



Country Life Natural Foods, P.O. Box 489, Pullman MI, 49450

Website: www.clnf.org

e-mail: mail@clnf.org

Orders: 1-800-456-7694 Fax: 269-236-8357 or 269-236-8347

Orders or Inquiry: 269-236-5011

Retail Store: 269-236-8359 (See map located on inside back cover.)

Country Life Natural Foods

Thank you for considering our products. We want to provide the service and quality you desire. Thank you for your comments and suggestions. We are still committed to offering those "hard-to-find" products that many of you have requested. It is our wish at Country Life that many people will be helped by our services--not only by receiving the finest quality foods, but also by receiving help in implementing meaningful lifestyle principles into everyday life. We strive for continued growth in all areas of life, just as Jesus grew, both in body and in wisdom, gaining favor with God and men (Luke 2:52).

Country Life Natural Foods, a division of Oak Haven, Inc., is a wholesale and retail distributor of natural, organic and vegetarian foods as well as a resource for physical and spiritual health. Most of our customers are health food stores and food co-ops here in Michigan and across the Midwest. We use Country Life Natural Foods to provide training in business, food manufacturing and warehousing, office practice, and retail store operation. But Country Life is more than a business. We are seeking to learn how to know Jesus as a personal friend, and we want to serve our customers in a way that will help them to live a fuller life here on this earth and have the opportunity to know Christ as their Savior and ultimately experience the eternal life only He can offer.

General Information

Mailing Address:

Country Life Natural Foods
P.O. Box 489
Pullman, MI 49450

Physical Address

Country Life Natural Foods
641 52nd Street
Pullman, MI 49450

Website:

www.clnf.org

E-mail:

mail@clnf.org

Orders:

1-800-456-7694
269-236-5011

Fax Orders:

269-236-8357
269-236-8347

Office Hours:

Monday --Thursday
9:00 a.m. - 5:00 p.m. Eastern time
Sunday and Friday
9:00 a.m. - 1:00 p.m.
Saturday
Closed for the Sabbath

Customer Service:

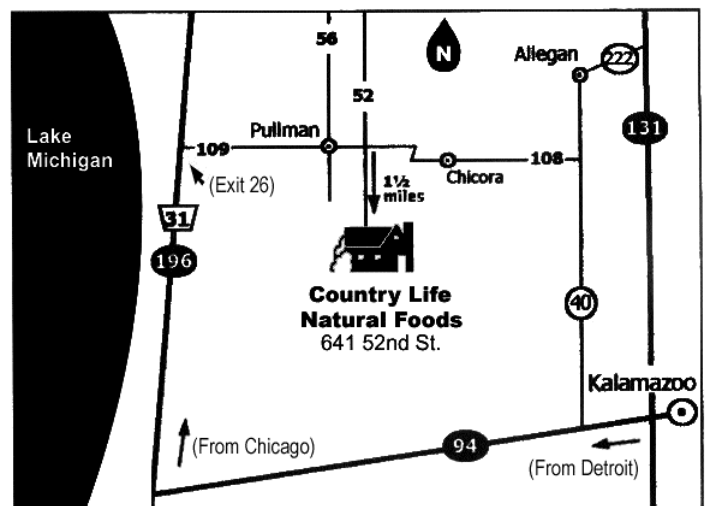
Manager	269-236-8351
Product Information	269-236-8355
Accounts Receivable	269-236-8356
Returns and Credits	269-236-8356

Retail Store:

269-236-8359

Retail Store Hours:

Sunday	9:00 a.m. - 5:00 p.m.
Monday	9:00 a.m. - 5:00 p.m.
Tuesday	9:00 a.m. - 5:00 p.m.
Wednesday	9:00 a.m. - 5:00 p.m.
Thursday	9:00 a.m. - 7:00 p.m.
Friday	9:00 a.m. - 1:00 p.m.
Saturday	Closed for the Sabbath



Ordering Information

PLACING ORDERS: You may order by phone, fax, or mail. Fax, mail or e-mail your order and you will receive a \$1.00 credit on your invoice. For co-ops, please coordinate your orders, add-ons, and returns through **one person** and pay with **one check**. Please have your customer number available, and indicate how and where you want your order shipped. Regrettably, we are not able to backorder products. You will have to reorder the product on your next order. Items from our retail store cannot be ordered for delivery by our trucks or UPS.

TERMS OF PAYMENT: C.O.D.(personal check, money order, etc.), Mastercard, Visa, or Discover unless you have credit approval. Past due accounts will not receive additional orders without special arrangements. Unpaid invoices over 30 days past due subject to finance charge of 1.5% (18% per annum). Minimum \$0.50. Returned checks for any reason will receive a \$20.00 charge.

RETURNS AND CREDITS: Since natural foods with no preservatives store best in cool, dry conditions, our warehouses are refrigerated and we guarantee quality at the time of delivery. But we cannot guarantee quality beyond 7 days of purchase. No exchanges or returns after 30 days from delivery. When calling for return authorization please have your customer number, order number, and the product number of the item(s) you wish to return.

Restocking fee: Four dollars per item unless merchandise is substandard or delivered by our error.

Product Condition: Items must be in original undamaged container. Please do not write comments on container.

Credit will be given on substandard products or products delivered by our error (when made within 30 days from delivery). Credit will be applied to your next order or a refund check will be sent. If the order was paid by credit card, a credit will be applied to your credit card.

SALES TAX: Non-food items sold to Michigan residents are taxable. If you have a sales tax license, please notify our accounting department.

UPS ORDERS: May be placed at any time during regular business hours. There is a \$25.00 minimum order for UPS orders. Orders less than \$25.00 will be charged a small order fee of \$3.00. Customer pays UPS shipping charges and a small handling charge (\$0.75 per box). See Page 6 for estimation chart. For C.O.D. packages there is a \$9.00 charge on each order. There is a \$1.00 charge to ship out pails (Honey, Malt syrup, etc.), and products that weigh 50# that are not already boxed. All of these charges, that apply, will be added to your invoice. Items marked ‡ cannot be shipped by UPS. Items from our retail store cannot be shipped by UPS.

UPS HUNDRED WEIGHT SERVICE: For orders over 200 lbs. shipped to one address, UPS offers lower rates than their regular ground service, typically 10% to 15% lower.

APO AND OTHER ORDERS: All APO and other orders outside the 48 contiguous states will be sent priority rate through the U.S. Postal Service. All such orders are at customers risk ONLY. If there is any damage or loss to the order no credit will be given. A handling charge of \$3.00 will be added to boxes requiring customs declarations.

COMMON CARRIER: For orders of 500 lbs. or more to areas outside of our regular delivery routes, common carrier shipment may be the most economical if a commercial loading dock or fork lift is available. Please ask for details.

CUSTOMER PICK-UPS: A 24 hour notice is needed to prepare your order for pick up. There is no minimum on pick-ups from our warehouse.

Country Life Truck Delivery *Truck Delivery Minimum Order—\$400.00*

TRUCK DELIVERY ORDER DEADLINE: Please place your orders, including “add-ons” before Wednesday (or Tuesday, if noted) 5:00 p.m. Eastern time. We cannot guarantee delivery on late orders and there will be a late order charge of \$25.00. Add-ons after 5:00 pm Wednesday cannot be guaranteed, and a late add-on fee of \$5.00 will be added to the order. See order and delivery schedules at end of catalog.

TRUCK DELIVERY MINIMUM ORDERS: For free delivery on our trucks to established routes there is a \$400.00 minimum order (\$500.00 for certain routes as indicated in our delivery schedules). A surcharge of \$15.00 will be placed on orders less than this. Orders under \$350.00 (or \$450.00 for designated routes) cannot be delivered by our trucks.

(Continued on next page)

TRUCK DELIVERY ROUTES: Most locations in Southern Michigan and upper peninsula area above Wisconsin, Northwest Indiana, Northern Illinois, Wisconsin, and the Minneapolis/Duluth areas in Minnesota are delivered to every two to four weeks. Missouri, Oklahoma and Arkansas routes cover parts of Illinois, Missouri, Oklahoma, and northwest corner of Arkansas.

Distributors

Please call the distributor below for terms of sale, minimum orders, etc., for truck deliveries in the areas indicated. Also note that since they deliver to many co-ops along their routes, they are often able to link you with a co-op or buying club near you. This can save you on shipping costs, especially if you are currently getting UPS deliveries.

SOMETHING BETTER NATURAL FOODS

Battle Creek, MI; (Tim Healey)

Phone: 269-965-1199 • Fax: 269-965-8500 • www.somethingbetternaturalfoods.com

Delivers to Indiana, Ohio, Kentucky, Tennessee, North & South Carolina, Georgia, Alabama, and Southern Illinois.

NORTHERN NATURAL FOODS

Edmore, MI; (Brenton Rogers)

Phone: 989-427-1763 • Fax: 989-427-1764

Delivers to Northern Michigan.

General Product Information

Packaging makes a difference in food quality! The bags used in our 5# line and pre-paks are special non-breathing films that are odor and residue free. These crystal clear bags are also reusable if you have a bag sealer. The bags are great for storage in your freezer as they resist freezer burn. You can cut them open, use a portion, then reseal and put the product back in the freezer, refrigerator, or on your shelf.

Country Life's warehouse is temperature controlled. Unlike many other food suppliers, we never fumigate our warehouse. Nuts, fruits, and most grains are kept at 40°-45° F. Granolas, whole grains, pasta, beans, and oils are kept at 55°-60° F.

A Note About Ingredients: The ingredients of items listed in our catalog may change from time to time without always being updated in the catalog. If you should note a difference, please let us know so we can make the change for future catalogs.

Allergy Alert: Items that are repackaged here at Country Life are handled in a facility that also processes nuts, peanuts, soy, and wheat. Please call if you have any questions.

Abbreviations

Used throughout this catalog

CCF . . .Certified Chemical Free	SORBSorbate
C.L.Country Life Label	SULPHSulphured
IMPImported	SWSweetened
LSLightly Salted	UNSUnsweetened
OGOrganic	UNSORBUnsorted
RSRoasted & Salted	UNSULUnsulphured
RNSRoasted No Salt	‡ Cannot Ship by UPS

Phone Orders

1-800-456-7694, 269-236-5011

Fax Orders

269-236-8357 or 269-236-8347

E-Mail

mail@clnf.org

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Explanation of How to Use Our Catalog

(Items below for illustration purposes only, not for ordering)

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
① 270542	CAROB BRIDGE MIX	② 5#	④ 3.40/lb	17.00
271242	CAROB BRIDGE MIX	③ 12/12 oz	⑤ 3.10/ea	37.20
331092	SAVORY, GROUND	12 oz	⑥ 3.65/ea	3.65
330554	SAVORY, GROUND4 #	3.89/lb	15.55
240042	SOY OIL1 gal	5.50/gal	5.50
⑦ ‡240040	SOY OIL	4.5 gal	4.60/gal	20.70
020946	SESAME TAHINI, SMOOTH, NS9#	2.75/lb	24.75
370027	SESAME TAHINI, SMOOTH, NS15 oz	3.10/ea	3.10

⑧ ▶ Order 12 of this item (370027) and receive 5% case discount

① **Product Number/Item Number:** All of our item numbers are six (6) digits. When an order is faxed or emailed to us, the item number as written down is what we will enter when placing your order. So if you intend to order item number 271242, Carob Bridge Mix 12/12 oz, but you write down the number for the 5# size (270542), you will end up with the 5# size, even if you write down 12/12 oz in the description. We cannot take responsibility for numbers which may have been written incorrectly.

②, ③ **Packaged Size:** The item comes packaged in the size indicated here. ② The 5# above indicates that this will come in a five-pound container. (Throughout this catalog the # symbol in the packaged size column is for pounds.) Items are not available in unit price measurements unless it is the same as the packaged size. ③ When the packaged size is indicated as 12/12 oz (or something similar), the item is for one full case of 12/12 oz.

④, ⑤, ⑥ **Unit Price:** This is for comparison of price per pound or unit. ④ When the packaged size is in pounds (# symbol), the unit price is the amount per pound. ⑤ When the packaged size is a case, the unit price is the amount per item in the case. So in the case of the Carob Bridge Mix 12/12 oz case, the unit price indicates that each 12 oz bag costs \$3.10. ⑥ When the packaged size is in ounces or other measurements, the unit price is typically the same as the packaged size, unless the item comes in a larger size

⑦ ‡ Symbol indicating that we do not ship by UPS or postal service. This is because the item comes in glass, or in a size that is impractical to ship.

⑧ Indication that a case price discount is available for this item. In order to receive the case discount, be sure to enter the quantity noted (12 in this example). If you enter 1, expecting to get one case, you will only end up with one unit.

Estimation Guide for UPS Shipping Costs: 2010 Rates

(48 Contiguous States)

Zip Codes: 13001-27999; 40001-54999; 60001-66799

10# Box—\$14-\$16 • 25# Box—\$16-\$19 • 50# Box—\$19-\$27 • Over 200#—50 cents to 65 cents/lb.

Zip Codes: 01001-12999; 27801-39999; 55001-59799; 66800-83299

10# Box—\$15-\$18 • 25# Box—\$20-\$27 • 50# Box—\$29-\$38 • Over 200#—70 cents to 80 cents/lb.

Zip Codes: 59801-59999; 83301-99499

10# Box—\$18-\$21 • 25# Box—\$29-\$34 • 50# Box—\$42-\$51 • Over 200#—90 cents to \$1.00/lb.

This chart is to provide you a rough estimate for UPS shipping per box needed for your shipment. A variety of factors determines the actual cost, which you will be billed for (plus our 75-cent handling charge). Our typical box size is 25#, so orders over that weight will generally be multiples of the 25# rate. Estimates above include our 75-cent per box handling charge. If a smaller order (usually 10# or less) is cheaper by US Postal Service, it will normally be sent through the mail.

PRODUCT
NUMBER

PRODUCT DESCRIPTION

PACKAGED
SIZE

UNIT
PRICE

PACKAGED
PRICE

Regrettably
our prices
are subject
to change
without
notice.

CEREALS AND GRANOLAS

READY-TO-EAT

- Our cereals and granolas contain no sulphured ingredients.

010303	ALMOND DELICIOUS	3#	2.25/lb	6.75
010101	ALMOND DELICIOUS25#	1.90/lb	47.50
010102	ALMOND DELICIOUS12/1#	2.45/ea	29.40

Ingredients: Rolled oats, honey, sunflower seeds, coconut, almonds, coconut and canola oil, sesame seeds, vanilla, natural almond flavoring, salt.

014010	APPLE NATURAL SWISS STYLE40 oz	2.00/lb	5.00
010005	APPLE NATURAL SWISS STYLE25#	1.65/lb	41.25
010015	APPLE NATURAL SWISS STYLE12/12 oz	1.80/ea	21.60

Muesli. No added oil.

Ingredients: Rolled oats, sunflower seeds, raisins, coconut, oat bran, date pieces in oat flour, cane juice crystals, apple dices, almonds, honey, and filberts.

010325	CASHEW DATE DELIGHT3#	1.95/lb	5.85
010020	CASHEW DATE DELIGHT25#	1.60/lb	40.00
010030	CASHEW DATE DELIGHT12/1#	2.15/ea	25.80

Wheat free granola; Ingredients: Rolled oats, corn barley malt syrup, date paste, cashews, coconut, sunflower seeds, coconut and canola oil, lecithin, vanilla, and salt.

010355	CHERRY ALMOND GRANOLA3#	2.40/lb	7.20
012055	CHERRY ALMOND GRANOLA20#	1.95/lb	39.00

Ingredients: Rolled oats, coconut, almonds, honey, soy oil, cinnamon, cherry flavor, dried cherries.

010277	CORN FLAKES2#	2.25/lb	4.50
010722	CORN FLAKES7#	1.75/lb	12.25

Ingredients: Corn, sugar, barley malt extract, salt.

010365	GOLDEN MAPLE GRANOLA3#	2.40/lb	7.20
012065	GOLDEN MAPLE GRANOLA20#	1.95/lb	39.00

Ingredients: Rolled oats, honey, soy oil, pecans, oat bran, sesame seeds, maple syrup.

010375	HONEY GONE NUTS GRANOLA3#	2.40/lb	7.20
012075	HONEY GONE NUTS GRANOLA20#	1.95/lb	39.00

Ingredients: Rolled oats, almonds, cashews, sesame seeds, sunflower seeds, walnuts, honey, canola oil, salt, vanilla extract.

NUT AND SEED BUTTERS

- Our nut & seed butters are lightly roasted unless noted otherwise.
- Our nut and seed butters may contain trace amounts of other nuts, peanuts, and seeds. Salt is added only where indicated. No hydrogenated oil, preservatives, or sugar is added.

020917	ALMOND BUTTER, CRUNCHY, NS9#	4.50/lb	40.50
‡020217	ALMOND BUTTER, CRUNCHY, NS16 oz	5.00/ea	5.00

►Order 12 of this item (020217) and receive 5% case discount

NS = No
Salt

020919	ALMOND BUTTER, SMOOTH, NS9#	4.50/lb	40.50
‡020219	ALMOND BUTTER, SMOOTH, NS16 oz	5.00/ea	5.00

►Order 12 of this item (020219) and receive 5% case discount

‡Cannot
Ship by
UPS

‡021632	ALMOND BUTTER, RAW, SMOOTH, NS16 oz	5.00/ea	5.00
‡021680	ALMOND BUTTER, RAW, SMOOTH, OG, NS16 oz	7.75/ea	7.75

‡021674	ALMOND BUTTER, SMOOTH, OG (Roasted) NS16 oz	7.75/ea	7.75
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Orders - Information
Current Prices
1-800-456-7694

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+S = Salted
NS = No
Salt

‡Cannot
Ship by
UPS

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<u>NUT AND SEED BUTTERS, CONTINUED</u>				
‡021600	CASHEW BUTTER, SMOOTH, NS	.16 oz	5.75/ea	5.75
020900	CASHEW BUTTER, SMOOTH, NS	.9#	5.50/lb	49.50
020942	PEANUT BUTTER, CRUNCHY, +S	.9#	2.30/lb	20.70
020100	PEANUT BUTTER, CRUNCHY, +S	.35 lb	2.10/lb	73.50
‡020042	PEANUT BUTTER, CRUNCHY, +S	.12/16 oz	2.75/ea	33.00
020947	PEANUT BUTTER, SMOOTH, +S	.9#	2.30/lb	20.70
020105	PEANUT BUTTER, SMOOTH, +S	.35 lb	2.10/lb	73.50
‡020047	PEANUT BUTTER, SMOOTH, +S	.12/16 oz	2.75/ea	33.00
020945	PEANUT BUTTER, SMOOTH, NS	.9#	2.30/lb	20.70
020115	PEANUT BUTTER, SMOOTH, NS	.35 lb	2.10/lb	73.50
‡020045	PEANUT BUTTER, SMOOTH, NS	.12/16 oz	2.75/ea	33.00
‡020141	PEANUT BUTTER, OG, CRUNCHY, +S	.16 oz	3.75/ea	3.75
	▶Order 12 of this item (020141) and receive 5% case discount			
‡020122	PEANUT BUTTER, OG, CRUNCHY, NS	.16 oz	3.75/ea	3.75
	▶Order 12 of this item (020122) and receive 5% case discount			
‡020150	PEANUT BUTTER, OG, SMOOTH, +S	.16 oz	3.75/ea	3.75
	▶Order 12 of this item (020150) and receive 5% case discount			
‡020134	PEANUT BUTTER, OG, SMOOTH, NS	.16 oz	3.75/ea	3.75
	▶Order 12 of this item (020134) and receive 5% case discount			
020946	SESAME TAHINI, SMOOTH, NS	.9#	3.85/lb	34.65
020275	SESAME TAHINI, SMOOTH, NS	.40#	3.25/lb	130.00
370027	SESAME TAHINI, SMOOTH, NS	.15 oz	4.50/ea	4.50
	▶Order 12 of this item (370027) and receive 5% case discount			
	A creamy butter made from ground hulled sesame seeds.			

NUTS

- Nuts and nut foods supply adequate nutrients to replace flesh meats. From *Counsels on Diet and Foods* by E. G. White.
- Our roasted nuts are roasted in peanut oil.
- Nuts are raw unless otherwise stated. Please refrigerate your nuts after purchase.

030522	ALMOND MEAL, BLANCHED	.5#	3.50/lb	17.50
032522	ALMOND MEAL, BLANCHED	.25#	2.75/lb	68.75
031121	ALMOND MEAL, FINE GROUND	.5#	3.75/lb	18.75
032520	ALMOND MEAL, FINE GROUND	.25#	3.00/lb	75.00
120516	ALMONDS, SLICED, BLANCHED	.5#	4.75/lb	23.75
120014	ALMONDS, SLICED, BLANCHED	.25#	4.00/lb	100.00
030514	ALMONDS, SLICED, NATURAL	.5#	4.75/lb	23.75
030015	ALMONDS, SLICED, NATURAL	.25#	4.00/lb	100.00
030512	ALMONDS, SLIVERED, BLANCHED	.5#	4.75/lb	23.75
120012	ALMONDS, SLIVERED, BLANCHED	.25#	4.00/lb	100.00

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
NUTS, CONTINUED				
030105	ALMONDS, WHOLE	.16 oz	4.75/ea	4.75
	▶Order 12 of this item (030105) and receive 15% case discount			
031148	ALMONDS, WHOLE	.5#	3.85/lb	19.25
030005	ALMONDS, WHOLE	.25#	3.50/lb	87.50
030006	ALMONDS, WHOLE	.50#	3.25/lb	162.50
030500	ALMONDS, WHOLE, OG	.5#	6.00/lb	30.00
032500	ALMONDS, WHOLE, OG	.25#	5.25/lb	131.25
030125	BRAZIL NUTS, WHOLE	.10 oz	3.90/ea	3.90
	▶Order 12 of this item (030125) and receive 15% case discount			
031123	BRAZIL NUTS, WHOLE	.5#	4.35/lb	21.75
030025	BRAZIL NUTS, WHOLE, VAC PAC	.44#	3.60/lb	158.40
030523	BRAZIL NUTS, WHOLE, OG	.5#	5.75/lb	28.75
034425	BRAZIL NUTS, WHOLE, OG	.44#	5.00/lb	220.00
030162	CASHEWS, LARGE PIECES	.10 oz	3.00/ea	3.00
	▶Order 12 of this item (030162) and receive 15% case discount			
030562	CASHEWS, LARGE PIECES	.5#	3.50/lb	17.50
030030	CASHEWS, LARGE PIECES	.25#	3.00/lb	75.00
030546	CASHEWS, LARGE PIECES, OG	.5#	4.50/lb	22.50
032546	CASHEWS, LARGE PIECES, OG	.25#	4.00/lb	100.00
030503	CASHEWS, SMALL PIECES	.5#	3.25/lb	16.25
035003	CASHEWS, SMALL PIECES	.25#	2.75/lb	68.75
030151	CASHEWS, WHOLE LARGE, 320's	.10 oz	3.85/ea	3.85
	▶Order 12 of this item (030151) and receive 15% case discount			
030550	CASHEWS, WHOLE LARGE, 320's	.5#	4.75/lb	23.75
030050	CASHEWS, WHOLE LARGE, 320's	.25#	4.25/lb	106.25
030545	CASHEWS, WHOLE, OG	.5#	6.50/lb	32.50
032577	CASHEWS, WHOLE, OG	.25#	6.00/lb	150.00
030548	CASHEWS, WHOLE LARGE, RNS	.5#	5.50/lb	27.50
030055	CASHEWS, WHOLE LARGE, RNS	.25#	5.00/lb	125.00
035543	CASHEWS, WHOLE LARGE, RS	.5#	5.50/lb	27.50
030040	CASHEWS, WHOLE LARGE, RS	.25#	5.00/lb	125.00
030166	FILBERTS, OREGON, WHOLE	.10 oz	5.00/ea	5.00
	▶Order 12 of this item (030166) and receive 15% case discount			
030566	FILBERTS, OREGON, WHOLE	.5#	5.00/lb	25.00
030065	FILBERTS, OREGON, WHOLE, VAC PAC	.25#	4.50/lb	112.50
030555	FILBERTS, WHOLE, OG	.5#	6.25/lb	31.25
032568	FILBERTS, WHOLE, OG	.25#	5.50/lb	137.50
030567	MACADAMIA, RAW, HALVES, STYLE #4	.5#	7.25/lb	36.25
032567	MACADAMIA, RAW, HALVES, STYLE #4, VAC PAC	.25#	6.50/lb	162.50
160580	MIXED NUTS DELUXE, RAW	.5#	5.80/lb	29.00
162580	MIXED NUTS DELUXE, RAW	.25#	5.30/lb	132.50
	Ingredients: Almonds, Brazil nuts, walnuts, pecans, cashews 240's, filberts.			

Regrettably our prices are subject to change without notice.

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notice.

RS=Roasted,
Salted

RNS=
Roasted, No
Salt

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
NUTS, CONTINUED				
030547	MIXED NUTS FANCY, RS	.5#	7.00/lb	35.00
032560	MIXED NUTS FANCY, RS	.25#	6.50/lb	162.50
	Ingredients: Cashews 240's, almonds, Brazil nuts, filberts, pecans, peanut oil, salt.			
030568	MIXED NUTS, 50% PEANUTS, RS	.5#	5.50/lb	27.50
030250	MIXED NUTS, 50% PEANUTS, RS	.25#	4.75/lb	118.75
	Ingredients: Peanuts, almonds, Brazil nuts, cashews, filberts, pecans, peanut oil, and salt.			
030597	PEANUTS, 1/2's DRY ROAST, NS, Good for peanut butter	.5#	2.00/lb	10.00
030095	PEANUTS, 1/2's DRY ROAST, NS, Good for peanut butter	.30#	1.65/lb	49.50
030575	PEANUTS, REDSKIN, RAW	.5#	2.00/lb	10.00
030070	PEANUTS, REDSKIN, RAW	.30#	1.65/lb	49.50
030593	PEANUTS, SPANISH, RAW	.5#	1.65/lb	8.25
030072	PEANUTS, SPANISH, RAW	.25#	1.35/lb	33.75
030039	PEANUTS, SPANISH, RNS	.25#	1.40/lb	35.00
030536	PEANUTS, SPANISH, RS	.5#	1.70/lb	8.50
030037	PEANUTS, SPANISH, RS	.25#	1.40/lb	35.00
030583	PEANUTS, WHOLE, BLANCHED, RNS	.5#	2.15/lb	10.75
030085	PEANUTS, WHOLE, BLANCHED, RNS	.25#	1.85/lb	46.25
030577	PEANUTS, WHOLE, BLANCHED, RS	.5#	2.15/lb	10.75
030080	PEANUTS, WHOLE, BLANCHED, RS	.25#	1.85/lb	46.25
031136	PECAN MEAL, FANCY	.5#	2.50/lb	12.50
030135	PECAN MEAL, FANCY	.30#	2.00/lb	60.00
030524	PECANS, 1/2's, JUMBO, FANCY	.5#	6.50/lb	32.50
032808	PECANS, 1/2's, JUMBO, FANCY	.30#	5.75/lb	172.50
030149	PECANS, 1/2's, MAMMOTH	.10 oz	5.50/ea	5.50
	►Order 12 of this item (030149) and receive 15% case discount			
030549	PECANS, 1/2's, MAMMOTH	.5#	6.75/lb	33.75
033050	PECANS, 1/2's, MAMMOTH	.30#	6.00/lb	180.00
030530	PECANS, LARGE PIECES, FANCY	.5#	6.25/lb	31.25
030130	PECANS, LARGE PIECES, FANCY	.30#	5.50/lb	165.00
031604	PECANS, MAMMOTH, JUNIOR, OG	.16 oz	9.25/ea	9.25
033004	PECANS, MAMMOTH, JUNIOR, OG	.30#	8.50/lb	255.00
030232	PINE NUTS, LARGE, CHINESE	.2#	19.00/lb	38.00
030137	PINE NUTS, LARGE, CHINESE	.5#	17.75/lb	88.75
030131	PINE NUTS, LARGE, CHINESE	.27.5 #	17.00/lb	467.50
030138	PISTACHIOS, NATURAL, RS (In Shell, Dry Roasted)	.10 oz	5.15/ea	5.15
	►Order 12 of this item (030138) and receive 15% case discount			
030538	PISTACHIOS, NATURAL, RS (In Shell, Dry Roasted)	.5#	6.00/lb	30.00
030140	PISTACHIOS, NATURAL, RS (In Shell, Dry Roasted)	.25#	5.25/lb	131.25
030544	PISTACHIOS, SHELLED, RAW	.5#	9.30/lb	46.50
032543	PISTACHIOS, SHELLED, RAW	.30#	8.55/lb	256.50

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
NUTS, CONTINUED				
030543	PISTACHIOS, SHELLED, RS	.5#	10.05/lb	50.25
030143	PISTACHIOS, SHELLED, RS	.25#	9.30/lb	232.50
030576	WALNUTS, BLACK FANCY, LARGE PIECES	5#	9.50/lb	47.50
030168	WALNUTS, HALVES & PIECES	10oz	4.50/ea	4.50
▶Order 12 of this item (030168) and receive 15% case discount				
030564	WALNUTS, HALVES & PIECES	5#	4.65/lb	23.25
030165	WALNUTS, HALVES & PIECES	.25#	4.05/lb	101.25
030590	WALNUTS, HALVES & PIECES, OG	.5#	6.75/lb	33.75
032590	WALNUTS, HALVES & PIECES, OG	.25#	6.00/lb	150.00

Regrettably our prices are subject to change without notice.

