



# January 2020 Wholesale Product List

Item ID	Item Description	weight	Price	Source	Price/lb
<b>BAKING</b>					
cacb33	cacao butter organic	33	240.00	Peru	7.27
cacn33	cocoa nibs organic	33	160.00	Peru	4.85
cacn5	cocoa nibs organic	5	36.00	Peru	7.20
cacp55	cocoa powder natural organic	55.1	220.00	Peru	3.99
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	cocoa powder natural organic	1	8.00	Dominica	8.00
cocp5	cocoa powder natural organic	5	26.00	Dominica	5.20
cocp50	cocoa powder natural organic	50	185.00	Dom Repub	3.70
<b>BEANS</b>					
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
garb25	garbanzo beans organic	25	42.00	US	1.68
garm25	garbanzo beans med/large org	25	43.50	Turkey	1.74
gars50	garbanzo split/whole#2 organic	50	66.00	US	1.32
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
soyb25	soybeans organic	25	32.00	Nebraska	1.28
soybb25	soybeans black organic	25	37.50	China	1.50
spx25	soup mix seven bean organic	25	47.00	US	1.88
<b>CANNED</b>					
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	
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	

Item ID	Item Description	weight	Price	Source	Price/lb
<b>CEREALS</b>					
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	36.00	Bolivia	3.27
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
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
<b>DRIED FRUIT</b>					
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 organic	22	44.00	Turkey	2.00
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	14	36.00	Philippine	2.57
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	47.25	Philippines	1.89
coch25	coconut chips organic	25	47.25	Sri Lanka	1.89
coch4	coconut chips organic	4	15.00	Sri Lanka	3.75
coco25	coconut medium shred organic	25	47.25	Philippines	1.89
cranb25	cranberries sweetened organic	25	114.50	Canada	4.58
cranb5	cranberries sweetened organic	5	31.00	Canada	6.20
cranbcv25	cranberries swtnd conventional	25	69.50	Canada	2.78
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

Item ID	Item Description	weight	Price	Source	Price/lb
fibm5	figs black mission organic	5	37.50	California	7.50
fig28	figs Turkish organic	28	117.95	Turkey	4.21
fig5	turkish figs organic	5	29.00	Turkey	5.80
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
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
rais28	raisins sultana organic	28	65.00	Turkey	2.32
rais30	raisins Thompson organic	30	67.00	Pakistan	2.23
rais5	raisins sultana organic	5	11.75	Turkey	2.35
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
<b>FEED</b>					
oatw50	oats whole unhulled organic	50	40.25	Nebraska	0.81
sunb50	sunflower birdseed organic	50	41.40	Nebraska	0.83
<b>FLOUR</b>					
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	India	2.64
barf25	barley flour organic	25	32.00	Montana	1.28
bkfd25	buckwheat flour organic	25	30.00	S. Dakota	1.20
bkfw25	buckwheat flour light organic	25	17.00	A15,7	0.68
blcm25	cornmeal blue organic	25	33.00	Kansas	1.32
blcm50	cornmeal blue organic	50	59.50	Kansas	1.19
coff55	coconut flour organic	55.1	79.95	Philippines	1.45
dufl25	durum patent flour organic	25	39.25	USA	1.57
garf25	garbanzo flour organic	25	49.50	Mexico	1.98
glut50	gluten wheat non-organic	50	95.00	Germany	1.90
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
sorf25	sorghum flour white organic	25	28.75	Dakota	1.15

Item ID	Item Description	weight	Price	Source	Price/lb
spfl25	spelt flour whole organic	25	44.50	Michigan	1.78
tapi5	tapioca starch organic	5	10.85	Thailand	2.17
tapi55	tapioca starch organic	55	93.95	Thailand	1.71
tefbf25	teff flour brown non-organic	25	42.00	US	1.68
tefli50	teff flour ivory non organic	50	80.00	US	1.60
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
whwpl50	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
<b>GRAIN</b>					
amag25	amaranth grain organic	25	40.00	India	1.60
bapl25	barley pearled organic	25	24.75	Canada	0.99
baspl50	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
crny25	corn yellow organic	25	21.00	Nebraska	0.84
crny50	corn yellow organic	50	39.75	Nebraska	0.80
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	18.00	US	3.60
frek25	freekeh cracked organic	25	50.00	California	2.00
frek5	freekeh greenwheat cracked org	5	14.50	Nebraska	2.90
hulo50	oats hullless organic	50	55.00	Nebraska	1.10
hulsb25	barley hullless 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
quin25	quinoa white organic	25	65.00	Peru	2.60
quin55	quinoa white organic	55	135.00	Peru	2.45
quir25	quinoa red organic	25	73.00	Bolivia	2.92
quir50	quinoa red organic	50	129.00	Peru	2.58
quit25	quinoa tri-color organic	25	70.75	Bolivia	2.83
rye25	rye berries organic	25	22.00	Canada	0.88
rye50	rye berries organic	50	42.00	Colorado	0.84
seven25	seven-grain mix organic	25	42.00	US	1.68
sorg25	sorghum grain organic	25	28.75	US	1.15

