	34.80
carg50	cardamom ground organic	50	1,740.00	Guatamala	34.80
chiptle40	chipotle powder organic	40	408.00	USA	10.20
chiptle5	chipotle powder organic	5	60.00	USA	12.00



chiptle1	chipotle powder organic	1	15.00	USA	15.00
cayg1	cayenne pepper ground organic	1	8.40	India	8.40
cayg5	cayenne pepper ground organic	5	35.40	India	7.08
cayg50	cayenne pepper ground organic	50	282.00	India	5.64
caygh1	cayenne ground hot organic	1	8.40	India	8.40
caygh5	cayenne ground hot organic	5	35.40	India	7.08
chif1	chili flakes med-hot organic	1	8.40	India	8.40
chif5	chili flakes med-hot organic	5	36.00	India	7.20
chif50	chili flakes med-hot organic	50	240.00	India	4.80
chili1	chili powder mild organic	1	8.40	New Mexico	8.40
chili5	chili powder mild organic	5	36.00	China	7.20
chili50	chili powder mild organic	50	330.00	New Mexico	6.60
cinc1	cinnamon powder Ceylon organic	1	12.00	Sri Lanka	12.00
cinc30	cinnamon powder Ceylon organic	30	252.00	Sri Lanka	8.40
cinc35	cinnamon ceylon ground organic	35	313.80	Sri Lanka	8.97
cinc5	cinnamon powder Ceylon organic	5	52.80	Sri Lanka	10.56
cinn1	cinnamon ground organic	1	9.60	Vietnam	9.60
cinn5	cinnamon ground organic	5	36.00	Vietnam	7.20
cinn50	cinnamon powder organic	50	288.00	Vietnam	5.76
clog1	cloves ground organic	1	16.80	Sri Lanka	16.80
clog5	cloves ground organic	5	72.00	Sri Lanka	14.40
clog55	cloves ground organic	55.1	630.00	India	11.43
clow1	cloves whole organic	1	16.80	Indonesia	16.80
clow44	cloves whole organic	44	690.00	Indonesia	15.68
clow5	cloves whole organic	5	81.60	Indonesia	16.32
corg1	coriander ground organic	1	9.60	Uzbekistan	9.60
corg5	coriander ground organic	5	42.00	Uzbekistan	8.40
corg50	coriander ground organic	50	224.40	Uzbekistan	4.49
cumg1	cumin seed ground organic	1	10.80	Sri Lanka	10.80
cumg5	cumin seed ground organic	5	48.00	Sri Lanka	9.60
cumg50	cumin seed ground organic	50	330.00	India	6.60
cumi1	cumin seed whole organic	1	10.20	Sri Lanka	10.20
cumi11	cumin seeds organic	11	198.00	Sri Lanka	18.00
cumi5	cumin seed whole organic	5	45.60	Sri Lanka	9.12
cumi50	cumin seed whole organic	50	318.00	Sri Lanka	6.36
curp5	curry powder organic	5	35.40	US	7.08
curr1	curry powder organic	1	8.40	Sri Lanka	8.40
curr25	curry powder organic	25	141.60	US	5.66
dillcs22	dill cut sift organic	22	274.56	Sri Lanka	12.48
dillcs.5	dill cut sift organic	.5	9.60	Sri Lanka	19.20
dillcs1	dill cut sift organic	1	16.80	Sri Lanka	16.80
elder5	elderberries whold dried org	5	76.80	Bulgaria	15.36
elder1	elderberries whold dried org	1	19.20	Bulgaria	19.20
fennlw35	fennel whole organic	35	168.00		4.80
fennlw5	fennel whole organic	5	36.00		7.20
fennlw1	fennel whole organic	1	8.40		8.40
fenu1	fenugreek seeds organic	1	4.62	India	4.62
fenu25	fenugreek seed organic	25	67.20	India	2.69
fenu5	fenugreek seeds organic	5	19.80	India	3.96
fenug1	fenugreek seeds ground organic	1	9.60	India	9.60
fenug5	fenugreek seeds ground organic	5	30.00	India	6.00
fenug55	fenugreek seeds ground organic	55.1	144.00	India	2.61
gami50	garlice minced dried organic	50	210.00	China	4.20
gami5	garlice minced dried organic	5	30.00	China	6.00
gami1	garlice minced dried organic	1	7.20	China	7.20
gapo1	garlic powder organic	1	7.20	China	7.20