RS=Roasted, Salted

DRIED FRUIT

- All of our fruit is unsulphured unless otherwise noted.
- We are often asked, "Do your organic dried fruits contain sulphur?" The answer is that any food designated *organic* cannot contain sulphur. *Organic* fruit is always *unsulphured*.
- During the drying process our imported tropical fruit, including pineapple and papaya, is dipped into a sugar solution. It is labeled as "low sugar" by industry standards.

040507	APPLES, DICES, NATURAL, NY	.5#	5.10/lb	25.50
040206	APPLES, DICES, NATURAL, NY	.25#	4.25/lb	106.25
130135	APPLES, RINGS, NATURAL, NY	5#	5.10/lb	25.50
040010	APPLES, RINGS, NATURAL, NY	.25#	4.25/lb	106.25
040535	APPLES, RINGS, OG, NY	.5#	6.00/lb	30.00
040513	APRICOTS, 1/2's, SULPH, FANCY	5#	7.50/lb	37.50
041130	APRICOTS, 1/2's, NATURAL	.5#	6.25/lb	31.25
040030	APRICOTS, 1/2's, NATURAL	.25#	5.50/lb	137.50
040113	APRICOTS, TURKISH, OG	16 oz	5.25/ea	5.25
▶Order 12 of this item (040113) and receive 15% case discount				
045513	APRICOTS, TURKISH, OG	5#	4.50/lb	22.50
040013	APRICOTS, TURKISH, OG	.28#	3.75/lb	105.00
130105	APRICOTS, TURKISH, SULPHURED	16oz	4.15/ea	4.15
▶Order 12 of this item (130105) and receive 15% case discount				
040539	APRICOTS, TURKISH, SULPHURED	5#	3.20/lb	16.00
040015	APRICOTS, TURKISH, SULPHURED	.28#	2.50/lb	70.00
040280	BANANA CHIPS, SWEETENED, IMP, OG	.2#	2.50/lb	5.00
041470	BANANA CHIPS, SWEETENED, IMP, OG	.14#	1.95/lb	27.30
Ingredients: Organic bananas, organic coconut oil, sugar.				
130012	BANANA CHIPS, SWEETENED, IMP	.2#	1.90/lb	3.80
040035	BANANA CHIPS, SWEETENED, IMP	.14#	1.40/lb	19.60
130015	BANANA CHIPS, SWEETENED, IMP	.12/8oz	1.20/ea	14.40
Ingredients: Bananas, vegetable (coconut) oil, sugar, banana flavor.				
130220	BANANA CHIPS, UNSWEETENED, IMP	.2#	1.90/lb	3.80
040048	BANANA CHIPS, UNSWEETENED, IMP	.14#	1.40/lb	19.60

Orders - Information
Current Prices
1-800-456-7694

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
DRIED FRUITS, CONTINUED				
130020	BANANA CHIPS, UNSWEETENED, IMP Ingredients: Bananas, coconut oil.	12/8oz	1.20/ea	14.40
044416	BANANA SPLITS, NATURAL, NO SUGAR, IMP 100% tropical; product of Costa Rica.	.4.4#	4.50/lb	19.80
040166	CHERRIES, SWEET (BING), UNSWEETENED, MI	.1#	8.25/lb	8.25
040562	CHERRIES, SWEET (BING), UNSWEETENED, MI	.10#	7.50/lb	75.00
040168	CHERRIES, TART, UNSWEETENED	.1#	11.00/lb	11.00
040233	CHERRIES, TART, UNSWEETENED	.10#	10.00/lb	100.00
040560	CHERRIES, TART, SUGAR SWEETENED	.5#	6.50/lb	32.50
040367	COCONUT, CHIP, IMP	.3#	1.90/lb	5.70
040065	COCONUT, CHIP, IMP Coconut chips are shaved. Most commonly used in nut and seed mixes.	.25#	1.30/lb	32.50
040540	COCONUT, MACAROON, IMP	.5#	1.90/lb	9.50
040050	COCONUT, MACAROON, IMP Coconut macaroon is very fine grated coconut.	.25#	1.30/lb	32.50
041155	COCONUT, MEDIUM, IMP	.5#	1.90/lb	9.50
040055	COCONUT, MEDIUM, IMP Coconut medium is the type you normally find in your local grocery store.	.25#	1.30/lb	32.50
040525	CRANBERRIES, SUGAR SWEETENED	.5#	3.50/lb	17.50
040165	CRANBERRIES, SUGAR SWEETENED, OG	.1#	7.25/lb	7.25
040565	CRANBERRIES, SUGAR SWEETENED, OG	.5#	6.25/lb	31.25
040582	CURRANTS, ZANTE, OG	.5#	3.25/lb	16.25
040337	CURRANTS, ZANTE, OG Zante currants come from a small, seedless variety of grape; not related to the currant berry.	.30#	2.50/lb	75.00
<ul style="list-style-type: none"> • All of our California dates are hydrated before shipping to make them soft and moist. 				
040585	DATE ALMOND COCONUT ROLLS, OG	.5#	3.80/lb	19.00
040125	DATE ALMOND COCONUT ROLLS, OG	.18#	3.30/lb	59.40
040587	DATE COCONUT ROLLS, OG	.5#	3.55/lb	17.75
040087	DATE COCONUT ROLLS, OG	.15#	3.15/lb	47.25
040801	DATE PECAN LOGS, OG	.12 oz	4.75/ea	4.75
040802	DATE WALNUT LOGS, OG	.12 oz	4.75/ea	4.75
041120	DATE DICES IN OAT FLOUR	.5#	2.25/lb	11.25
043019	DATE DICES IN OAT FLOUR	.30#	1.80/lb	54.00
040523	DATE PIECES IN OAT FLOUR	.5#	2.00/lb	10.00
030035	DATE PIECES IN OAT FLOUR	.30#	1.60/lb	48.00
040520	DATE PIECES IN OAT FLOUR, OG	.5#	2.75/lb	13.75
040120	DATE PIECES IN OAT FLOUR, OG	.30#	2.35/lb	70.50
040205	DATE PIECES IN OAT FLOUR, OG The oat flour used on the organic date pieces is organic.	.12/1#	2.95/ea	35.40

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
DRIED FRUITS, CONTINUED				
040579	DATE PASTE	.5#	2.20/lb	11.00
040581	DATES, DEGLET NOOR, PITTED	.5#	2.65/lb	13.25
040081	DATES, DEGLET NOOR, PITTED	.15#	2.25/lb	33.75
040505	DATES, DEGLET NOOR, PITTED, OG	.5#	4.00/lb	20.00
040105	DATES, DEGLET NOOR, PITTED, OG	.15#	3.50/lb	52.50
040083	DATES, DEGLET NOOR, WITH PIT	.15#	2.00/lb	30.00
042200	DATES, HARD PACK, PITTED, IMP Imported dates are not hydrated, therefore they are very dry, but nice and sweet.	.15#	1.50/lb	22.50
040091	DATES, HALAWI, W/PIT, OG	.15#	2.55/lb	38.25
040090	DATES, KHADRAWI, W/PIT, OG	.15#	2.72/lb	40.80
040584	DATES, MEDJOO, CHOICE, W/PIT, OG	.5#	4.25/lb	21.25
040084	DATES, MEDJOO, CHOICE, W/PIT, OG	.15#	3.75/lb	56.25
040555	DATES, NOOR, PITTED, IMP.	.5#	2.30/lb	11.50
040159	DATES, NOOR, PITTED, IMP. Imported dates are not hydrated, therefore they are very dry, but nice and sweet.	.15#	1.95/lb	29.25
040531	FIGS, BLACK MISSION, X-CHOICE, W/ SORBATE	.5#	3.50/lb	17.50
040135	FIGS, BLACK MISSION, X-CHOICE, W/ SORBATE	.30#	3.00/lb	90.00
045516	FIGS, BLACK MISSION, X-CHOICE, OG	.5#	3.90/lb	19.50
040516	FIGS, BLACK MISSION, X-CHOICE, OG	.30#	3.40/lb	102.00
040526	FIGS, CALIMYRNA, FANCY, W/ SORBATE	.5#	4.75/lb	23.75
040137	FIGS, CALIMYRNA, FANCY, W/ SORBATE	.30#	3.50/lb	105.00
045528	FIGS, CALIMYRNA, FANCY, OG	.5#	6.50/lb	32.50
040528	FIGS, CALIMYRNA, FANCY, OG	.30#	6.00/lb	180.00
040546	FIGS, TURKISH, NATURAL (To Be Discontinued)	.5#	4.75/lb	23.75
042243	FIGS, TURKISH, NATURAL (To Be Discontinued)	.28#	4.25/lb	93.50
040543	FIGS, TURKISH, OG	.5#	5.00/lb	25.00
040143	FIGS, TURKISH, OG	.28#	4.25/lb	119.00
040588	FIGS, WHITE CONADRIA, FANCY, OG	.5#	3.70/lb	18.50
043000	FIGS, WHITE CONADRIA, FANCY, OG	.30#	3.20/lb	96.00
041154	FRUIT MEDLEY, SULPHURED Ingredients: Raisins, diced peaches, diced pears, diced apricots, and diced apples. (Sulphured.)	.5#	4.00/lb	20.00
041151	FRUIT MEDLEY, NATURAL	.5#	4.25/lb	21.25
040153	FRUIT MEDLEY, NATURAL Ingredients: Raisins, diced peaches, diced pears, diced apricots, and diced apples.	.25#	3.50/lb	87.50
040529	GINGER SLICES, LOW SUGAR, IMP. Ingredients: Ginger, sugar.	.5#	2.50/lb	12.50
040217	MANGO CHUNKS, LOW SUGAR, IMP. Ingredients: Mango, sugar.	.5#	2.50/lb	12.50

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
DRIED FRUITS, CONTINUED				
043586	MANGO SLICES, LOW SUGAR, IMP. Ingredients: Mango, sugar.	.5#	2.60/lb	13.00
044410	MANGO SLICES, NATURAL, NO SUGAR, IMP 100% tropical; product of Costa Rica.	.4.4#	6.65/lb	29.26
041141	MIXED FRUIT, SULPHURED Ingredients: Pear halves, peach halves, prunes, apple pieces, whole apricots, sulphur.	.5#	4.25/lb	21.25
041148	MIXED FRUIT, NATURAL5#	4.25/lb	21.25
040160	MIXED FRUIT, NATURAL25#	3.50/lb	87.50
Ingredients: Pear halves, peach halves, prunes, apple pieces, whole apricots.				
041144	NECTARINES, X-FANCY, SULPHURED5#	4.50/lb	22.50
041145	NECTARINES, NATURAL5#	4.25/lb	21.25
040162	NECTARINES, NATURAL25#	3.50/lb	87.50
045295	PAPAYA CHUNKS, LOW SUGAR, IMP5#	2.10/lb	10.50
Ingredients: Papaya, sugar.				
045319	PAPAYA DICES, LOW SUGAR, IMP5#	2.10/lb	10.50
131607	PAPAYA DICES, LOW SUGAR, IMP12/16oz	2.80/ea	33.60
Ingredients: Papaya, sugar.				
044414	PAPAYA SLICES, NATURAL, NO SUGAR, IMP. 100% tropical; product of Costa Rica.	.4.4#	7.25/lb	31.90
040292	PAPAYA SPEARS, NATURAL, NO SUGAR, IMP11#	3.20/lb	35.20
040590	PAPAYA SPEARS, LOW SUGAR, IMP5#	2.10/lb	10.50
040406	PAPAYA SPEARS, LOW SUGAR, IMP12/16oz	2.80/ea	33.60
Ingredients: Papaya, sugar.				
041146	PEACHES, X-FANCY, SULPHURED5#	4.00/lb	20.00
041190	PEACHES, NATURAL5#	4.00/lb	20.00
040180	PEACHES, NATURAL25#	3.25/lb	81.25
040550	PEACHES, NATURAL, DICED5#	4.25/lb	21.25
042570	PEACHES, NATURAL, DICED25#	3.50/lb	87.50
041147	PEARS, X-FANCY, SULPHURED5#	4.25/lb	21.25
041149	PEARS, NATURAL5#	4.50/lb	22.50
040190	PEARS, NATURAL25#	3.75/lb	93.75
045213	PINEAPPLE DICES, LOW SUGAR, IMP5#	2.05/lb	10.25
131605	PINEAPPLE DICES, LOW SUGAR, IMP12/16oz	2.55/ea	30.60
Ingredients: Pineapple, cane sugar.				
040591	PINEAPPLE RINGS, LOW SUGAR, IMP5#	2.05/lb	10.25
130025	PINEAPPLE RINGS, LOW SUGAR, IMP12/16oz	2.55/lb	30.60
Ingredients: Pineapple, cane sugar.				
044412	PINEAPPLE SLICES, NATURAL, NO SUGAR, IMP 100% tropical; product of Costa Rica.	.4.4#	6.00/lb	26.40
045212	PINEAPPLE WEDGES, LOW SUGAR, IMP5#	2.05/lb	10.25
Ingredients: Pineapple, sugar.				

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
DRIED FRUITS, CONTINUED				
045316	PRUNES, PITTED, OG	.5#	4.75/lb	23.75
040316	PRUNES, PITTED, OG	.30#	4.20/lb	126.00
130167	PRUNES, PITTED, UNSORBATED	.5#	3.50/lb	17.50
040415	PRUNES, PITTED, UNSORBATED	.30#	2.75/lb	82.50
040548	RAISINS, BLACK FLAME, LARGE	.5#	1.75/lb	8.75
040347	RAISINS, BLACK FLAME, LARGE	.30#	1.50/lb	45.00
043044	RAISINS, FLAME, OG	.30#	2.25/lb	67.50
040519	RAISINS, GOLDEN, SULPHURED	.5#	2.40/lb	12.00
040318	RAISINS, GOLDEN, SULPHURED	.30#	1.90/lb	57.00
041320	RAISINS, THOMPSON	.5#	1.95/lb	9.75
040320	RAISINS, THOMPSON	.30#	1.55/lb	46.50
130322	RAISINS, THOMPSON	.12/16oz	2.40/ea	28.80
130140	RAISINS, THOMPSON, OG	.5#	2.25/lb	11.25
040325	RAISINS, THOMPSON, OG	.30#	1.85/lb	55.50
130344	RAISINS, THOMPSON, OG	.12/16oz	2.95/ea	35.40
040524	RAISINS, THOMPSON, JUMBO	.5#	2.20/lb	11.00
040324	RAISINS, THOMPSON, JUMBO	.30#	1.60/lb	48.00
040527	RAISINS, THOMPSON, JUMBO, OG	.5#	2.80/lb	14.00
043010	RAISINS, THOMPSON, JUMBO, OG	.30#	2.30/lb	69.00
043050	RAISINS, TURKISH, SULTANA, OG	.27.5#	2.30/lb	63.25

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STRETCH ISLAND FRUIT LEATHER

040460	APPLE, OG	.30/0.4 oz	0.55/ea	16.50
	Ingredients: Organically grown apples, organic lemon juice, organic cinnamon.			
040422	APRICOT	.30/0.5 oz	0.50/ea	15.00
	Ingredients: Apples, apricots, pears, lemon juice.			
040452	APRICOT, OG	.30/0.4 oz	0.55/ea	16.50
	Ingredients: Organically grown apples and apricots, organic lemon juice.			
040432	CHERRY	.30/0.5 oz	0.50/ea	15.00
	Ingredients: Apples, cherries, orange puree, natural flavors.			
040426	GRAPE	.30/0.5 oz	0.50/ea	15.00
	Ingredients: Apples, grapes, pears.			
040816	GRAPE, OG	.8/0.4 oz	0.60/ea	4.80
040416	GRAPE, OG	.30/0.4 oz	0.55/ea	16.50
	Ingredients: Organically grown apples, organically grown grapes.			
040448	MANGO	.30/0.5 oz	0.50/ea	15.00
	Ingredients: Apples, mangos, natural flavors, lemon juice.			
040423	MIXED FLAVORS	.30/.5 oz	0.60/ea	18.00
	Mixed flavors contain 5 each of the following: apricot, cherry, grape, mango, raspberry, strawberry.			

Orders - Information
Current Prices
1-800-456-7694

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Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.
3 John 2

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
STRETCH ISLAND FRUIT LEATHER, CONTINUED				
040430	RASPBERRY	30/0.5 oz	0.50/ea	15.00
	Ingredients: Apples, pears, raspberries, lemon juice.			
040819	RASPBERRY, OG8/0.4 oz	0.60/ea	4.80
040418	RASPBERRY, OG30/0.4 oz	0.55/ea	16.50
	Ingredients: Organically grown apples, organically grown raspberries, organic lemon juice.			
040425	STRAWBERRY30/0.5 oz	0.50/ea	15.00
	Ingredients: Apples, pears, strawberries, natural flavors, lemon juice.			
040820	STRAWBERRY, OG8/0.4 oz	0.60/ea	4.80
040420	STRAWBERRY, OG30/0.4 oz	0.55/ea	16.50
	Ingredients: Organically grown apples, organically grown strawberries, organic strawberry flavor, organic lemon juice.			

SEEDS

• Many of these seeds can be sprouted and put in salads.

051607	ALFALFA SEEDS, OG16oz	7.00/ea	7.00
050514	ALFALFA SEEDS, OG5#	6.00/lb	30.00
050006	ALFALFA SEEDS, OG25#	5.50/lb	137.50
050521	AMARANTH SEED, OG5#	2.30/lb	11.50
052513	AMARANTH SEED, OG25#	1.90/lb	47.50
051699	BROCCOLI SEED, OG (For sprouting)16 oz	12.50/ea	12.50
050394	BROCCOLI SEED, OG (For sprouting)3#	12.00/lb	36.00
050181	CLOVER SEEDS, RED, OG16 oz	4.95/ea	4.95
050534	CLOVER SEEDS, RED, OG5#	4.20/lb	21.00
050270	FENUGREEK SEEDS2#	1.95/lb	3.90
050518	FENUGREEK SEEDS5#	1.65/lb	8.25
050517	FLAX SEEDS, BROWN, OG5#	1.80/lb	9.00
050015	FLAX SEEDS, BROWN, OG25#	1.40/lb	35.00
050510	FLAX SEEDS, GOLDEN5#	1.55/lb	7.75
052510	FLAX SEEDS, GOLDEN25#	1.10/lb	27.50
051518	FLAX SEEDS, GOLDEN, OG5#	2.15/lb	10.75
052518	FLAX SEEDS, GOLDEN, OG25#	1.75/lb	43.75
050125	PEPITAS, PUMPKIN SEEDS, MEXICAN10 oz	4.50/ea	4.50
	►Order 12 of this item (050125) and receive 15% case discount			
050525	PEPITAS, PUMPKIN SEEDS, MEXICAN5#	5.60/lb	28.00
050025	PEPITAS, PUMPKIN SEEDS, MEXICAN25#	5.10/lb	127.50
050592	PEPITAS, PUMPKIN SEEDS, CHINA, OG5#	4.60/lb	23.00
052586	PEPITAS, PUMPKIN SEEDS, CHINA, OG27.5#	4.10/lb	112.75
330575	POPPY SEEDS, BLUE5#	2.20/lb	11.00
050569	RADISH SEEDS, OG5#	3.10/lb	15.50
051163	SESAME SEEDS, HULLED (WHITE)5#	2.00/lb	10.00
*050040	SESAME SEEDS, HULLED (WHITE)50#	1.50/lb	75.00

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
SEEDS, CONTINUED				
050540	SESAME SEEDS, HULLED (WHITE), OG	.5#	2.85/lb	14.25
052539	SESAME SEEDS, HULLED (WHITE), OG	.25#	2.50/lb	62.50
050666	SESAME SEEDS, HULLED (WHITE), OG	.6/16oz	3.10/ea	18.60
051167	SESAME SEEDS, NATURAL	.5#	1.75/lb	8.75
*050035	SESAME SEEDS, NATURAL	.50#	1.35/lb	67.50
050530	SESAME SEEDS, NATURAL, OG	.5#	2.40/lb	12.00
055235	SESAME SEEDS, NATURAL, OG	.25#	2.00/lb	50.00
050664	SESAME SEEDS, NATURAL, OG	.6/16oz	2.65/ea	15.90
050520	SESAME SEEDS, NATURAL, BLACK	.5#	2.20/lb	11.00
<ul style="list-style-type: none"> All of our sunflower seeds are shelled. 				
050547	SUNFLOWER SEEDS (Raw)	.5#	1.50/lb	7.50
*050045	SUNFLOWER SEEDS (Raw)	.50#	1.10/lb	55.00
120080	SUNFLOWER SEEDS (Raw)	.12/10 oz	1.40/ea	16.80
050573	SUNFLOWER SEEDS, OG (Raw)	.5#	2.50/lb	12.50
050075	SUNFLOWER SEEDS, OG (Raw)	.25#	2.10/lb	52.50
120110	SUNFLOWER SEEDS, OG (Raw)	.12/10oz	1.90/ea	22.80
050563	SUNFLOWER SEEDS, RNS	.5#	2.20/lb	11.00
050065	SUNFLOWER SEEDS, RNS	.25#	1.80/lb	45.00
120090	SUNFLOWER SEEDS, RNS	.12/10 oz	1.85/ea	22.20
051158	SUNFLOWER SEEDS, RS	.5#	2.20/lb	11.00
050055	SUNFLOWER SEEDS, RS	.25#	1.80/lb	45.00
120085	SUNFLOWER SEEDS, RS	.12/10 oz	1.85/ea	22.20

Regrettably our prices are subject to change without notice.

*\$1.00 additional handling charge for UPS shipment.

RS =
Roasted
Salted
RNS =
Roasted No
Salt

BEANS

- Many of our beans can be sprouted.
- Beans store very well in a cool, dry environment.

061108	ADZUKI BEANS, OG	.5#	1.60/lb	8.00
060007	ADZUKI BEANS, OG	.25#	1.35/lb	33.75
060108	BEAN SOUP MIX, C.L., OG	.16oz	2.35/ea	2.35
►Order 12 of this item (060108) and receive 15% case discount				
060508	BEAN SOUP MIX, C.L., OG	.5#	1.70/lb	8.50
Ingredients: Great northern, adzuki, pinto, black turtle, dark red kidney, red lentils and barley.				
068754	BLACK BEANS REFRIED, INSTANT	.875 oz	2.20/ea	2.20
061062	BLACK BEANS REFRIED, INSTANT	.10#	3.75/lb	37.50
Ingredients: Precooked black beans, sea salt.				
060197	BLACK BEAN SOUP (Dry mix)	.1#	3.90/ea	3.90
Ingredients: Precooked black beans, sea salt, mild red pepper, garlic, herbs, spices, rice vinegar.				
061113	BLACK TURTLE BEANS, OG	.5#	1.60/lb	8.00
060015	BLACK TURTLE BEANS, OG	.25#	1.35/lb	33.75
060596	BLACK-EYED PEAS, OG	.5#	1.75/lb	8.75
060990	BLACK-EYED PEAS, OG	.25#	1.50/lb	37.50

Orders - Information
Current Prices
1-800-456-7694

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
BEANS, CONTINUED				
060513	CANNELLINI BEANS, WHITE KIDNEY	.5#	1.55/lb	7.75
062513	CANNELLINI BEANS, WHITE KIDNEY	.25#	1.25/lb	31.25
060567	CRANBERRY BEANS	.5#	1.50/lb	7.50
062508	CRANBERRY BEANS	.25#	1.20/lb	30.00
060581	CRANBERRY BEANS, OG	.5#	1.70/lb	8.50
060087	CRANBERRY BEANS, OG	.25#	1.40/lb	35.00
060523	FAVA BEANS	.5#	1.75/lb	8.75
060538	FAVA BEANS, OG	.5#	1.75/lb	8.75
065527	GARBANZO, CHICKPEAS, OG	.5#	1.75/lb	8.75
060027	GARBANZO, CHICKPEAS, OG	.25#	1.50/lb	37.50
060530	GREAT NORTHERN BEANS, OG	.5#	1.45/lb	7.25
060030	GREAT NORTHERN BEANS, OG	.25#	1.20/lb	30.00
061133	KIDNEY BEANS, DARK RED, OG	.5#	1.85/lb	9.25
060035	KIDNEY BEANS, DARK RED, OG	.25#	1.60/lb	40.00
060541	KIDNEY BEANS, LIGHT RED	.5#	1.60/lb	8.00
060040	KIDNEY BEANS, LIGHT RED	.25#	1.30/lb	32.50
060576	LENTILS, FRENCH, OG	.5#	1.70/lb	8.50
062574	LENTILS, FRENCH, OG	.25#	1.45/lb	36.25
060544	LENTILS, GREEN	.5#	1.40/lb	7.00
060045	LENTILS, GREEN	.25#	1.10/lb	27.50
060546	LENTILS, GREEN, OG	.5#	1.70/lb	8.50
060047	LENTILS, GREEN, OG	.25#	1.40/lb	35.00
060548	LENTILS, RED	.5#	1.70/lb	8.50
060049	LENTILS, RED	.25#	1.40/lb	35.00
060549	LENTILS, RED, OG	.5#	2.10/lb	10.50
062549	LENTILS, RED, OG	.25#	1.80/lb	45.00
060557	LIMA BEANS, BABY, OG	.5#	2.10/lb	10.50
060051	LIMA BEANS, BABY, OG	.25#	1.80/lb	45.00
061155	MUNG BEANS, OG	.5#	1.85/lb	9.25
060055	MUNG BEANS, OG	.25#	1.50/lb	37.50
061167	NAVY BEANS, OG	.5#	1.50/lb	7.50
060060	NAVY BEANS, OG	.25#	1.25/lb	31.25
060571	PEAS, GREEN SPLIT	.5#	1.15/lb	5.75
060070	PEAS, GREEN SPLIT	.25#	0.85/lb	21.25
061174	PEAS, GREEN SPLIT, OG	.5#	1.40/lb	7.00
060072	PEAS, GREEN SPLIT, OG	.25#	1.15/lb	28.75
060593	PEAS, GREEN WHOLE, OG	.5#	1.35/lb	6.75
060076	PEAS, GREEN WHOLE, OG	.25#	1.10/lb	27.50

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
BEANS, CONTINUED				
060577	PEAS, YELLOW SPLIT	.5#	1.25/lb	6.25
060075	PEAS, YELLOW SPLIT	.25#	0.95/lb	23.75
060574	PEAS, YELLOW SPLIT, OG	.5#	1.50/lb	7.50
060077	PEAS, YELLOW SPLIT, OG	.25#	1.20/lb	30.00
061183	PINTO BEANS, OG	.5#	1.60/lb	8.00
060080	PINTO BEANS, OG	.25#	1.35/lb	33.75
068750	PINTO BEANS REFRIED, INSTANT	.875 oz	2.20/ea	2.20
061068	PINTO BEANS REFRIED, INSTANT	.10#	3.75/lb	37.50
Ingredients: Precooked pinto beans, sea salt.				
060589	SMALL RED BEANS, OG	.5#	1.75/lb	8.75
060089	SMALL RED BEANS, OG	.25#	1.50/lb	37.50
061197	SOY BEANS, OG	.5#	1.35/lb	6.75
060095	SOY BEANS, OG	.25#	1.05/lb	26.25
060594	YELLOW EYE BEANS	.5#	1.30/lb	6.50
060192	YELLOW EYE BEANS	.25#	1.05/lb	26.25

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GRAINS AND HOT CEREALS

080510	4-GRAIN FLAKES	.5#	1.10/lb	5.50
082510	4-GRAIN FLAKES	.25#	0.80/lb	20.00
Ingredients: Barley rolled flakes, rolled oats, rye rolled flakes, wheat rolled flakes, sunflower seeds.				
070300	7-GRAIN CEREAL (FLAKES), CCF	.3#	1.75/lb	5.25
075001	7-GRAIN CEREAL (FLAKES), CCF	.50#	1.25/lb	62.50
Ingredients: Hard wheat, soft wheat, oats, rye, barley, triticale, spelt.				
070213	7-GRAIN CEREAL, OG	.2#	1.50/lb	3.00
070513	7-GRAIN CEREAL, OG	.5#	1.30/lb	6.50
072513	7-GRAIN CEREAL, OG	.25#	1.00/lb	25.00
Ingredients: Cracked wheat, rye grits, barley grits, millet, cornmeal, flax, and steel cut oats.				
<i>Cooking Instructions:</i> Use 1 part cereal to 4 parts boiling water & simmer 20-40 minutes (or cook overnight in a crockpot).				
071110	BARLEY, HULLED, OG	.5#	0.90/lb	4.50
070004	BARLEY, HULLED, OG	.25#	0.65/lb	16.25
Hulled barley is similar to pearled barley, but is less refined.				
080504	BARLEY, ROLLED FLAKES	.5#	0.70/lb	3.50
*080004	BARLEY, ROLLED FLAKES	.50#	0.40/lb	20.00
080519	BUCKWHEAT, BROWN ROASTED (KASHA), OG	.5#	2.10/lb	10.50
082505	BUCKWHEAT, BROWN ROASTED (KASHA), OG	.25#	1.80/lb	45.00
080525	BUCKWHEAT, HULLED WHITE, OG	.5#	1.55/lb	7.75
082520	BUCKWHEAT, HULLED WHITE, OG	.25#	1.25/lb	31.25
080521	BUCKWHEAT, UNHULLED, OG (For Sprouting)	.5#	1.15/lb	5.75
080501	BULGUR WHEAT, CRACKED, COARSE GRIND	.5#	0.70/lb	3.50
*080030	BULGUR WHEAT, CRACKED, COARSE GRIND	.50#	0.35/lb	17.50
Our bulgur is made from hard red winter wheat. It is cooked, then cracked, and considered a coarse grind.				

