



February 2019 Wholesale Pricelist

Item ID	Item Description	Weight	Pricing Source	Price/lb
BAKING				
choc25	choc chips semi-swt small org	25	137.50 US	5.50
choc5	choc chips semi-swt medium org	5	35.00 US	7.00
chocl25	choc chips semi-swt medium org	25	137.50 US	5.50
chocs5	choc chips semi-swt small org	5	35.00 US	7.00
cocd1	cocoa powder Dutch alkali org	1	10.00 Dominica	10.00
cocd5	cocoa powder Dutch alkali org	5	31.00 Dominica	6.20
cocd50	cocoa powder Dutch alkali org	50	207.50 Dom Repub	4.15
cocp1	cocoa powder natural organic	1	10.00 Dominica	10.00
cocp5	cocoa powder natural organic	5	31.00 Dominica	6.20
cocp50	cocoa powder natural organic	50	209.50 Dom Repub	4.19
coni5	cocoa nibs organic	5	36.00 Dominica	7.20
coni50	cocoa nibs organic	50	302.95 Dom Repub	6.06
nv10cocm	NatVal coconut milk organic	6 x 96oz	96.75 Philippine	
BEANS				
adub25	aduki beans organic	25	35.75 China	1.43
anab25	anasazi beans organic	25	55.75 Colorado	2.23
blb25	black beans US organic	25	37.25 N. Dakota	1.49
cann25	cannellini beans organic	25	51.75 China	2.07
crbean25	cranberry beans organic	25	40.85 Washington	1.63
fava25	fava beans organic	25	38.00 China	1.52
garb50	garbanzo beans med/lge organic	50	67.75 Colorado	1.36
garm25	garbanzo beans med/large org	25	43.50 Turkey	1.74
gars25	garbanzo beans small organic	25	37.50 Turkey	1.50
gars50	garbanzo beans #2 organic	50	64.50 US	1.29
grtn25	great northern beans org	25	36.00 USA	1.44
kidb25	kidney beans dark US organic	25	47.50 US	1.90
limb25	lima beans baby organic	25	38.50 California	1.54
liml25	lima beans large organic	25	46.75 California	1.87
munb25	mung beans organic	25	47.75 China	1.91
muns25	mung beans split organic	25	58.50 China	2.34
navb25	navy beans organic	25	39.75 China	1.59
pinb25	pinto beans organic	25	38.50 Colorado	1.54
pinb50	pinto beans organic	50	62.00 Colorado	1.24
smrd25	small red beans organic	25	37.75 Idaho	1.51
smrd50	small red beans organic	50	63.50 USA	1.27
soyb25	soybeans organic	25	32.00 Nebraska	1.28
soybb25	soybeans black organic	25	37.50 China	1.50
spm25	soup mix seven bean organic	25	47.00 US	1.88

Item ID	Item Description	Weight	Pricing Source	Price/lb
CANNED				
nv10black	NatVal black beans canned org	6x108oz	42.00 US	
nv10pinto	NatVal pinto beans organic	6x108oz	42.00 US	
nv10tofr	tomatoes fire rstd diced org	6 x #10	49.50 USA	
nv10togp	tomatoes ground peeled organic	6 x #10	49.00 US	
nv10topa	tomato paste organic	6 x #10	65.00 US	
nv10topu	tomato puree organic	6 x #10	56.95 US	
nv10tosa	tomato sauce organic	6 x #10	46.85 US	
CEREALS				
bafk25	barley flakes organic	25	35.25 Nebraska	1.41
bulgc25	bulgur organic	25	32.00 Turkey	1.28
cous25	couscous organic	25	52.50 US	2.10
cousi22	couscous Israeli/pearl non-org	22	45.25 Israel	2.06
cousw25	couscous whole wheat organic	25	53.50 US	2.14
nigr25	nine-grain cracked cereal org	25	42.00 Montana	1.68
oabr25	oat bran organic	25	55.25 Canada	2.21
oati50	oats rolled instant organic	50	58.25 Kansas	1.17
pofk4	potato flakes organic	4	11.75 Colorado	2.94
pofk40	potato flakes organic	40	90.95 Colorado	2.27
pole25	polenta organic	25	31.75 California	1.27
