



September 2019 Wholesale Product List

Item ID	Item Description	weight	Price	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	35.00	Dominica	\$ 7.00
cocd50	cocoa powder Dutch alkali org	50	207.50	Dom Repub	\$ 4.15
cocp1	cacao powder natural organic	1	8.00	Dominica	\$ 8.00
cocp5	cacao powder natural organic	5	26.00	Dominica	\$ 5.20
cocp50	cacao 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	coconut milk organic	6 x 96oz	94.50	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
garm25	garbanzo beans med/large org	25	43.50	Turkey	\$ 1.74
gars50	garbanzo split/whole#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	46.00	US	\$ 1.84
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
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

CANNED

nv10black	NatVal black beans canned org	6x108oz	49.50	US
nv10pinto	NatVal pinto beans organic	6x108oz	42.00	US
nv10tochr	tomatoes crushed organic	6 x #10	56.10	US
nv10todi	tomatoes diced organic	6 x #10	52.50	ua
nv10tofr	tomatoes fire rstd diced org	6 x #10	59.50	USA
nv10togp	tomatoes ground peeled organic	6 x #10	47.75	US
nv10topa	tomato paste organic	6 x #10	65.00	US
nv10topu	tomato puree organic	6 x #10	56.25	US
nv10tosa	tomato sauce organic	6 x #10	47.70	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
pofo4	potato flakes organic	4	11.75	Colorado	\$	2.94
pofo40	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	32.75	Canada	\$	1.31
quro50	oats quick rolled organic	50	59.75	Canada	\$	1.20
rego25	oats rolled regular organic	25	32.75	Canada	\$	1.31
rero50	oats rolled regular organic	50	59.75	Canada	\$	1.20
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	32.75	Canada	\$	1.31
thro50	oats rolled thick cut org	50	59.75	Canada	\$	1.20
trfk25	triticale flakes organic	25	28.25	Nebraska	\$	1.13
whbr25	wheat bran organic	25	14.50	Colorado	\$	0.58

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
aprd22	apricots diced unsulph org	22	58.08	Turkey	\$	2.64
aprd5	apricots dried diced org	22	20.00	Turkey	\$	0.91
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	14	27.60	Philippine	\$	1.97
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	275.00	Canada	\$	11.00
blue5	blueberries dried swtnd org	5	75.00	Canada	\$	15.00
cher5	cherries dried tart organic	5	69.00	Turkey	\$	13.80
ches17	cherries tart unswtnd organic	17.6	189.00	Turkey	\$	10.74
cocf25	coconut fine macaroon organic	25	50.50	Philippines	\$	2.02
coch25	coconut chips organic	25	50.50	Sri Lanka	\$	2.02
coch4	coconut chips organic	4	15.00	Sri Lanka	\$	3.75
coco25	coconut medium shred organic	25	50.50	Philippines	\$	2.02
cranb25	cranberries sweetened organic	25	114.50	Canada	\$	4.58
cranb5	cranberries sweetened organic	5	31.00	Canada	\$	6.20
cranj25	cranberries juice-sweetnd org	25	149.95	Canada	\$	6.00
cranj5	cranberries juice-sweetnd org	5	40.50	Canada	\$	8.10
curr30	currants organic	30	110.00	California	\$	3.67
curr5	currants organic	5	25.00	California	\$	5.00
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	190.80	California	\$	6.36
fibm5	figs black mission organic	5	37.50	California	\$	7.50
fig25	figs Turkish organic	25	115.20	Turkey	\$	4.61
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
mulw22	mulberries white organic	22	110.50	Turkey	\$	5.02
mulw5	mulberries white organic	5	36.00	Turkey	\$	7.20
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	86.40	California	\$	2.88
raif5	raisins flame organic	5	17.00	California	\$	3.40
raig11	raisins green Khorog organic	11.0	89.95	Uzbekistan	\$	8.18
raig5	raisins green Khorog organic	5	42.00	Uzbekistan	\$	8.40
raim11	raisins monuka x-large organic	11	27.50	Uzbekistan	\$	2.50
raim5	raisins monuka x-large organic	5	15.00	Uzbekistan	\$	3.00
rais30	raisins Thompson organic	30	56.00	Pakistan	\$	1.87
raist5	raisins Thompson organic	5	15.00	California	\$	3.00
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