*\$1.00 additional handling charge for UPS shipment.

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
GRAINS AND HOT CEREALS, CONTINUED				
070520	CORN GRITS, YELLOW, OG	.5#	0.85/lb	4.25
072520	CORN GRITS, YELLOW, OG	.25#	0.65/lb	16.25
070512	CORN, WHOLE, YELLOW, OG	.5#	0.90/lb	4.50
*070012	CORN, WHOLE, YELLOW, OG	.50#	0.65/lb	32.50
080534	CORNMEAL, YELLOW, OG (Whole Grain with Germ)	.5#	0.80/lb	4.00
080033	CORNMEAL, YELLOW, OG (Whole Grain with Germ)	.25#	0.55/lb	13.75
080554	COUSCOUS, SEMOLINA	.5#	1.65/lb	8.25
*080044	COUSCOUS, SEMOLINA	.50#	1.35/lb	67.50
080565	COUSCOUS, SEMOLINA, OG	.5#	1.95/lb	9.75
*080064	COUSCOUS, SEMOLINA, OG	.50#	1.65/lb	82.50
080574	COUSCOUS, WHOLE WHEAT	.5#	1.65/lb	8.25
*085574	COUSCOUS, WHOLE WHEAT	.50#	1.35/lb	67.50
070084	COUSCOUS, WHOLE WHEAT, OG	.5#	1.95/lb	9.75
*075084	COUSCOUS, WHOLE WHEAT, OG	.50#	1.65/lb	82.50
080513	KAMUT GRAIN, OG	.5#	1.10/lb	5.50
082515	KAMUT GRAIN, OG	.25#	0.80/lb	20.00
	Kamut® is a registered trademark of Kamut, International Ltd.			
070522	MILLET, HULLED	.5#	1.00/lb	5.00
*070020	MILLET, HULLED	.50#	0.65/lb	32.50
071116	MILLET, HULLED, OG	.5#	1.15/lb	5.75
070014	MILLET, HULLED, OG	.25#	0.90/lb	22.50
070620	MILLET, HULLED, OG	.6/16oz	1.40/ea	8.40
072500	OAT BRAN	.25#	0.90/lb	22.50
085000	OAT BRAN	.50#	0.65/lb	32.50
080544	OAT BRAN, OG	.4.5#	1.70/lb	7.65
080142	OAT BRAN, OG	.25#	1.40/lb	35.00
085042	OAT BRAN, OG	.50#	1.25/lb	62.50
080559	OAT GROATS, STEEL CUT	.5#	0.80/lb	4.00
080157	OAT GROATS, STEEL CUT	.25#	0.60/lb	15.00
085057	OAT GROATS, STEEL CUT	.50#	0.40/lb	20.00
070547	OAT GROATS, STEEL CUT, OG	.5#	1.10/lb	5.50
072539	OAT GROATS, STEEL CUT, OG	.25#	0.95/lb	23.75
075039	OAT GROATS, STEEL CUT, OG	.50#	0.80/lb	40.00
070534	OAT GROATS, WHOLE	.5#	0.85/lb	4.25
070125	OAT GROATS, WHOLE	.25#	0.67/lb	16.75
075025	OAT GROATS, WHOLE	.50#	0.50/lb	25.00
070582	OAT GROATS, WHOLE, OG	.5#	1.10/lb	5.50
080159	OAT GROATS, WHOLE, OG	.25#	0.95/lb	23.75
075059	OAT GROATS, WHOLE, OG	.50#	0.80/lb	40.00

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
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GRAINS AND HOT CEREALS, CONTINUED

• All rolled oats are processed in a similar manner; the difference is in the thickness of the cut.

080537	OATS, QUICK ROLLED	.5#	0.70/lb	3.50
080137	OATS, QUICK ROLLED	.25#	0.45/lb	11.25
*080037	OATS, QUICK ROLLED	.50#	0.38/lb	19.00

080556	OATS, QUICK ROLLED, OG	.5#	1.05/lb	5.25
080056	OATS, QUICK ROLLED, OG	.25#	0.85/lb	21.25
*080055	OATS, QUICK ROLLED, OG	.50#	0.77/lb	38.50

080540	OATS, REGULAR ROLLED	.5#	0.70/lb	3.50
080139	OATS, REGULAR ROLLED	.25#	0.45/lb	11.25
*080040	OATS, REGULAR ROLLED	.50#	0.38/lb	19.00

080552	OATS, REGULAR ROLLED, OG	.5#	1.05/lb	5.25
082552	OATS, REGULAR ROLLED, OG	.25#	0.85/lb	21.25
*080052	OATS, REGULAR ROLLED, OG	.50#	0.77/lb	38.50

080550	OATS, THICK ROLLED	.5#	0.70/lb	3.50
080150	OATS, THICK ROLLED	.25#	0.45/lb	11.25
*080050	OATS, THICK ROLLED	.50#	0.38/lb	19.00

070538	POPCORN, WHITE	.5#	0.80/lb	4.00
*070035	POPCORN, WHITE	.50#	0.50/lb	25.00

071033	POPCORN, YELLOW	.10#	0.80/lb	8.00
*070030	POPCORN, YELLOW	.50#	0.50/lb	25.00

070560	POPCORN, YELLOW, OG.	.5 #	1.50/lb	7.50
075063	POPCORN, YELLOW, OG.	.50#	0.95/lb	47.50
073206	POPCORN, YELLOW, OG.	.6/32 oz	3.30/ea	19.80

*\$1.00 additional handling charge for UPS shipment.

201212	POPCORN, YELLOW, CARAMEL	.5#	0.80/lb	4.00
*075058	POPCORN, YELLOW, CARAMEL	.50#	0.50/lb	25.00

"Caramel" popcorn is an extra large, slightly tougher, popcorn used for commercial caramel corn.

080562	QUINOA, OG, Pronounced "Keen-wa"	.5#	3.25/lb	16.25
082564	QUINOA, OG, Pronounced "Keen-wa"	.25#	2.75/lb	68.75
081606	QUINOA, OG, Pronounced "Keen-wa"	.6/16oz	3.50/ea	21.00

When cooking quinoa, use 2 parts water to 1 part grain.

• All of our rice is brown unless it is stated otherwise.

070568	RICE, BASMATI, LUNDBERG	.5#	1.35/lb	6.75
070064	RICE, BASMATI, LUNDBERG	.25#	1.10/lb	27.50

072564	RICE, BASMATI, LUNDBERG, OG	.25#	1.70/lb	42.50
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070564	RICE, BASMATI, BROWN, OG	.5#	1.75/lb	8.75
075082	RICE, BASMATI, BROWN, OG	.50#	1.10/lb	55.00

070561	RICE, BASMATI, WHITE, LUNDBERG	.5#	1.60/lb	8.00
070063	RICE, BASMATI, WHITE, LUNDBERG	.25#	1.30/lb	32.50

072565	RICE, BASMATI, WHITE, LUNDBERG, OG	.25#	1.90/lb	47.50
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070565	RICE, BASMATI, WHITE, OG	.5#	1.95/lb	9.75
075086	RICE, BASMATI, WHITE, OG	.50#	1.25/lb	62.50

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GRAINS AND HOT CEREALS, CONTINUED				
070290	RICE, BLACK JAPONICA, LUNDBERG	.2#	2.40/lb	4.80
072590	RICE, BLACK JAPONICA, LUNDBERG	.25#	2.00/lb	50.00
070556	RICE, LONG, LUNDBERG	.5#	1.20/lb	6.00
070054	RICE, LONG, LUNDBERG	.25#	0.90/lb	22.50
072547	RICE, LONG, LUNDBERG, OG	.25#	1.35/lb	33.75
070583	RICE, LONG, OG	.5#	1.35/lb	6.75
*070047	RICE, LONG, OG	.50#	1.00/lb	50.00
070537	RICE, SHORT, LUNDBERG	.5#	1.20/lb	6.00
070059	RICE, SHORT, LUNDBERG	.25#	0.90/lb	22.50
072552	RICE, SHORT, LUNDBERG, OG	.25#	1.35/lb	33.75
070581	RICE, SHORT, OG	.5#	1.35/lb	6.75
070052	RICE, SHORT, OG	.50#	1.00/lb	50.00
070061	RICE, SWEET, LUNDBERG	.25#	0.90/lb	22.50
070514	RICE, SWEET, LUNDBERG, OG	.5#	1.60/lb	8.00
072562	RICE, SWEET, LUNDBERG, OG	.25#	1.35/lb	33.75
070250	RICE, WEHANI AROMATIC, LUNDBERG	.2#	2.40/lb	4.80
072550	RICE, WEHANI AROMATIC, LUNDBERG	.25#	2.00/lb	50.00
080582	RICE, WHOLE BROWN, QUICK COOKING (8 MIN.)	.5#	1.85/lb	9.25
*075061	RICE, WHOLE BROWN, QUICK COOKING (8 MIN.)	.50#	1.55/lb	77.50
070155	RICE, WILD, EXTRA FANCY	.1#	4.50/lb	4.50
070156	RICE, WILD, OG	.1#	8.35/lb	8.35
080586	RICE, WILD, QUICK, 10 MINUTE	.1#	8.00/lb	8.00
070280	RICE, WILD BLEND, LUNDBERG	.2#	3.00/lb	6.00
072580	RICE, WILD BLEND, LUNDBERG	.25#	2.50/lb	62.50
Ingredients: Long grain brown rice, sweet brown rice, wehani, black japonica, and wild rice pieces.				
070567	RYE BERRIES, OG	.5#	0.75/lb	3.75
070065	RYE BERRIES, OG	.25#	0.45/lb	11.25
080527	RYE, ROLLED FLAKES	.5#	0.80/lb	4.00
*080027	RYE, ROLLED FLAKES	.50#	0.45/lb	22.50
080569	SOY GRITS, 8/14 (Toasted)	.5#	1.20/lb	6.00
*085065	SOY GRITS, 8/14 (Toasted)	.50#	0.80/lb	40.00
070592	SPELT BERRIES, OG	.5#	1.45/lb	7.25
070095	SPELT BERRIES, OG	.25#	1.10/lb	27.50

*\$1.00 addi-
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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
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GRAINS AND HOT CEREALS, CONTINUED

• Our hard wheat berries are spring wheat (unless indicated otherwise), and are the wheat of choice when baking bread. Hard spring wheat has a high protein content essential for gluten development. Soft wheat berries (also called pastry wheat), have a lower protein content and are recommended for cookies, pie crusts, and lighter baked products.

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071022	WHEAT BERRIES, BRONZE CHIEF (RED), CCF	.10#	0.70/lb	7.00
*075070	WHEAT BERRIES, BRONZE CHIEF (RED), CCF	.50#	0.47/lb	23.50
070068	WHEAT BERRIES, HARD RED, OG	.25#	0.65/lb	16.25
*075088	WHEAT BERRIES, HARD RED WINTER WHEAT, CCF	.50#	0.47/lb	23.50
070080	WHEAT BERRIES, HARD WHITE, OG	.25#	0.60/lb	15.00
071026	WHEAT BERRIES, PRAIRIE GOLD (WHITE), CCF	.10#	0.70/lb	7.00
*075085	WHEAT BERRIES, PRAIRIE GOLD (WHITE), CCF	.50#	0.47/lb	23.50
070525	WHEAT BERRIES, SOFT, RED, OG	.5#	1.00/lb	5.00
*075024	WHEAT BERRIES, SOFT, RED, OG	.50#	0.75/lb	37.50
070572	WHEAT BERRIES, SOFT, WHITE, OG	.5#	0.90/lb	4.50
070072	WHEAT BERRIES, SOFT, WHITE, OG	.25#	0.55/lb	13.75
080524	WHEAT BRAN, OG	.2#	0.65/lb	1.30
080010	WHEAT BRAN, OG	.30#	0.35/lb	10.50
900561	WHEAT GERM, RAW	.5#	0.95/lb	4.75
900060	WHEAT GERM, RAW	.25#	0.55/lb	13.75
110041	WHEAT, CRACKED, OG (Labeled as "Wheat Cereal")	.2#	1.40/lb	2.80
080567	WHEAT, CRACKED, OG	4.5#	1.10/lb	4.95
080068	WHEAT, CRACKED, OG	25#	0.70/lb	17.50
080270	WHEAT, CREAM OF, OG	.2#	1.40/lb	2.80
080570	WHEAT, CREAM OF, OG	.4#	1.25/lb	5.00
080070	WHEAT, CREAM OF, OG	.25#	1.00/lb	25.00
080523	WHEAT, WHITE, ROLLED FLAKES	.5#	0.70/lb	3.50
*080125	WHEAT, WHITE, ROLLED FLAKES	.50#	0.45/lb	22.50

*\$1.00 additional handling charge for UPS shipment.

FLOUR

• We believe that whole grain breads are an essential part of a healthy physical body, and that Jesus Christ is the bread of life for a healthy spiritual life.

092588	6-GRAIN FLOUR, OG (Whole Grain)	.25#	1.00/lb	25.00
Ingredients: Wheat, rye, barley, corn, millet, buckwheat.				
090517	BARLEY FLOUR, OG	.5#	1.00/lb	5.00
090017	BARLEY FLOUR, OG	.25#	0.75/lb	18.75
090520	BUCKWHEAT FLOUR, OG	.5#	1.00/lb	5.00
090019	BUCKWHEAT FLOUR, OG	.25#	0.80/lb	20.00
090518	CORN FLOUR, YELLOW, OG	.5#	0.95/lb	4.75
092518	CORN FLOUR, YELLOW, OG	.25#	0.65/lb	16.25

Orders - Information
Current Prices
1-800-456-7694

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
FLOUR, CONTINUED				
860230	GLUTEN FLOUR, 75% PROTEIN (Vital Wheat Gluten)2#	3.00/lb	6.00
091123	GLUTEN FLOUR, 75% PROTEIN (Vital Wheat Gluten)	5#	2.50/lb	12.50
*095024	GLUTEN FLOUR, 75% PROTEIN (Vital Wheat Gluten)50#	1.40/lb	70.00
090521	MILLET FLOUR, OG5#	1.15/lb	5.75
090504	OAT FLOUR, OG5#	1.30/lb	6.50
092504	OAT FLOUR, OG25#	1.00/lb	25.00
030572	POTATO FLOUR5#	1.65/lb	8.25
090508	RICE FLOUR, BROWN, OG5#	1.50/lb	7.50
092508	RICE FLOUR, BROWN, OG25#	1.25/lb	31.25
090510	RYE FLOUR, DARK, OG5#	0.85/lb	4.25
090010	RYE FLOUR, DARK, OG25#	0.55/lb	13.75
090516	SOY FLOUR, FULL FAT, OG4#	1.75/lb	7.00
092055	SOY FLOUR, FULL FAT, OG20#	1.55/lb	31.00
091160	SPELT FLOUR, OG5#	1.50/lb	7.50
090060	SPELT FLOUR, OG25#	1.10/lb	27.50
091165	SPELT FLOUR, WHITE, OG5#	2.00/lb	10.00
092565	SPELT FLOUR, WHITE, OG25#	1.50/lb	37.50
091006	WHITE FLOUR, NATURAL PREMIUM UNBLEACHED10#	0.70/lb	7.00
*095064	WHITE FLOUR, NATURAL PREMIUM UNBLEACHED50#	0.53/lb	26.50
	From Wheat Montana Farms. Ingredients: Unbleached white flour, malted barley flour, niacin, iron, thiamine, mononitrate, riboflavin, folic acid.			
110046	WHITE FLOUR, W/GERM, OG (GOLD N WHITE)5#	1.10/lb	5.50
090020	WHITE FLOUR, W/GERM, OG (GOLD N WHITE)25#	0.85/lb	21.25
*090025	WHITE FLOUR, W/GERM, OG (GOLD N WHITE)50#	0.80/lb	40.00
090550	WHITE PASTRY FLOUR, W/GERM, OG (GOLD N WHITE)5#	0.90/lb	4.50
092550	WHITE PASTRY FLOUR, W/GERM, OG (GOLD N WHITE)25#	0.70/lb	17.50
091000	WHOLE WHEAT FLOUR, BRONZE CHIEF, CCF (From red berries) .10#	.10#	0.65/lb	6.50
*095068	WHOLE WHEAT FLOUR, BRONZE CHIEF, CCF (From red berries) .50#	.50#	0.51/lb	25.50
091002	WHOLE WHEAT FLOUR, PRAIRIE GOLD, CCF (From white berries) .10#	.10#	0.65/lb	6.50
*095062	WHOLE WHEAT FLOUR, PRAIRIE GOLD, CCF (From white berries) .50#	.50#	0.51/lb	25.50
090132	WHOLE WHEAT FLOUR, OG5#	1.00/lb	5.00
090030	WHOLE WHEAT FLOUR, OG25#	0.80/lb	20.00
*090035	WHOLE WHEAT FLOUR, OG50#	0.75/lb	37.50
090039	WHOLE WHEAT PASTRY FLOUR, OG5#	0.85/lb	4.25
090038	WHOLE WHEAT PASTRY FLOUR, OG25#	0.65/lb	16.25
*090040	WHOLE WHEAT PASTRY FLOUR, OG50#	0.60/lb	30.00

*\$1.00 addi-
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PRODUCT
NUMBER

PRODUCT DESCRIPTION

PACKAGED
SIZE

UNIT
PRICE

PACKAGED
PRICE

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PASTA

SEMOLINA PASTA

Durum is a type of wheat flour especially adapted to pasta because of its light texture. Semolina is made from partially refined Durum wheat. Ours is enriched with ferrous sulfate, niacin, thiamine, mononitrate, and riboflavin.

100120	ARTICHOKE ELBOWS	.10#	1.67/lb	16.70
100125	ARTICHOKE FLATS	.10#	1.68/lb	16.80
100145	ARTICHOKE ROTINI (SPIRAL)	.10#	1.68/lb	16.80
100141	ARTICHOKE SPAGHETTI	.10#	1.67/lb	16.70
	Artichoke Pasta Ingredients: Semolina flour (enriched), Jerusalem artichoke powder, water.			
100803	ARTICHOKE SPAGHETTI	.8 oz	2.25/ea	2.25
	Ingredients: Durum semolina, Jerusalem artichoke flour.			
101202	ARTICHOKE ELBOWS, OG	.12 oz	2.80/ea	2.80
100804	ARTICHOKE ROTINI, OG	.8 oz	2.55/ea	2.55
	Ingredients: Organic durum semolina, organic Jerusalem artichoke flour.			
101601	CAPELLINI, OG	.16/16 oz	2.40/ea	38.40
101052	ELBOWS, OG	.10#	1.77/lb	17.70
101628	GEMELLI, OG	.16/16 oz	2.40/ea	38.40
101636	PENNE RIGATE, OG	.16/16 oz	2.40/ea	38.40
101048	ROTINI (SPIRAL), OG	.10#	1.90/lb	19.00
101050	SHELLS, OG	.10#	1.91/lb	19.10
101604	SPAGHETTI, OG	.16/16 oz	2.40/ea	38.40
	Organic Semolina Ingredients: Organic semolina flour.			
100119	SOY ELBOWS	.10#	1.62/lb	16.20
100085	SOY FLATS	.10#	1.55/lb	15.50
100144	SOY LASAGNA	.10#	1.78/lb	17.80
100095	SOY SPAGHETTI	.10#	1.56/lb	15.60
	Soy Pasta Ingredients: Semolina flour (enriched), defatted soy flour, water.			
100300	STUFFING SHELLS	.10#	1.63/lb	16.30
	Ingredients: Semolina flour (enriched), water.			
100101	TOMATO BASIL LINGUINI	.10#	1.66/lb	16.60
	Ingredients: Semolina flour (enriched), tomato powder, whole basil, water.			
100172	VEGGIE ELBOWS	.10#	1.77/lb	17.70
100175	VEGGIE ORZO	.12/10oz	1.35/ea	16.20
100113	VEGGIE ROTINI (SPIRAL)	.10#	1.60/lb	16.00
101054	VEGGIE ROTINI (SPIRAL), OG	.10#	2.10/lb	21.00
100195	VEGGIE VARIETY,	.10#	1.87/lb	18.70
	Veggie Pasta Ingredients: Semolina flour (enriched), tomato, spinach, beet powder, water.			

WHEAT FREE PASTA

101287	BROWN RICE PENNE, OG (Lundberg)	.12/12 oz	2.60/ea	31.20
101288	BROWN RICE ROTINI (SPIRAL), OG (Lundberg)	.12/10 oz	2.60/ea	31.20
101289	BROWN RICE SPAGHETTI, OG (Lundberg)	.12/10 oz	2.60/ea	31.20
	Brown Rice Pasta Ingredients (Lundberg): Organic brown rice flour.			

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
PASTAS, CONTINUED				
101251	BROWN RICE ELBOWS, OG (Tinkyada)	12/12 oz	3.10/ea	37.20
101252	BROWN RICE LASAGNA, OG (Tinkyada)	12/10 oz	3.25/ea	39.00
101253	BROWN RICE PENNE, OG (Tinkyada)	12/12 oz	3.10/ea	37.20
101254	BROWN RICE SPAGHETTI, OG (Tinkyada)	12/12 oz	3.10/ea	37.20
101255	BROWN RICE SPIRAL, OG (Tinkyada)	12/12 oz	3.10/ea	37.20
	Brown Rice Pasta Ingredients (Tinkyada): Stone-ground organic brown rice.			
101256	BROWN RICE VEGGIE SPIRAL (Tinkyada)	12/12 oz	3.10/ea	37.20
	Ingredients: Stone-ground brown rice, carrot powder, tomato powder, spinach powder.			
100801	MULTI-GRAIN PENNE	.8 oz	2.55/ea	2.55
	Ingredients: Whole grain brown rice flour, white rice flour, rice bran, organic amaranth flour, organic quinoa flour, vitamin and mineral mix (niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid).			
101014	CORN ELBOWS, OG (To Be Discontinued)	.10#	3.10/lb	31.00
	Organic Corn Pasta Ingredients: 100% organic corn flour.			
101212	RICE VEGETABLE TWISTS, OG	12/12 oz	2.75/ea	33.00
	Ingredients: Brown rice flour, white rice flour, spinach, beet, tomato.			

SPELT PASTA

100320	SPELT ELBOWS, OG	.10#	2.75/lb	27.50
100350	SPELT ROTINI (SPIRAL), OG	.10#	2.75/lb	27.50
100340	SPELT SPAGHETTI, OG	.10#	2.75/lb	27.50
	Spelt Pasta Ingredients: Organic spelt wheat flour, water.			
101030	SPELT WHITE ELBOWS OG	.10#	3.05/lb	30.50
101020	SPELT WHITE ROTINI OG	.10#	3.05/lb	30.50
101010	SPELT WHITE SPAGHETTI OG	.10#	3.05/lb	30.50
	White Spelt Pasta Ingredients: White spelt wheat flour, water.			

WHOLE WHEAT PASTA

- All of our whole wheat pastas are organic.

100140	ARTICHOKE SPAGHETTI, OG	.10#	1.77/lb	17.70
	Ingredients: Organic whole durum flour, Jerusalem artichoke powder, water.			
100005	ALPHABETS, OG	.10#	1.62/lb	16.20
100110	ELBOWS, OG	.10#	1.72/lb	17.20
100020	FLATS, OG	.10#	1.71/lb	17.10
100030	LASAGNA, OG	.10#	1.86/lb	18.60
100075	ROTINI (SPIRAL), OG	.10#	1.72/lb	17.20
100080	ROTINI (SPIRAL), OG	12/12 oz	0.90/ea	10.80
100035	SHELLS, OG	.10#	1.70/lb	17.00
100154	SPAGHETTI, OG	.10#	1.70/lb	17.00
100060	SPAGHETTI, OG	12/12 oz	1.40/ea	16.80
100097	STUFFING SHELLS, OG	.10#	1.76/lb	17.60
	Organic Whole Wheat Pasta Ingredients: Organic whole durum flour, water.			
100055	SPINACH FLATS, OG	.10#	1.83/lb	18.30
100065	SPINACH LASAGNA, OG	.10#	1.98/lb	19.80
100070	SPINACH SPAGHETTI, OG	.10#	1.93/lb	19.30
	Spinach Pasta Ingredients: Organic whole durum flour, spinach powder, water.			
100190	VEGGIE ROTINI (SPIRAL), OG	.10#	1.88/lb	18.80
	Veggie Pasta Ingredients: Organic whole durum flour, tomato, spinach, beet powder, water.			