quif11	quinoa flakes organic	11	32.50 Bolivia	2.95
quik25	oats rolled quick organic	25	31.25 Canada	1.25
quro50	oats quick rolled organic	50	57.75 Canada	1.16
rego25	oats rolled regular organic	25	32.50 Canada	1.30
rero50	oats rolled regular organic	50	59.50 Canada	1.19
ryfk25	rye flakes organic	25	22.25 Nebraska	0.89
spec25	spelt cracked organic	25	34.25 USA	1.37
stco25	oats steel-cut organic	25	33.25 Canada	1.33
tcut25	oats rolled thick cut organic	25	32.25 Canada	1.29
thro50	oats rolled thick cut org	50	59.00 Canada	1.18
trfk25	triticale flakes organic	25	28.25 Nebraska	1.13
whbr25	wheat bran organic	25	14.50 Colorado	0.58
whbr50	wheat bran organic	50	22.25 Colorado	0.45

Item ID	Item Description	Weight	Pricing Source	Price/lb
DRIED FRUIT				
apdi25	apples diced organic	25	157.45 China	6.30
apdi5	apples diced organic	5	42.00 Chile	8.40
apr28	apricots dried organic	28	79.25 Turkey	2.83
apr5	apricots dried organic	5	16.50 Turkey	3.30
apri22	apple rings organic	22	157.85 China	7.18
apri5	apple rings organic	5	46.75 China	9.35
bana14	banana chips sweet org 13lb	13	27.60 Philippine	2.12
banfk1	banana flakes organic	1	9.95 Ecuador	9.95
banfk10	banana flakes organic	10	90.75 Ecuador	9.08
blue25	blueberries dried swtnd org	25	330.00 Canada	13.20
blue5	blueberries dried swtnd org	5	90.00 Canada	18.00
cher25	cherries tart swtnd organic	25	285.00 Washington	11.40
cher5	cherries dried tart organic	5	87.00 Uzbekistan	17.40
ches17	cherries tart unswtnd organic	17.6	189.25 Turkey	10.75
cocf25	coconut fine macaroon organic	25	74.50 Philipines	2.98
coch25	coconut chips organic	25	66.50 Sri Lanka	2.66
coch5	coconut chips organic	5	28.00 Sri Lanka	5.60
coco25	coconut medium shred organic	25	64.75 Philipines	2.59
cranb25	cranberries sweetened organic	25	131.75 USA	5.27
cranb5	cranberries sweetened organic	5	33.00 Canada	6.60
curr30	currants organic	30	90.00 California	3.00
curr5	currants organic	5	19.00 California	3.80
dapt15	dates pitted Deglet organic	15	58.50 California	3.90
datm15	dates whole Medjool organic	15	79.15 California	5.28
datp30	date pieces w/oat flour org	30	88.75 US	2.96
datp5	date pieces w/oat flour org	5	18.50 US	3.70
fibm30	figs black mission organic	30	166.80 California	5.56
fibm5	figs black mission organic	5	33.75 California	6.75
fig25	figs Turkish organic	25	127.50 Turkey	5.10
fig5	turkish figs organic	5	31.75 Turkey	6.35
goji10	goji berries organic	10	95.00 China	9.50
goji40	goji berries organic	4	385.00 China	96.25
goji5	goji berries organic	5	57.00 China	11.40
mang5	mango sliced organic	5	45.00 Mexico	9.00
mulw13	mulberries white organic	13.2	67.50 Turkey	5.11
piner25	pineapple rings organic	25	285.00 Mexico	11.40
piner5	pineapple rings organic	5	63.00 Mexico	12.60
pint27	pineapple tidbits organic	27.5	180.00 Sri Lanka	6.55
pint5	pineapple tidbits organic	5	42.00	8.40
prun30	prunes pitted organic	30	165.95 California	5.53
prun5	prunes pitted organic	5	39.50 California	7.90
raif30	raisins flame organic	30	90.50 California	3.02
raif5	raisins flame organic	5	18.90 California	3.78