gapo5	garlic powder organic	5	33.60	China	6.72
gapo40	garlic powder organic	40	170.40	China	4.26
garl1	garlic granules organic	1	8.40	China	8.40
garl5	garlic granules organic	5	36.00	China	7.20
garl50	garlic granules organic	50	396.00	China	7.92
ging1	ginger ground organic	1	9.00	India	9.00
ging5	ginger ground organic	5	33.60	India	6.72
ging50	ginger ground organic	50	240.00	India	4.80
hempcbgoz	hemp CBG flower (10%CBG) 1 ounce	1 ounce	84.00	Fort Collins, CO	
	hemp CBD flower (CBD 12% Cherry Blossom) 1 ounce natural some seeds	1 ounce	42.00	Arvada, CO	
hibiwh30	hibiscus whole organic	30	198.00	Egypt	6.60
hibiwh5	hibiscus whole organic	5	45.60	Egypt	9.12
hibiwh1	hibiscus whole organic	1	10.80	Egypt	10.80
hibics35	hibiscus cut sift organic (35lbs)	35	198.00	Mexico	5.66
hibics5	hibiscus cut sift organic	5	38.40	Mexico	7.68
hibics1	hibiscus cut sift organic	1	9.60	Mexico	9.60
jalap50	jalapeno powder organic	50	597.00	USA	11.94
jalap5	jalapeno powder organic	5	72.00	USA	14.40
jalap1	jalapeno powder organic	1	16.80	USA	16.80
lave1	lavender english blue whole organic	1	14.40	Albania	14.40
lave.5	lavender english blue whole organic	.5	9.60	Albania	19.20
mesq44	mesquite powder organic	44.1	174.00	Peru	3.95
mesq5	mesquite powder organic	5	30.00	Peru	6.00
mesq1	mesquite powder organic	1	9.60	Peru	9.60
musp1	mustard powder yellow organic	1	7.20	USA	7.20
musp5	mustard powder yellow organic	5	27.30	USA	5.46
musp50	mustard powder yellow organic	50	186.00	USA	3.72
musy1	mustard seed yellow organic	1	6.30	Montana	6.30
musy5	mustard seed yellow organic	5	20.40	Montana	4.08
musy50	mustard seeds yellow organic	50	172.80	USA	3.46
nutm1	nutmeg ground organic	1	16.80	Indonesia	16.80
nutm5	nutmeg ground organic	5	72.00	Indonesia	14.40
nutm50	nutmeg ground organic	50	598.80	Indonesia	11.98
oncho44	onion chopped dried organic	44	201.60	China	4.58
oncho4	onion chopped dried organic	4	19.20	China	4.80
oncho1	onion chopped dried organic	1	7.20	China	7.20
onpo1	onion powder organic	1	6.00	China	6.00
onpo5	onion powder organic	5	30.00	China	6.00
onpo50	onion powder organic	50	225.00	China	4.50
oreg1	oregano flakes organic	1	11.40	US	11.40
oreg20	oregano flakes organic	20	138.00	US	6.90
parsfl35	parsley flakes organic	35	390.00		11.14
parsfl5	parsley flakes organic	5	72.00		14.40
parsfl1	parsley flakes organic	1	18.00		18.00
papg1	paprika ground organic	1	10.80	New Mexico	10.80
papg5	paprika ground organic	5	48.00	New Mexico	9.60
papg50	paprika ground organic	50	357.60	New Mexico	7.15
papgs1	paprika ground smoked organic	1	12.00	New Mexico	12.00
papgs5	paprika ground smoked organic	5	57.60	New Mexico	11.52
papgs50	paprika ground smoked organic	50	420.00	New Mexico	8.40
pebg1	pepper black ground black org	1	11.40	Sri Lanka	11.40
pebg5	pepper black ground org	5	54.00	Sri Lanka	10.80
pebg40	pepper black ground organic	40	369.60	India	9.24

