



# July 2020 Product List

Item ID	Item Description	weight	Price	Location	Price/lb
<b>BAKING</b>					
cacb11	cacao butter organic	11	85.00	Peru	\$7.73
cacb33	cacao butter organic	33	240.00	Peru	\$7.27
cacn33	cacao nibs organic	33	160.00	Peru	\$4.85
cacn5	cacao nibs organic	5	36.00	Peru	\$7.20
cacp55	cacao powder natural organic	55.1	185.00	Peru	\$3.36
choc25	choc chips semi-swt small org	25	137.50	Dom Repub	\$5.50
choc5	choc chips semi-swt medium org	5	35.00	Dom Repub	\$7.00
chocl25	choc chips semi-swt medium org	25	137.50	Dom Repub	\$5.50
chocs5	choc chips semi-swt small org	5	35.00	Dom Repub	\$7.00
choclcosu40	choc chip drk coconut swtn org	40	260.00	Italy	\$6.50
choclcosu5	choc chip drk coconut swtn org	5	48.00	Italy	\$9.60
cocd1	cocoa powder Dutch alkali org	1	10.00	Peru	\$10.00
cocd25	cocoa powder Dutch alkali org	25	127.00	Peru	\$5.08
cocd5	cocoa powder Dutch alkali org	5	34.00	Peru	\$6.80
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	160.00	Dom Repub	\$3.20
nv10cocm	coconut milk organic	6 x 96oz	79.00	Philippine	
ystbkrs8oz	yeast bakers instant organic	.5	29.00	Iowa	\$58.00
<b>BEANS</b>					
adub25	adzuki beans organic	25	42.00	China	\$1.68
anab50	anasazi beans non-organic	50	85.00	Colorado	\$1.70
blb25	black beans US organic	25	37.25	N. Dakota	\$1.49
cann25	cannellini beans organic	25	53.75	USA	\$2.15
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
grtn25	great northern beans org	25	36.00	USA	\$1.44
kidb25	kidney beans dark organic	25	50.00	US	\$2.00
limb25	lima beans baby organic	25	38.50	California	\$1.54
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	45.00	Colorado	\$1.80
pinb50	pinto beans organic	50	79.00	Colorado	\$1.58
smrd25	small red beans organic	25	37.75	Idaho	\$1.51
soyb25	soybeans organic	25	30.00	Nebraska	\$1.20
soybb25	soybeans black organic	25	37.50	China	\$1.50
spxm25	soup mix seven bean organic	25	50.00	US	\$2.00
<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	

