



September 2020 Product List

Item ID	Item Description	Weight	Price Location	Price/lb
BAKING				
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
cacp1	cacao powder natural organic	1	8.00 Peru	8.00
cacp5	cacao powder natural organic	5	26.00 Peru	5.20
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
choccosu40	choc chip drk coconut swtn org	40	260.00 Italy	6.50
choccosu5	choc chip drk coconut swtn org	5	48.00 Italy	9.60
chocs5	choc chips semi-swt small org	5	35.00 Dom Repub	7.00
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
nv10cocm	coconut milk organic	6 x 96oz	79.00 Philippine	
tvp50	textured veg. protien non-org	50	85.00 USA	1.70
ystbkrs8oz	yeast bakers instant organic	.5	29.00 Iowa	58.00
BEANS				
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	40.00 US	1.60
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	44.00 Colorado	1.76
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
spx25	soup mix seven bean organic	25	50.00 US	2.00
CANNED				
nv10black	NatVal black beans canned org	6x108oz	49.50 US	
nv10pinto	NatVal pinto beans organic	6x108oz	42.00 US	

Item ID	Item Description	Weight	Price Location	Price/lb
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	35.75 Nebraska	1.43
bafk50	barley flakes organic	50	65.00 Iowa	1.30
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

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	27.55	88.20 Turkey	3.20
apr5	apricots dried organic	5	19.75 Turkey	3.95
aprd22	apricots diced organic	22	40.00 Turkey	1.82
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
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	59.00 Turkey	11.80
ches17	cherries tart unswtnd organic	17.6	155.00 Turkey	8.81
cocf25	coconut fine macaroon organic	25	59.50 Philipines	2.38
coch25	coconut chips organic	25	58.25 Sri Lanka	2.33
coch4	coconut chips organic	4	16.00 Sri Lanka	4.00
coco25	coconut medium shred organic	25	60.00 Philipines	2.40
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
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	5.5	48.00 Mexico	8.73
mulw13	mulberries white organic	13.2	65.00 Turkey	4.92
mulw5	mulberries white organic	5	30.00 Turkey	6.00
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

FEED

oatw50	oats whole unhulled organic	50	40.25 Nebraska	0.81
sunb50	sunflower birdseed organic	50	41.40 Nebraska	0.83

FLOUR

almc25	almond meal conventional	25	91.00 California	3.64
almm20	almond meal organic	20	185.00 USA	9.25
almm5	almond meal organic	5	52.00 US	10.40
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
barf50	barley flour organic	50	58.00 Montana	1.16
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	5	25.00 Canada	5.00
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
higf25	strong bread flour organic	25	32.25 Kansas	1.29
higf50	strong bread winter flour org	50	45.00 Colorado	0.90

Item ID	Item Description	Weight	Price Location	Price/lb
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 Kansas	1.34
oatf50	oat flour whole org	50	62.75 Canada	1.26
oatfGF50	oat flour gluten free organic	50	110.00 Canada	2.20
pofl50	potato flour organic	50	99.00 Colorado	1.98
qufl25	quinoa flour organic	25	65.00 Peru	2.60
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	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
tapi25	tapioca starch organic	25	42.00 Thailand	1.68
tapi5	tapioca starch organic	5	10.85 Thailand	2.17
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
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

GRAIN

amag25	amaranth grain organic	25	40.00 India	1.60
amag50	amaranth grain organic	50	68.50	1.37
bapl25	barley pearled organic	25	26.00 Canada	1.04
bapl50	barley pearled organic	50	48.00 USA	0.96
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	31.00 Kansas	1.24
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	98.00 Canada	3.92
eink5	einkorn organic	5	24.00 Canada	4.80
farr11	farro emmer organic	11	28.00 Italy	2.55
farr22	farro emmer organic	22	44.00 Italy	2.00
farr5	farro emmer organic	5	18.00 US	3.60
hulo50	oats hulless organic	50	55.00 Nebraska	1.10
hulsb25	barley hulless 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

Item ID	Item Description	Weight	Price Location	Price/lb
oatg50	oat groats organic	50	57.75 Canada	1.16
popc25	popcorn yellow organic	25	32.00 Nebraska	1.28
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	24.00 Montana	0.96
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

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		6.50	
pail5gl lid	pail lid 5 gl + spout		3.00	
pail6gl	pail 6 gallon	ea	7.50 US	