raig11	raisins green Khorog organic	11.0	89.95 Uzbekistan	8.18
raim11	raisins monuka x-large organic	11	58.75 Uzbekistan	5.34
rais30	raisins Thompson organic	30	74.75 Pakistan	2.49
raist5	raisins Thompson organic	5	17.00 California	3.40
toma5	tomatoes sundried halves org	5	39.00 Turkey	7.80
tomh22	tomatoes sundried halves org	22	102.00 Turkey	4.64
FEED				
oatw50	oats whole unhulled organic	50	40.25 Nebraska	0.81
sunb50	sunflower birdseed organic	50	41.40 Nebraska	0.83

Item ID	Item Description	Weight	Pricing Source	Price/lb
FLOUR				
almm20	almond meal organic	20	206.15 USA	10.31
almm5	almond meal organic	5	59.40 US	11.88
apf50	all-purpose white flour org	50	37.50 Colorado	0.75
barf25	barley flour organic	25	32.00 Montana	1.28
bkfd25	buckwheat flour organic	25	30.00 Michigan	1.20
blcm25	cornmeal blue organic	25	33.00 Kansas	1.32
blcm50	cornmeal blue organic	50	59.50 Kansas	1.19
cofl50	coconut flour organic	50	87.50 Philipines	1.75
dufl25	durum patent flour organic	25	39.25 USA	1.57
garf50	garbanzo flour organic	50	93.60 US	1.87
glut50	gluten wheat non-organic	50	99.50 Germany	1.99
higf25	strong bread flour organic	25	32.25 Utah	1.29
higf50	strong bread winter flour org	50	45.00 Colorado	0.90
kaf125	kamut flour whole grain org	25	35.25 Montana	1.41
kafw25	kamut flour white organic	25	41.75 USA	1.67
milf25	millet flour organic	25	35.50 Kansas	1.42
oatf25	oat flour whole org	25	33.50 Canada	1.34
oatf50	oat flour whole org	50	59.50 Canada	1.19
qufl25	quinoa flour organic	25	83.00 Peru	3.32
rifl25	brown rice flour organic	25	40.00 California	1.60
rifl50	brown rice flour organic	50	69.50 US	1.39
semo25	semolina flour organic	25	39.95 N. Dakota	1.60
sorf50	sorghum flour white organic	50	63.75 N. Dakota	1.28
spfl25	spelt flour whole organic	25	44.50 Michigan	1.78
spwh25	spelt flour white organic	25	54.75 Michigan	2.19
tapi5	tapioca starch organic	5	10.85 Thailand	2.17
tapi55	tapioca starch organic	55	93.95 Thailand	1.71
tefbf50	teff brown flour non organic	50	105.00 US	2.10
uapf25	unbleached white flour organic	25	31.00 Colorado	1.24
whlwf25	whole wheat flour organic	25	23.00 Colorado	0.92
whwf50	whole wheat flour organic	50	45.33 Colorado	0.91
whwpfl25	whole wheat pastry flour org	25	22.50 Montana	0.90
whwpfl50	whole wheat pastry flour org	50	35.00 Montana	0.70
wrf125	rye flour whole organic	25	21.50 Montana	0.86
wrf150	rye flour whole organic	50	38.50 Montana	0.77
ycm25	cornmeal yellow organic	25	23.15 Kansas	0.93
ycm50	cornmeal yellow organic	50	42.00 Kansas	0.84

Item ID	Item Description	Weight	Pricing Source	Price/lb
GRAIN				
amag25	amaranth grain organic	25	40.00 India	1.60
amag50	amaranth grain organic	50	62.00	1.24
bapl25	barley pearled organic	25	24.75 Canada	0.99
basp50	barley sprouting organic	50	46.50 Nebraska	0.93
bkrk25	buckwheat rsted kasha org	25	43.75 S. Dakota	1.75
bluc50	corn blue organic	50	47.95 Nebraska	0.96
bucg25	buckwht groats hulld China org	25	31.25 China	1.25
bucg50	buckwht groats hulled org	50	74.00 S. Dakota	1.48
bucu25	buckwheat groats hulled US org	25	47.00 US	1.88
bucw25	buckwheat whole org US	25	27.00 S. Dakota	1.08