Item ID	Item Description	weight	Price	Location	Price/lb
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	
<b>CEREALS</b>					
bafk25	barley flakes organic	25	35.75	Nebraska	\$1.43
bafk50	barley flakes organic	50	35.75	Iowa	\$0.72
bulgc25	bulgur organic	25	32.00	Turkey	\$1.28
cous25	couscous organic	25	52.50	US	\$2.10
cousi25	couscous Israeli/pearl org	25	45.25	Israel	\$1.81
cousw25	couscous whole wheat organic	25	53.50	US	\$2.14
nigr25	nine-grain cracked cereal org	25	50.00	Montana	\$2.00
oabr25	oat bran organic	25	55.25	Canada	\$2.21
oabr50	oat bran organic	50	94.00	Canada	\$1.88
oati50	oats rolled instant organic	50	58.25	Kansas	\$1.17
pofk4	potato flakes organic	4	15.00	Colorado	\$3.75
pofk40	potato flakes organic	40	90.00	Colorado	\$2.25
pole25	polenta organic	25	31.75	California	\$1.27
quif33	quinoa flakes organic	33	95.40	Bolivia	\$2.89
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	30.00	Canada	\$1.20
rero50	oats rolled regular organic	50	50.00	Canada	\$1.00
reroGF50	oats rolled regular GF organic	50	65.00	Canada	\$1.30
ryfk25	rye flakes organic	25	22.25	Nebraska	\$0.89
stco25	oats steel-cut organic	25	33.25	Canada	\$1.33
stco50	oats steel-cut organic	50	58.75	Canada	\$1.18
tcut25	oats rolled thick cut organic	25	32.75	Canada	\$1.31
thro50	oats rolled thick cut org	50	59.75	Canada	\$1.20
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	88.20	Turkey	\$3.15
apr5	apricots dried organic	5	19.75	Turkey	\$3.95
aprd22	apricots diced organic	22	50.00	Turkey	\$2.27
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	47.75	China	\$9.55
bana14	banana chips sweet org	14	36.00	Philippine	\$2.57
banfk1	banana flakes organic	1	9.95	Ecuador	\$9.95
blue5	blueberries swtnd org	5	68.00	Canada	\$13.60
bluew25	blueberries wild swtnd org	25	350.00	Canada	\$14.00
bluew5	blueberries wild swtnd org	5	80.00	Canada	\$16.00
cher5	cherries dried tart organic	5	69.00	Turkey	\$13.80
ches17	cherries tart unswtnd organic	17.6	175.00	Turkey	\$9.94
cocf25	coconut fine macaroon organic	25	59.50	Philippines	\$2.38
coch25	coconut chips organic	25	58.25	Sri Lanka	\$2.33
coch4	coconut chips organic	4	15.00	Sri Lanka	\$3.75
coco25	coconut medium shred organic	25	58.25	Philippines	\$2.33
cranb25	cranberries sweetened organic	25	114.50	Canada	\$4.58
cranb5	cranberries sweetened organic	5	31.00	Canada	\$6.20

Item ID	Item Description	weight	Price	Location	Price/lb
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	109.00	California	\$3.63
curr5	currants organic	5	23.50	California	\$4.70
dapt15	dates pitted Deglet organic	15	58.50	California	\$3.90
datm15	dates whole Medjool organic	15	79.15	California	\$5.28
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
fig28	figs Turkish organic	28	108.95	Turkey	\$3.89
fig5	turkish figs organic	5	29.00	Turkey	\$5.80
goji10	goji berries organic	10	95.00	China	\$9.50
goji40	goji berries organic	40	385.00	China	\$9.63
goji5	goji berries organic	5	57.00	China	\$11.40
mang5	mango sliced organic(5.5lbs)	5.5	48.00	Mexico	\$8.73
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	225.00	Mexico	\$9.00
piner5	pineapple rings organic	5	45.00	Mexico	\$9.00
prun30	prunes pitted organic	30	114.00	California	\$3.80
prun5	prunes pitted organic	5	28.85	California	\$5.77
raif30	raisins flame organic	30	86.40	California	\$2.88
raif5	raisins flame organic	5	17.00	California	\$3.40
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	72.00	USA	\$2.40
rais5	raisins sultana organic	5	16.00	Turkey	\$3.20
raist5	raisins Thompson organic	5	14.95	California	\$2.99
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>					
oatfGF50	oat flour gluten free organic	50	120.00	Canda	\$2.40
almc25	almond meal conventional	25	91.00	California	\$3.64
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
apt50	flour Turkey Red AP white org	50	55.00	Kansas	\$1.10
artf5	arrowroot powder organic	5	22.00	Inda	\$4.40
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
blcm25	cornmeal blue organic	25	33.00	Kansas	\$1.32
blcm50	cornmeal blue organic	50	59.50	Kansas	\$1.19
brofm25	flax brown ground meal organic	25	52.00	Canada	\$2.08
brofm5	flax brown ground meal organic	50	25.00	Canada	\$0.50
brofm50	flax brown ground meal organic	50	80.00	Canada	\$1.60
cofl25	coconut flour organic	25	46.75	Philippines	\$1.87
dufl25	durum patent flour organic	25	39.25	USA	\$1.57
garf50	garbanzo flour organic	50	93.60	US	\$1.87
glut50	gluten vital wheat non-organic	50	93.00	Germany	\$1.86