Nut Butters

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

Nuts

almc10	almonds dark chocolate organic	10	100.00 Italy	10.00
almn25	almonds US organic	25	199.00 California	7.96
almn5	almonds US organic	5	49.75 California	9.95
alms22	almonds raw org Spain	22	171.00 Spain	7.77
alms25	almonds raw org Spain	25	203.75	8.15
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	250.80 Bolivia	5.70
braz5	Brazil nuts organic	5	44.50 Bolivia	8.90
casp25	cashew pieces organic	25	114.00 Brazil	4.56

Item ID	Item Description	Weight	Price Location	Price/lb
casp5	cashew large pieces organic	5	32.00 Brazil	6.40
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	295.00 Vietnam	5.90
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
pish27	pistachio meats raw org. 27.5	27.5	440.00 California	16.00
pish5	pistachios raw meats organic	5	100.00 California	20.00
pishp25	pistachio raw pieces organic	25	450.00 California	18.00
pist25	pistachios raw in-shell org	25	210.00 California	8.40
pist5	pistachios raw in-shell org	5	52.00 California	10.40
pntb5	peanut butter stock org	5	26.10 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

OILS

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
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
olsa38	oil safflower hi-oleic organic	40	118.75 Mexico	2.97
olsoyt1	tamari soy sauce GF San-J Org	9.7	40.00 USA	4.12
olsoyt49	tamari soy sauce GF San-J Org	49	145.00 USA	2.96
olst1	sesame oil toasted organic	9.2	40.00 Mexico	4.35
olst38	sesame oil toasted organic	38	150.00 Mexico	3.95
olsu1	oil sunflwer hi-oleic org gal	7.6	28.95 USA	3.81
olsu35	oil sunflwer hi-oleic org	35	82.00 US	2.34
palm33	palm shortening organic	33	62.50 Ecuador	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

Item ID	Item Description	Weight	Price Location	Price/lb
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	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
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	31.25 California	1.25
rilb55	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
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	34.85 California	1.39
risgn25	rice brown short grain EcoFarm	25	28.50 California	1.14
riwbn25	rice white basmati EcoFarm	25	48.00 California	1.92
SEEDS				
brof5	brown flax seed organic	5	15.00	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
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	59.00 Paraguay	2.36
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

Item ID	Item Description	Weight	Price Location	Price/lb
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	42.00 India	8.40
popp1	poppy seeds organic	1	10.00 Turkey	10.00
popp5	poppy seeds organic	5	35.00 Turkey	7.00
popp50	poppy seeds organic	50	198.00 Turkey	3.96
puAA5	pumpkin seeds AA organic	5	27.50 China	5.50
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	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
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
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
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

SPICES

elder25	elderberries whold dried org	25	315.00 Bulgaria	12.60
elder5	elderberries whold dried org	5	75.00 Bulgaria	15.00
elder1	elderberries whold dried org	1	18.00 Bulgaria	18.00
carg1	cardamom whole ground organic	1	35.00 India	35.00
carg5	cardamom whole ground organic	5	150.00 India	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
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	285.00 Indonesia	5.18
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

Item ID	Item Description	Weight	Price Location	Price/lb
clow1	cloves whole organic	1	14.00 Indonesia	14.00
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
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
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
garl1	garlic granules organic	1	8.00 China	8.00
garl5	garlic granules organic	5	36.00 China	7.20
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	295.00 India	5.90
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
psyg1	psyllium husks organic	1	12.00 India	12.00
psyll1	psyllium husks whole organic	1	12.00 India	12.00
psyll22	psyllium husks whole organic	22	142.00 India	6.45

Item ID	Item Description	Weight	Price Location	Price/lb
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
roseg50	rosemary ground dried organic	50	36.00 Mexico	0.72
salrm25	salt sea refind med non-org	25	16.00 US	0.64
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
ystrnutri1	yeast nutritional (nonorganic)	1	10.00 Iowa	10.00
ystrnutri5	yeast nutritional (nonorganic)	5	42.00 Iowa	8.40
ystrnutri50	yeast nutritional (nonorganic)	50	320.00 Iowa	6.40

SWEETNERS

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	44.1	126.00 Philipines	2.86
cosu5	coconut sugar organic	5	20.50 Philipines	4.10
datp40	date paste organic	40	88.75 USA	2.22
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 raw sugar org	50	85.00 Costa Rica	1.70
panl55	panela unrefined cane sug org	55	85.00 Colombia	1.55
poll1	pollen raw Colorado	1	10.35 Colorado	10.35
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
suga50	sugar raw organic	50	44.50 India	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	282.00 Indonesia	33.98

TRAILMIX

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