crny50	corn yellow organic	50	38.45 Nebraska	0.77
eink25	einkorn organic	25	78.65 Canada	3.15
eink5	einkorn organic	5	16.75 Canada	3.35
farr25	farro emmer organic	25	69.25 US	2.77
farr5	farro emmer organic	5	14.50 US	2.90
frek25	freekeh cracked organic	25	50.00 California	2.00
frek5	freekeh greenwheat cracked org	5	14.50 Nebraska	2.90
hulo50	oats hulless organic	50	55.00 Nebraska	1.10
hulsb25	barley hulless organic	25	25.00 Canada	1.00
hwwb25	wheat hard white organic	25	22.50 Nebraska	0.90
hwwb50	wheat hard white organic	50	39.50 Montana	0.79
kamu25	kamut grain organic	25	31.25 Nebraska	1.25
milh25	millet hulled organic	25	20.25 US	0.81
milh50	millet hulled organic	50	37.75 US	0.76
milu50	millet unhulled organic	50	31.25 Colorado	0.63
oatg25	oat groats organic	25	34.25 Canada	1.37
popc25	popcorn yellow organic	25	31.75 Nebraska	1.27
popc50	popcorn yellow organic	50	58.25 Nebraska	1.17
popm25	popcorn multicolor organic	25	33.00 California	1.32
popw25	popcorn white organic	25	37.75 Nebraska	1.51
quib25	quinoa black organic	25	75.25 Bolivia	3.01
quib55	quinoa black organic	55	151.50 Bolivia	2.75
quin25	quinoa white organic	25	68.50 Peru	2.74
quir25	quinoa red organic	25	73.00 Bolivia	2.92
quit25	quinoa tri-color organic	25	74.00 Bolivia	2.96
rye50	rye berries organic	50	40.00 Colorado	0.80
seven25	seven-grain mix organic	25	42.00 US	1.68
sorg25	sorghum grain organic	25	28.75 US	1.15
speb25	spelt grain organic	25	45.00 Michigan	1.80
speb50	spelt grain organic	50	79.75 Michigan	1.60
tefb50	teff grain brown non organic	50	55.00 US	1.10
tefi50	teff ivory non organic	50	95.00 US	1.90
trit25	triticale organic	22	23.50 Nebraska	1.07
whhr25	wheat hard red winter organic	25	20.25 Colorado	0.81
whrw50	wheat hard red winter organic	50	34.25 Colorado	0.69
wswh25	wheat soft white organic	25	24.00 Montana	0.96
wswh50	wheat soft white organic	50	42.75 Colorado	0.86
LENTILS				
blal25	lentils black organic	25	55.00 Canada	2.20
frgl25	lentils french green org	25	42.00 Canada	1.68
grel25	lentils green organic	25	33.00 Canada	1.32
grel50	green lentils organic	50	58.00 Canada	1.16
rdld25	lentils red skins-off organic	25	34.00 Turkey	1.36
rdln25	lentils red skins-on organic	25	33.50 Canada	1.34

Item ID	Item Description	Weight	Pricing Source	Price/lb
NON FOOD				
buch25	buckwheat hulls organic	25	26.00 S. Dakota	1.04
pail5gl	pail 5 gal		8.00	
pail5gl lid	pail lid 5 gl + spout		2.35	
pail6gl	pail 6 gallon	ea	7.50 US	
PAILns	pail lid 5 or 6 gl no spout	ea	1.50 US	
pailused	pail 5 gal used		5.00	
Nut Butters				
pnbc35	peanut butter creamy organic	35	122.00 Argentina	3.49
tahi40	tahini toasted organic	40	102.00 Guatemala	2.55
Nuts				
almc10	almonds dark chocolate organic	10	100.00 Italy	10.00
almn25	almonds US organic	25	220.00 California	8.80
almn5	almonds US organic	5	53.00 California	10.60
alms25	almonds raw org Spain	25	203.75	8.15
alms5	almonds raw org Spain	5	47.75 Spain	9.55
alsl20	almonds sliced natural organic	20	197.50 Spain	9.88
alsl5	almond sliced natural organic	5	60.50 Spain	12.10
braz44	Brazil nuts organic	44	450.00 Bolivia	10.23