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
artf5	arrowroot powder organic	5	20.00	Inda	\$	4.00
artf55	arrowroot powder organic	55	145.00	Inda	\$	2.64
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	Philippines	\$	1.75
dufl25	durum patent flour organic	25	39.25	USA	\$	1.57
garf25	garbanzo flour organic	25	49.50	Mexico	\$	1.98
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	62.75	Canada	\$	1.26
qufl25	quinoa flour organic	25	83.00	Peru	\$	3.32
rdlf25	red lentil flour organic	25	52.00	Turkey	\$	2.08
rifl25	brown rice flour organic	25	40.00	California	\$	1.60
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
tebf50	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

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
bluc25	corn blue organic	25	29.00	Kansas	\$	1.16
bluc50	corn blue organic	50	56.00	Kansas	\$	1.12
bucg25	buckwht groats hulld China org	25	31.25	China	\$	1.25
bucg55	buckwht groats hulld China org	55	82.80	China	\$	1.51
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	24.00	Canada	\$	4.80
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
quir50	quinoa red organic	50	143.00	Peru	\$	2.86
quit25	quinoa tri-color organic	25	74.00	Bolivia	\$	2.96
rye25	rye berries organic	25	20.50	Canada	\$	0.82
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	24.00	Colorado	\$	0.96
whrw50	wheat hard red winter organic	50	42.75	Colorado	\$	0.86
whtr25	wheat turkey red organic	25	26.00	Colorado	\$	1.04
whtr50	wheat turkey red organic	50	46.00	Colorado	\$	0.92
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
goll25	lentils golden yellow organic	25	42.50	Turkey	\$	1.70
grel25	lentils green organic	25	33.00	Canada	\$	1.32
rdld25	lentils red skins-off organic	25	34.00	Turkey	\$	1.36
rdln25	lentils red skins-on organic	25	33.50	Canada	\$	1.34

NON FOOD

buch25	buckwheat hulls organic	25	26.00	S. Dakota	\$	1.04
pail5gl	pail 5 gal		5.95			#VALUE!
pail5gl lid	pail lid 5 gl + spout		2.35			#VALUE!
pail6gl	pail 6 gallon	ea	7.50	US		#VALUE!
PAILns	pail lid 5 or 6 gl no spout	ea	1.50	US		#VALUE!
pailused	pail 5 gal used		6.00			#VALUE!

Nut Butters

albr1	almond butter rsted org	17	10.00	US	\$	0.59
pnbc35	peanut butter creamy organic	35	365.00	Argentina	\$	10.43
tahi40	tahini toasted organic	40	122.00	Guatemala	\$	3.05

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
almn50	almonds US raw organic	50	400.00	California	\$	8.00
alms22	almonds raw org Spain	22	188.00	Spain	\$	8.55
alms5	almonds raw org Spain	5	52.00	Spain	\$	10.40
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	60.00	Bolivia	\$	12.00
casp25	cashew pieces organic	25	185.00	Vietnam	\$	7.40
casp5	cashew large pieces organic	5	45.00	Vietnam	\$	9.00
casp50	cashew large pieces organic	50	350.00	India	\$	7.00
casw5	cashew whole 320 organic	5	60.00	Vietnam	\$	12.00
caswl25	cashews whole 320 organic	25	205.00	Vietnam	\$	8.20
caswl50	cashews whole 320 organic	50	355.00	Vietnam	\$	7.10
hazl22	hazelnuts organic	22	150.00	Turkey	\$	6.82
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	395.00	Texas	\$	13.17
peca5	pecan halves organic	5	69.50	California	\$	13.90
pecp30	pecan pieces organic	30	375.00		\$	12.50
pecp5	pecan pieces organic	5	69.00	USA	\$	13.80
pine1	pine nuts organic	1	20.00	Siberia	\$	20.00
pine27.5	pine nuts organic	27.5	585.00	China	\$	21.27
pine5	pine nuts organic	5	107.50	China	\$	21.50
pish25	pistachio raw meats organic	25	450.00	California	\$	18.00
pish5	pistachios raw meats organic	5	100.00	California	\$	20.00
pisr25	pistachio rst/slt in-shell org	25	231.50	California	\$	9.26
pisr5	pistachio rst/slt in-shell org	5	55.75	California	\$	11.15
pist25	pistachios raw in-shell org	25	226.50	California	\$	9.06
pntb5	peanut butter stock org	5	26.10	New Mexico	\$	5.22
pntr30	peanut rst/unslt org(pb stock)	30	117.95	Mexico	\$	3.93
pntr5	peanuts raw shelled organic	5	19.25	New Mexico	\$	3.85
pntr50	peanuts raw shelled organic	48	160.50	New Mexico	\$	3.34
waln25	walnut halves pieces organic	25	235.00	India	\$	9.40
waln5	walnut halves pieces organic	5	52.50	California	\$	10.50
cbdx30	Full Spectrum CBD oil 750mg	30ml	45.00	Colorado		#VALUE!