Item ID	Item Description	weight	Price	Source	Price/lb
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	75.00	US	1.50
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
whtr25	wheat turkey red organic	25	22.00	Colorado	0.88
whtr50	wheat turkey red organic	50	36.00	Colorado	0.72
wswh25	wheat soft white organic	25	24.00	Montana	0.96
wswh50	wheat soft white organic	50	42.75	Colorado	0.86
<b>LENTILS</b>					
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
gre125	lentils green organic	25	33.00	Canada	1.32
rdd25	lentils red skins-off organic	25	34.00	Turkey	1.36
rdln25	lentils red skins-on organic	25	33.50	Canada	1.34
<b>NON FOOD</b>					
buch25	buckwheat hulls organic	25	26.00	S. Dakota	1.04
pail5gl	pail 5 gal		5.95		
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		6.00		
<b>Nut Butters</b>					
cabr1	cashew butter roasted organic	8	8.00	US	1.00
pnbc35	peanut butter creamy organic	35	122.00	Argentina	3.49
tahi40	tahini toasted organic	40	103.50	USA	2.59
<b>Nuts</b>					
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	53.00	Spain	10.60
alsl20	almonds sliced natural organic	20	197.50	Spain	9.88
alsl5	almond sliced natural organic	5	55.00	Spain	11.00
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	300.00	India	6.00
casw5	cashew whole 320 organic	5	52.00	Vietnam	10.40
caswl25	cashews whole 320 organic	25	205.00	Vietnam	8.20
caswl50	cashews whole 320 organic	50	350.00	Vietnam	7.00
hazl22	hazelnuts organic	22	165.00	Turkey	7.50
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	395.00	Texas	13.17

Item ID	Item Description	weight	Price	Source	Price/lb
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	25.75	Siberia	25.75
pine27.5	pine nuts organic	27.5	682.00	China	24.80
pine5	pine nuts organic	5	127.50	China	25.50
pine55	pine nuts organic	55.1	1,400.00	China	25.41
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
pntr25	peanuts raw shelled organic	25	74.00	Texas	2.96
pntr30	peanut rst/unslt org(pb stock)	30	117.95	Mexico	3.93
pntr5	peanuts raw shelled organic	5	19.25	Texas	3.85
pntr50	peanuts raw shelled organic	50	160.50	Texas	3.21
waln22	walnut halves pieces organic	22	199.95	Romania	9.09
waln5	walnut halves pieces organic	5	52.50	Romania	10.50
<b>OILS</b>					
cbdx30	CBD oil full spectrum 750mg	30ml	40.00	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	25.00	Philippines	
olco38	oil coconut refined organic	38	90.00	Philippines	2.37
olcv1	oil coconut extra virgin org	1 gal	35.00	Philippines	
olcv2000	cocont oil virgin organic tote	2017	4,000.00	Philippines	1.98
olcv38	oil coconut extra virgin org	38	131.00	Philippines	3.45
olmct1	coconut oil MCT organic	7.6	52.06	Singapore	6.85
olmct38	coconut oil MCT organic	38	255.00	Singapore	6.71
olol1	oil olive extra virgin organic	1 gal	41.00	Spain	
olol35	oil olive extra virgin organic	35	158.61	Spain	4.53
olsa1	oil safflower hi-oleic org gal	1 gal	26.00	Mexico	
olsa2000	safflower oil hi-oleic organic	2000	3,800.00	Mexico	1.90
olsa38	oil safflower hi-oleic organic	40	118.75	Mexico	2.97
olsu1	oil sunflwer hi-oleic org gal	1 gal	28.95	Netherland	
olsu35	oil sunflwer hi-oleic org	35	89.00	US	2.54
olsu420	oil sunflower hi-oleic organic	420	800.00	Mexico	1.90
palm33	palm shortening organic	33	62.50	Ecuador	1.89
<b>PASTA</b>					
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

Item ID	Item Description	weight	Price	Source	Price/lb
<b>PEAS</b>					
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
whgp25	peas whole green organic	25	21.50	Canada	0.86
yesp25	peas yellow split organic	25	26.50	Canada	1.06
<b>RICE</b>					
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
rja25	rice black organic	25	63.00	Thailand	2.52
rjb25	rice brown jasmine org	25	55.25	California	2.21
rilb25	rice brown long org	25	28.00	California	1.12
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
<b>ECOFARM RICE</b>					
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
<b>SEEDS</b>					
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
brocc50	broccoli seed organic	50	537.50	USA	10.75
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	75.00	Paraguay	3.00
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
n gla1	nigella seeds organic	1	10.00	India	10.00
n gla5	nigella seeds organic	5	40.00	India	8.00
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		3.49
puAA27.5	pumpkin seeds AA organic	27.5	102.00	China	3.71
puAA5	pumpkin seeds AA organic	5	27.50	China	5.50
puAA50	pumpkin seeds AA organic	50	185.00	China	3.70