braz5	Brazil nuts organic	5	67.50 Bolivia	13.50
casp25	cashew pieces organic	25	227.00 Vietnam	9.08
casp5	cashew large pieces organic	5	49.00 Vietnam	9.80
casp50	cashew large pieces organic	50	375.75 India	7.52
casw5	cashew whole 320 organic	5	60.00 Vietnam	12.00
casw25	cashews whole 320 organic	25	245.00 Vietnam	9.80
casw50	cashews whole 320 organic	50	478.75 Vietnam	9.58
hazl25	hazelnuts organic	25	222.00 Turkey	8.88
hazl5	hazelnuts organic	5	47.75 Turkey	9.55
maca25	macadamia halves/pcs organic	25	432.00 Kenya	17.28
maca5	macadamia halves/pcs organic	5	92.00 Kenya	18.40
macw25	macadamia nuts whole organic	25	469.50 Kenya	18.78
macw5	macadamia nuts whole organic	5	97.00 Kenya	19.40
peca30	pecan halves organic	30	432.00 Texas	14.40
peca5	pecan halves organic	5	80.00 California	16.00
pecp30	pecan pieces organic	30	350.00	11.67
pecp5	pecan pieces organic	5	75.00 USA	15.00
pine1	pine nuts organic	1	22.50 Siberia	22.50
pine27.5	pine nuts organic	27.5	485.00 China	17.64
pine5	pine nuts organic	5	107.50 China	21.50
pish22	pistachio raw meats organic	22	410.15 Spain	18.64
pish5	pistachios raw meats organic	5	97.50 California	19.50
pisr25	pistachio rst/slt in-shell org	25	235.00 California	9.40
pisr5	pistachio rst/slt in-shell org	5	55.75 California	11.15
pist25	pistachios raw in-shell org	25	225.50 California	9.02
pntb5	peanut butter stock org	5	26.10 New Mexico	5.22
pnt30	peanut rst/unslt org(pb stock)	30	117.95 Mexico	3.93
pnt5	peanuts raw shelled organic	5	19.25 New Mexico	3.85
pnt50	peanuts raw shelled organic	48	160.50 New Mexico	3.34
pntdrskn25	peanuts dry roasted redskin	25	110.00 Mexico	4.40
pntdrskn5	peanuts dry roasted redskin	22	26.00 Mexico	1.18
waln25	walnut halves pieces organic	25	235.00 India	9.40
waln5	walnut halves pieces organic	5	52.50 California	10.50

Item ID	Item Description	Weight	Pricing Source	Price/lb
OILS				
cbdx30	Full Spectrum CBD oil 750mg	30ml	75.00 Colorado	
olca1	oil canola organic	gal	27.00 US	
olca35	canola oil organic	35	95.00 USA	2.71
olco1	oil coconut refined organic	1 gal	27.00 Philipines	
olco38	oil coconut refined organic	38	111.50 Philipines	2.93
olcv1	oil coconut extra virgin org	1 gal	43.80 Philipines	
olcv2000	cocont oil virgin organic tote	2017	7,000.00 Philppines	3.47
olcv38	oil coconut extra virgin org	38	201.00 Philipines	5.29
olol1	oil olive extra virgin organic	1 gal	41.00 Spain	
olol35	oil olive extra virgin organic	35	158.61 Spain	4.53
olol38	oil olive extra virgin organic	38	172.20 Spain	4.53
olsa1	oil safflower hi-oleic org gal	1 gal	28.95 Mexico	
olsa2000	safflower oil hi-oleic organic	2000	3,800.00 Mexico	1.90
olsa38	oil safflower hi-oleic organic	40	117.25 Mexico	2.93
olsu1	oil sunflwer hi-oleic org gal	1 gal	28.95 Netherland	
olsu38	oil sunflwer hi-oleic org pail	38	117.25 Netherland	3.09
palm33	palm shortening organic	33	62.50 ThaiInd	1.89
PASTA				
paqe5	pasta quinoa elbows organic	5	23.50 Bolivia	4.70
paqf4	pasta quinoa fusilli organic	4	18.90 Bolivia	4.73
paqo5	pasta quinoa orzo organic	5	23.50 Bolivia	4.70
paqp5	pasta quinoa penne organic	5	23.50 Bolivia	4.70
paqr5	pasta quinoa wheels organic	5	23.50 Bolivia	4.70