OILS

olca1	oil canola organic	gal	23.75	US		27.00
olca35	canola oil organic	35	79.00	USA		95.00
olco1	oil coconut refined organic	1 gal	20.00	Philippines		25.00
olco38	oil coconut refined organic	38	76.00	Philippines		90.00
olcv1	oil coconut extra virgin org	1 gal	30.00	Philippines		35.00
olcv38	oil coconut extra virgin org	38	133.00	Philippines		152.00
olmct1	Organic Coconut MCT Oil	7.6	51.30	Singapore		52.06
olmct38	Organic Coconut MCT Oil	38	252.70	Singapore		255.00
olol1	oil olive extra virgin organic	1 gal	35.00	Spain		41.00
olol35	oil olive extra virgin organic	35	132.17	Spain		158.61
olsa1	oil safflower hi-oleic org gal	1 gal	20.00	Mexico		25.00
olsa2000	safflower oil hi-oleic organic	2000	3,450.00	Mexico		3,800.00
olsa38	oil safflower hi-oleic organic	40	97.00	Mexico		117.25
olsu1	oil sunflower hi-oleic org gal	1 gal	24.00	Netherland		28.95
olsu35	oil sunflower hi-oleic org	35		US		
olsu38	oil sunflower hi-oleic org pail	38	97.00	Netherland		117.25
palm33	palm shortening organic	33	57.00	Thailand		62.50

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
paqs5	pasta quinoa spaghetti organic	5	23.50	Bolivia	\$	4.70
pasp5	pasta sorghum penne org	5	23.50	Bolivia	\$	4.70

PEAS

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	55.00	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	29.00	California	\$	1.16
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

SEEDS

brocc50	broccoli seed organic	50	537.50	USA	\$	10.75
ngla1	nigella seeds organic	5	10.00	India	\$	2.00
ngla5	nigella seeds organic	5	40.00	India	\$	8.00
alfs1	alfalfa seeds organic	1	15.50	Canada	\$	15.50
alfs25	alfalfa seeds organic	25	222.00	Canada	\$	8.88
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	40.00	Canada	\$	1.60
brof50	flax brown organic	50	71.00	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	185.00	Canada	\$	7.40
hemp5	hemp hearts organic	5	40.00	Canada	\$	8.00
hemp50	hemp hearts organic	50	315.00	Canada	\$	6.30
popp1	poppy seeds organic	1	4.95	Turkey	\$	4.95
popp5	poppy seeds organic	5	27.00	Turkey	\$	5.40
popp55	poppy seeds organic	55	192.00	Turkey	\$	3.49
puAA5	pumpkin seeds AA organic	5	21.50	China	\$	4.30
puAA55	pumpkin seeds AA organic	55.1	171.30	China	\$	3.11
rad1	radish seeds daikon organic	1	10.00	Canada	\$	10.00
rad25	radish seeds daikon organic	25	142.50	Canada	\$	5.70
rad5	radish seeds daikon organic	5	42.00	Canada	\$	8.40
rad55	radish seeds daikon organic	55	203.00	Canada	\$	3.69
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 hulled organic	25	59.50	Mexico	\$	2.38
sesb50	sesame seeds hulled organic	50	107.50	Mexico	\$	2.15
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	20.00	Nebraska	\$	4.00
sprs50	sunflower sprouting org	50	149.75	Nebraska	\$	3.00
sund25	sunflower seed hulled org US	25	58.50	US	\$	2.34
sunh55	sunflower hulled organic	55	89.75	Bulgaria	\$	1.63