JUICE

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- **Juice Manufacturers:** LKWD=Lakewood Juices; SS=Summer Song Juices.
- All of our juices are packaged in glass bottles. We cannot ship them by UPS.

‡140020	APPLE JUICE, OG, LKWD (UNFILTERED)12/32 oz Ingredient: Fresh pressed juice and puree from whole ripe certified organic apples.	12/32 oz	3.10/ea	37.20
‡140696	APPLE JUICE, OG, KNUDSEN (UNFILTERED)6/96 oz Ingredient: 100% organic apple juice.	6/96 oz	8.25/ea	49.50
‡140060	BLACK CHERRY JUICE, LKWD12/32 oz Ingredients: Juice from whole ripe black cherries (dark sweet cherries).	12/32 oz	3.60/ea	43.20
‡140188	BLACK CHERRY JUICE, CONCENTRATE12.5 oz ▶ Order 12 of this item (140188) and receive 5% case discount Ingredients: Black cherry concentrate, vitamin C (ascorbic acid).	12.5 oz	4.25/ea	4.25
‡140022	BLUEBERRY, OG, LKWD12/32 oz Ingredients: Fresh pressed juice and puree from whole ripe certified organic apples and blueberries.	12/32 oz	3.70/ea	44.40
‡141245	CARROT, PURE, OG, LKWD12/12.5 oz Ingredients: Fresh pressed juice and puree from whole ripe organic carrots, organic lemon juice.	12/12.5 oz	2.00/ea	24.00
143212	CHERRY JUICE CONCENTRATE (TART)32 oz Montmorency Variety (Not in glass; can be sent UPS)	32 oz	16.00/ea	16.00
‡141250	CRANBERRY JUICE, SS12/12.5 oz Ingredients: Fresh pressed fruit juices (cranberry juice, apple juice and puree), white grape juice from concentrate, citric acid and ascorbic acid, grape seed extract, milk thistle, wild artichoke extract, vitamin E (acetate), zinc (gluconate), vitamin A (palmitate), copper (gluconate), selenium (selenite).	12/12.5 oz	1.15/ea	13.80
‡140187	CRANBERRY JUICE CONCENTRATE12.5 oz ▶ Order 12 of this item (140187) and receive 5% case discount Ingredients: Cranberry concentrate, vitamin C (ascorbic acid).	12.5 oz	8.50/ea	8.50
‡140071	CRANBERRY, PURE, LKWD.12/32 oz Ingredients: Fresh pressed juice from whole ripe cranberries. <i>Pure cranberry juice is 100% juice, not a concentrate. For best results, the label recommends diluting with 3-5 parts water or other fruit juice.</i>	12/32 oz	6.75/ea	81.00
‡140072	CRANBERRY LEMONADE, OG, LKWD12/32 oz Ingredients: Pure water, fresh pressed organic lemon juice, organic agave, organic grape juice, organic cranberry juice.	12/32 oz	2.60/ea	31.20
‡143203	FRUIT GARDEN PURPLE HARMONY, OG, LKWD12/32 oz Ingredients: Organic fruit juices (organic concord grape, organic pomegranate, organic apple, organic blackberry, organic blueberry, organic black cherry, organic raspberry, organic lemon juice and organic acerola cherry from concentrate); organic vegetable juices (organic purple carrot, organic beet, organic red leaf lettuce, organic celery, organic purple cabbage, organic spinach, organic watercress and organic parsley); organic grape seed puree.	12/32 oz	3.90/ea	46.80
‡143202	FRUIT GARDEN RED POMEGRANATE, OG, LKWD12/32 oz Ingredients: Organic fruit juices (organic red pomegranate, organic red grape, organic apple, organic red cranberry, organic red raspberry, organic red tart cherry and organic acerola cherry from concentrate); organic vegetable juices (organic red carrot, organic red cabbage, organic red tomato, organic red leaf lettuce, organic celery, organic red beet, organic spinach, organic broccoli, organic kale, organic watercress, organic parsley, and organic red peppers).	12/32 oz	3.90/ea	46.80

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
JUICES, CONTINUED				
‡143201	FRUIT GARDEN SUMMER GOLD, OG, LKWD Ingredients: Organic fruit juices (organic orange, organic pineapple, organic grape, organic passion fruit, organic banana, organic papaya, organic peach, organic goji berry, organic lemon juice and organic acerola cherry from concentrate); organic vegetable juices (organic carrot, organic cabbage, organic green leaf lettuce, organic squash, organic celery, organic parsley, organic watercress and organic sweet peppers).	.12/32 oz	3.90/ea	46.80
‡140024	GRAPE, CONCORD, OG, LKWD Ingredient: Fresh pressed certified organic concord grape juice.	.12/32 oz	4.60/ea	55.20
‡141273	GRAPE JUICE, SS. Ingredients: Concord grape juice, red grape juice, white grape juice from concentrate (added as a natural fruit sweetener), vitamin E (vitamin E acetate); citric acid and ascorbic acid (vitamin C); zinc (zinc gluconate); vitamin A (beta carotene); copper (copper gluconate); selenium (sodium selenite); grape seed extract (50 mg), echinacea extract (.5ml).	.12/12.5 oz	1.15/ea	13.80
‡140058	GRAPEFRUIT JUICE, OG, LKWD Ingredient: Fresh pressed juice and puree from whole ripe certified organic grapefruit.	.12/32 oz	3.25/ea	39.00
‡140080	KOKOMO (FRUIT PUNCH), SS.	.12/32 oz	2.05/ea	24.60
‡141254	KOKOMO (FRUIT PUNCH), SS. Ingredients: Fresh pressed fruit juices (orange juice, pineapple juice and puree, passion fruit juice, strawberry puree), pineapple juice and white grape juice from concentrate, lime juice, natural fiber (guar), natural fruit flavors, acerola cherry, grape seed extract; rose hips, calcium, vitamin C (ascorbic acid); vitamin E (acetate); iron (ferric orthophosphate); vitamin A (beta carotene); folate (folic acid).	.12/12.5 oz	1.15/ea	13.80
‡143282	LEMON/GINGER/ECHINACEA, LKWD, OG Ingredients: Pure water, certified organic fruit juices (organic white grape juice, organic apple juice from concentrate, organic lemon juice, organic acerola cherry); organic honey, organic ginger root; organic echinacea (400mg).	.12/32 oz	3.00/ea	36.00
‡141208	LEMON JUICE, 100% PURE, OG (Culinary)	.12/12.5 oz	2.70/ea	32.40
‡140021	LEMONADE, OG, LKWD Ingredients: Pure water, fresh pressed organic lemon juice, organic agave, organic white grape juice.	.12/32 oz	2.60/ea	31.20
‡141217	LIME JUICE, 100% PURE, OG (Culinary)	.12/12.5 oz	2.70/ea	32.40
‡141299	MANGO, SS. Ingredients: Mango juice and puree (fiber), apple juice and clarified white grape juice from concentrate (added as a natural fruit sweetener); guar gum (natural fiber), aloe vera juice; acerola cherry juice (excellent source of vitamin C); vitamin E acetate (vitamin E); ascorbic acid (vitamin C); zinc gluconate (zinc); beta carotene (vitamin A); copper gluconate (copper); sodium selenite (selenium).	.12/12.5 oz	1.15/ea	13.80
‡141222	ORANGE-CARROT, OG, LKWD Ingredients: Fresh pressed juice from certified organic oranges and carrots.	.12/12.5 oz	1.80/ea	21.60
‡140059	ORANGE JUICE, OG, LKWD Ingredients: Fresh pressed juice and puree from whole ripe certified organic Florida oranges.	.12/32 oz	3.25/ea	39.00
‡141609	ORANGE JUICE, MR. PURE (100% juice from concentrate)	.12/16 oz	1.00/ea	12.00
‡140078	ORANGE HAWAIIAN, SS Ingredients: Fresh pressed orange juice, passion fruit juice and tangerine juice, pineapple juice and white grape juice from concentrate; lime juice, guar (natural fiber); acerola cherry juice; bee pollen; and panax ginseng extract, calcium (calcium citrate and tricalcium phosphate); vitamin C (ascorbic acid); vitamin E (vitamin E acetate); iron (ferric orthophosphate); vitamin A (beta carotene); folate (folic acid).	.12/32 oz	2.05/ea	24.60
‡141252	ORANGE STRAWBERRY BANANA JUICE, SS Ingredients: Fresh pressed fruit juices (orange juice, strawberry puree, banana puree), white grape juice from concentrate, natural fiber (guar), acerola cherry, rose hips, bee pollen, calcium, vitamin C (ascorbic acid), vitamin E (acetate), zinc (gluconate), iron (ferric orthophosphate), copper (gluconate), vitamin A (beta carotene), folate (folic acid), selenium (sodium selenite).	.12/12.5 oz	1.15/ea	13.80

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
JUICES, CONTINUED				
‡141251	PAPAYA, SS Ingredients: Fresh pressed fruit juices (papaya juice and puree, apple juice and puree), pineapple juice and white grape juice from concentrate, natural fiber (guar); herbs (acerola cherry and aloe vera), vitamin E (acetate), vitamin C (ascorbic acid), zinc (gluconate), vitamin A (beta carotene), copper (gluconate); selenium (sodium selenate).	12/12.5 oz	1.15/ea	13.80
‡140053	PINA COLADA, SS Ingredients: Fresh pressed fruit juices (pineapple juice and puree, coconut milk and coconut cream), pineapple juice and white grape juice from concentrate, natural fiber (guar), aloe vera, acerola cherry, soy protein isolate, calcium, vitamin C (ascorbic acid), vitamin E (acetate), iron (ferric orthophosphate), zinc (oxide), copper (gluconate), vitamin A (beta carotene), folate (folic acid), selenium (sodium selenite).	12/32 oz	2.05/ea	24.60
‡141258	PINEAPPLE, LKWD, OG	12/12.5 oz	2.00/ea	24.00
‡140029	PINEAPPLE, LKWD, OG Ingredients: Fresh pressed juice from whole ripe certified organic pineapples.	12/32 oz	4.10/ea	49.20
‡141286	POMEGRANATE BLEND, OG Ingredients: Certified organic fruit juices (organic pomegranate, organic apple, organic grape, organic pear, organic blueberry, organic dark sweet cherry, organic red tart cherry and organic acerola cherry from concentrate); organic aloe vera; organic grape seed.	12/12.5 oz	1.90/ea	22.80
‡141255	POMEGRANATE/BLUEBERRY, OG Ingredients: Certified organic fruit juices (organic pomegranate, organic blueberry; organic cherry, organic apple, organic grape and organic acerola cherry from concentrate); organic aloe vera juice, organic grape seed.	12/12.5 oz	1.90/ea	22.80
‡143255	POMEGRANATE LEMONADE, OG, LKWD Ingredients: Pure water; fresh pressed organic lemon juice; organic white grape juice and organic agave from concentrate, organic erythritol; organic pomegranate juice; organic rose hips.	12/32 oz	2.65/ea	31.80
‡140081	POMEGRANATE, PURE, LKWD Ingredients: Fresh pressed pomegranate juice, vitamin C (ascorbic acid).	12/32 oz	6.75/ea	81.00
‡141281	POMEGRANATE, PURE, OG, LKWD Ingredient: 100% pure juice from organic pomegranates.	12/12.5 oz	3.10/ea	37.20
142401	SWITCH CARBONATED JUICE, BLACK CHERRY Ingredients: 100% juice (apple, grape, acerola, and cherry juice concentrates), natural flavors, ascorbic acid (vitamin C).	24/8 oz	0.75/ea	18.00
142402	SWITCH CARBONATED JUICE, FRUIT PUNCH Ingredients: 100% juice (grape, apple, lemon, cherry, pineapple, orange and acerola juice concentrates), natural flavors and colors, ascorbic acid (vitamin C).	24/8 oz	0.75/ea	18.00
142403	SWITCH CARBONATED JUICE, GRAPE Ingredients: 100% juice (apple, concord grape, white grape and acerola juice concentrates), natural flavors, citric acid, ascorbic acid (vitamin C).	24/8 oz	0.75/ea	18.00
142404	SWITCH CARBONATED JUICE, KIWI BERRY Ingredients: 100% juice (apple, grape, kiwi, acerola, raspberry and strawberry juice concentrates), natural flavors, ascorbic acid (vitamin C).	24/8 oz	0.75/ea	18.00
142405	SWITCH CARBONATED JUICE, ORANGE TANGERINE Ingredients: 100% juice (apple, grape, tangerine, orange and acerola juice concentrates), gum acacia, natural flavors and colors, ascorbic acid (vitamin C).	24/8 oz	0.75/ea	18.00
142406	SWITCH CARBONATED JUICE, Watermelon Strawberry Ingredients: 100% juice (grape, apple, acerola, strawberry and watermelon juice concentrates), natural flavors, ascorbic acid (vitamin C).	24/8 oz	0.75/ea	18.00

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NUT AND SEED MIXES

- The tropical fruits in our nut and seed mixes are the low sugar type. Nuts used are raw, unless stated otherwise.
- All of our fruit, nut and seed mixes are blended in our factory using fresh nuts, seeds and dried fruits from our own refrigerated warehouse.

160115	APPLE CRUNCH LUNCH9 oz	2.75/ea	2.75
	►Order 12 of this item (160115) and receive 15% case discount			
160510	APPLE CRUNCH LUNCH5#	3.55/lb	17.75
162510	APPLE CRUNCH LUNCH25#	3.15/lb	78.75
	Ingredients: Raisins, diced dried apples, dates in oat flour, walnuts, organic soynuts (roasted in partially hydrogenated vegetable oil), pecans, dry roasted peanuts, cashews, coconut, raw sunflower seeds.			
160112	BANANA NUT SUNDAE9 oz	1.85/ea	1.85
	►Order 12 of this item (160112) and receive 15% case discount			
160516	BANANA NUT SUNDAE	5#	1.85/lb	9.25
	Ingredients: Sweetened banana chips (banana, vegetable oil, sugar), peanuts (peanut oil, salt), carob chips (sugar, partially hydrogenated vegetable oil, carob, lecithin).			
160145	CALIFORNIA MIX9 oz	2.70/ea	2.70
	►Order 12 of this item (160145) and receive 15% case discount			
160548	CALIFORNIA MIX	5#	3.50/lb	17.50
160049	CALIFORNIA MIX25#	3.00/lb	75.00
	Ingredients: Raisins, Brazil nuts, unsulphured turkish apricots, sweetened banana chips (banana, vegetable oil, sugar), almonds, walnuts, coconut, raw sunflower seeds, pineapple, pecans, dates in oat flour, papaya.			
160150	CALIFORNIA MIX with Sulphured Papaya (Temporary Item)9 oz	2.15/ea	2.15
160550	CALIFORNIA MIX with Sulphured Papaya (Temporary Item)5#	2.75/lb	13.75
	Ingredients: Same as California mix above, except papaya is sulphured.			
160120	CHERRY SUPREME8 oz	3.10/ea	3.10
	►Order 12 of this item (160120) and receive 15% case discount			
160520	CHERRY SUPREME5#	4.90/lb	24.50
162530	CHERRY SUPREME25#	4.40/lb	110.00
	20% Cherries! Ingredients: Sweetened tart cherries, raisins, pecans, apples, sweetened banana chips, (banana, vegetable oil, sugar), coconut.			
160530	CRANBERRY SUPREME5#	4.20/lb	21.00
	20% Cranberries! Ingredients: Sweetened cranberries, raisins, pecans, apples, sweetened banana chips, (banana, vegetable oil, sugar), coconut.			
160165	FRUIT NUT 'N SEED8.5 oz	2.95/ea	2.95
	►Order 12 of this item (160165) and receive 15% case discount			
160570	FRUIT NUT 'N SEED5#	4.10/lb	20.50
160069	FRUIT NUT 'N SEED25#	3.60/lb	90.00
	Ingredients: Raw sunflower seeds, walnuts, raisins, pecans, dates in oat flour, pepitas, almonds, apple dices, cashews.			
160195	RAISIN NUT CRUNCH9 oz	2.45/ea	2.45
	►Order 12 of this item (160195) and receive 15% case discount			
160500	RAISIN NUT CRUNCH	5#	3.10/lb	15.50
162520	RAISIN NUT CRUNCH25#	2.60/lb	65.00
	Ingredients: Raisins, raw sunflower seeds, unsalted roasted organic soynuts, Brazil nuts, almonds, walnuts, and pepitas.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
<u>NUT AND SEED MIXES, CONTINUED</u>				
160106	TROPICAL FRUIT & NUT	.9 oz	2.70/ea	2.70
	▶Order 12 of this item (160106) and receive 15% case discount			
160511	TROPICAL FRUIT & NUT	.5#	3.50/lb	17.50
162513	TROPICAL FRUIT & NUT	.25#	3.00/lb	75.00
	Ingredients: Raisins, pineapple (with sugar), raw sunflower seeds, almonds, dates in oat flour, Brazil nuts, chipped coconut, papaya (with sugar), pepitas, walnuts, and cashews.			
160154	TROPICANA FRUIT MIX	.9 oz	2.20/ea	2.20
	▶Order 12 of this item (160154) and receive 15% case discount			
160506	TROPICANA FRUIT MIX	.5#	2.70/lb	13.50
	Ingredients: Papaya (with sugar), pineapple (with sugar), raisins, date pieces in oat flour, coconut.			

Regrettably our prices are subject to change without notice.

COOKIE AND WAFFLE MIXES

170510	CAROB CHIP COOKIE MIX	.5#	2.10/lb	10.50
	Ingredients: Quick oats, malt sweetened carob chips (corn and barley malt, partially hydrogenated palm kernel oil, carob, lecithin), organic whole wheat pastry flour, organic barley flour, walnut pieces, natural vanilla flavor, natural lemon flavor.			
170850	COCONUT WAFFLE MIX	.12 oz	4.15/ea	4.15
	<i>By Vegetarian Express.</i> Ingredients: Rolled oats, unsweetened coconut, evaporated cane juice, salt.			
171540	"NOT-YOUR-AVERAGE" OATMEAL COOKIE MIX	.15.18 oz	4.00/ea	4.00
	<i>By Vegetarian Express.</i> Ingredients: Evaporated cane juice, whole wheat pastry flour, oatmeal, non-aluminum baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), salt.			
170520	OATMEAL RAISIN COOKIE MIX	.5#	1.80/lb	9.00
	Ingredients: Rolled oats, unsulphured Thompson raisins, walnuts, organic whole wheat pastry flour, organic barley flour, natural vanilla flavor, and natural orange flavor.			
170530	POHONKA'S WAFFLE & PANCAKE MIX	.5#	1.60/lb	8.00
	Ingredients: Wheat, buckwheat, barley, oats and soy flour, crystallized cane juice, Rumford baking powder, salt.			
170515	SESAME CORN OAT WAFFLE MIX	.5#	1.15/lb	5.75
	Ingredients: Rolled oats, cornmeal (organic), hulled sesame seeds, barley malt powder.			

MEAT SUBSTITUTES

- Soy Sauce used in Meat Substitutes is **unfermented**.

181408	BURGER MIX, TUSCAN	.14 oz	5.95/ea	5.95
	<i>By Vegetarian Express.</i> Ingredients: Rolled oats, pecan meal, dehydrated garlic and onion, salt, potato flour, caramel color, cane juice, basil, and herbs.			
182045	CEDAR LAKE CHIK'N STRIPS	.12/20 oz	4.20/ea	50.40
	Ingredients: Water, wheat gluten, soy protein isolate, whole wheat flour, hydrolyzed soy protein, corn oil, natural (vegetable) flavors, onion powder, garlic powder, calcium, vitamins (niacinamide, thiamine, vitamin B6, Riboflavin, Vitamin B12).			
180040	CEDAR LAKE CHOPS	.12/19 oz	4.20/ea	50.40
	Fat Free. Ingredients: Wheat gluten, water, wheat flour, and soy protein isolate. Broth Ingredients: Water, soy sauce (water, salt, hydrolyzed soy protein, corn syrup, caramel coloring), vegetable seasoning, salt, onion powder.			
180020	CEDAR LAKE TASTY LINKS	.12/20 oz	4.25/ea	51.00
	Ingredients: Wheat gluten, corn oil, soy protein concentrate, food yeast, soy flour, natural (vegetable) and artificial flavors, lecithin, lysine, onion, caramel color, garlic powder. Broth contains: Water and salt.			

Orders - Information
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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
MEAT SUBSTITUTES, CONTINUED				
182015	CEDAR LAKE TERKETTES	12/20 oz	4.00/ea	48.00
	Ingredients: Wheat gluten, water, whole wheat flour, vegetable seasoning (dextrose, salt, hydrolyzed vegetable protein, soy oil, onion powder, and spice extractives of turmeric and celery, with not more than 2% silicon dioxide added to prevent caking).			
180160	CEDAR LAKE THREE GRAIN PECAN BURGER	12/20 oz	4.00/ea	48.00
	Low fat. Ingredients: Wheat gluten, water, wheat flour, barley flour, rye flour, and pecan meal. Broth contains: Water, barley malt, sea salt, soy sauce (water, wheat, soy beans, and salt), celery, nutritional yeast, garlic.			
182040	CEDAR LAKE TOFU LINKS	12/20 oz	4.00/ea	48.00
	Ingredients: Water, wheat gluten, soy protein isolate, tofu (water, soy beans, magnesium chloride), corn starch, corn oil, natural (vegetable) and artificial flavors, hydrolyzed soy protein, onion powder, garlic powder, caramel color, calcium, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12), red 3 and yellow 6 for color. Broth: Water and salt.			
180100	CEDAR LAKE VEGBURGER	12/19 oz	4.20/ea	50.40
	Ingredients: Wheat gluten, water, cornmeal, soy flour, soy sauce (water, salt, hydrolyzed soy protein, corn syrup, and caramel coloring), oatmeal, vegetable oil, vegetable seasoning, salt.			
180030	CEDAR LAKE VEGI-FRANKS	12/20 oz	4.25/ea	51.00
	Ingredients: Wheat gluten, corn oil, soy protein concentrate, food yeast, soy flour, artificial and natural (vegetable) flavors, wheat germ, onion, garlic, salt, lecithin, caramel color, lysine, and spice. Broth contains: Water and salt.			
181200	CHILI MAN CHILI, VEGETARIAN	12/15 oz	1.35/ea	16.20
	Ingredients: Water, beans, textured soy protein (soy flour, caramel color), spices, tomato paste, modified food starch, salt, onion powder, yeast extract, sugar, corn flour, garlic powder.			
180500	MINIT-MEAT BEAF5.4 oz	3.95/ea	3.95
	▶ Order 12 of this item (180500) and receive 5% case discount Ingredients: Wheat gluten, soy flour, food yeast, onion, kelp, celery, plus a unique blend of herbs and vegetables.			
180400	MINIT-MEAT CHIK5.4 oz	3.95/ea	3.95
	▶ Order 12 of this item (180400) and receive 5% case discount Ingredients: Wheat gluten, soy flour, food yeast, onion, garlic, parsley, sea salt, plus a unique blend of herbs and vegetables.			
180550	SESAME OATBURGER MIX5#	1.60/lb	8.00
	WHEAT FREE! Delicious, nutritious and easy to prepare. Comes with instructions. Ingredients: Rolled oats, soy granules, sesame seeds, sunflower seeds, nutritional yeast flakes, onion, dill, garlic, parsley, kelp, basil, oregano.			
	<ul style="list-style-type: none"> • Soy Curls are 100% whole soy! They have all the health benefits of the soybean. Quick cooking, versatile and easy to use like TVP. Recipes available. 			
180800	SOY CURLS, CCF, NON-GMO8 oz	3.00/ea	3.00
180613	SOY CURLS, CCF, NON-GMO3#	4.80/lb	14.40
180612	SOY CURLS, CCF, NON-GMO12#	4.25/lb	51.00
	Ingredients: 100% delicately textured soy bean.			
	<ul style="list-style-type: none"> • TVP (Textured Vegetable Protein) is excellent in casseroles, pasta dishes, and chili. 			
180567	TVP CHUNKS, NO COLOR OR FLAVOR4#	1.50/lb	6.00
*185030	TVP CHUNKS, NO COLOR OR FLAVOR45#	1.00/lb	45.00
	Ingredients: Soy flour.			
180540	TVP MINCED, CAMEL COLOR5#	1.30/lb	6.50
185040	TVP MINCED, CAMEL COLOR50#	0.80/lb	40.00
	Ingredients: Soy flour, caramel color.			

*\$1.00 additional handling charge for UPS shipment.

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
MEAT SUBSTITUTES, CONTINUED				
180562	TVP MINCED, NO COLOR OR FLAVOR	.5#	1.50/lb	7.50
*185020	TVP MINCED, NO COLOR OR FLAVOR Ingredients: Soy flour, zinc oxide, niacinamide, ferrous sulfate, copper gluconate, vitamin A palmitate, calcium pantothenate, thiamine mononitrate (B-1), pyridoxine hydrochloride (B-6), riboflavin (B-2), cyanocobalamin (B-12).	.50#	1.00/lb	50.00
180566	TVP STRIPS, CARAMEL COLOR	.5#	1.50/lb	7.50
*180167	TVP STRIPS, CARAMEL COLOR Ingredients: Soy flour, caramel color.	.50#	1.00/lb	50.00
181906	VIBRANT LIFE 7-GRAIN CUTLET, Vegan ►Order 12 of this item (181906) and receive 5% case discount Ingredients: Water, wheat gluten, whole wheat flour, oat flour, corn flour, rye flour, barley flour, millet flour, rice flour, vegetable seasonings, calcium, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12). Broth: Water, sea salt, soy sauce, yeast extract, onion powder, vegetable seasonings, celery powder, garlic powder.	.20 oz	4.40/ea	4.40
181903	VIBRANT LIFE NUT-LOAF, Vegan ►Order 12 of this item (181903) and receive 5% case discount Ingredients: Water, peanuts, soy flour, soy protein isolate, corn flour, dextrose, hydrolyzed soy protein, salt, celery, calcium, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12).	.19 oz	4.40/ea	4.40
181907	VIBRANT LIFE SUPER FRANK, Vegan ►Order 12 of this item (181907) and receive 5% case discount Ingredients: Water, wheat gluten, textured vegetable protein (soy protein concentrate), dried yeast, corn oil, soy protein isolate, defatted wheat germ, yeast extract, natural (vegetable) flavors from non-meat sources, soy flour, onion, salt, garlic powder, dextrose, hydrolyzed soy protein, calcium, lysine, lecithin, paprika, spices, natural smoke flavor, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12), red 3 and yellow 6 for color.	.20 oz	4.40/ea	4.40
181902	VIBRANT LIFE VEGE-CUTS, Vegan ►Order 12 of this item (181902) and receive 5% case discount Ingredients: Water, wheat gluten, white flour, soy protein isolate, calcium, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12). Sauce: Water, soy sauce, yeast extract, vegetable seasonings, salt.	.19 oz	4.40/ea	4.40
181905	VIBRANT LIFE VEGE-FRANKS, Vegan ►Order 12 of this item (181905) and receive 5% case discount Ingredients: Water, soy protein isolate, wheat gluten, food yeast, wheat germ, natural (vegetable) and artificial flavors, onion, hydrolyzed vegetable protein, garlic powder, salt, calcium, natural smoke flavor, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12), red 3 and yellow 6 for color. Broth: Water, salt.	.20 oz	4.40/ea	4.40
181909	VIBRANT LIFE VEGE-SCALLOPS, Vegan ►Order 12 of this item (181909) and receive 5% case discount Ingredients: Water, wheat gluten, soy protein isolate, soy protein concentrate, ascorbic acid. Broth: Water, salt, disodium inosinate, disodium guanylate, lysine (an essential amino acid).	.19 oz	4.40/ea	4.40
181908	VIBRANT LIFE VEGE-STEAK, Vegan ►Order 12 of this item (181908) and receive 5% case discount Ingredients: Water, wheat gluten, soy protein isolate, corn oil, natural (vegetable) and artificial flavors from non-meat sources, caramel color, salt, hydrolyzed soy protein, onion powder, garlic powder, yeast extract, calcium, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12). Broth: Water, salt, soy sauce, caramel color.	.19 oz	4.40/ea	4.40
181904	VIBRANT LIFE VEGEBURGER, Vegan ►Order 12 of this item (181904) and receive 5% case discount Ingredients: Water, wheat gluten, textured vegetable protein (soy protein concentrate), soy protein isolate, white flour, corn oil, soy sauce, natural (vegetable) and artificial flavors from non-meat sources, corn starch, yeast extract, caramel color, salt, onion powder, garlic powder, calcium, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12).	.19 oz	4.40/ea	4.40

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“For the earth is the Lord’s and the fullness thereof.”
1 Cor. 10:26

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
MEAT SUBSTITUTES, CONTINUED				
181901	VIBRANT LIFE VEGETALS, Vegan	19 oz	4.40/ea	4.40
	▶Order 12 of this item (181901) and receive 5% case discount			
	Ingredients: Water, wheat gluten, whole wheat flour, calcium, vitamins (niacinamide, thiamine, vitamin B6, riboflavin, vitamin B12). Sauce: Water, vegetable seasonings (dextrose, salt, hydrolyzed vegetable protein, soy oil, onion powder, spice extractions of turmeric and celery), salt.			

