

ORGANIC BREAD WHEAT	ORGANIC DRIED FRUIT	ORGANIC OILS
Red Fife Whole Wheat Flour 2.27kg \$6.55 10kg \$22.72 25kg \$51.30 Red Fife Wheat Kernels 10kg \$21.45 25kg \$49.48 Whole Wheat Flour 2.27kg \$5.83 10kg \$19.72 25kg \$43.97 Unbleached White Flour 2.27kg \$6.06 11.34kg \$23.99 25kg \$48.71 Hard Wheat Kernels 10kg \$17.59 25kg \$38.11 Cracked Wheat 2.27kg \$5.17 10kg \$19.72 25kg \$44.37 Wheat Flakes 8kg \$17.59 Wheat Bran 10kg \$8.24	Apples 454g \$9.70 2.5kg \$48.03 11.36kg \$199.68 Apricots 910g \$16.16 5kg \$64.32 12.5kg \$155.52 Medjool Dates 910g \$18.10 5kg \$102.94 Thompson Raisins 910g \$10.05 5kg \$53.95 13.63kg \$112.24 Pitted Prunes 910g \$18.15 5kg \$103.46 13.63kg \$269.01	Olive Oil 500ml \$10.98 1L \$20.10 Sunflower Oil 500ml \$6.23 1L \$11.20 3L \$28.88 Canola Oil 500ml \$6.82 1L \$12.14 3L \$31.12 Organic Safflower Oil case (6 x 500ml) \$54.99 Organic Sesame Oil case (6 x 500ml) \$54.99
ORGANIC PASTRY WHEAT	ORGANIC MARITIME PRODUCTS	ORGANIC OATS
Whole Wheat Pastry Flour 2.27kg \$6.74 10kg \$20.25 Soft Wheat Kernels 10kg \$17.22	Boates Vinegar Organic Apple Cider Vinegar .95L \$5.83 4L \$11.66 Canadian Organic Maple Company Organic Maple Syrup 250ml \$5.88 375ml \$8.51 1L \$19.79 4L \$65.30 Organic Maple Sugar 250g \$6.75 500g \$11.45 Organic Maple Spread 250g \$7.44	Newfound Oatmeal 1.82kg \$5.94 8kg \$16.61 20kg \$37.88 Oat Groats 10kg \$16.36 Scottish Oatmeal 2.27kg \$6.74 10kg \$21.34 Non-GMO Baking Powder 2.27kg \$9.62 10kg \$35.99
ORGANIC CEREAL & MIXES	ORGANIC SPELT	LOW GLUTEN PRODUCTS
Bulgar 2.27kg \$15.19 11.34kg \$66.30 Couscous 2.27kg \$14.66 11.34kg \$57.03 Saint John Valley Cereal 2.27kg \$6.74 10kg \$24.11 7-Grain Cereal 2.27kg \$7.41 10kg \$28.50 25kg \$65.96	Whole Spelt Flour 2.27kg \$8.75 10kg \$29.82 25kg \$67.90 Light Spelt Flour 2.27kg \$9.05 10kg \$32.42 25kg \$73.91 Spelt Kernels 10kg \$26.29 25kg \$62.24 Spelt Flakes 8kg \$24.99	Buckwheat Flour 2.27kg \$9.43 10kg \$31.92 Buckwheat Groats 2.27kg \$9.47 11.34kg \$37.39 Cornmeal 2.27kg \$6.74 10kg \$22.39 Corn Flour 2.27kg \$6.74 10kg \$19.05 Hulled Millet