Item ID	Item Description	weight	Price	Location	Price/lb
higf25	strong bread flour organic	25	32.25	Kansas	\$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
pof150	potato flour organic	50	99.00	Colorado	\$1.98
quf125	quinoa flour organic	25	83.00	Peru	\$3.32
rdlf25	red lentil flour organic	25	52.00	Turkey	\$2.08
rif125	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	43.25	USA	\$1.73
spfl25	spelt flour whole organic	25	46.45	Michigan	\$1.86
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	85.00	Thailand	\$1.55
tefbf25	teff flour brown non-organic	25	42.00	US	\$1.68
tefli50	teff flour ivory non organic	50	60.00	US	\$1.20
uapf25	unbleached white flour organic	25	31.00	Colorado	\$1.24
whlwf25	whole wheat flour organic	25	25.00	Colorado	\$1.00
whwf50	whole wheat flour organic	50	48.00	Colorado	\$0.96
whwpf150	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
bapl50	barley pearled organic	50	48.00	USA	\$0.96
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
bucu25	buckwheat groats hulled US org	25	47.00	US	\$1.88
bucw25	buckwheat whole organic	25	27.00	S. Dakota	\$1.08
bucw50	buckwheat whole organic	50	45.00	Nebraska	\$0.90
crny25	corn yellow organic	25	20.50	Nebraska	\$0.82
crny50	corn yellow organic	50	37.75	Nebraska	\$0.76
eink25	einkorn organic	25	78.65	Canada	\$3.15
farr22	farro emmer organic	22	44.00	Italy	\$2.00
farr25	farro emmer organic	25	69.25	US	\$2.77
hulo50	oats hullless organic	50	55.00	Nebraska	\$1.10
hulsb25	barley hullless organic	25	25.50	Nebraska	\$1.02
hwwb25	wheat hard white organic	25	25.00	Montana	\$1.00
hwwb50	wheat hard white organic	50	39.50	Montana	\$0.79
kamu25	kamut grain organic	25	31.25	Montana	\$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	29.00	Canada	\$1.16
popc25	popcorn yellow organic	25	32.00	Nebraska	\$1.28

Item ID	Item Description	weight	Price	Location	Price/lb
popc50	popcorn yellow organic	50	59.00	Nebraska	\$1.18
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	59.00	Peru	\$2.36
quir25	quinoa red organic	25	65.00	Bolivia	\$2.60
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	23.00	Montana	\$0.92
rye50	rye berries organic	50	45.00	Montana	\$0.90
seven25	seven-grain mix organic	25	48.00	US	\$1.92
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
trit25	triticale organic	25	23.50	Nebraska	\$0.94
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
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
<b>NON FOOD</b>					
buch25	buckwheat hulls organic	25	26.00	S. Dakota	\$1.04
pail5gl	pail 5 gal		6.50		
pail5gl lid	pail lid 5 gl + spout		3.00		
pail6gl	pail 6 gallon	ea	7.50	US	
pailused	pail 5 gal used		5.00		
<b>Nut Butters</b>					
albr40	almond butter rsted org	40	365.00	US	\$9.13
cabr40	cashew butter rsted organic	40	280.00	US	\$7.00
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	198.00	California	\$7.92
almn5	almonds US organic	5	53.00	California	\$10.60
alms22	almonds raw org Spain	22	171.00	Spain	\$7.77
alms44	almonds raw org Spain	25	315.00		\$12.60
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	290.00	Bolivia	\$6.59
braz5	Brazil nuts organic	5	60.00	Bolivia	\$12.00
casp25	cashew pieces organic	25	114.00	Brazil	\$4.56
casp5	cashew large pieces organic	5	32.00	Brazil	\$6.40