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‡191202	APPLE BUTTER	12/12 oz	2.40/ea	28.80
	Ingredients: Apples, cider and/or concentrate.			
‡190022	APPLE BUTTER, OG	12/16 oz	3.60/ea	43.20
	Made with organically grown apples, 13% apple juice concentrate. No sugar added.			
‡190005	APPLE SAUCE, C.L.	12/25 oz	1.35/ea	16.20
	Made from sweet, sound, fresh apples, mostly Golden Delicious. Mellow flavor, golden color, no sugar.			
	Ingredients: Apples, water, erythorbic acid (also called isoascorbic acid, an antioxidant that is non-toxic).			
‡192576	APPLE SAUCE, OG	12/25 oz	3.50/ea	42.00
	Ingredients: Fresh, ripe, whole organic apples.			

HONEY

- Our honey is RAW and unfiltered, heated only slightly to allow pumping into containers.
- If your honey crystallizes, you can heat it to return to normal consistency.

“A friend loveth at all times.”
Prov. 17:17

200003	HONEY BEARS	12/12 oz (9#)	2.50/ea	30.00
200910	HONEY STIX	100	0.13/ea	12.75
‡200005	HONEY, MICHIGAN LIGHT	12/2 lb	5.75/ea	69.00
‡200511	HONEY, MICHIGAN LIGHT	6/5lb	14.25/ea	85.50
020270	HONEY, MICHIGAN LIGHT, Approx. 12#	.1 gal	26.00/gal	26.00
*200015	HONEY, MICHIGAN LIGHT, 60#	.5 gal	25.25/gal	126.25
‡201644	HONEY, OG, IMP	16 oz	9.00/ea	9.00

*\$1.00 additional handling charge for UPS shipment.

OTHER SWEETENERS

212302	AGAVE NECTAR, 100% PURE, AMBER, OG	23.5 oz	5.50/ea	5.50
210102	AGAVE NECTAR, 100% PURE, AMBER, OG	.11#	2.55/lb	28.00
212301	AGAVE NECTAR, 100% PURE, LIGHT, OG	23.5 oz	5.50/ea	5.50
210101	AGAVE NECTAR, 100% PURE, LIGHT, OG	.11#	2.55/lb	28.00
211101	AGAVE NECTAR, HAZELNUT, OG	11.75 oz	3.95/ea	3.95
212303	AGAVE NECTAR, RAW, OG	24.7 oz	5.50/ea	5.50
210103	AGAVE NECTAR, RAW, OG	.184 oz	30.50/ea	30.50
210512	BARLEY MALT POWDER	.5#	2.45/lb	12.25
210532	CANE JUICE CRYSTALS, OG	.5#	1.20/lb	6.00
*215032	CANE JUICE CRYSTALS, OG	.50#	0.85/lb	42.50

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
OTHER SWEETENERS, CONTINUED				
040574	DATE SUGAR	5#	3.00/lb	15.00
040070	DATE SUGAR	.25#	2.75/lb	68.75
980596	FRUCTOSE CRYSTALS	5#	1.30/lb	6.50
*215095	FRUCTOSE CRYSTALS	.50#	0.95/lb	47.50
	The fructose we carry is made from high fructose corn syrup.			
*210015	MALT SYRUP (CORN BARLEY)	.5 gal	9.60/gal	48.00
213234	MAPLE SYRUP, GRADE A, MEDIUM AMBER	.1 qt	17.50/qt	17.50
210032	MAPLE SYRUP, GRADE A, MEDIUM AMBER	.1 gal	14.25/qt	57.00
	• All of our molasses is unsulphured.			
210055	MOLASSES, BLACKSTRAP #150	.1 qt	3.10/ea	3.10
	▶Order 6 of this item (210055) and receive 5% case discount			
210050	MOLASSES, BLACKSTRAP #150	.1 gal	9.25/ea	9.25
*216040	MOLASSES, BLACKSTRAP #150 (Approx. 5 gals)	.60#	0.85/lb	51.00
‡211580	MOLASSES, BLACKSTRAP, OG	.15 oz	4.50/ea	4.50
210063	MOLASSES, GOLDEN #10	.1 gal	11.00/ea	11.00
*216063	MOLASSES, GOLDEN #10 (Approx. 5 gals)	.60#	0.90/lb	54.00
‡210021	RICE SYRUP, LUNDBERG	.21 oz	3.75/ea	3.75
	▶Order 12 of this item (210021) and receive 5% case discount			
	Ingredients: Brown rice, water, natural enzymes (less than 1%).			
210043	STEVIA EXTRACT POWDER, WHITE	.2 oz	4.00/oz	8.00
210143	STEVIA EXTRACT POWDER, WHITE	.12 oz	2.85/oz	34.20
210544	SUCANAT	.5#	1.75/lb	8.75
*215044	SUCANAT	.50#	1.40/lb	70.00
210155	XYLITOL CRYSTALS (From Hardwood Birch)	.1#	5.50/lb	5.50
210355	XYLITOL CRYSTALS (From Hardwood Birch)	.3#	5.00/lb	15.00

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*\$1.00 additional handling charge for UPS shipment.

“Draw near to God, and He will draw near to you.” James 4:8

JAMS/CONSERVES

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SORRELL RIDGE UNSWEETENED CONSERVES

• Conserves are jellies sweetened with fruit juice.

‡220087	APRICOT	.12/10 oz	2.50/ea	30.00
‡220090	BLACK CHERRY	.12/10 oz	2.50/ea	30.00
‡220107	BLACK RASPBERRY	.12/10 oz	2.50/ea	30.00
‡220109	BLACKBERRY	.12/10 oz	2.50/ea	30.00
‡220140	BLUEBERRY, WILD	.12/10 oz	2.50/ea	30.00
‡220112	BOYSENBERRY	.12/10 oz	2.50/ea	30.00
‡220085	CHERRY	.12/10 oz	2.50/ea	30.00
‡220115	GRAPE	.12/10 oz	2.50/ea	30.00

Orders - Information
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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
JAMS & CONSERVES, CONTINUED				
‡220120	ORANGE MARMALADE	12/10 oz	2.50/ea	30.00
‡220122	PEACH	12/10 oz	2.50/ea	30.00
‡220129	PLUM GOOD	12/10 oz	2.50/ea	30.00
‡220130	RASPBERRY	12/10 oz	2.50/ea	30.00
‡220132	RASPBERRY, SEEDLESS	12/10 oz	2.50/ea	30.00
‡220135	STRAWBERRY	12/10 oz	2.50/ea	30.00
‡220125	STRAWBERRY, SEEDLESS	12/10 oz	2.50/ea	30.00
‡220080	STRAWBERRY-RHUBARB	12/10 oz	2.50/ea	30.00
‡220160	SORRELL RIDGE VARIETY PACK	12/10 oz	2.75/ea	33.00
	Contains one each of the following flavors: black raspberry, boysenberry, cranberry, strawberry rhubarb, black cherry, grape, raspberry, wild blueberry, peach, seedless strawberry, apricot, and orange marmalade. (Flavors may vary slightly.)			

“For the earth is the Lord’s and the fullness thereof.”
1 Cor. 10:26

DAIRY SUBSTITUTES

- Check out our cookbooks for more dairy and meat alternatives.
- General Mixing Instructions For Dairy Substitutes: 2/3 cup milk powder to 1 quart of water, then mix well. For richer flavor, add a little more powder.
- Fructo-oligosaccharides are naturally occurring sugars.

232100	BETTER THAN ICE CREME SOY, VANILLA	.21 oz	7.90/ea	7.90
	▶Order 6 of this item (232100) and receive 5% case discount			
230510	BETTER THAN ICE CREME SOY, VANILLA	.5#	4.35/lb	21.75
232500	BETTER THAN ICE CREME SOY, VANILLA	.25#	3.85	96.25
	<i>Good in ice cream makers or just blend with ice for a smoothie.</i>			
	Ingredients: Maltodextrin (from corn), evaporated cane juice, soymilk (soy beans, isolated soy protein, filtered water), sunflower oil, natural vanilla and other natural flavors (no MSG, no dairy), calcium carbonate, sea salt, food starch-modified (from corn), rice extract, monoglycerides, carrageenan, guar gum.			
233520	BETTER THAN MILK RICE	.21.4 oz	10.25/ea	10.25
	▶Order 6 of this item (233520) and receive 5% case discount			
	Ingredients: Maltodextrin (from organic rice), sunflower oil, evaporated cane juice, maltodextrine (from corn), natural flavors (no MSG, no dairy), calcium carbonate, sea salt, food starch-modified (from corn), xanthan gum, rice extract, guar gum, monoglycerides, fructo-oligosaccharides, vitamin C (ascorbic acid), vitamin E (D-alpha tocopherol acetate), vitamin A (acetate), vitamin B-12 (cyanocobalamin).			
231520	BETTER THAN MILK RICE VANILLA	.21.4 oz	10.25/ea	10.25
	▶Order 6 of this item (231520) and receive 5% case discount			
	Ingredients: Maltodextrin (from organic rice), sunflower oil, evaporated cane juice, maltodextrine (from corn), natural vanilla and other natural flavors (no MSG, no dairy), calcium carbonate, sea salt, food starch-modified (from corn), xanthan gum, guar gum, monoglycerides, rice extract, fructo-oligosaccharides, vitamin C (ascorbic acid), vitamin E (D-alpha tocopherol acetate), vitamin B6 (pyridoxine hydrochloride), vitamin A (acetate), folic acid, vitamin B-12 (cyanocobalamin).			
*232320	BETTER THAN MILK SOY, LIQUID	12/32 oz	2.10/ea	25.20
	Ingredients: Water, tofu (water, soy solids calcium sulfate), maltodextrin (from corn), modified food starch, sunflower oil, calcium blend (calcium carbonate, tri-calcium phosphate), natural flavors (no MSG, no dairy), sea salt, guar gum, anatase titanium dioxide (a mineral for color), vegetable mono and diglycerides, xanthan gum, vitamin B-12 (cyanocobalamin), vitamin E (mixed tocopherols).			

*\$1.00 additional handling charge for UPS shipment.

Country Life Natural Foods

P.O. Box 489 • Pullman, MI 49450

Phone Orders: 800-456-7694 • Fax: 269-236-8357 • E-mail: mail@clnf.org

Customer Number:	Phone #:	Email or Fax # (if confirmation needed):	Date:
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Bill to Name:	Ship to Name (if different):
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Address:	Address:
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City, State, Zip:	City, State, Zip:
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Ship Via: Our Truck (\$400.00 Min. [\$500.00 MO route]) UPS (\$25.00 Min.) Customer Pick-up

Qty	Product #	Description & Size	Price Ea.	Ext. Price	
1	1	100000	Fax, Mail, or e-mail Discount (per order)	- \$1.00	- \$1.00
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Special Instructions/Signature:	TOTAL:
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Method of Payment: MC Visa Discover Prepaid Check COD Established Terms

Credit Card # _____ - _____ - _____ - _____ Exp Date: ____ / ____ CID Code _____

Country Life Natural Foods

P.O. Box 489 • Pullman, MI 49450

Phone Orders: 800-456-7694 • Fax: 269-236-8357 • E-mail: mail@clnf.org

Customer Number:	Phone #:	Email or Fax # (if confirmation needed):	Date:
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Bill to Name:	Ship to Name (if different):
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Address:	Address:
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City, State, Zip:	City, State, Zip:
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Ship Via: Our Truck (\$400.00 Min. [\$500.00 MO route]) UPS (\$25.00 Min.) Customer Pick-up

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Credit Card # _____ - _____ - _____ - _____ Exp Date: ____ / ____ CID Code _____

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
DAIRY SUBSTITUTES, CONTINUED				
230520	BETTER THAN MILK SOY, ORIGINAL	.5#	5.75/lb	28.75
232510	BETTER THAN MILK SOY, ORIGINAL	.25#	4.95/lb	123.75
232125	BETTER THAN MILK SOY, ORIGINAL	.25.9 oz	10.25/ea	10.25
	►Order 6 of this item (232125) and receive 5% case discount CASEINATE FREE. Ingredients: Tofu (water, soy solids, calcium sulfate), maltodextrin (from corn), modified food starch, sunflower oil, calcium blend (calcium carbonate, tri-calcium phosphate), natural flavors (no MSG, no dairy), sea salt, guar gum, xanthan gum, anatase titanium dioxide (a mineral for color), vegetable mono and diglycerides, vitamin B-12 (cyanocobalamin), vitamin E (mixed tocopherols).			
230514	BETTER THAN MILK SOY, VANILLA	.5#	5.75/lb	28.75
232514	BETTER THAN MILK SOY, VANILLA	.25#	4.95/lb	123.75
232302	BETTER THAN MILK SOY, VANILLA	.22.4 oz	10.25/ea	10.25
	►Order 6 of this item (232302) and receive 5% case discount Ingredients: Soymilk (soybeans, isolated soy protein, filtered water), evaporated cane juice, natural vanilla and other natural flavors (no MSG, no dairy), pregelatinized rice flour, calcium carbonate, dextrose (from potato), sea salt, maltodextrin (from corn), fructo-oligosaccharides, guar gum, vitamin C (ascorbic acid), vitamin E (D-alpha tocopherol acetate), vitamin A (acetate), vitamin B-12 (cyanocobalamin).			
231412	COCONUT MILK, THAI (Premium)	.14 oz	1.40/ea	1.40
231486	COCONUT MILK, THAI, LITE	.14 oz	1.40/ea	1.40
	Ingredients: Coconut milk, guar gum (a natural emulsifier).			
‡232400	NAYONAISE, NASOYA	.24 oz	3.25/ea	3.25
	Ingredients (All non-GMO.): Silken tofu (water, organic soybeans, lemon juice concentrate), sunflower and/or soybean oil, cane juice (dried), grain vinegar, salt, prepared mustard (distilled vinegar, water, mustard seed, salt, turmeric, spices), apple cider vinegar, guar gum, xanthan gum, sodium alginate.			
330612	PARMA ZAN SPRINKLES	.6 oz	5.50/ea	5.50
	<i>By Vegetarian Express. Ingredients:</i> Blanched almond meal, salt, nutritional yeast, dehydrated onion, citric acid.			
*233214	SILK SOYMILK, PLAIN, LIQUID	.12/32 oz	2.10/ea	25.20
	Ingredients: Filtered water, whole organic soybeans, naturally milled organic evaporated cane juice, calcium carbonate, sea salt, natural flavors, carrageenan, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12.			
236512	SILK SOYMILK, VANILLA (KIDS)	.3/8.25 oz	0.90/ea	2.70
	Ingredients: Filtered water, whole organic soybeans, organic evaporated cane juice, calcium carbonate, natural vanilla flavor, tricalcium phosphate, sea salt, carrageenan, sodium ascorbate (vitamin C), alpha-tocopherol (vitamin E), vitamin A, palmitate, vitamin D2, riboflavin (B2), vitamin B12.			
*233218	SILK SOYMILK, VANILLA, LIQUID	.12/32 oz	2.10/ea	25.20
	Ingredients: Filtered water, whole organic soybeans, naturally milled organic evaporated cane juice, calcium carbonate, natural vanilla flavor, natural flavors, sea salt, carrageenan, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12.			
233220	SILK SOYMILK, UNSWEETENED, LIQUID	.12/32 oz	2.10/ea	25.20
	Ingredients: Filtered water, whole organic soybeans, calcium carbonate, sea salt, natural flavors, carrageenan, vitamin A palmitate, vitamin D2, riboflavin (B2), vitamin B12.			

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*\$1.00 additional handling charge for UPS shipment.

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
DAIRY SUBSTITUTES, CONTINUED				
231690	SOY GOOD, CLASSIC VANILLA	.21.2 oz	11.75/ea	11.75
	▶Order 6 of this item (231690) and receive 5% case discount			
232580	SOY GOOD, CLASSIC VANILLA	.2.65#	7.79/lb	20.65
	▶Order 5 of this item (232580) and receive 5% case discount			
	Ingredients: Soy protein concentrate, corn syrup solids, maltodextrin, fructose, sunflower oil, calcium carbonate, magnesium amino acid chelate, natural flavors (no MSG), salt, soy lecithin, carrageenan, silicon dioxide, vegetable mono and diglycerides, ferric orthophosphate, vitamin D3 (cholecalciferol), vitamin A (palmitate), vitamin C (ascorbic acid), vitamin B12 (cyanocobalamin, vitamin E (alphatocopherol acetate), riboflavin B2, thiamine hydrochloride B1, niacin B3 (nicotinic acid), vitamin B6 (pyridoxine hydrochloride), biotin, folic acid, copper amino acid chelate, zinc amino acid chelate, selenium (selenomethionine), manganese amino acid chelate, chromium amino acid chelate, molybdenum amino acid chelate, iodine (potassium iodide).			
232180	SOY GOOD, PLAIN AND SIMPLE	.21.2 oz	11.75/ea	11.75
	▶Order 6 of this item (232180) and receive 5% case discount			
232570	SOY GOOD, PLAIN AND SIMPLE	.2.65#	7.79/lb	20.65
	▶Order 5 of this item (232570) and receive 5% case discount			
	Ingredients: Soy protein, maltodextrin, corn syrup solids, high oleic sunflower oil, fructose, calcium carbonate, food starch (modified), salt, dimagnesium malate, carageenan, natural flavors (no MSG), soy lecithin, silicon dioxide, dipotassium phosphate, tricalcium phosphate, vitamin C (ascorbic acid), vitamin E (D-alpha tocopherol acetate), niacin B3 (niacinamide), calcium pantothenate (pantothenic acid), pyridoxine hydrochloride (B6), riboflavin (B2), thiamine mononitrate (B1), vitamin A (palmitate), folic acid, biotin, vitamin D2, vitamin B12 (cyanocobalamin).			
230541	SOY SUPREME, REGULAR	.5#	4.10/lb	20.50
*230150	SOY SUPREME, REGULAR	.50#	3.50/lb	175.00
	A spray dried product made from 100% soy beans.			
	<i>Soy Supreme Mixing Instructions:</i> ½ cup Soy Supreme, 1 cup water, vanilla & honey to taste, pinch of salt. Blend for 2-3 minutes, then add 2 ½ cups water. Makes 1 quart. Milk will settle, so stir before use.			
230560	SOY SUPREME, SMOOTH, FIBER REDUCED	.5#	4.00/lb	20.00
*230155	SOY SUPREME, SMOOTH, FIBER REDUCED	.50#	3.40/lb	170.00
	A spray dried product made from 100% soy beans.			
233288	SUNRICH NATURALS SOYMILK, PLAIN, OG	.12/32 oz	1.35/ea	16.20
	Ingredients: Organic soymilk (filtered water, whole organic soybeans), organic evaporated cane juice, calcium carbonate, natural vanilla flavor with other natural flavors, sodium citrate, sea salt, sodium bicarbonate, carrageenan, vitamin A palmitate, vitamin D2.			

OIL

‡Cannot Ship by UPS

‡240048	CANOLA OIL	4.5 gal	7.30/gal	32.85
240045	CANOLA OIL, VITAMIN E	.1 gal	8.00/gal	8.00
240155	CANOLA OIL, OG, Expeller Pressed	.1 gal	16.75/gal	16.75
245460	COCONUT OIL, EXTRA VIRGIN, OG	.54 oz	19.00/ea	19.00
240760	COCONUT OIL, EXTRA VIRGIN, OG	.8#	5.25/lb	42.00
‡240060	COCONUT OIL	.50#	1.00/lb	50.00
240052	CORN OIL	1 gal	7.75/gal	7.75
980590	LECITHIN, GRANULES	.5#	4.50/lb	22.50
‡241688	LECITHIN, LIQUID	.16 oz	4.25/ea	4.25
‡240116	LECITHIN, LIQUID	.32 oz	6.95/ea	6.95
240180	LECITHIN, LIQUID	.1 gal	12.50/gal	12.50

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
OILS, CONTINUED				
‡243380	OLIVE OIL, EXTRA VIRGIN, DELALLO	33.8 oz	13.25/ea	13.25
245000	OLIVE OIL, EXTRA VIRGIN, DOMINUS Made from hand-picked picual olives. First cold pressing.	16.9 oz (500 ml)	6.25/ea	6.25
‡241600	OLIVE OIL, OG, EXTRA VIRGIN, First Cold Pressing (Bragg's)	16 oz	7.25/ea	7.25
241280	OLIVE OIL, OG, EXTRA VIRGIN, First Cold Pressing (Bragg's)	1 gal	38.50/gal	38.50
‡241690	OLIVE OIL, OG, EXTRA VIRGIN, UNFILTERED	16.9 oz	9.25/ea	9.25
240114	OLIVE OIL, EXTRA VIRGIN, First Cold Pressing This extra virgin olive oil is packaged in tin cans.	3 ltr	8.00/ltr	24.00
240381	OLIVE OIL, PURE	3 litre	9.90/ltr	29.70
240030	SAFFLOWER OIL, Expeller Pressed with vitamin E	1 gal	13.75/gal	13.75
240042	SOY OIL	1 gal	6.75/gal	6.75
‡240040	SOY OIL	4.5 gal	5.50/gal	24.75

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CAROB AND CANDY PRODUCTS

- Unfortunately, we are unable to ship carob products by UPS from May - September. Carob tends to melt in shipping during these months (delivery by our trucks is still okay).

- All our carob products are non-dairy. They may contain trace amounts of other nuts.

- Confectioners Glaze is a mixture of guar gum and beeswax.

"Thy kingdom come, Thy will be done."
Matt. 6:10

270542	CAROB BRIDGE MIX	.5#	3.60/lb	18.00
271242	CAROB BRIDGE MIX	12/12 oz	3.25/ea	39.00
Ingredients: Almonds (dry roasted), raisins, cashews, peanuts (dry roasted), carob coating (corn & barley malt, non-hydrogenated, fractionated palm kernel oil, carob powder, lecithin, confectioners glaze).				
271298	CAROB CHIPS, MALT SWEETENED, NON-HYDROGENATED	12 oz	3.25/ea	3.25
270588	CAROB CHIPS, MALT SWEETENED, NON-HYDROGENATED	.5#	3.20/lb	16.00
272509	CAROB CHIPS, MALT SWEETENED, NON-HYDROGENATED	.25#	2.80/lb	70.00
Ingredients: Barley malt (malt, corn), fractionated palm kernel oil, carob powder, soy lecithin.				
270515	CAROB CHIPS, SUGAR SWEETENED	.5#	1.65/lb	8.25
270005	CAROB CHIPS, SUGAR SWEETENED	.25#	1.30/lb	32.50
Ingredients: Sugar, partially hydrogenated palm kernel oil, carob powder, sorbitan monostearate (an emulsifier), soy lecithin.				
270513	CAROB CHIPS, UNSWEETENED	.5#	2.00/lb	10.00
270003	CAROB CHIPS, UNSWEETENED	.25#	1.65/lb	41.25
Ingredients: Carob powder, partially hydrogenated palm kernel oil, sorbitan monostearate, soy lecithin.				
271070	CAROB CLUSTERS, ALMOND	.10#	3.50/lb	35.00
Ingredients: Almonds, malted barley and corn, fractionated palm kernel oil, carob powder, soy lecithin (an emulsifier).				
271080	CAROB CLUSTERS, COCONUT	.10#	2.55/lb	25.50
Ingredients: Coconut, malted barley and corn, fractionated palm kernel oil, carob powder, soy lecithin (an emulsifier).				