pebw1	pepper black whole org	1	10.80	Sri Lanka	10.80
pebw5	pepper black whole organic	5	48.00	India	9.60
pebw55	pepper black whole organic	55	480.00	India	8.73
pewg50	pepper white ground organic	50	480.00	India	9.60
pewg5	pepper white ground organic	5	60.00	India	12.00
pewg1	pepper white ground organic	1	14.40	India	14.40
pmint40	peppermint tea organic	40	336.00	Mexico	8.40
pmint5	peppermint tea organic	5	54.00	Mexico	10.80
pmint1	peppermint tea organic	1	14.40	Mexico	14.40
psyll1	psyllium husks whole organic	1	10.80	India	10.80
psyll55	psyllium husks whole organic	55.1	330.00	India	5.99
psyll5	psyllium husks organic	5	48.00	India	9.60
rose1	rosemary broken dried organic	1	10.80	China	10.80
rose4	rosemary broken dried organic	4	33.60	China	8.40
roseg55	rosemary ground dried organic	55	264.00	Mexico	4.80
roseg5	rosemary ground dried organic	5	36.00	Mexico	7.20
roseg1	rosemary ground dried organic	1	9.60	Mexico	9.60
sare10	salt Real unrefined	10	39.30	Utah	3.93
sare25	salt Real unrefined	25	72.18	Utah	2.89
sare26	salt Real unrefined 26 oz	1.63	8.04	Utah	4.93
sarf25	sea salt refined fine non-org	25	15.00	US	0.60
thyl35	thyme flakes organic	35	222.00	US	6.34
thyl5	thyme flakes organic	5	36.00	US	7.20
thyl1	thyme flakes organic	37	8.40	US	0.23
thyg1	thyme ground organic	1	11.40	US	11.40
thyg5	thyme ground organic	5	48.00	US	9.60
thyg50	thyme ground organic	50	330.00	US	6.60
tume1	turmeric ground organic	1	8.40	Indonesia	8.40
tume5	turmeric ground organic	5	36.00	Indonesia	7.20
tume50	turmeric ground organic	50	246.00	Indonesia	4.92
ystrnutri1	yeast nutritional (nonorganic)	1	10.20	Iowa	10.20
ystrnutri5	yeast nutritional (nonorganic)	5	43.20	Iowa	8.64
ystrnutri50	yeast nutritional (nonorganic)	50	366.00	Iowa	7.32

## SWEETNERS

agac1	agave syrup light org	12	34.20	Mexico	2.85
agdk60	agave syrup light org pail	60	165.60	Mexico	2.76
banfk1	banana flakes organic	1	10.20	Peru	10.20
banfl22	banana flour organic	22	110.40	Peru	5.02
cosu44	coconut sugar organic	44.1	126.00	Philippines	2.86
cosu5	coconut sugar organic	5	20.40	Philippines	4.08
datp40	date paste organic	40	126.00	Turkey	3.15
hocl196	honey Colo clover gal	12.25	59.94	Colorado	4.89
honorg60	honey organic	60	222.00	Brazil	3.70
hocl60	honey Colo clover 5 gal	60	246.00	Colorado	4.10
honorg60	honey organic	60	222.00	Brazil	3.70
hon196	honey Colo wildflower gal	12.25	59.70	Colorado	4.87
hon46	honey Colo wildflower quart	2.88	15.00	Colorado	5.21
hon60	honey Colo wildflower 5 gal	60	246.00	Colorado	4.10
hon96	honey Colo wildflower 6lb	6	29.94	Colorado	4.99
mapl1gal	maple syrup organic grade B	11	72.84	Vermont	6.62
mapl5gal	maple syrup organic grade B	55	345.96	Vermont	6.29
panl5	panela raw sugar org	5	14.40	Colombia	2.88
panl55	panela unrefined cane sug org	55	90.00	Colombia	1.64
poll1	pollen raw Colorado	1	14.40	Colorado	14.40
risy55	rice syrup organic pail	55	134.40	California	2.44
sorgsy55	sorghum syrup	55	120.00		2.18

suga25	sugar raw organic	25	36.00 Colombia	1.44
suga5	sugar raw organic	5	7.80 Colombia	1.56
suga55	sugar raw organic	55	52.90 Colombia	0.96
sugl5	sugar white unbleached org	5	7.80 India	1.56
sugl55	sugar white unbleached org	55.1	52.90 India	0.96
supo5	sugar powdered organic	5	18.00 US	3.60
supo50	sugar powdered organic	50	92.40 US	1.85
vanx1	vanilla extract x1 gal organic	8.3	282.00 Indonesia	33.98
<b>TRAILMIX</b>				
trcc5	cherry sunshine trail mix org	5	40.80 US	8.16
trch5	trailmix chocolat sunshine org	5	57.60 US	11.52
trop5	trailmix tropical sunshine org	5	40.80 US	8.16
trrw5	trailmix raw intensity organic	5	38.40 US	7.68