Item ID	Item Description	weight	Price	Location	Price/lb
casp50	cashew large pieces organic	50	214.75	Brazil	\$4.30
casw5	cashew whole 240 organic	5	42.00	Vietnam	\$8.40
caswl25	cashews whole 240 organic	25	175.00	Vietnam	\$7.00
caswl50	cashews whole 240 organic	50	305.00	Vietnam	\$6.10
hazl22	hazelnuts organic	22	165.00	Turkey	\$7.50
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	485.00	China	\$17.64
pine5	pine nuts organic	5	100.00	China	\$20.00
pine55	pine nuts organic	55.1	1,000.00	China	\$18.15
pish25	pistachio raw meats organic	25	450.00	California	\$18.00
pish5	pistachios raw meats organic	5	100.00	California	\$20.00
pishp25	pistachio raw pieces organic	25	450.00	California	\$18.00
pistr5	pistachio rst/slt in-shell org	5	60.00	California	\$12.00
pist25	pistachios raw in-shell org	25	210.00	California	\$8.40
pist5	pistachios raw in-shell org	5	52.00	California	\$10.40
pntb30	peanut rst/unslt org(pb stock)	30	117.95	Mexico	\$3.93
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
waln25	walnut halves pieces organic	25	235.00	California	\$9.40
waln5	walnut halves pieces organic	5	52.50	Romania	\$10.50
<b>OILS</b>					
olca1	oil canola gallon organic	7.6	27.00	US	\$3.55
olca35	canola oil organic	35	95.00	USA	\$2.71
olcbdx30	CBD oil full spectrum 900mg	900	57.00	Colorado	\$0.06
olco1	oil coconut refined organic	8	25.00	Philipines	\$3.13
olco38	oil coconut refined organic	38	90.00	Philipines	\$2.37
olcv1	oil coconut virgin org	8	35.00	Philipines	\$4.38
olcv2000	cocont oil virgin organic tote	2017	4,000.00	Philippines	\$1.98
olcv38	oil coconut virgin pail org	38	131.00	Philipines	\$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	7.6	41.00	Spain	\$5.39
olol35	oil olive extra virgin organic	35	158.61	Spain	\$4.53
olsa1	oil safflower hi-oleic org gal	7.6	26.00	Mexico	\$3.42
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
olsoyt1	tamari soy sauce GF San-J Org	9.82	42.00	USA	\$4.28
olsoyt49	tamari soy sauce GF San-J Org	49.1	136.00	USA	\$2.77
olsu1	oil sunflwr hi-oleic org gal	7.6	28.95	USA	\$3.81
olsu2000	oil sunflower hi-oleic organic	2028	3,875.00	USA	\$1.91
olsu35	oil sunflwr hi-oleic org	35	89.00	US	\$2.54
olsu420	oil sunflower hi-oleic organic	420	800.00	US	\$1.90

Item ID	Item Description	weight	Price	Location	Price/lb
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
<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	65.00	Nebraska	\$1.30
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>					
rilib25	rice brown long org	25	28.00	California	\$1.12
rilib55	rice long grain brown	55	58.80	Pakistan	\$1.07
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	42.75	Thailand	\$1.71
riwl25	rice white long org	25	31.00	California	\$1.24
<b>SEEDS</b>					
brof5	brown flax seed organic	5	15.00	Canda	\$3.00
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
brocc50	broccoli seed organic	50	537.50	USA	\$10.75
brocr1	broccoli seed raab organic	1	18.00	USA	\$18.00
brocr5	broccoli seed raab organic	50	60.00	USA	\$1.20
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
cres1	cress curley organic	22	12.00	Canada	\$0.55
cres22	cress curley organic	22	154.50	Canada	\$7.02
cres5	cress curley organic	22	45.00	Canada	\$2.05
golf25	flax gold organic	25	39.50	Canada	\$1.58
hemp25	hemp hearts organic	25	185.00	Canada	\$7.40
hemp44	hemp hearts organic	44	275.00	Canada	\$6.25
hemp5	hemp hearts organic	5	40.00	Canada	\$8.00
ngla1	nigella sativa seeds organic	1	10.00	India	\$10.00
ngla5	nigella seeds organic	5	45.00	India	\$9.00
popp1	poppy seeds organic	1	10.00	Turkey	\$10.00
popp5	poppy seeds organic	5	35.00	Turkey	\$7.00
popp55	poppy seeds organic	55	192.00		\$3.49
puAA5	pumpkin seeds AA organic	5	27.50	China	\$5.50
puAA55	pumpkin seeds AA organic	55.1	210.00	China	\$3.81