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
CAROB AND CANDY PRODUCTS, CONTINUED				
270014	CAROB CLUSTERS, FRUIT & NUT	.10#	2.37/lb	23.70
	Ingredients: Raisins, peanuts, malted barley and corn, fractionated palm kernel oil, carob powder, lecithin.			
271060	CAROB CLUSTERS, PEANUT	.10#	2.55/lb	25.50
	Ingredients: Peanuts, malted barley and corn, fractionated palm kernel oil, carob powder, soy lecithin (an emulsifier).			
270016	CAROB COATED ALMONDS	.10#	3.45/lb	34.50
271207	CAROB COATED ALMONDS	.12/12 oz	3.10/ea	37.20
	Ingredients: Almonds, malted barley and corn, fractionated palm kernel oil, carob powder, soy lecithin, confectioners glaze.			
270012	CAROB COATED CASHEWS	.10#	3.69/lb	36.90
271203	CAROB COATED CASHEWS	.12/12 oz	3.15/ea	37.80
	Ingredients: Cashews, malted barley and corn, fractionated palm kernel oil, carob powder, soy lecithin, and confectioners glaze.			
270017	CAROB COATED PEANUTS	.10#	2.35/lb	23.50
271208	CAROB COATED PEANUTS	.12/12 oz	2.25/ea	27.00
	Ingredients: Peanuts, malted barley and corn, fractionated palm kernel oil, carob powder, soy lecithin, confectioners glaze.			
270018	CAROB COATED RAISINS	.10#	2.45/lb	24.50
271209	CAROB COATED RAISINS	.12/12 oz	2.35/ea	28.20
	Ingredients: Raisins, malted barley and corn, fractionated palm kernel oil, carob powder, soy lecithin, confectioners glaze.			
271674	CAROB POWDER, CHATFIELD'S	.16 oz	3.95/ea	3.95
260523	CAROB POWDER, MEDIUM ROAST	4#	1.60/lb	6.40
270134	CAROB POWDER, MEDIUM ROAST	.25#	1.15/lb	28.75
271564	CASHEW BAR, HONEY	.20/1.5 oz	0.83/ea	16.50
	Ingredients: Cashews, rice syrup, cranberries, pumpkin seeds, honey, buckwheat, amaranth, crisp rice.			
270115	CHEWELS, APRICOT, 9 BARS (Bulk Pack)	.1.04#	0.90/ea	8.10
270105	CHEWELS, APRICOT	.12/2 oz	0.95/ea	11.40
	Ingredients: Unsulphured dried apricots, rice syrup, crisp brown rice, quick oats, coconut, natural apricot flavor, locust bean gum, carrageenan, sea salt.			
270111	CHEWELS, BLUEBERRY DATE, 9 BARS (Bulk Pack)	.1.25#	0.90/ea	8.10
270101	CHEWELS, BLUEBERRY DATE	.12/2 oz	0.95/ea	11.40
	Ingredients: Rice syrup, sweetened dried blueberries, crisp brown rice, quick oats, date pieces, coconut, natural blueberry flavor, sea salt, carrageenan, locust bean gum.			
270112	CHEWELS, CHERRY, 9 BARS (Bulk Pack)	.1.25#	0.90/ea	8.10
270102	CHEWELS, CHERRY	.12/2 oz	0.95/ea	11.40
	Ingredients: Sugar sweetened dried cherries, rice syrup, crisp brown rice, quick oats, coconut, raisins, natural cherry flavor, sea salt, locust bean gum, carrageenan.			
270113	CHEWELS, CRANBERRY, 9 BARS (Bulk Pack)	.1.25#	0.90/ea	8.10
270104	CHEWELS, CRANBERRY	.12/2 oz	0.95/ea	11.40
	Ingredients: Sweetened dried cranberries, rice syrup, crisp brown rice, quick oats, coconut, natural cranberry flavor, sea salt, carrageenan, locust bean gum.			
270114	CHEWELS, ORANGE DATE, 9 BARS (Bulk Pack)	.1.25 #	0.90/ea	8.10
270117	CHEWELS, ORANGE DATE	.12/2 oz	0.95/ea	11.40
	Ingredients: Date pieces, rice syrup, crisp brown rice, quick oats, unsweetened coconut, sea salt, natural orange flavor, carrageenan, locust bean gum.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
CAROB AND CANDY PRODUCTS, CONTINUED				
271812	COCONUT BAR, ALMOND, OG Ingredients: Coconut, brown rice syrup, natural almond flavor.	.18/2.2 oz	0.75/ea	13.50
271814	COCONUT BAR, CHERRY, OG Ingredients: Coconut, brown rice syrup, natural cherry flavor, natural color.	.18/2.2 oz	0.75/ea	13.50
271820	COCONUT BAR, MANGO, OG Ingredients: Coconut, brown rice syrup, natural mango flavor, natural color.	.18/2.2 oz	0.75/ea	13.50
271810	COCONUT BAR, ORIGINAL, OG Ingredients: Coconut, brown rice syrup.	.18/2.2 oz	0.75/ea	13.50
271816	COCONUT BAR, PINEAPPLE, OG Ingredients: Coconut, brown rice syrup, natural pineapple flavor, natural color.	.18/2.2 oz	0.75/ea	13.50
271818	COCONUT BAR, STRAWBERRY, OG Ingredients: Coconut, brown rice syrup, natural strawberry flavor, natural color.	.18/2.2 oz	0.75/ea	13.50
271540	DATE BAR, 100% dates	.20/1.5 oz	0.83/ea	16.50
271552	FIG BAR, 100% figs	.20/1.5 oz	0.83/ea	16.50
271521	FLAX SEED BAR Ingredients: Flax seeds, sesame seed, rice syrup, date syrup.	.20/1.5 oz	0.83/ea	16.50
271576	GRANOLA BAR, HONEY Ingredients: Pecans, rice syrup, raisins, pumpkin seeds, honey, buckwheat, amaranth, crisp rice.	.20/1.5 oz	0.83/ea	16.50
271221	KRINKLE BARS, ALMOND BUTTER, (Bulk Pack)	.12/1.7 oz	0.95/ea	11.40
270127	KRINKLE BARS, ALMOND BUTTER Ingredients: Almonds, crisp brown rice, brown rice syrup, honey, sea salt.	.24/1.7 oz	0.95/ea	22.80
270132	KRINKLE BARS, CASHEW BUTTER (While Supplies Last)	.9 Bar	0.95/ea	8.55
271232	KRINKLE BARS, CASHEW BUTTER, (Bulk Pack)	.12/1.7 oz	0.95/ea	11.40
270129	KRINKLE BARS, CASHEW BUTTER Ingredients: Cashews, crisp brown rice, brown rice syrup, honey, sea salt.	.24/1.7 oz	0.95/ea	22.80
270130	KRINKLE BARS, KAROB (While Supplies Last)	.9 Bar	0.95/ea	8.55
271230	KRINKLE BARS, KAROB, (Bulk Pack)	.12/1.7 oz	0.95/ea	11.40
270133	KRINKLE BARS, KAROB Ingredients: Peanut butter, brown rice syrup, crisp brown rice, honey, carob powder, canola oil, soy lecithin, sea salt, natural vanilla.	.24/1.7 oz	0.95/ea	22.80
270128	KRINKLE BARS, PEANUT BUTTER (While Supplies Last)	.9 Bar	0.95/ea	8.55
271228	KRINKLE BARS, PEANUT BUTTER, (Bulk Pack)	.12/1.7 oz	0.95/ea	11.40
270131	KRINKLE BARS, PEANUT BUTTER Ingredients: Peanuts, crisp brown rice, brown rice syrup, honey, sea salt.	.24/1.7oz	0.95/ea	22.80
273500	LICORICE, TUBI'S, OG (PIECES) Ingredients: Organic beet syrup, organic wheat flour, organic molasses, organic corn syrup, organic licorice extract, sea salt, natural flavor (anise seed oil).	.12/3.5 oz	1.70/ea	20.40
271050	LICORICE, TUBI'S TIRE TREAD Ingredients: Beet syrup, wheat flour, water, sugar, licorice extract, guar gum, anise seed oil, vegetable fat.	10.5 oz	3.25/ea	3.25
270802	MAPLE ALMONDS Ingredients: Dry roasted almonds, pure maple syrup, barley malt, natural maple flavor, natural vanilla, sea salt.	.8 oz	4.45/ea	4.45
270803	MAPLE MACADAMIAS (To Be Discontinued) Ingredients: Dry roasted macadamia nuts, pure maple syrup, barley malt, natural maple flavor, natural vanilla, sea salt.	.8 oz	5.25/ea	5.25

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
CAROB AND CANDY PRODUCTS, CONTINUED				
270801	MAPLE PECANS Ingredients: Pecans, pure maple syrup, barley malt, natural maple flavor, natural vanilla, sea salt.	.8 oz	5.50/ea	5.50
271590	MIXED NUT BAR (HONEY) Ingredients: Rice syrup, almonds, pecans, pistachios, cashews, honey, buckwheat, raisins, amaranth, crisp rice.	.20/1.5 oz	0.83/ea	16.50
271588	MUESLI BAR (HONEY) Ingredients: Almonds, rice syrup, cranberries, pumpkin seeds, honey, amaranth, buckwheat, crisp rice.	.20/1.5 oz	0.83/ea	16.50
271904	OMEGA 3 LOW CARB BAR Ingredients: Flax seed meal, maltitol, cashews, soy nuggets, acacia gum, sesame seeds, almonds, walnuts, pumpkin seeds, sunflower seeds, coconut oil and/or safflower oil, natural plant-based flavor and/or spices, sea salt, folic acid, lo han fruit juice concentrate, vitamin B-12, vitamin E (D-alpha tocopheryl).	.18/1.93 oz	1.20/ea	21.60
272205	OMEGA 3 UPLIFT BARS Ingredients: Flax seeds, brown rice syrup, peanuts, crisp brown rice, granola (quick oats, evaporated cane juice, barley malt, canola oil, water, sea salt), sesame seeds, evaporated cane juice, almonds, pumpkin seeds, sunflower seeds, walnuts, soy protein powder, natural flavor, sea salt, folic acid, vitamin B-12, vitamin E (tocopherol).	.18/2.25 oz	1.20/ea	21.60
271809	QUINOA BAR Ingredients: Sesame seeds, quinoa seeds, brown rice syrup, molasses.	.18/1.9 oz	0.75/ea	13.50
271813	SESAME BARS, BLACK, WITH MOLASSES Ingredients: Black sesame seeds, molasses, brown rice syrup.	.18/1.9 oz	0.75/ea	13.50
271807	SESAME BARS, DATE SYRUP, OG Ingredients: Sesame seeds, date syrup, brown rice syrup.	.18/1.9 oz	0.75/ea	13.50
271808	SESAME BARS, MOLASSES, OG Ingredients: Sesame seeds, molasses, brown rice syrup.	.18/1.9 oz	0.75/ea	13.50
270055	SESAME HONEY CRUNCH	.5#	3.00/lb	15.00
270050	SESAME HONEY CRUNCH Ingredients: Sesame seeds, corn syrup, sugar, honey.	.20#	2.40/lb	48.00

THE SPICERY SHOP FLAVORINGS

- Our flavorings are all natural, non-alcoholic, and use a vegetable based carrier.
- Glycerine is made from the fatty acids of palm kernel or coconut oil.
- Alpha tocopherol is vitamin E.

280116	ALMOND FLAVOR	.16 oz	13.00/ea	13.00
283210	ALMOND FLAVOR	.32 oz	19.75/ea	19.75
280010	ALMOND FLAVOR Ingredients: Soybean oil, natural flavors, alpha tocopherol.	.6/2 oz	1.65/ea	9.90
280020	ANISE FLAVOR Ingredients: Soybean oil, oil of anise, alpha tocopherol.	.6/2 oz	1.65/ea	9.90
280030	BANANA FLAVOR Ingredients: Glycerine, water, natural flavors.	.6/2 oz	1.55/ea	9.30
280035	BLACK WALNUT FLAVOR Ingredients: Glycerine, water, natural flavors.	.6/2 oz	1.55/ea	9.30
280117	BUTTER FLAVOR, NON-DAIRY	.16 oz	7.35/ea	7.35
280034	BUTTER FLAVOR, NON-DAIRY Ingredients: Soybean oil, natural flavors, alpha tocopherol.	.6/2 oz	1.55/ea	9.30

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
SPICERY SHOP FLAVORINGS, CONTINUED				
280025	BUTTERSCOTCH FLAVOR Ingredients: Glycerine, water, natural flavors.	.6/2oz	1.55/ea	9.30
280200	CHERRY FLAVOR Ingredients: Soybean oil, natural flavors, alpha tocopherol.	.6/2 oz	1.55/ea	9.30
280118	LEMON FLAVOR	.16 oz	5.00/ea	5.00
283240	LEMON FLAVOR	.32 oz	8.50/ea	8.50
280040	LEMON FLAVOR Ingredients: Soybean oil, oil of lemon, natural flavors, alpha tocopherol.	.6/2 oz	1.55/ea	9.30
280115	MAPLE FLAVOR	.16 oz	7.75/ea	7.75
280050	MAPLE FLAVOR Ingredients: Glycerine, water, natural flavors.	.6/2 oz	1.55/ea	9.30
280090	ORANGE FLAVOR Ingredients: Soybean oil, oil of orange, alpha tocopherol.	.6/2 oz	1.55/ea	9.30
280080	PEPPERMINT FLAVOR Ingredients: Soybean oil, oil of peppermint, alpha tocopherol.	.6/2 oz	1.55/ea	9.30
280060	PINEAPPLE FLAVOR Ingredients: Glycerine, natural flavors.	.6/2 oz	1.55/ea	9.30
280070	STRAWBERRY FLAVOR Ingredients: Glycerine, natural flavors.	.6/2oz	1.55/ea	9.30
283220	VANILLA FLAVOR, IMITATION	.32 oz	3.00/ea	3.00
280150	VANILLA FLAVOR, IMITATION Ingredients: Water, propylene glycol, artificial flavors, caramel color.	.1 gal	6.50/ea	6.50
280201	VANILLA FLAVOR, PURE ►Order 6 of this item (280201) and receive 5% case discount	.2 oz	1.60/oz	3.20
280400	VANILLA FLAVOR, PURE ►Order 12 of this item (280400) and receive 5% case discount	.4 oz	1.13/oz	4.50
281216	VANILLA FLAVOR, PURE	.16 oz	0.75/oz	12.00
280140	VANILLA FLAVOR, PURE Ingredients: Glycerine, water, vanilla extractives.	.1 gal	60.00/ea	60.00

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HERBS AND SEASONINGS

• Our seasonings are imported unless otherwise noted, and typically have been coming in irradiated. They are packaged in a heat sealed container for your convenience.

331200	ALL-PURPOSE VEGGIE SALT <i>By Vegetarian Express.</i> Ingredients: Salt, dehydrated onion and garlic, spices, paprika, silicon dioxide.	.5.4 oz	3.75/ea	3.75
331001	ANISE, GROUND	.14 oz	6.30/ea	6.30
331003	ANISE, WHOLE	.16 oz	6.95/ea	6.95
331006	BASIL, GROUND	.12 oz	3.10/ea	3.10
331007	BASIL, WHOLE	.6 oz	2.00/ea	2.00
330201	BASIL, WHOLE	2#	3.90/lb	7.80

Orders - Information
Current Prices
1-800-456-7694

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
HERBS AND SEASONINGS, CONTINUED				
331009	BAY LEAVES, GROUND	.15 oz	5.90/ea	5.90
330503	BAY LEAVES, GROUND	.4#	4.11/lb	16.45
331010	BAY LEAVES, WHOLE	.2 oz	2.10/ea	2.10
331210	BAY LEAVES, WHOLE	.10 oz	5.75/ea	5.75
330527	BEAF SEASONING, BILL'S BEST	.9 oz	5.25/ea	5.25
	▶Order 12 of this item (330527) and receive 5% case discount			
330600	BEAF SEASONING, BILL'S BEST	.5.25#	5.60/lb	29.40
	NO OIL! Ingredients: Soy flour, nutritional yeast, powdered soy sauce, onion, salt (solar evaporated sea salt), kelp (a sea vegetable plant), celery, garlic, and a blend of healthful herbs and spices.			
331258	BEEF-LIKE SEASONING	.14.8 oz	5.25/ea	5.25
	<i>By Vegetarian Express. Ingredients:</i> Potato flour, salt, onion powder, garlic powder, caramel color, evaporated cane juice, spices.			
331114	BEEF STYLE SEASONING, C.L.	.12 oz	3.50/ea	3.50
332214	BEEF STYLE SEASONING, C.L.	4.66#	3.80/lb	17.70
	NO SALT OR SUGAR ADDED! Ingredients: Hydrolyzed soy protein, potato flour, spices, herbs, silicone dioxide.			
331214	BEEF STYLE SEASONING, C.L.	.11 oz	2.85/ea	2.85
330514	BEEF STYLE SEASONING, C.L.	.4.8#	3.25/lb	15.60
	Ingredients: Salt, hydrolyzed corn and soy protein, dextrose, potato flour, caramel color, partially hydrogenated soy oil, spices, herbs.			
‡331288	BEEF STYLE SEASONING, McKAY'S	.12 oz	6.25/ea	6.25
330508	BEEF STYLE SEASONING, McKAY'S	.5#	3.80/lb	19.00
	NO WHEY OR MSG. Ingredients: Dextrose, salt, autolyzed yeast, potato flour, pure vegetable oil (soybean), caramel powder, celery, turmeric, onion powder, garlic powder, spices, disodium inosinate, disodium guanylate.			
331022	BILL'S BASTE ORIGINAL	.10.2 oz	4.75/ea	4.75
	NO MSG. Ingredients: Onion, garlic, food yeast, soy sauce, celery, soy flour, sea salt, and a unique blend of herbs and vegetables.			
331013	CARAWAY SEED, GROUND	.16 oz	4.00/ea	4.00
331014	CARAWAY SEED, WHOLE	.16 oz	4.30/ea	4.30
330532	CARAWAY SEED, WHOLE	.5#	1.45/lb	7.25
331016	CARDAMON, GROUND	.18 oz	16.00/ea	16.00
332302	CARDAMON, WHOLE (DECORT)	.23 oz	20.00/ea	20.00
331020	CELERY SALT	.36 oz	4.75/ea	4.75
	Ingredients: Salt, ground celery seed.			
331018	CELERY SEED, GROUND	.16 oz	3.75/ea	3.75
331019	CELERY SEED, WHOLE	.16 oz	3.75/ea	3.75
331109	CHICKEN STYLE SEASONING, C.L.	.8 oz	3.95/ea	3.95
332209	CHICKEN STYLE SEASONING, C.L.	.3.2#	6.02/lb	19.25
	NO SALT OR SUGAR ADDED! Ingredients: Partially hydrogenated soybean and/or cottonseed oil, natural flavor (autolyzed yeast extract, dextrose), onion powder, modified food starch, spices and herbs (including turmeric and parsley), soy lecithin, less than 2% silicon dioxide (added to prevent caking).			

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
HERBS AND SEASONINGS, CONTINUED				
330109	CHICKEN STYLE SEASONING, C.L.8 oz	2.15/ea	2.15
330509	CHICKEN STYLE SEASONING, C.L.4.3#	2.56/lb	11.00
	Ingredients: Salt, dextrose, shortening (partially hydrogenated soybean/cottonseed oils), yeast extract, modified corn starch, onion powder, spices, herbs, and lecithin.			
‡331244	CHICKEN STYLE SEASONING, MCKAY'S12 oz	5.50/ea	5.50
330505	CHICKEN STYLE SEASONING, MCKAY'S5#	3.25/lb	16.25
	NO WHEY OR MSG. Ingredients: Dextrose, salt, potato flour, pure vegetable oil (soy bean), celery, turmeric, onion powder, garlic powder, lecithin, spices, disodium inosinate, disodium guanylate.			
330525	CHIK'NISH, BILL'S BEST11 oz	5.25/ea	5.25
	▶ Order 12 of this item (330525) and receive 5% case discount			
330700	CHIK'NISH, BILL'S BEST5.5#	4.90/lb	26.95
	NO OIL! Ingredients: Soy flour, salt (solar evaporated sea salt), nutritional yeast, onion, garlic, parsley, celery, and a unique blend of spices.			
331023	CHIVES, CHOPPED, DOMESTIC1 oz	3.50/ea	3.50
331223	CHIVES, CHOPPED, DOMESTIC6 oz	15.00/ea	15.00
331025	CILANTRO FLAKES, DOMESTIC3 oz	3.60/ea	3.60
331225	CILANTRO FLAKES, DOMESTIC1#	13.90/ea	13.90
331604	CINNAMON, GROUND16 oz	2.60/ea	2.60
331628	CLOVES, GROUND16 oz	7.85/ea	7.85
331027	CLOVES, WHOLE	11 oz	5.55/ea	5.55
331029	CORIANDER, GROUND14 oz	3.50/ea	3.50
331030	CORIANDER, WHOLE	9 oz	2.45/ea	2.45
331034	CUMIN, GROUND16 oz	6.10/ea	6.10
331035	CUMIN, WHOLE16 oz	5.95/ea	5.95
330524	CURRY, BILL'S BEST4 oz	4.25/ea	4.25
	NO OIL! Ingredients: Turmeric, cumin, garlic, onion, ginger root, cayenne, and a unique blend of spices.			
331038	DILL SEED, GROUND	20 oz	4.50/ea	4.50
331039	DILL SEED, WHOLE12 oz	2.90/ea	2.90
331040	DILL WEED, WHOLE, DOMESTIC5 oz	4.60/ea	4.60
330547	DILL WEED, WHOLE, DOMESTIC2#	11.25/lb	22.50
331044	FENNEL, GROUND, INDIAN, LIGHT12 oz	3.45/ea	3.45
331045	FENNEL, WHOLE, INDIAN, LIGHT12 oz	3.15/ea	3.15
331254	GARLIC SALT36 oz	4.80/ea	4.80
	Ingredients: Salt, dehydrated garlic.			
331052	GARLIC SEASONING, GOURMET, DOMESTIC26 oz	4.35/ea	4.35
	Ingredients: Salt, garlic, corn starch, MSG, sugar, parsley, partially hydrogenated vegetable oils, extractives of vegetables, tri-calcium phosphate (to prevent caking).			
338250	GARLIC SALT, OG (Real Salt Brand)8.25 oz	5.25/ea	5.25
	Ingredients: Sea salt and organic garlic.			

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"A friend loveth at all times." Prov. 17:17

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
HERBS AND SEASONINGS, CONTINUED				
331050	GARLIC, GRANULATED, DOMESTIC	.22 oz	7.30/ea	7.30
331246	GARLIC, GRANULATED, DOMESTIC	.7#	4.90/lb	34.30
331047	GARLIC, MINCED, DOMESTIC	.23 oz	7.80/ea	7.80
330530	GARLIC, MINCED, DOMESTIC	.7.5#	5.00/lb	37.50
331049	GARLIC, POWDER, DOMESTIC	.17 oz	6.15/ea	6.15
330535	GARLIC, POWDER, DOMESTIC	.5.5#	4.90/lb	26.95
330124	G. WASHINGTON SEASONING & BROTH, GOLDEN	.1 oz	1.60/ea	1.60
	▶Order 24 of this item (330124) and receive 5% case discount			
	Ingredients: Salt, monosodium glutamate (MSG), maltodextrin, onion powder, spices, disodium guanylate, disodium inosinate, caramel color.			
330128	G. WASHINGTON SEASONING & BROTH, RICH BROWN	.1 oz	1.60/ea	1.60
	▶Order 24 of this item (330128) and receive 5% case discount			
	Ingredients: Salt, monosodium glutamate (MSG), maltodextrin, onion powder, caramel color, spices, disodium guanylate, disodium inosinate.			
331264	GREEK ISLE SEASONING	.4 oz	3.65/ea	3.65
	<i>By Vegetarian Express. Ingredients:</i> Salt, onion, spices.			
330548	KELP, POWDER	.5#	2.25/lb	11.25
331212	LA CHIKKY SEASONING	10.5 oz	5.25/ea	5.25
	<i>By Vegetarian Express. Ingredients:</i> Dehydrated onion, dehydrated garlic, salt, nutritional yeast, spices, paprika, turmeric, parsley, silicon dioxide to prevent caking.			
330412	LEMON POWDER, BILL'S BEST	.4 oz	5.00/ea	5.00
	Ingredients: Lemon juice, 2% or less dextrose.			
331265	LEMONY DILL ZEST	.5.7 oz	4.50/ea	4.50
	<i>By Vegetarian Express. Ingredients:</i> Dehydrated garlic and onion, salt, dehydrated lemon peel, citric acid, dill weed, potato flour, seasonings, paprika, tumeric, caramel color, dehydrated chives, celery salt, evaporated cane juice, parsley.			
331054	MARJORAM, GROUND	.10 oz	3.70/ea	3.70
331055	MARJORAM, WHOLE	.5 oz	2.95/ea	2.95
331053	MUSTARD FLOUR	.15 oz	3.75/ea	3.75
330552	MUSTARD FLOUR	.5#	3.15/lb	15.75
331059	MUSTARD SEED, WHOLE	.26 oz	5.40/ea	5.40
331259	MUSTARD SEED, WHOLE	.4.75#	3.40/lb	16.15
331127	NO YOKE, BILL'S BEST	.11 oz	4.75/ea	4.75
	Ingredients: Soy flour, salt, food yeast, onion, garlic, parsley, celery, plus a unique blend of herbs and vegetables.			
331261	ONION, DICED 1/4 IN., DOMESTIC	3.25#	5.17/lb	16.80
331063	ONION, GRANULATED, DOMESTIC	.20 oz	5.75/ea	5.75
330540	ONION, GRANULATED, DOMESTIC	.6.2#	4.19/lb	26.00
331064	ONION, MINCED, DOMESTIC	.14 oz	4.70/ea	4.70
080024	ONION, MINCED, DOMESTIC	.5#	4.70/lb	23.50

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
HERBS AND SEASONINGS, CONTINUED				
331065	ONION, POWDER, DOMESTIC	.18 oz	5.25/ea	5.25
330545	ONION, POWDER, DOMESTIC	6#	4.00/lb	24.00
338252	ONION SALT, OG (Real Salt Brand) Ingredients: Sea salt, organic onion.	.8.25 oz	5.25/ea	5.25
331070	OREGANO, GROUND	.11 oz	4.25/ea	4.25
331069	OREGANO, WHOLE, MEXICAN	.5 oz	2.50/ea	2.50
330250	OREGANO, WHOLE, MEXICAN	2#	5.98/lb	11.95
331072	PAPRIKA, DOMESTIC, 120 ASTA <i>ASTA is a measure of color concentration.</i>	.18 oz	6.15/ea	6.15
331076	PARSLEY FLAKES, DOMESTIC	.2 oz	2.80/ea	2.80
331260	PARSLEY FLAKES, DOMESTIC	.12 oz	10.00/ea	10.00
331080	PEPPER, CAYENNE, RED, GROUND, 25K HU	.16 oz	4.50/ea	4.50
330581	PEPPER, CAYENNE, RED, GROUND, 25K HU <i>HU is the measure of heat units.</i>	4.87#	4.00/lb	19.50
331078	PEPPER, GREEN BELL, DRIED	.8.5 oz	4.65/ea	4.65
331229	PEPPER, GREEN BELL, DRIED	1.5#	8.20/lb	12.30
331079	PEPPER, RED BELL, DRIED	.11 oz	5.40/ea	5.40
331279	PEPPER, RED BELL, DRIED	1.75#	8.54/lb	14.95
331290	PEPPER-LIKE SEASONING <i>By Vegetarian Express. Ingredients:</i> Dehydrated garlic, spices, dehydrated lemon peel, salt.	.4.2 oz	3.65/ea	3.65
330572	PSYLLIUM HUSK, GROUND	.5#	6.50/lb	32.50
330582	PSYLLIUM HUSK, WHOLE	.5#	6.50/lb	32.50
330589	ROASTED GARLIC & RED BELL PEPPER ZIP <i>By Vegetarian Express. Ingredients:</i> Garlic, red bell pepper, salt, natural flavors, spice, citric acid, extract of turmeric, annatto seed, silicone dioxide.	.5 oz	4.75/ea	4.75
331084	ROSEMARY, GROUND	.9 oz	2.50/ea	2.50
331085	ROSEMARY, WHOLE	.6 oz	2.55/ea	2.55
331088	SAGE, RUBBED	.8 oz	3.50/ea	3.50
330573	SAGE, RUBBED	.2#	7.00/lb	14.00
331089	SAGE, WHOLE	.4 oz	3.05/ea	3.05
331277	SAUCY RANCH SEASONING <i>By Vegetarian Express. Ingredients:</i> Dehydrated onion and garlic, parsley, salt, spices, dehydrated bell peppers.	.2.4 oz	3.75/ea	3.75
331092	SAVORY, GROUND	.12 oz	4.95/ea	4.95
331093	SAVORY, WHOLE	.7 oz	3.25/ea	3.25
330179	SLIPPERY ELM, POWDERED	.1#	16.50/ea	16.50

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
HERBS AND SEASONINGS, CONTINUED				
331057	SPEARMINT LEAVES, CRUSHED	.6 oz	3.15/ea	3.15
331095	TARRAGON, WHOLE, MEDIUM CUT	.5 oz	8.75/ea	8.75
331097	THYME, GROUND	.13 oz	5.10/ea	5.10
330576	THYME, GROUND	.4#	5.50/lb	22.00
331098	THYME, WHOLE	.7 oz	2.85/ea	2.85
331100	TURMERIC, GROUND	16 oz	4.75/ea	4.75

TOMATO PRODUCTS

‡351244	SALSA, PAPA DON'S MEDIUM (Vinegar-free)	.16 oz	3.25/ea	3.25
‡301242	SALSA, PAPA DON'S MILD (Vinegar-free)	.16 oz	3.25/ea	3.25
	Ingredients: Tomatoes, green chilies, fresh bell peppers, jalapeno slices, lemon juice, cilantro, fresh green onions, natural flavoring, sea salt, celery, natural cane sugar, spices, citric acid, calcium chloride.			
‡352603	SPAGHETTI SAUCE, MARINARA, FAT FREE	.26 oz	3.50/ea	3.50
	▶Order 12 of this item (352603) and receive 5% case discount			
	Ingredients: Tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), tomato puree (water, tomato paste), salt, garlic, spices, onion powder, dehydrated carrots, dehydrated celery.			
‡352605	SPAGHETTI SAUCE, MUSHROOM	.26 oz	3.50/ea	3.50
	▶Order 12 of this item (352605) and receive 5% case discount			
	Ingredients: Tomatoes (tomatoes, tomato juice, calcium chloride, citric acid), tomato puree (water tomato paste), mushrooms, imported olive oil, salt, garlic, spices, onion powder, dehydrated carrots, dehydrated celery.			
‡352602	SPAGHETTI SAUCE, ROASTED GARLIC	.26 oz	3.50/ea	3.50
	▶Order 12 of this item (352602) and receive 5% case discount			
	Ingredients: Tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), tomato puree (water, tomato paste), roasted garlic, salt, imported olive oil, basil, garlic, onion powder, dehydrated carrots, dehydrated celery, spices.			
‡352604	SPAGHETTI SAUCE, TOMATO BASIL	.26 oz	3.50/ea	3.50
	▶Order 12 of this item (352604) and receive 5% case discount			
	Ingredients: Tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), tomato puree (water, tomato paste), imported olive oil, salt, basil, garlic, onion powder, dehydrated carrots, dehydrated celery, spices.			
‡352601	SPAGHETTI SAUCE, TRADITIONAL	.26 oz	3.50/ea	3.50
	▶Order 12 of this item (352601) and receive 5% case discount			
	Ingredients: Tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), tomato puree (water, tomato paste), imported olive oil, roasted garlic, salt, basil, garlic, onion powder, dehydrated carrots, dehydrated celery, spices.			
351240	TOMATO PASTE, DeLallo	.24/12 oz	1.05/ea	25.20
352955	TOMATO PUREE, DeLallo	.12/29 oz	1.55/ea	18.60
	Ingredients: Tomatoes, citric acid.			
352960	TOMATO SAUCE, DeLallo	.12/29 oz	1.25/ea	15.00
	Ingredients: Tomato concentrate, salt, corn syrup, citric acid, natural flavoring.			
352800	TOMATOES, CRUSHED, IMP	.12/28 oz	2.00/ea	24.00
	Ingredients: Tomatoes, tomato puree, salt, calcium chloride, citric acid, basil.			