paqs5	pasta quinoa spaghetti organic	5	23.50 Bolivia	4.70
PEAS				
pasp5	pasta sorghum penne org	5	23.50 Bolivia	4.70
blep25	peas blackeye organic	25	39.25 Texas	1.57
grsp25	peas green split organic	25	29.50 Canada	1.18
peas50	peas yellow shoot sprout org	50	54.75 Nebraska	1.10
peay25	peas yellow sprouting organic	25	18.00 Canada	0.72
whgp25	peas whole green organic	25	21.50 Canada	0.86
yesp25	peas yellow split organic	25	26.50 Canada	1.06
RICE				
riar25	rice arborio white org	25	88.50 California	3.54
ribb25	rice brown basmati org	25	50.00 US	2.00
ribm25	rice brown medium org	25	48.65 California	1.95
ribw25	rice white basmati org	25	56.50 California	2.26
rija25	rice black organic	25	63.00 Thailand	2.52
rijb25	rice brown jasmine org	25	55.25 California	2.21
rilb25	rice brown long org	25	47.75 California	1.91
risg25	rice brown short org	25	39.00 California	1.56
risu25	rice sushi white org	25	45.00 California	1.80
risw25	rice brown sweet org	25	48.60 California	1.94
ritr25	rice red organic	25	42.75 Thailand	1.71
riwb25	rice brown/wild blend org	25	94.50 California	3.78
riwi25	rice wild org	25	235.00 California	9.40
riwj25	rice white jasmine org	25	62.75 California	2.51
riwl25	rice white long org	25	31.00 California	1.24
ECOFARM RICE				
rilgn25	rice brown long grain EcoFarm	25	32.25 California	1.29
risgn25	rice brown short grain EcoFarm	25	28.50 California	1.14
riwbn25	rice white basmati EcoFarm	25	43.25 California	1.73

Item ID	Item Description	Weight	Pricing Source	Price/lb
SEEDS				
brocc50	broccoli seed organic	50	537.50 USA	10.75
musy1	mustard seed yellow organic	1	6.50 Montana	6.50
musy5	mustard seed yellow organic	5	20.50 Montana	4.10
musy50	mustard seeds yellow organic	50	172.50 USA	3.45
alfs1	alfalfa seeds organic	1	14.00 Canada	14.00
alfs25	alfalfa seeds organic	25	183.25 Canada	7.33
alfs5	alfalfa seeds organic	5	50.00 Canada	10.00
brocc1	broccoli seeds organic	1	18.50 Canada	18.50
brocc5	broccoli seeds organic	5	77.50 Canada	15.50
brof25	flax brown organic	25	35.50 Canada	1.42
chib1	chia black organic	1	5.00 Ecuador	5.00
chib25	chia black organic	25	63.00 Paraguay	2.52
chib5	chia black organic	5	16.50 Paraguay	3.30
chiw1	chia white organic	1	5.10 Ecuador	5.10
chiw25	chia white organic	25	83.50 Ecuador	3.34
chiw5	chia white organic	5	21.00 Ecuador	4.20
cres22	cress curley organic	22	154.50 Canada	7.02
golf25	flax gold organic	25	39.50 Canada	1.58
hemp25	hemp hearts organic	25	240.00 US	9.60
hemp5	hemp hearts organic	5	52.00	10.40
hemp50	hemp hearts organic	50lb	472.00	
popp1	poppy seeds organic	1	4.95 Turkey	4.95
popp5	poppy seeds organic	5	27.00 Turkey	5.40
popp50	poppy seeds organic	50	174.00 Turkey	3.48
popp55	poppy seeds organic	55	192.00	3.49
puAA5	pumpkin seeds AA organic	5	20.00 China	4.00
puAA50	pumpkin seeds AA organic	50	136.25 China	2.73
rad1	radish seeds daikon organic	1	12.00 Canada	12.00
rad25	radish seeds daikon organic	25	142.50 Canada	5.70
rad5	radish seeds daikon organic	5	52.00 Canada	10.40
radi55	radish seeds daikon organic	55	203.75 Canada	3.70
radr1	radish seeds red organic	1	9.00 Canada	9.00