Item ID	Item Description	weight	Price	Location	Price/lb
rad1	radish seeds daikon organic	1	10.00	Canada	\$10.00
rad25	radish seeds daikon organic	25	175.00	Canada	\$7.00
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
radt1	radish triton organic	5	10.00	Canada	\$2.00
radt5	radish triton organic	5	45.00	Canada	\$9.00
radt50	radish triton organic	50	225.00		\$4.50
redc1	red clover seeds organic	1	5.75	Canada	\$5.75
redc25	red clover seeds organic	25	135.25	Canada	\$5.41
redc5	red clover seed organic	5	29.75	Canada	\$5.95
sesb25	sesame seeds black organic	25	78.00	Mexico	\$3.12
sesb50	sesame seeds black organic	50	141.00	India	\$2.82
sesb25	sesame seeds hulled organic	25	65.00	India	\$2.60
sesb50	sesame seeds hulled organic	50	107.50	India	\$2.15
sesn25	sesame seeds natural whole org	25	54.00	Peru	\$2.16
sesn50	sesame seeds natural whole org	50	99.50	Mexico	\$1.99
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	Romania	\$1.63
<b>SPICES</b>					
carg1	cardamom whole ground organic	1	35.00	India	\$35.00
carg5	cardamom whole ground organic	5	150.00	India	\$30.00
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
caygh1	cayenne ground hot organic	1	8.00	India	\$8.00
caygh5	cayenne ground hot organic	5	35.50	India	\$7.10
chif1	chili flakes med-hot organic	1	9.00	India	\$9.00
chif5	chili flakes med-hot organic	5	35.00	India	\$7.00
chif50	chili flakes med-hot organic	50	235.00	India	\$4.70
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	12.00	Sri Lanka	\$12.00
cinc30	cinnamon powder Ceylon organic	30	254.00	Sri Lanka	\$8.47
cinc35	cinnamon ceylon ground organic	35	313.60	Sri Lanka	\$8.96
cinc5	cinnamon powder Ceylon organic	5	54.00	Sri Lanka	\$10.80
cinn1	cinnamon ground organic	1	10.00	Indonesia	\$10.00
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	20.00	Sri Lanka	\$20.00
clog5	cloves ground organic	5	70.00	Sri Lanka	\$14.00
clog50	cloves ground organic	50	623.45	India	\$12.47
clow1	cloves whole organic	1	14.00	Indonesia	\$14.00
clow44	cloves whole orrganic	44	575.00	Indonesia	\$13.07
clow5	cloves whole organic	5	68.00	Indonesia	\$13.60
corg1	coriander ground organic	1	9.00	Uzbekistan	\$9.00
corg5	coriander ground organic	5	40.00	Uzbekistan	\$8.00