SPICES

card1	cardamom whole green organic	1	19.75	Sri Lanka	\$	19.75
card35	cardamom whole green organic	35	395.00	India	\$	11.29
carg1	cardomom whole ground organic	1	25.00	India	\$	25.00
carg40	cardamom whole ground organic	40	1,000.00	India	\$	25.00
carg5	cardomom whole ground organic	5	125.00	India	\$	25.00
cayg1	cayenne pepper ground organic	1	7.00	India	\$	7.00
cayg5	cayenne pepper ground organic	5	29.50	India	\$	5.90
cayg50	cayenne pepper ground organic	50	235.00	India	\$	4.70
chif1	chili flakes med-hot organic	50	6.00	India	\$	0.12
chif50	chili flakes med-hot organic	50	147.50	India	\$	2.95
chil1	chili powder hot organic	1	10.75	India	\$	10.75
chil30	chili powder hot organic	30	235.00	India	\$	7.83
chil5	chili powder hot organic	5	40.50	India	\$	8.10
chili1	chili powder mild organic	1	7.00	New Mexico	\$	7.00
chili5	chili powder mild organic	5	30.00	China	\$	6.00
chili50	chili powder mild organic	50	275.00	New Mexico	\$	5.50
cinc1	cinnamon powder Ceylon organic	1	12.00	Sri Lanka	\$	12.00
cinc30	cinnamon powder Ceylon organic	30	179.00	Sri Lanka	\$	5.97
cinc5	cinnamon powder Ceylon organic	30	52.00	Sri Lanka	\$	1.73

cinn1	cinnamon ground organic	1	8.00	Indonesia	\$	8.00
cinn5	cinnamon ground organic	5	30.00	Indonesia	\$	6.00
cinn55	cinnamon powder organic	55	249.00	Indonesia	\$	4.53
clog1	cloves ground organic	1	18.00	Sri Lanka	\$	18.00
clog5	cloves ground organic	1	79.50	Sri Lanka	\$	79.50
clog50	cloves ground organic	50	519.50	India	\$	10.39
clow1	cloves whole organic	1	18.00	Indonesia	\$	18.00
clow44	cloves whole organic	44	681.78	Indonesia	\$	15.50
corg1	coriander ground organic	1	8.00	Uzbekistan	\$	8.00
cumg1	cumin seed ground organic	1	9.00	Sri Lanka	\$	9.00
cumg5	cumin seed ground organic	1	40.00	Sri Lanka	\$	40.00
cumg50	cumin seed ground organic	50	275.00	India	\$	5.50
cumi1	cumin seed whole organic	1	8.50	Sri Lanka	\$	8.50
cumi11	cumin seeds organic	11	165.00	Sri Lanka	\$	15.00
cumi50	cumin seed whole organic	50	265.00		\$	5.30
curp5	curry powder organic	5	29.50	US	\$	5.90
curr1	curry powder organic	1	7.25	Sri Lanka	\$	7.25
curr25	curry powder organic	25	118.00	US	\$	4.72
fenu1	fenugreek seeds organic	1	3.85	Australia	\$	3.85
fenu25	fenugreek seed organic	25	56.00	India	\$	2.24
fenu5	fenugreek seeds organic	5	16.50	Australia	\$	3.30
fenu55	fenugreek seeds organic	55	142.33	Australia	\$	2.59
gapo1	garlic powder organic	1	5.00	China	\$	5.00
gapo5	garlic powder organic	5	20.00	China	\$	4.00
gapo50	garlic powder organic	50	160.00	China	\$	3.20
garl1	garlic granules organic	1	8.50	China	\$	8.50
garl5	garlic granules organic	5	37.00	China	\$	7.40
garl50	garlic granules organic	50	330.00	China	\$	6.60
ging1	ginger ground organic	1	7.75	India	\$	7.75
ging5	ginger ground organic	5	36.00	India	\$	7.20
ging50	ginger ground organic	50	255.00	India	\$	5.10
musp1	mustard powder yellow organic	1	5.50	USA	\$	5.50
musp5	mustard powder yellow organic	5	21.50	USA	\$	4.30
musp50	mustard powder yellow organic	50	145.00	USA	\$	2.90
musy1	mustard seed yellow organic	1	5.25	Montana	\$	5.25
musy5	mustard seed yellow organic	5	17.00	Montana	\$	3.40
musy50	mustard seeds yellow organic	50	144.00	USA	\$	2.88
nutm1	nutmeg ground organic	1	18.50	India	\$	18.50
nutm5	nutmeg ground organic	5	89.50	India	\$	17.90
nutm50	nutmeg ground organic	50	785.00	India	\$	15.70
onion44	onion powder organic	44	165.00	China	\$	3.75
onpo1	onion powder organic	1	5.00	China	\$	5.00
onpo5	onion powder organic	5	25.00	China	\$	5.00
pebg1	pepper medium ground black org	1	10.50	Sri Lanka	\$	10.50
pebg45	pepper black ground medium org	45	425.00	India	\$	9.44
pebg5	pepper ground black org	5	50.00	Sri Lanka	\$	10.00
pebw1	pepper black whole org	1	11.75	Sri Lanka	\$	11.75