radr25	radish seeds red organic	25	127.50 Nebraska	5.10
radr5	radish seeds red organic	5	34.00 Canada	6.80
redc1	red clover seeds organic	1	5.75 Canada	5.75
redc25	red clover seeds organic	25	135.25 Canada	5.41
redc55	red clover seeds organic	55	273.50 F38	4.97
sesb25	sesame seeds black organic	25	78.00 Mexico	3.12
sesb25	sesame seeds black organic	25	78.00 Mexico	3.12
sesb25	sesame seeds hulled organic	25	57.60 Mexico	2.30
sesn25	sesame seeds natural whole org	25	49.25 Peru	1.97
sprs1	sunflower sprouting org	1	7.00 Nebraska	7.00
sprs5	sunflower sprouting org	5	16.00 Nebraska	3.20
sprs50	sunflower sprouting org	50	149.75 Nebraska	3.00
sund25	sunflower seed hulled org US	25	58.50 US	2.34
sunh25	sunflower hulled organic	25	39.75 China	1.59
sunh55	sunflower hulled organic	55	88.50 Bulgaria	1.61
sunr25	sunflower dry rst no salt org	25	48.00 Canada	1.92

Item ID	Item Description	Weight	Pricing Source	Price/lb
SPICES				
card1	cardamom whole green organic	1	24.00 Sri Lanka	24.00
card35	cardamom whole green organic	35	474.00 India	13.54
carg1	cardomom whole ground organic	1	25.00 India	25.00
carg40	cardamom whole ground organic	418.9	635.00 India	1.52
carg5	cardomom whole ground organic	5	80.00 India	16.00
cayg1	cayenne pepper ground organic	1	8.50	8.50
cayg5	cayenne pepper ground organic	5	35.50	7.10
cayg50	cayenne pepper ground organic	50	275.00 India	5.50
chil1	chili powder hot organic	1	12.95 India	12.95
chil30	chili powder hot organic	30	282.00 India	9.40
chil5	chili powder hot organic	5	48.25 India	9.65
chili1	chili powder mild organic	1	10.25 China	10.25
chili22	chili powder mild organic	22	207.00 China	9.41
chili5	chili powder mild organic	5	51.90 China	10.38
cinc1	cinnamon powder Ceylon organic	1	14.00 Sri Lanka	14.00
cinc30	cinnamon powder Ceylon organic	30	215.00 Sri Lanka	7.17
cinc5	cinnamon powder Ceylon organic	30	65.00 Sri Lanka	2.17
cinn1	cinnamon ground organic	1	12.00 Indonesia	12.00
cinn5	cinnamon ground organic	5	40.00 Indonesia	8.00
cinn55	cinnamon powder organic	55	296.50 Indonesia	5.39
clog1	cloves ground organic	1	22.50 Sri Lanka	22.50
clog5	cloves ground organic	1	94.75 Sri Lanka	94.75
clog55	cloves ground organic	55.1	789.00 Indonesia	14.32
clow1	cloves whole organic	1	21.50 Indonesia	21.50
clow44	cloves whole organic	44	818.15 Indonesia	18.59
corg1	coriander ground organic	1	7.75 Uzbekistan	7.75
cumg1	cumin seed ground organic	1	11.00 Sri Lanka	11.00
cumg5	cumin seed ground organic	1	44.00 Sri Lanka	44.00
cumg50	cumin seed ground organic	50	335.00 India	6.70
cumi1	cumin seed whole organic	1	10.00 Sri Lanka	10.00
cumi11	cumin seeds organic	11	198.00 Sri Lanka	18.00
curp5	curry powder organic	5	35.50 US	7.10
curr1	curry powder organic	1	8.90 US	8.90
curr25	curry powder organic	25	141.75 US	5.67
fenu1	fenugreek seeds organic	1	4.65 Australia	4.65
fenu25	fenugreek seed organic	25	67.20 India	2.69
fenu5	fenugreek seeds organic	5	19.85 Australia	3.97
fenu55	fenugreek seeds organic	55	170.78 Australia	3.11
gapo1	garlic powder organic	1	7.25 China	7.25
gapo5	garlic powder organic	5	25.50 China	5.10