<b>Item ID</b>	<b>Item Description</b>	<b>weight</b>	<b>Price</b>	<b>Location</b>	<b>Price/lb</b>
corg50	coriander ground organic	50	215.00	Uzbekistan	\$4.30
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
cumi5	cumin seed whole organic	5	45.00		\$9.00
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
fenu1	fenugreek seeds organic	1	4.65	India	\$4.65
fenu25	fenugreek seed organic	25	67.20	India	\$2.69
fenu5	fenugreek seeds organic	5	19.85	India	\$3.97
fenug1	fenugreek seeds ground organic	1	9.00	India	\$9.00
fenug5	fenugreek seeds ground organic	5	30.00	India	\$6.00
fenug55	fenugreek seeds ground organic	55.1	125.00	India	\$2.27
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
gar15	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
oreg1	oregano flakes organic	1	12.00	US	\$12.00
oreg20	oregano flakes organic	20	132.00	US	\$6.60
papg1	paprika ground organic	1	12.00	New Mexico	\$12.00
papg5	paprika ground organic	5	52.00	New Mexico	\$10.40
papg50	paprika ground organic	50	360.00	New Mexico	\$7.20
pebg1	pepper medium ground black org	1	12.50	Sri Lanka	\$12.50
pebg5	pepper ground black org	5	60.00	Sri Lanka	\$12.00
pebg50	pepper black ground organic	50	410.00	India	\$8.20
pebw1	pepper black whole org	1	12.00	Sri Lanka	\$12.00
pebw5	pepper black whole organic	5	50.00	India	\$10.00
pebw55	pepper black whole organic	55	450.00	India	\$8.18
psyll1	psyllium husks whole organic	1	12.00	India	\$12.00
psyll22	psyllium husks whole organic	22	142.00	India	\$6.45
psyll5	psyllium husks organic	5	50.00	India	\$10.00
rose1	organic rosemary broken dried	1	12.00	China	\$12.00
rose4	organic rosemary broken dried	4	36.00	China	\$9.00
salrm25	salt sea refind med non-org	25	16.00	US	\$0.64

Item ID	Item Description	weight	Price	Location	Price/lb
sare10	salt Real unrefined	10	39.35	Utah	\$3.94
sare25	salt Real unrefined	25	69.50	Utah	\$2.78
sare26	salt Real unrefined 26 oz	1.63	7.95	Utah	\$4.88
sarf25	sea salt refined fine non-org	25	16.00	US	\$0.64
thyg1	thyme ground organic	1	12.00	US	\$12.00
thyg5	thyme ground organic	5	50.00	US	\$10.00
thyg50	thyme ground organic	50	295.00	US	\$5.90
tume1	turmeric ground organic	1	9.00	Indonesia	\$9.00
tume5	turmeric ground organic	5	36.00	Indonesia	\$7.20
tume55	turmeric ground organic	55.1	267.00	Indonesia	\$4.85
ystnutri1	yeast nutritional (nonorganic)	1	10.00	Iowa	\$10.00
ystnutri5	yeast nutritional (nonorganic)	5	42.00	Iowa	\$8.40
ystnutri50	yeast nutritional (nonorganic)	50	320.00	Iowa	\$6.40
<b>SWEETNERS</b>					
agac1	agave syrup light org	12	34.20	Mexico	\$2.85
agcldrum	agave syrup light org drum	628	1,124.00	Mexico	\$1.79
agdk60	agave syrup light org pail	60	165.60	Mexico	\$2.76
cosu44	coconut sugar organic	44	115.00	Philipines	\$2.61
cosu5	coconut sugar organic	5	19.50	Philipines	\$3.90
hocl196	honey Colo clover gal	12.25	59.95	Colorado	\$4.89
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	11	69.75	Vermont	\$6.34
mapl5gal	maple syrup organic grade B	55	346.00	Vermont	\$6.29
panl5	panela sucanat raw sugar org	5	15.00	Costa Rica	\$3.00
panl50	panela sucanat raw sugar org	50	85.00	Costa Rica	\$1.70
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 unbleached org	5	7.50	India	\$1.50
sugl55	sugar white unbleached org	55.1	49.04	India	\$0.89
supo5	sugar powdered organic	5	18.00	US	\$3.60
supo50	sugar powdered organic	50	90.00	US	\$1.80
vanx1	vanilla extract x1 gal organic	8.3	295.00	Indonesia	\$35.54
<b>TRAILMIX</b>					
trcc5	cherry sunshine trail mix org	5	38.00	US	\$7.60
trch5	trailmix chocolat sunshine org	5	52.00	US	\$10.40
trop5	trailmix tropical sunshine org	5	36.00	US	\$7.20
trrw5	trailmix raw intensity organic	5	36.00	US	\$7.20