Item ID	Item Description	weight	Price	Source	Price/lb
puAA55	pumpkin seeds AA organic	55.1	210.00	China	3.81
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	65.00	Mexico	2.60
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
sunh50	sunflower hulled organic	50	72.00	China	1.44
sunh55	sunflower hulled organic	55	89.75	Romania	1.63
<b>SPICES</b>					
carg1	cardomom whole ground organic	1	42.00	India	42.00
carg40	cardamom whole ground organic	40	1,175.00	India	29.38
carg5	cardamom whole ground organic	5	185.00	India	37.00
carg50	cardamom ground organic	50	1,500.00	Guatamala	30.00
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
chif1	chili flakes med-hot organic	50	7.50	India	0.15
chif50	chili flakes med-hot organic	50	235.00	India	4.70
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	9.50	New Mexico	9.50
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	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
clog50	cloves ground organic	50	623.45	India	12.47
clow1	cloves whole organic	1	21.50	Indonesia	21.50
clow44	cloves whole orrganic	44	818.15	Indonesia	18.59
corg1	coriander ground organic	1	9.00	Uzbekistan	9.00
corg5	coriander ground organic	1	40.00	Uzbekistan	40.00
cumg1	cumin seed ground organic	1	11.00	Sri Lanka	11.00
cumg5	cumin seed ground organic	5	49.00	Sri Lanka	9.80
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



Item ID	Item Description	weight	Price	Source	Price/lb
cumi50	cumin seed whole organic	50	320.00		6.40
curp5	curry powder organic	5	35.50	US	7.10
curr1	curry powder organic	1	8.90	Sri Lanka	8.90
curr25	curry powder organic	25	141.75	US	5.67
feng25	fennel ground organic	25	119.00	USA	4.76
fenu	fenugreek seeds organic	1	4.65	Australia	4.65
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
gapo1	garlic powder organic	1	8.00	China	8.00
gapo5	garlic powder organic	5	36.00	China	7.20
gapo50	garlic powder organic	50	205.00	China	4.10
gar1	garlic granules organic	1	10.00	China	10.00
gar5	garlic granules organic	5	40.00	China	8.00
gar150	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	7.00	USA	7.00
musp5	mustard powder yellow organic	5	27.00	USA	5.40
musp50	mustard powder yellow organic	50	186.00	USA	3.72
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
nutm1	nutmeg ground organic	1	22.25	India	22.25
nutm5	nutmeg ground organic	5	107.50	India	21.50
nutm55	nutmeg ground organic	55	1,475.00	Indonesia	26.82
onpo1	onion powder organic	1	6.00	China	6.00
onpo5	onion powder organic	5	28.00	China	5.60
onpo50	onion powder organic	50	225.00	China	4.50
oreg20	oregano ground organic	20	132.00	US	6.60
pebg1	pepper medium ground black org	1	12.50	Sri Lanka	12.50
pebg45	pepper black ground medium org	45	510.00	India	11.33
pebg5	pepper ground black org	5	60.00	Sri Lanka	12.00
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	425.00	India	8.50
pebw55	pepper black whole organic	55	450.00	India	8.18
psyg25	psyllium husks organic	25	155.00	India	6.20
psyg5	psyllium husks organic	5		India	0.00
rose1	organic rosemary broken dried	1	10.00	China	10.00
rose4	organic rosemary broken dried	4	36.00	China	9.00
salrm25	salt sea refind med non-org	25	16.00	US	0.64
sare10	salt Real unrefined	10	38.25	Utah	3.83
sare25	salt Real unrefined	25	70.95	Utah	2.84
sare26	salt Real unrefined 26 oz	26 oz	7.95	Utah	
sarf25	sea salt refined fine non-org	25	16.00	US	0.64
thyg50	thyme ground organic	50	298.00	US	5.96
tume1	turmeric ground organic	1	9.00	Indonesia	9.00
tume5	turmeric ground organic	5	43.50	Indonesia	8.70
tume55	turmeric ground organic	55.1	267.00	Indonesia	4.85

Item ID	Item Description	weight	Price	Source	Price/lb
<b>SWEETNERS</b>					
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
cosu5	coconut sugar organic	5	19.50	Philippines	3.90
cosu55	coconut sugar organic	55	157.15	Philippines	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	135.00	California	2.45
suga25	sugar raw organic	25	35.00	Mexico	1.40
suga5	sugar raw organic	5	7.50	Colombia	1.50
suga55	sugar raw organic	55.1	49.04	Colombia	0.89
sugl5	sugar white org	5	7.50	India	1.50
sugl55	sugar white org	55.1	49.04	India	0.89
supo5	sugar powdered organic	5	11.25	US	2.25
supo50	sugar powdered organic	33	95.00	US	2.88
vanx1	vanilla extract x1 organic	1 gal	375.00	Indonesia	
<b>TRAILMIX</b>					
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