pebw5	pepper black whole organic	5	51.75	India	\$	10.35
pebw50	pepper black whole organic	50	425.00	India	\$	8.50
rose1	organic rosemary broken dried	1	8.00	China	\$	8.00
salm25	salt sea refind med non-org	25	12.99	US	\$	0.52
sare10	salt Real unrefined	10	31.75	Utah	\$	3.18
sare25	salt Real unrefined	25	59.25	Utah	\$	2.37
sare26	salt Real unrefined 26 oz	26 oz	6.70	Utah		
saresh	salt Real shaker	10 oz	3.65	Utah		
sarf25	sea salt refined fine non-org	25	12.99	US	\$	0.52
sarf50	sea salt refined fine non-org	50	24.00	US	\$	0.48
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

agac1	agave syrup light org	1	28.50	Mexico		34.20
agcldrum	agave syrup light org drum	55	1,124.00	Mexico		1,124.00
agdk60	agave syrup light org pail	60	138.00	Mexico		165.60
cosu44	coconut sugar organic	44	105.00	Philippines		126.00
cosu5	coconut sugar organic	5	16.00	Philippines		19.50
cosu55	coconut sugar organic	55	130.95	Philippines		157.15
hocl196	honey Colo clover gal	12.5	49.95	Colorado		59.95
hocl60	honey Colo clover 5 gal	60	205.00	Colorado		246.00
hon196	honey Colo wildflower gal	12.25	49.75	Colorado		59.95
hon46	honey Colo wildflower quart	2.88	12.50	Colorado		15.00
hon60	honey Colo wildflower 5 gal	60	205.00	Colorado		246.00
hon96	honey Colo wildflower 6lb	6	24.95	Colorado		29.95
mapl1gal	maple syrup organic grade B	1 gal	60.70	Vermont		69.75
mapl5gal	maple syrup organic grade B	5 gal	288.30	Vermont		346.00
panl5	panela raw sugar organic	5	12.00	Costa Rica		15.00
panl50	panela raw sugar organic	50	80.00	Costa Rica		95.00
poll1	pollen raw Colorado	1	8.75	Colorado		9.95
risy55	rice syrup organic pail	55	112.00	California		135.00
suga25	sugar raw organic	25	30.00	Mexico		35.00
suga5	sugar raw organic	5	6.50	Mexico		7.50
suga55	sugar raw organic	55.1	44.08	Arkansas		49.04
supo5	sugar powdered organic	5	9.35	US		11.25
supo50	sugar powdered organic	33	79.25	US		95.00
vanx1	vanilla extract x1 organic	1 gal	395.00	Indonesia		445.00

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