gapo50	garlic powder organic	50	213.00 China	4.26
garl1	garlic granules organic	1	10.25 China	10.25
garl5	garlic granules organic	5	44.00 China	8.80
garl50	garlic granules organic	50	395.00 China	7.90
ging1	ginger ground organic	1	9.25 India	9.25
ging5	ginger ground organic	5	42.00 India	8.40
ging50	ginger ground organic	50	305.00 India	6.10
musp1	mustard powder yellow organic	1	6.50 USA	6.50
musp5	mustard powder yellow organic	5	25.50 USA	5.10
musp50	mustard powder yellow organic		176.00 USA	
nutm1	nutmeg ground organic	1	22.25 India	22.25
nutm5	nutmeg ground organic	5	107.50 India	21.50
nutm50	nutmeg ground organic	50	942.00 India	18.84
onion44	onion powder organic	44	198.00 China	4.50

Item ID	Item Description	Weight	Pricing Source	Price/lb
SPICES (Continued)				
onpo1	onion powder organic	1	10.00 China	10.00
onpo5	onion powder organic	5	28.00 China	5.60
pebg1	pepper fine ground black org	1	12.00 Sri Lanka	12.00
pebg5	pepper ground black org	1	42.00 Sri Lanka	42.00
pebg50	pepper black ground organic	50	410.00 India	8.20
pebw1	pepper black whole org	1	14.00 Sri Lanka	14.00
pebw5	pepper black whole organic	5	62.50 India	12.50
pebw50	pepper black whole organic	50	625.00 India	12.50
salm25	salt sea refind med non-org	25	16.00 US	0.64
sare10	salt Real unrefined	10	37.25 Utah	3.73
sare25	salt Real unrefined	25	69.90 Utah	2.80
sare26	salt Real unrefined 26 oz	26 oz	7.80 Utah	
saresh	salt Real shaker	10 oz	4.35 Utah	
sarf25	sea salt refined fine non-org	25	16.00 US	0.64
tume1	turmeric ground organic	1	11.00 Indonesia	11.00
tume5	turmeric ground organic	5	43.50 Indonesia	8.70
tume55	turmeric ground organic	55.1	267.00 Indonesia	4.85
SWEETNERS				
vanx1	vanilla extract x1 organic	1 gal	465.00 Indonesia	
agac1	agave syrup light org	1	34.20 Mexico	34.20
agcldrum	agave syrup light org drum	55	1,124.00 Mexico	20.44
agdk60	agave syrup light org pail	60	165.60 Mexico	2.76
cosu44	coconut sugar organic	44	125.46 Philipines	2.85
cosu5	coconut sugar organic	5	19.50 Philipines	3.90
cosu55	coconut sugar organic	55	157.15 Philipines	2.86
hocl196	honey Colo clover gal	12.5	59.95 Colorado	4.80
hocl60	honey Colo clover 5 gal	60	246.00 Colorado	4.10
hon196	honey Colo wildflower gal	12.25	59.95 Colorado	4.89
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	29.95 Colorado	4.99
mapl1gal	maple syrup organic grade B	1 gal	69.75 Vermont	
mapl5gal	maple syrup organic grade B	5 gal	346.00 Vermont	
panl5	panela raw sugar organic	5	15.00 Costa Rica	3.00
panl50	panela raw sugar organic	50	95.00 Costa Rica	1.90
poll1	pollen raw Colorado	1	9.95 Colorado	9.95
risy55	rice syrup organic pail	55	123.50 California	2.25
suga25	sugar raw organic	25	35.00 Mexico	1.40
suga5	sugar raw organic	5	7.50 Mexico	1.50
suga55	sugar raw organic	55	49.04 Arkansas	0.89
supo5	sugar powdered organic	5	11.25 US	2.25
supo50	sugar powdered organic	33	95.00 US	2.88
TRAILMIX				
trcc5	cherry sunshine trail mix org	5	32.00 US	6.40
trch5	trailmix chocolat sunshine org	5	52.00 US	10.40
trop5	trailmix tropical sunshine org	5	35.00 US	7.00
trrw5	trailmix raw intensity organic	5	36.00 US	7.20