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
TOMATO PRODUCTS, CONTINUED				
352875	TOMATOES, DICED (IN JUICE)	12/28 oz	1.65/ea	19.80
	Ingredients: Tomatoes, tomato juice, salt, calcium chloride, citric acid.			
352810	TOMATOES, WHOLE (IN JUICE)	12/28 oz	2.00/ea	24.00
	Ingredients: Tomatoes, tomato juice, salt, calcium chloride, citric acid.			
352820	TOMATOES, WHOLE PEELED, IMP.	12/28 oz	2.00/ea	24.00
	Ingredients: Tomatoes, tomato puree, salt, calcium chloride, citric acid, basil.			

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JELS AND STARCHES

360803	AGAR POWDER4 oz	7.95/ea	7.95
331005	ARROWROOT POWDER24 oz	3.35/ea	3.35
330522	ARROWROOT POWDER4.5#	1.90/lb	8.55
360126	CLEAR JEL1#	3.00/ea	3.00
	Ingredient: Modified waxy maize food starch. Non-instant; for cooking.			
360127	CLEAR JEL, INSTANT1#	3.50/ea	3.50
	Ingredient: Pre-cooked modified waxy maize starch.			
361205	CORN STARCH, RUMFORD, NATURAL12 oz	1.75/ea	1.75
360505	CORN STARCH3.5#	1.20/lb	4.20
360301	DESSERT JEL, CHERRY3 oz	1.25/ea	1.25
360302	DESSERT JEL, ORANGE3 oz	1.25/ea	1.25
360303	DESSERT JEL, RASPBERRY3 oz	1.25/ea	1.25
360304	DESSERT JEL, STRAWBERRY3 oz	1.25/ea	1.25
	Ingredients: Evaporated cane juice, vegetable gum, adipic acid, potassium citrate, natural flavor, beet powder.			
360300	DESSERT JEL, UNFLAVORED0.3 oz	1.25/ea	1.25
	Ingredients: Vegetable gum, adipic acid, tapioca dextrin, calcium phosphate, potassium citrate.			
360139	GUAR GUM1#	2.25/ea	2.25
360199	KOJEL, PLAIN JEL1#	15.00/ea	15.00
	Ingredients: Vegetable stabilizers, adipic acid, potassium citrate.			
230100	PECTIN, POMONA'S UNIVERSAL1 oz	3.25/ea	3.25
	One package of Pomona's Pectin makes 10 pints of jam.			
330170	POTATO STARCH2#	2.00/lb	4.00
330570	POTATO STARCH5#	1.50/lb	7.50
330180	TAPIOCA, FLOUR24 oz	2.10/ea	2.10
330580	TAPIOCA, FLOUR4.5#	1.39/lb	6.25
330595	TAPIOCA, GRANULATED5#	2.75/lb	13.75
330594	TAPIOCA, SMALL PEARL5#	2.55/lb	12.75

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
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CRACKERS AND SNACKS

• Our sesame sticks and our thin crackers are from Sesmark and contain no hydrogenated oil.

370053	BIBLE BREAD, FIVE WHOLE GRAINS6/8.5 oz	2.25/ea	13.50
	Ingredients: Whole wheat flour, water, unbleached wheat flour, rye flour, corn starch, oat fibers, rice, oat, corn, sesame seeds, salt, spices.			
370054	BIBLE BREAD, GARLIC6/8.5 oz	2.25/ea	13.50
	Ingredients: Unbleached wheat flour, water, vegetable oil shortening, ground garlic, salt, ground onion.			
370052	BIBLE BREAD, ONION & POPPY6/8.5 oz	2.25/ea	13.50
	Ingredients: Unbleached wheat flour, water, vegetable oil shortening, ground onion, salt, ground garlic, poppy seeds.			
370051	BIBLE BREAD, PURE HONEY6/8.5 oz	2.25/ea	13.50
	Ingredients: Unbleached wheat flour, pure honey, water, natural spices.			
370824	PUMPKIES, HOT8 oz	3.00/ea	3.00
	Ingredients: Pumpkin kernels, liquid amino acids (from soy protein), dehydrated garlic, cayenne pepper.			
370828	PUMPKIES, ORIGINAL8 oz	3.00/ea	3.00
	Ingredients: Pumpkin kernels, liquid amino acids (from soy protein), dehydrated garlic.			
370045	RICE CAKES, LUNDBERG, NS12/8.5 oz	2.10/ea	25.20
370040	RICE CAKES, LUNDBERG, +S12/8.5 oz	2.10/ea	25.20
370042	RICE CAKES, LUNDBERG, NS, OG12/8.5 oz	2.50/ea	30.00
370039	RICE CAKES, LUNDBERG, +S, OG12/8.5 oz	2.50/ea	30.00
	Ingredient: California brown rice.			
370612	RICE CHIPS, PICO DE GALLO (WITH BEANS)12/6 oz	2.10/ea	25.20
	Ingredients: Brown rice, pregelatinized rice flour, rice flour, organic masa corn flour, high oleic expeller-pressed safflower or sunflower oil, modified food starch, dried black beans, organic sesame seeds, dehydrated vegetables (tomato powder, green bell pepper, onion, garlic, jalapeno pepper), sea salt, torula yeast, paprika extract, citric acid, lemon powder, natural smoke flavor, natural caramel color.			
370614	RICE CHIPS, SANTA FE BARBEQUE12/6 oz	2.10/ea	25.20
	Ingredients: Brown rice, pregelatinized rice flour, rice flour, organic masa corn flour, high oleic expeller-pressed safflower or sunflower oil, modified food starch, organic sesame seeds, evaporated cane juice, sea salt, dehydrated vegetables (onion, tomato, garlic), paprika, ginger, cayenne pepper, torula yeast, honey, yeast extract, citric acid, tricalcium phosphate, natural hickory smoke flavor, natural caramel color.			
370618	RICE CHIPS, SEA SALT12/6 oz	2.10/ea	25.20
	Ingredients: Brown rice, pregelatinized rice flour, rice flour, organic masa corn flour, high oleic expeller-pressed safflower or sunflower oil, modified food starch, organic sesame seeds, sea salt, natural caramel color.			
370085	RICE THINS, BROWN12/3.5oz	2.05/ea	24.60
	Ingredients: Brown rice flour, safflower oil, and salt.			
370087	RICE THINS, SESAME12/4.25	2.05/ea	24.60
	Ingredients: Rice flour, sesame seed, sesame flour, tamari soy sauce powder [tamari soy sauce (soybeans, salt), maltodextrin], salt, and garlic.			
370088	SAVORY THINS, CRACKED WHEAT & SESAME	12/3.2oz	1.95/ea	23.40
	Ingredients: Rice meal, bulgur wheat, whole wheat flour, sesame seeds, potato flour, potato starch, safflower oil, salt, and fructose.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
CRACKERS AND SNACKS, CONTINUED				
370089	SAVORY THINS, ONION & GARLIC Ingredients: Rice meal, whole wheat flour, oat bran, potato starch, modified corn starch, sesame flour, minced onion, garlic powder, safflower oil, salt, fructose.	12/3.2oz	1.95/ea	23.40
370090	SAVORY THINS, ORIGINAL Ingredients: Rice meal, sesame seeds, sesame flour, safflower oil, tamari soy sauce powder [tamari soy sauce (soybeans, salt), maltodextrin], salt, garlic powder.	12/3.2oz	1.95/ea	23.40
370078	SESAME STICKS, GARLIC Ingredients: Unbleached wheat flour (contains malted barley flour as a natural enzyme additive), soybean oil, sesame seeds, bulgar wheat, salt, garlic powder, beet powder, turmeric.	2/7.5 lb	1.75/lb	26.25
370073	SESAME STICKS, NO SALT Ingredients: Unbleached wheat flour (contains malted barley flour as a natural enzyme additive), soybean oil, sesame seeds, bulgar wheat, potassium chloride, beet powder, turmeric.	2/6 lb	1.75/lb	21.00
370075	SESAME STICKS, OAT BRAN Ingredients: Unbleached white flour, (contains malted barley flour as a natural enzyme additive), soybean oil, bulgar wheat, sesame seeds, oat bran, salt, turmeric, beet powder.	2/7.5 lb	1.75/lb	26.25
370084	SESAME STICKS, POPPY & ONION Ingredients: Unbleached wheat flour (contains malted barley flour as a natural enzyme additive), soybean oil, sesame seeds, bulgar wheat, poppy seeds, salt, onion powder, beet powder, turmeric.	2/7.5 lb	1.75/lb	26.25
370074	SESAME STICKS, SALTED Ingredients: Unbleached wheat flour (contains malted barley flour as a natural enzyme additive), soybean oil, sesame seed, bulgar wheat, salt, beet powder, turmeric.	2/7.5 lb	1.75/lb	26.25
370046	SESAME THIN CRACKERS Ingredients: Unbleached wheat flour, sesame seed, soybean oil, bulgur wheat, salt, yeast, and annatto vegetable color.	12/7 oz	1.95/ea	23.40
373588	SOYNUTS, DRY ROAST, LS Ingredients: Soybeans, salt, soybean oil.	12/3 oz	0.70/ea	8.40
370560	SOYNUTS, DRY ROAST, OG, LS	.5#	2.10/lb	10.50
373057	SOYNUTS, DRY ROAST, OG, LS Ingredients: Organic soybeans, salt, soybean oil (less than 0.05%).	.30#	1.75/lb	52.50
370561	SOYNUTS, DRY ROAST, OG, NS	.5#	2.10/lb	10.50
373058	SOYNUTS, DRY ROAST, OG, NS Ingredient: Organic soybeans.	.30#	1.75/lb	52.50
370555	SOYNUTS, WHOLE, OG, RNS	.5#	2.25/lb	11.25
371555	SOYNUTS, WHOLE, OG, RNS Ingredients: Organic soybeans, organic soybean oil.	.15#	1.85/lb	27.75
370557	SOYNUTS, WHOLE, OG, RS	.5#	2.25/lb	11.25
371559	SOYNUTS, WHOLE, OG, RS Ingredients: Organic soybeans, organic soybean oil, organic salt.	.15#	1.85/lb	27.75
379502	SPELT SESAME STICKS, CAJUN Ingredients: Unbleached spelt flour, canola oil, sesame seeds, dehydrated tomato, salt, spices, onion powder, beet powder, turmeric.	.9.5 oz	3.10/ea	3.10
379501	SPELT SESAME STICKS, GARLIC Ingredients: Unbleached spelt flour, canola oil, sesame seeds, dehydrated garlic, salt, beet powder, and turmeric.	.9.5 oz	3.10/ea	3.10
379500	SPELT SESAME STICKS, SALTED Ingredients: Unbleached spelt flour, sesame seeds, canola oil, salt, beet powder, and turmeric.	.9.5 oz	3.10/ea	3.10

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LS - Lightly salted

RNS - Roasted No Salt

RS - Roasted Salted

+ S - Salted

Orders - Information
Current Prices
1-800-456-7694

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
CRACKERS AND SNACKS, CONTINUED				
371601	TORTILLA CHIPS, YELLOW, OG, WHOLE GRAIN	16 oz	3.50/ea	3.50
	▶Order 12 of this item (371601) and receive 5% case discount			
	Non-hydrogenated, non-GMO. Ingredients: Stone ground organically grown whole kernel hi-lysine corn, organic expeller pressed hi-oleic safflower or sunflower oil, water, sea salt.			
371470	TORTILLA CHIPS, BLUE, OG, WHOLE GRAIN	14 oz	3.50/ea	3.50
	▶Order 12 of this item (371470) and receive 5% case discount			
	Non-hydrogenated, non-GMO. Ingredients: Stone ground organically grown blue corn, organic expeller pressed hi-oleic safflower or sunflower oil, water, sea salt, trace of lime.			

ODDS AND ENDS

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‡303280	APPLE CIDER VINEGAR, OG32 oz	3.95/ea	3.95
300180	APPLE CIDER VINEGAR, OG	1 gal	12.00/ea	12.00
	Made from 100% organic apples.			
230082	BAKING POWDER, ENER-G (Aluminum-free)	7.05 oz	4.50/ea	4.50
	Ingredients: Calcium carbonate, magnesium carbonate, glucono delta lactone, citric acid.			
301074	BAKING POWDER, RUMFORD (Aluminum-free)	10 oz	2.25/ea	2.25
300582	BAKING POWDER, RUMFORD (Aluminum-free)5#	2.25/lb	11.25
	Ingredients Calcium acid phosphate, bicarbonate of soda, cornstarch.			
300140	BEE POLLEN, GRANULES, IMPORTED	16 oz	5.00/ea	5.00
230546	BEE POLLEN, GRANULES, IMPORTED5#	4.60/lb	23.00
230645	BRAGG'S LIQUID AMINOS (Spray Bottle)6oz	2.30/ea	2.30
231645	BRAGG'S LIQUID AMINOS	16oz	3.15/ea	3.15
231045	BRAGG'S LIQUID AMINOS	32 oz	5.40/ea	5.40
	▶Order 12 of this item (231045) and receive 5% case discount			
301286	BRAGG'S LIQUID AMINOS	1 gal	19.50/ea	19.50
	Unfermented! Ingredients: Soybeans, purified water.			
300702	BUENO COFFEE SUBSTITUTE, HAZELNUT	7 oz	4.95/ea	4.95
	For brewing; not instant. Ingredients: Garbanzo beans, natural hazelnut flavor.			
300701	BUENO COFFEE SUBSTITUTE, ORIGINAL	7 oz	4.95/ea	4.95
	For brewing; not instant. Ingredient: Garbanzo beans.			
300703	BUENO COFFEE SUBSTITUTE, PECAN PRALINE	7 oz	4.95/ea	4.95
	For brewing; not instant. Ingredients: Garbanzo beans, natural pecan flavor.			
150210	CAFIX CRYSTALS BEVERAGE	7 oz	5.25/ea	5.25
	▶Order 12 of this item (150210) and receive 5% case discount			
	Rich coffee-like flavor, but no caffeine. Instant.			
	Ingredients: Roasted barley, rye, chicory, and beet roots.			
230026	CHARCOAL CAPSULES, ACTIVATED	125 ct	7.95/ea	7.95
	USP Grade. Vegi-caps! Ingredients: Charcoal, microcrystalline cellulose, maltodextrin, magnesium stearate, stearic acid, silica.			
300611	CHARCOAL POULTICE PADS, 10X14CM	5-pack	1.30/ea	6.50
	▶Order 5 of this item (300611) and receive 5% case discount			
230029	CHARCOAL POWDER, ACTIVATED	10 oz	8.75/ea	8.75
232823	CHARCOAL POWDER, ACTIVATED	28 oz	17.25/ea	17.25
300622	CHARCOAL POWDER, ACTIVATED, USP (Food Grade)6 oz	11.00/ea	11.00

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
ODDS AND ENDS, CONTINUED				
231016	CHARCOAL TABLETS, ACTIVATED (Sugar Free)130 ct	7.95/ea	7.95
230030	CHARCOAL TABLETS, ACTIVATED (Sugar Free) USP Grade. Ingredients: Charcoal, acacia gum, microcrystalline cellulose, stearic acid, magnesium stearate.	.360 ct	15.75/ea	15.75
230543	DIATOMACEOUS EARTH, PRESERVATIVE5#	2.25/lb	11.25
300045	EASY BUCKET OPENER (PLASTIC)	each	2.75/ea	2.75
302017	EASY BUCKET OPENER, HEAVY DUTY (ALUMINUM)	each	8.50/ea	8.50
230084	ENER-G EGG REPLACER Ingredients: Potato starch, tapioca flour, leavening (calcium lactate, calcium carbonate, citric acid), carbohydrate gum. Calcium lactate is not dairy derived; it does not contain lactose.	.16 oz	4.75/ea	4.75
309508	GRAVY MIX, CREAMY WHITE <i>By Vegetarian Express</i> Ingredients: Unbleached wheat flour, dehydrated potato, cane juice, salt, dehydrated garlic and onion, herbs, dehydrated lemon peel, spice extract.	.9.5 oz	4.30/ea	4.30
301009	GRAVY MIX, RICH BROWN <i>By Vegetarian Express</i> Ingredients: Unbleached wheat flour, potato flour, salt, onion powder, garlic powder, caramel color, evaporated cane juice, herbs.	.10 oz	4.30/ea	4.30
301800	JUST BARLEY® - GREEN CAPSULES (Vegetarian)180 capsules	14.25/box	14.25
308080	JUST BARLEY® - GREEN POWDER 100% pure green barley juice extract.	.80 servings (80 grams)	11.75/box	11.75
414246	LID, GAMMA SEAL (For 5-gallon size pail) Spin-on removeable lid; reusable; airtight seal.	each	5.95/ea	5.95
300612	NATRAPEL INSECT REPELLENT, DEET-FREE Contains citronella oil and geraniol.	.6 oz	4.95/ea	4.95
300660	OLIVES, BLACK LARGE PITTED, Delallo Ingredients: Olives, water, salt, ferrous gluconate.	.24/6 oz	1.95/ea	46.80
302480	OLIVES, BLACK WHOLE (WITH PIT) (To Be Discontinued) .24/7.75 oz Ingredients: California ripe olives, water, salt, ferrous gluconate.	.24/7.75 oz	0.95/ea	22.80
230070	OLIVES, GREEN PITTED, Lindsay Ingredients: California ripe olives, water, salt.	.12/6 oz	2.10/ea	25.20
414241	PAIL, WHITE, WITH LID, ONE-GALLON SIZE	each	1.95/ea	1.95
‡414245	PAIL, WHITE, WITH LID, FIVE-GALLON SIZE	each	5.25/ea	5.25
304418	PARCHMENT PAPER, NATURAL15"X33'	2.75/ea	2.75
306015	PARCHMENT PAPER, NON-STICK, CHEF'S SELECT Ideal for non-stick cooking and baking.	.15"X33'	2.75/ea	2.75
‡301640	PICKLE DISCS, PA'S16 oz	3.60/ea	3.60
230820	PICKLE DISCS, PA'S HAMBURGER PICKLES WITH LEMON JUICE! Ingredients: Pickles, water, sugar, lemon juice, citric acid, honey, turmeric, one-tenth of 1% sodium benzoate, spices.	.32 oz	6.60/ea	6.60
‡301660	PICKLE SMACK, PA'S16 oz	3.60/ea	3.60
230830	PICKLE SMACK, PA'S32 oz	6.60/ea	6.60
301280	PICKLE SMACK, PA'S RELISH WITH LEMON JUICE! Ingredients: Pickles, sugar, lemon juice, water, sweet peppers, honey, citric acid, turmeric, one-tenth of 1% sodium benzoate, spices.	.1 gal	19.75/ea	19.75

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ODDS AND ENDS, CONTINUED				
‡301680	PICKLE STRIPS, PA'S	.16 oz	3.60/ea	3.60
230810	PICKLE STRIPS, PA'S	.32 oz	6.60/ea	6.60
	SPEARS WITH LEMON JUICE! Ingredients: Pickles, water, sugar, lemon juice, citric acid, honey, turmeric, alum, one-tenth sodium benzoate, spices.			
302824	PIMIENTOS, UNPEELED, DICED	.28 oz	2.25/ea	2.25
	Ingredients: Pimientos, water, citric acid.			
230200	PITCHER, MIXER/SERVER, 2 QT SIZE	.2 qt	4.95/ea	4.95
‡304010	PUDDING MIX, LEMON CREME (Requires use of Mori-Nu tofu)	.4 oz	1.50/ea	1.50
	Ingredients: Dehydrated raw cane juice, sucanat, dehydrated honey, dehydrated lemon juice powder, maltodextrin, potato starch, guar gum, non-hydrogenated coconut oil, soy lecithin, natural turmeric coloring.			
‡304020	PUDDING MIX, VANILLA (Requires use of Mori-Nu tofu)	.4 oz	1.50/ea	1.50
	Ingredients: Dehydrated raw cane juice, sucanat, dehydrated honey, oat flour, maltodextrin, potato starch, guar gum, non-hydrogenated coconut oil, soy lecithin, vanilla powder.			
306068	RICE NOODLE BOWL, HOT & SOUR	.6/2.4 oz	1.25/ea	7.50
	Ingredients: Rice noodles (rice, water, tapioca); seasoning packet (sugar, salt, maltodextrin, soybean, wheat, green onions, hydrolyzed soy protein, yeast extract, malic acid, chili, natural flavor); oil packet (soybean oil, garlic, chili, tocopherol [vitamin E]); dehydrated vegetable packet (green onions, coriander).			
306060	RICE NOODLE BOWL, ROASTED GARLIC	.6/2.4 oz	1.25/ea	7.50
	Ingredients: Rice noodles (rice, water, tapioca); seasoning packet (spices [garlic, pepper, ginger, coriander, celery, green onions], salt, sugar, hydrolyzed corn protein, yeast extract, sunflower oil, soybean oil, natural flavor); oil packet (soybean oil, garlic, dried chili, shallot, tocopherol [vitamin E]); dehydrated vegetable packet (garlic, green onions).			
306064	RICE NOODLE BOWL, SPRING ONION	.6/2.4 oz	1.25/ea	7.50
	Ingredients: Rice noodles (rice, water, tapioca); seasoning packet (sugar, salt, onion, hydrolyzed corn protein, yeast extract, sunflower oil, spices [garlic, turmeric, pepper, green onions], hydrolyzed soy protein, soybean oil, natural flavor, citric acid); oil packet (soybean oil, dried chili, garlic, shallot, tocopherol [vitamin E]); dehydrated vegetable packet (green onions).			
306120	RICE NOODLES, BANGKOK CURRY	.12/1.6 oz	0.63/ea	7.50
	Ingredients: Rice noodles (rice, water, tapioca); seasoning packet (sugar, salt, spices [coriander, cumin, turmeric, cardamom, chili, pepper], palm oil, dextrose syrup, hydrolyzed corn protein, autolyzed yeast, sunflower oil, natural flavor, maltodextrin, coconut milk, sodium caseinate, soybean oil); oil packet (soybean oil, chili, garlic, shallot, tocopherol [vitamin E]).			
306124	RICE NOODLES, GARLIC & VEGETABLE	.12/1.6 oz	0.63/ea	7.50
	Ingredients: Rice noodles (rice, water, tapioca); seasoning packet (sugar, salt, spices [garlic, ginger, chili, basil, green onions], maltodextrin, hydrolyzed corn protein, autolyzed yeast, sunflower oil, natural flavor, hydrolyzed soy protein, soybean oil); oil packet (soybean oil, chili, garlic, shallot, tocopherol [vitamin E]).			
306128	RICE NOODLES, SPRING ONION	.12/1.6 oz	0.63/ea	7.50
	Ingredients: Rice noodles (rice, water, tapioca); seasoning packet (sugar, salt, spices [garlic, onion, turmeric, pepper, green onions], hydrolyzed corn protein, autolyzed yeast, sunflower oil, natural flavor, hydrolyzed soy protein, soybean oil, citric acid); oil packet (soybean oil, chili, garlic, shallot, tocopherol [vitamin E]).			
230924	SALT, EARTH, 'REAL SALT'™ SHAKER	.9 oz	2.95/ea	2.95
232663	SALT, EARTH, 'REAL SALT'™	.26oz	5.25/ea	5.25
	Now labeled as "Sea Salt" on package			
232563	SALT, EARTH, 'REAL SALT'™	.25 #	2.05/lb	51.25
301010	SALT, HI GRADE	.10#	0.29/lb	2.90
238010	SALT, HI GRADE	.80#	0.23/lb	18.40
300500	SALT, SEA, (Contains Iodine)	.5#	0.60/lb	3.00
235500	SALT, SEA, (Contains Iodine)	.50#	0.40/lb	20.00
	Ingredients: Sea salt, magnesium carbonate, dextrose, potassium iodide, sodium bicarbonate.			

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
ODDS AND ENDS, CONTINUED				
230522	SALT, SEA (Does NOT contain Iodine)	.10#	0.60/lb	6.00
230119	SALT, SEA (Does NOT contain Iodine)	.50#	0.40/lb	20.00
	Ingredients: Sea salt, magnesium carbonate.			
301878	SOUP MIX, MEDITERRANEAN LENTIL	.8.8 oz	3.95/ea	3.95
	<i>By Vegetarian Express. Ingredients:</i> Red lentils, brown rice, salt, citric acid, turmeric, cumin.			
230145	SOY SAUCE POWDER	.5#	2.20/lb	11.00
	UNFERMENTED! Ingredients: Soy sauce, corn syrup solids, salt. Soy sauce recipe: Mix 1 part soy sauce powder with 3 parts water in a jar or a blender. Blend until dissolved.			
303001	SUPERIOR GREENS (Dietary Supplement)	12.57 oz (30 servings)	23.50/ea	25.00
	Ingredients: Soy lecithin powder, spirulina, barley grass powder, oat beta glucans, fructooligosaccharides (FOS), carrot powder, bromelain, papain, red grape seed extract, chlorella-cracked cell powder, wheat grass powder, red raspberry powder, apple pectin, acerola berry juice powder, alfalfa powder, beet juice powder, cauliflower powder, flax seed meal, parsley juice powder, rose hips, spinach leaf powder, non-dairy probiotic culture, royal jelly, bee pollen, citrus bioflavonoids, blueberry powder, broccoli powder, cranberry juice powder, horsetail rush, bilberry extract, milk thistle, rosemary leaf powder, DMG HCl, grape seed extract, green tea extract, eleutherococcus senticosus (ginseng), aloe leaf powder, stevia, licorice glycomil.			
303003	SUPERIOR PURPLES (Phytonutrient drink mix)	11.59 oz (30 servings)	25.00/ea	26.25
	Ingredients: Fruit powder blend (blueberry, blackberry, black cherries, black raspberries, black currants, plums, elderberries, bilberries, figs, raisins), soluble fiber, vegetable powder blend (eggplant, purple carrots, purple cabbage, beets), acai fruit powder, camu camu fruit powder, mangosteen fruit extract, gogi berry powder, proprietary "brain" blend (L-carnosine, alpha GPC), pomegranate extract, stevia, natural raspberry, strawberry, cherry, vanilla, spearmint leaves, banana powder, cinnamon, citric acid.			
303002	SUPERIOR REDS (Antioxidant supplement)	9.59 oz (30 serving)s	25.50/ea	27.00
	Ingredients: Proprietary fruit powder blend (strawberries, cherries, red raspberries, acerola, pomegranates, cranberries, blackberries, blueberries, papayas, plums, peaches, pears, mangos, watermelon, red currants, nectarines, blood oranges) soluble fiber, carrot powder, ORAC proprietary blend (green tea extract, grape seed extract, apple, blueberry, broccoli, cranberry, kale, orange, prune, raspberry, spinach, and strawberry) flax seed, arabinogalactan (larch tree) extract, apple pectin, lecithin (from soy), inositol, DMG HCl, choline, L-glutathione, stevia, polygonum cuspidatum, bilberry extract, grape seed extract, acetyl-L-carnitine, phosphatidylserine, milk thistle extract, lycopene, lutein, astaxanthin.			
	<ul style="list-style-type: none"> • Mori-Nu tofu needs no refrigeration. • Gluconolactone is a non-dairy coagulant derived from food starch. 			
301298	TOFU, MORI-NU, EX-FIRM	12/12.3oz	1.40/ea	16.80
301284	TOFU, MORI-NU, FIRM	12/12.3oz	1.40/ea	16.80
	Ingredients: Water, soybeans, isolated soy protein, gluconolactone, calcium chloride.			
301235	TOFU, MORI-NU, LITE, FIRM	12/12.3oz	1.40/ea	16.80
	Ingredients: Water, soybeans, isolated soy protein, gluconolactone, calcium chloride.			
301271	TOFU, MORI-NU, SOFT	12/12 oz	1.40/ea	16.80
	Ingredients: Water, soybeans, gluconolactone, calcium chloride.			
301257	TOFU, MORI-NU, FIRM, OG	12/12.3oz	1.55/ea	18.60
	Ingredients: Filtered water, organic soybeans, isolated soy protein, gluconolactone, calcium chloride.			
230568	VITAMIN C, POWDER	.1#	15.50/lb	15.50
	ASCORBIC ACID, PURE 1/4 tsp.=980mg. Use for dough enhancer 1/4 tsp. for 5 loaves.			
230180	YEAST, SAF--INSTANT RED (BAKING)	.1#	3.00/lb	3.00
*230081	YEAST, SAF--INSTANT RED (BAKING)	.50#	2.85/lb	142.50

Regrettably our prices are subject to change without notice.

*\$1.00 additional handling charge for UPS shipment.

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
ODDS AND ENDS, CONTINUED				
300506	YEAST FLAKES, NUTRITIONAL, SHAKER (Red Star® w/B-12)	.5 oz	3.60/ea	3.60
230350	YEAST FLAKES, NUTRITIONAL, W/B-12, RED STAR®3 #	5.75/lb	17.25
231215	YEAST FLAKES, NUTRITIONAL, W/B-12, RED STAR®10#	5.25/lb	52.50
231250	YEAST FLAKES, NUTRITIONAL, W/B-12, RED STAR®50#	4.60/lb	230.00
<i>Not brewer's yeast. Nutritional yeast flakes has a toasted, nutty, cheesy flavor.</i>				
Vegetarian Formula Certified Candida Negative. Ingredients: Dried yeast, niacin, riboflavin (B-2), thiamin hydrochloride(B-1), pyridoxine hydroxine hydrochloride(B-6), and cyanocobalamin (B-12).				

BOOKS

COOKBOOKS

250099	7 SECRETS COOKBOOK, By Brackett	11.25/ea	11.25
250062	CHOICES, By Cheryl Thomas Peters (To Be Discontinued)	11.25/ea	11.25
Quick and healthy cooking; meals you can make in 30 minutes or less.				
250038	KIDS IN THE KITCHEN, By Judi Rogers	9.95/ea	9.95
250032	NEWSTART LIFESTYLE COOKBOOK, From Weimar Institute	15.99/ea	15.99
More than 260 heart-healthy recipes featuring whole plant foods.				
250055	OF THESE YOU MAY FREELY EAT, By Rachor	2.19/ea	2.19
Over 250 recipes. Cholesterol Free.				
250072	SLOW COOKER VEGETARIAN COOKBOOK, By Rachor	9.95/ea	9.95
Fast cooking in a slow cooker every day of the year.				
250049	TASTE OF HEALTH, By Barbara Kerr	12.00/ea	12.00
250075	TEN TALENTS, By Rosalie & Frank Hurd	21.00/ea	21.00
New, updated, expanded, pictorial edition.				

HEALTH BOOKS

250037	CHARCOAL REMEDIES.COM, By John Dinsley	11.95/ea	11.95
The complete handbook of medicinal charcoal and its applications.				
250010	COUNSELS ON DIET & FOODS, By Ellen G. White	6.95/ea	6.95
250012	DIABETES, By Thrash	10.95/ea	10.95
Facts concerning onset and control of diabetes.				
250014	FATIGUE, By Thrash	3.23/ea	3.23
Causes, treatment, and prevention of fatigue.				
250021	FOOD ALLERGIES MADE SIMPLE, By Thrash/Austin	4.39/ea	4.39
Complete manual for diagnosis, treatment, and prevention of food allergies.				
250045	NATURAL REMEDIES, By Thrash	4.70/ea	4.70
A comprehensive guide to treating over 50 diseases using natural remedies.				
250063	NATURAL TREATMENTS FOR HYPERTENSION, By Thrash	11.25/ea	11.25

PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
Books, Continued				
250008	PATHWAYS TO HEALTH & HAPPINESS, By Ellen G. White A classic, containing balanced counsel on healing of the body, mind, and soul. Based on Biblical principles.		7.25/ea	7.25
250052	RX: CHARCOAL, By Thrash Startling facts about the world's most powerful clinical adsorbent.		4.95/ea	4.95

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SCRIPTURE SONGBOOKS

• Now your child can memorize scripture quickly and easily. See it, sing it, play it! Each 8 1/2 by 11 softcover book from Thy Word Creations is an illustrated Bible passage especially appropriate for young children. Comes with a cassette tape (which will be discontinued) or CD of the contents set to music.

250999	THY WORD, THREE BOOK DISCOUNT Order three or more of Thy Word Scripture Books and enter this number to receive a \$4.80 discount.		(4.80)	(4.80)
250753	THY WORD, 1 CORINTHIANS 13, NKJV (CD)		11.75/ea	11.75
250740	THY WORD, CREATION, KJV (CD)		11.75/ea	11.75
250748	THY WORD, ISAIAH 53, KJV (CD)		11.75/ea	11.75
250730	THY WORD, PSALM 23, KJV (CD)		11.75/ea	11.75
250215	THY WORD, PSALM 91, NKJV (Cassette)		10.10/ea	10.10
250755	THY WORD, PSALM 91, NKJV (CD)		11.75/ea	11.75
250220	THY WORD, PSALM 139, NKJV (Cassette)		10.10/ea	10.10
250759	THY WORD, PSALM 139, NKJV (CD)		11.75/ea	11.75
250744	THY WORD, TEN COMMANDMENTS, KJV (CD)		11.75/ea	11.75
250737	THY WORD, THE BEATITUDES, KJV (CD)		11.75/ea	11.75
250225	THY WORD, THE LORD'S PRAYER, KJV (Cassette)		10.10/ea	10.10
250732	THY WORD, THE LORD'S PRAYER, KJV (CD)		11.75/ea	11.75
250240	THY WORD, THE TEMPTATIONS OF JESUS, KJV (Cassette)		10.10/ea	10.10
250741	THY WORD, THE TEMPTATIONS OF JESUS, KJV (CD)		11.75/ea	11.75

TEEN/ADULT

• Scripture books for teen/adults includes a song book and a cassette tape.

250219	THY WORD, 1 CORINTHIANS 12 & 13, KJV Teen/Adult (Cassette) . .		10.10/ea	10.10
250719	THY WORD, 1 CORINTHIANS 12 & 13, KJV Teen/Adult (CD)		11.75/ea	11.75
250245	THY WORD, ALL ABOUT JESUS, KJV Teen/Adult (Cassette)		10.10/ea	10.10
250745	THY WORD, ALL ABOUT JESUS, KJV Teen/Adult (CD)		11.75/ea	11.75
250217	THY WORD, ISAIAH 53/PSALM 139, KJV Teen/Adult (Cassette)		10.10/ea	10.10
250717	THY WORD, TEMPTATIONS OF JESUS/PSALM 91 Teen/Adult (CD)		11.75/ea	11.75
250216	THY WORD, TEN COMMANDMENTS/BEATITUDES, KJV (Cassette)		10.10/ea	10.10
250716	THY WORD, TEN COMMANDMENTS/BEATITUDES, KJV (CD)		11.75/ea	11.75
250999	THY WORD, THREE BOOK DISCOUNT Order three or more of Thy Word Scripture Books and enter this number to receive a \$4.80 discount.		(4.80)	(4.80)

Orders - Information
Current Prices
1-800-456-7694

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PRODUCT NUMBER	PRODUCT DESCRIPTION	PACKAGED SIZE	UNIT PRICE	PACKAGED PRICE
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BOOKS, CONTINUED

SPIRITUAL BOOKS

250000	DESIRE OF AGES (FULL TEXT), by E. G. White An excellent commentary on the life of Jesus.		9.75/ea	9.75
250013	GOD'S ANSWER TO YOUR QUESTIONS		5.75/ea	5.75
250003	IN THE BEGINNING, BOOK 1		4.95/ea	4.95
250004	IN THE BEGINNING, BOOK 2 Creation's story through the era of the prophets.		4.95/ea	4.95
250009	PEACE ABOVE THE STORM Also published as <i>Steps to Christ</i> .		4.95/ea	4.95
250020	STORY BOOK (For Children), By Maxwell		7.25/ea	7.25
250006	THE GREAT CONTROVERSY History of the Christian church from pre-Reformation times through the last days of earth.		6.75/ea	6.75

BAGS AND TIES

900040	BAG TIES, PAPER2000	2.50/box	2.50
900045	BAG TIES, PLASTIC2000	2.95/box	2.95
900020	BAGS, PLASTIC, 4x2x8, 2 mil.1000	17.50/box	17.50
900025	BAGS, PLASTIC, 4x2x12, 2 mil.1000	25.00/box	25.00
900032	BAGS, PLASTIC, 6x3x15, 2 mil.1000	47.00/box	47.00
900035	BAGS, PLASTIC, 8x4x18, 2 mil.1000	58.00/box	58.00
900014	ZIPLOCK BAGS, PLASTIC, 4x6, 2 mil. (Flat bags, no side seams)1000	13.75/box	13.75
230005	COUNTRY LIFE CATALOG		NO CHARGE	

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ORDER AND DELIVERY SCHEDULE - 2010

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Reminder: Order deadlines are **WEDNESDAYS**. (Or **Tuesday** when noted) **5:00pm EASTERN TIME**

<u>Order Deadline</u>	<u>Delivery Week</u>
Detroit Jackson & Grand Rapids----	
Route Codes: "DJ" & "GR"	
Feb 10, 2010	Feb 15 - Feb 18, 2010
Feb 24, 2010	Mar 1 - Mar 4, 2010
Mar 10, 2010	Mar 15 - Mar 18, 2010
Mar 24, 2010	Mar 29 - Apr 1, 2010
Apr 7, 2010	Apr 12 - Apr 15, 2010
Apr 21, 2010	Apr 26 - Apr 29, 2010
May 5, 2010	May 10 - May 13, 2010
May 19, 2010	May 24 - May 27, 2010
Jun 2, 2010	Jun 7 - Jun 10, 2010
Jun 16, 2010	Jun 21 - Jun 24, 2010
Jun 30, 2010	Jul 5 - Jul 8, 2010
Jul 14, 2010	Jul 19 - Jul 22, 2010
Jul 28, 2010	Aug 2 - Aug 5, 2010
Aug 11, 2010	Aug 16 - Aug 19, 2010
Aug 25, 2010	Aug 30 - Sep 2, 2010
Sep 8, 2010	Sep 13 - Sep 16, 2010
Sep 22, 2010	Sep 27 - Sep 30, 2010
Oct 6, 2010	Oct 11 - Oct 14, 2010
Oct 20, 2010	Oct 25 - Oct 28, 2010
Nov 3, 2010	Nov 8 - Nov 11, 2010
Nov 17, 2010	Nov 22 - Nov 25, 2010
Dec 1, 2010	Dec 6 - Dec 9, 2010
Dec 15, 2010	Dec 20 - Dec 23, 2010
Dec 29, 2010	Jan 3 - Jan 6, 2011

Kalamazoo South ---- Route Code: "KS"	
Mar 24, 2010	Mar 29 - Apr 1, 2010
May 19, 2010	May 24 - May 27, 2010
Jul 14, 2010	Jul 19 - Jul 22, 2010
Sep 8, 2010	Sep 13 - Sep 16, 2010
Nov 3, 2010	Nov 8 - Nov 11, 2010
Dec 29, 2010	Jan 3 - Jan 6, 2011

<u>Order Deadline</u>	<u>Delivery Week</u>
Detroit Metro ---- Route Code: "DM"	
Feb 24, 2010	Mar 1 - Mar 4, 2010
Mar 24, 2010	Mar 29 - Apr 1, 2010
Apr 21, 2010	Apr 26 - Apr 29, 2010
May 19, 2010	May 24 - May 27, 2010
Jun 16, 2010	Jun 21 - Jun 24, 2010
Jul 14, 2010	Jul 19 - Jul 22, 2010
Aug 11, 2010	Aug 16 - Aug 19, 2010
Sep 8, 2010	Sep 13 - Sep 16, 2010
Oct 6, 2010	Oct 11 - Oct 14, 2010
Nov 3, 2010	Nov 8 - Nov 11, 2010
Dec 1, 2010	Dec 6 - Dec 9, 2010
Dec 29, 2010	Jan 3 - Jan 6, 2011

Detroit North & Grand Rapids North ----	
Route Codes: "DN" & "GN"	
Feb 10, 2010	Feb 15 - Feb 18, 2010
Mar 10, 2010	Mar 15 - Mar 18, 2010
Apr 7, 2010	Apr 12 - Apr 15, 2010
May 5, 2010	May 10 - May 13, 2010
Jun 2, 2010	Jun 7 - Jun 10, 2010
Jun 30, 2010	Jul 5 - Jul 8, 2010
Jul 28, 2010	Aug 2 - Aug 5, 2010
Aug 25, 2010	Aug 30 - Sep 2, 2010
Sep 22, 2010	Sep 27 - Sep 30, 2010
Oct 20, 2010	Oct 25 - Oct 28, 2010
Nov 17, 2010	Nov 22 - Nov 25, 2010
Dec 15, 2010	Dec 20 - Dec 23, 2010

ORDER AND DELIVERY SCHEDULE - 2010

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<u>Order Deadline</u>	<u>Delivery Week</u>
Chicago and Wisconsin---	
Route Codes: "CH" & "WI"	
Feb 3, 2010	Feb 8 - Feb 11, 2010
Feb 17, 2010	Feb 22 - Feb 25, 2010
Mar 3, 2010	Mar 8 - Mar 11, 2010
Mar 17, 2010	Mar 22 - Mar 25, 2010
Mar 31, 2010	Apr 5 - Apr 8, 2010
Apr 14, 2010	Apr 19 - Apr 22, 2010
Apr 28, 2010	May 3 - May 6, 2010
May 12, 2010	May 17 - May 20, 2010
May 26, 2010	May 31 - Jun 3, 2010
Jun 9, 2010	Jun 14 - Jun 17, 2010
Jun 23, 2010	Jun 28 - Jul 1, 2010
Jul 7, 2010	Jul 12 - Jul 15, 2010
Jul 21, 2010	Jul 26 - Jul 29, 2010
Aug 4, 2010	Aug 9 - Aug 12, 2010
Aug 18, 2010	Aug 23 - Aug 26, 2010
Sep 1, 2010	Sep 6 - Sep 9, 2010
Sep 15, 2010	Sep 20 - Sep 23, 2010
Sep 29, 2010	Oct 4 - Oct 7, 2010
Oct 13, 2010	Oct 18 - Oct 21, 2010
Oct 27, 2010	Nov 1 - Nov 4, 2010
Nov 10, 2010	Nov 15 - Nov 18, 2010
Nov 23, 2010 TUESDAY	Nov 29 - Dec 2, 2010
Dec 8, 2010	Dec 13 - Dec 16, 2010
Dec 22, 2010	Dec 27 - Dec 30, 2010

Chicago South and Wisconsin South---Route	
Codes: "CS" & "WS"	
Feb 17, 2010	Feb 22 - Feb 25, 2010
Mar 17, 2010	Mar 22 - Mar 25, 2010
Apr 14, 2010	Apr 19 - Apr 22, 2010
May 12, 2010	May 17 - May 20, 2010
Jun 9, 2010	Jun 14 - Jun 17, 2010
Jul 7, 2010	Jul 12 - Jul 15, 2010
Aug 4, 2010	Aug 9 - Aug 12, 2010
Sep 1, 2010	Sep 6 - Sep 9, 2010
Sep 29, 2010	Oct 4 - Oct 7, 2010
Oct 27, 2010	Nov 1 - Nov 4, 2010
Nov 23, 2010 TUESDAY	Nov 29 - Dec 2, 2010
Dec 22, 2010	Dec 27 - Dec 30, 2010

<u>Order Deadline</u>	<u>Delivery Week</u>
Chicago Metro and Wisconsin North--	
Route Codes: "CM" & "WN"	
Feb 3, 2010	Feb 8 - Feb 11, 2010
Mar 3, 2010	Mar 8 - Mar 11, 2010
Mar 31, 2010	Apr 5 - Apr 8, 2010
Apr 28, 2010	May 3 - May 6, 2010
May 26, 2010	May 31 - Jun 3, 2010
Jun 23, 2010	Jun 28 - Jul 1, 2010
Jul 21, 2010	Jul 26 - Jul 29, 2010
Aug 18, 2010	Aug 23 - Aug 26, 2010
Sep 15, 2010	Sep 20 - Sep 23, 2010
Oct 13, 2010	Oct 18 - Oct 21, 2010
Nov 10, 2010	Nov 15 - Nov 18, 2010
Dec 8, 2010	Dec 13 - Dec 16, 2010

Duluth--- Route Code: "DU"	
Feb 3, 2010	Feb 8 - Feb 11, 2010
Mar 31, 2010	Apr 5 - Apr 8, 2010
May 26, 2010	May 31 - Jun 3, 2010
Jul 21, 2010	Jul 26 - Jul 29, 2010
Sep 15, 2010	Sep 20 - Sep 23, 2010
Nov 10, 2010	Nov 15 - Nov 18, 2010

Minneapolis/St. Paul--Route Code: "MSP"	
Mar 3, 2010	Mar 8 - Mar 11, 2010
Apr 28, 2010	May 3 - May 6, 2010
Jun 23, 2010	Jun 28 - Jul 1, 2010
Aug 18, 2010	Aug 23 - Aug 26, 2010
Oct 13, 2010	Oct 18 - Oct 21, 2010
Dec 8, 2010	Dec 13 - Dec 16, 2010

ORDER AND DELIVERY SCHEDULE - 2010

All orders, including add-ons or changes, must be placed by 5:00 p.m. Eastern Time on the day of your order deadline. When ordering, please give the name of your route. To confirm your route, check the route code on your address label. Please notify us if you have a phone or an address change. Minimal or no delivery on following holidays: New Year's Day, Memorial Day, Independence Day, Labor Day, Thanksgiving, Christmas. MINIMUM ORDER--\$400.00 (unless noted otherwise).

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<u>Order Deadline</u>	<u>Delivery Week</u>
Missouri--- Route Code "MO" (\$500.00 minimum)	
Feb 17, 2010	Feb 22 - Feb 25, 2010
Mar 17, 2010	Mar 22 - Mar 25, 2010
Apr 14, 2010	Apr 19 - Apr 22, 2010
May 12, 2010	May 17 - May 20, 2010
Jun 9, 2010	Jun 14 - Jun 17, 2010
Jul 7, 2010	Jul 12 - Jul 15, 2010
Aug 4, 2010	Aug 9 - Aug 12, 2010
Sep 1, 2010	Sep 6 - Sep 9, 2010
Sep 29, 2010	Oct 4 - Oct 7, 2010
Oct 27, 2010	Nov 1 - Nov 4, 2010
Nov 23, 2010 TUESDAY	Nov 29 - Dec 2, 2010
Dec 22, 2010	Dec 27 - Dec 30, 2010

Arkansas--- Route Code "AR" (\$500.00 minimum)	
Feb 17, 2010	Feb 22 - Feb 25, 2010
Apr 14, 2010	Apr 19 - Apr 22, 2010
Jun 9, 2010	Jun 14 - Jun 17, 2010
Aug 4, 2010	Aug 9 - Aug 12, 2010
Sep 29, 2010	Oct 4 - Oct 7, 2010
Nov 23, 2010 TUESDAY	Nov 29 - Dec 2, 2010

Oklahoma---Route Code "OK" (\$500.00 minimum)	
Mar 17, 2010	Mar 22 - Mar 25, 2010
May 12, 2010	May 17 - May 20, 2010
Jul 7, 2010	Jul 12 - Jul 15, 2010
Sep 1, 2010	Sep 6 - Sep 9, 2010
Oct 27, 2010	Nov 1 - Nov 4, 2010
Dec 22, 2010	Dec 27 - Dec 30, 2010

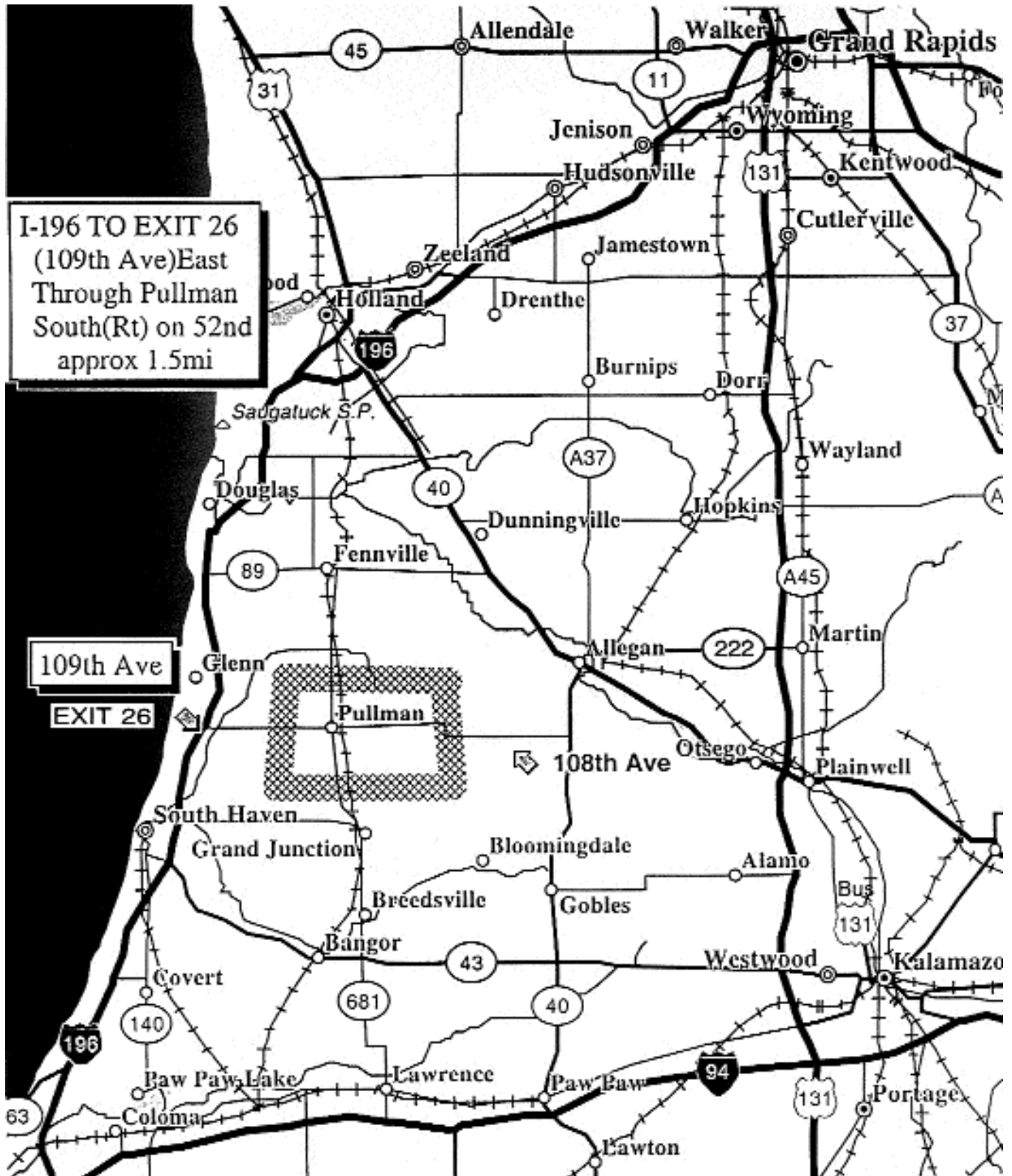
<u>Order Deadline</u>	<u>Delivery Week</u>
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Orange Juices	28	Rye Berries & Flakes	22	Vanilla Flavor	43
Oregano	47	Rye Flour	24	Vegeburger	32
Pails	53	Safflower Oil	39	Veggie Pastas	25, 26
Papaya Juice	29	Sage	47	Veggie Salt	43
Papaya, Dried	14	Salsa	48	Vegi-Franks	32
Paprika	47	Salt	54, 55	Vibrant Life Products	33, 34
Parchment Paper, Cooking	53	Saucy Ranch Seasoning	47	Vinegar, Apple Cider	52
Parma Zaan Sprinkles	37	Savory	47	Vitamin C Powder	55
Parsley Flakes	47	Savory Thins	50, 51	Waffle Mixes	31
Pasta	25, 26	Scripture Songbooks	57	Walnuts	11
Pastry Flour, WW	24	Seasonings	43-48	Wheat Berries	23
Peaches, Dried	14	Seeds	16, 17	Wheat Bran	23
Peanut Butter	8	Sesame Bars	42	Wheat Cereals/Flakes	23
Peanuts	10	Sesame Honey Crunch	42	Wheat Germ	23
Peanuts, Carob Coated	40	Sesame Oatburger Mix	32	White Flour	24
Pears, Dried	14	Sesame Seeds	16, 17	Whole Wheat Flour	24
Peas, Split	18, 19	Sesame Sticks	51	Whole Wheat Pastas	26
Pecan Meal	10	Sesame Tahini	8	Xylitol	35
Pecans	10	Silk Soymilk	37	Yeast Flakes	56
Pectin	49	Slippery Elm	47	Yeast, Baking	55
Pepitas	16	Soup Mix	55	Yellow Eye Beans	19
Pepper Like Seasoning	47	Soy Beans	19		



Thank you for requesting our catalog and considering our products. We want to provide the service and quality you desire. Thank you also for your comments and appreciation of our services. We are committed to offering those hard to get products that many of you have requested.

Again, our wish at Country Life is that many people will be helped by our services; not only by receiving the finest quality natural foods, but also receiving help in implementing meaningful lifestyle principles into the everyday life. We desire continued growth in all areas of life, as Jesus grew; both in body and in wisdom, gaining favor with God and men. Luke 2:52

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John 2



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