12-Grain Cereal		Spelt Bran		2.27kg	\$10.78
2.27kg	\$10.10	10kg	\$11.67	11.34kg	\$42.91
10kg	\$38.13			Quinoa	
25kg	\$89.79	ORGANIC RYE		2.27kg	\$14.22
Maritime Sunshine Pancake Mix		Whole Rye Flour		11.34kg	\$62.18
2.27kg	\$8.11	2.27kg	\$5.39	Popping Corn	
10kg	\$29.52	10kg	\$17.72	2.27kg	\$9.13
Buckwheat Pancake Mix		25kg	\$39.58	11.34kg	\$35.18
2.27kg	\$9.05	Cracked Rye		Long Grain Brown Rice	
10kg	\$32.77	10kg	\$18.06	2.27kg	\$10.37
Cornucopia Mix		Rye Kernels		11.34kg	\$41.32
700g	\$4.52	10kg	\$16.86	Short Grain Brown Rice	
Rainbow Medley Mix		25kg	\$37.51	2.27kg	\$10.37
700g	\$4.52	Rye Flakes		11.34kg	\$43.11
Pharaoh's Favourite Mix		8kg	\$17.32	Brown Basmati Rice	
700g	\$4.88	ORGANIC BARLEY		2.27kg	\$12.02
		Whole Barley Flour		11.34kg	\$47.05
		2.27kg	\$8.41	Brown Rice Flour	
		10kg	\$28.78	2.27kg	\$9.69
		25kg	\$67.42	10kg	\$33.71
				Soy Flour	
				1.82kg	\$10.15
				10kg	\$48.46
ORGANIC SEEDS		ORGANIC SPROUTING SEEDS		Nancy's Kitchen	
Brown Flax Seed		Alfalfa Seed		Organic Zesty Mustard	
2.27kg	\$11.61	910g	\$12.93	250ml	\$4.93
11.34kg	\$50.06	2.27kg	\$28.53	Organic Old Fashioned Mustard	
22.7kg	\$93.36	Radish Seed		250ml	\$4.93
Yellow Flax Seeds		910g	\$8.25	Oak Haven Bakery Granola	
2.27kg	\$14.21	2.27kg	\$15.99	Organic Granola	
11.34kg	\$53.44	Red Clover Seed		454g	\$6.61
22.7kg	\$104.56	910g	\$8.75	1.82kg	\$18.45
Hulled Sunflower Seed		2.27kg	\$14.03	Organic Maple Flax Granola	
2.27kg	\$13.57	Ancient Eastern Blend		454g	\$6.77
11.34kg	\$62.06	910g	\$11.65	1.82kg	\$18.92
Unhulled Sesame Seed		2.27kg	\$29.13	Yum Foods Inc.	
2.27kg	\$12.65	Broccoli Brassica Blend		Naturally Nutty Nut Butters	
11.34kg	\$51.22	910g	\$26.79	Peanut Butter - Smooth	
Pumpkin Seed		2.27kg	\$66.96	500g	\$5.83
2.27kg	\$34.48	Crunchy Bean Mix		4kg	\$38.90
10kg	\$123.00	910g	\$9.23	10kg	\$92.94
Club Organic Cold Milled Flax Seed		2.27kg	\$23.05	Peanut Butter - Crunchy	
Brown (15*500g)	\$81.11	Sandwich Booster		500g	\$5.83
Yellow (15*500g)	\$83.72	910g	\$16.56	4kg	\$38.90
		2.27kg	\$41.39	10kg	\$92.94
Specialty Grains		Spicy Lentil Crunch		Almond Butter	
Amaranth		910g	\$13.92	240g	\$9.46
5lb	\$11.61	2.27kg	\$34.81	Cashew Butter	
25lb	\$51.85			240g	\$8.37
				Sesame Tahini	
				240g	\$3.60
				500g	\$7.47
				4kg	\$53.16

ORGANIC BEAN & PEAS		NON-ORGANIC MARITIME PRODUCTS		VanDine's Beans	
Black Turtle Beans		BREAD WHEAT		Soldier Beans	
2.27kg	\$12.93	Whole Wheat Flour		Yellow Eyed Beans	
11.34kg	\$55.75	2.27kg	\$5.52	Case (12 x 454g)	\$29.65
Chickpeas (Garbanzos)		10kg	\$14.66	2.27kg	\$11.02
2.27kg	\$11.63	25kg	\$32.25	11.34kg	\$51.10
11.34kg	\$47.33	Whole White Flour		Jacob's Cattle Beans	
Pinto Beans		2.27kg	\$5.52	Case (12 x 454g)	\$28.32
2.27kg	\$11.63	10kg	\$16.12	2.27kg	\$9.85
11.34kg	\$49.26	25kg	\$36.31	11.34kg	\$45.77
Red Kidney Beans		The Homestead Soap Co.		White Pea Bean	
2.27kg	\$12.32	Oatmeal		2.27kg	\$10.32
11.34kg	\$49.92	Rosemary-Mint		11.34kg	\$51.20
Green Lentils		Lavender		OTHER MARITIME PRODUCTS	
2.27kg	\$10.04	Lemongrass		Down East	
11.34kg	\$43.30	Patchouli		Environmental	
Red Split Lentils		Spiced Oatmeal		HomeCare Products **	
2.27kg	\$11.63	120g Bar	\$4.72	Liquid laundry Detergent	
11.34kg	\$50.56	Tom's of Maine Personal Care **		1L	\$5.82
Green Split Peas		Toothpaste		4L	\$16.76
2.27kg	\$9.90	Spearmint		Dishwashing Liquid	
11.34kg	\$42.18	Fennel		1L	\$5.33
Yellow Split Peas		Peppermint		4L	\$14.90
2.27kg	\$9.90	Silly Strawberry		Hand & Body Wash	
11.34kg	\$42.18	85ml	\$5.17	4L	\$17.11
Soy Beans		Case (6 x 85ml)	\$26.14	All Purpose Cleaner	
2.27kg	\$8.40	Homeopathic Apricot		4L	\$15.83
11.34kg	\$35.55	85ml	\$5.29	Brighton Botanicals	
VanDyk's Health Juice Products Ltd.		Case (6 x 85ml)	\$29.45	Loose Herbal Teas	
100% Wild Blueberry Juice		Deodorant		VitaliTea	
Case (12 x 473ml)	\$99.98	Unscented		River Valley Tea	
**Bottle deposit not included		Honeysuckle		Jewel Tea	
ALL PRODUCTS ARE STONE		Calendula		40g	\$5.86
GROUND TO RETAIN NUTRIENTS		64g Stick	\$6.19	Culinary Herbs	
NO ADDITIVES OR				Oregano	-Basil
NO PRESERVATIVES ARE USED.				Sage	-Italian Seasoning
				Celery	
				Parsley	
				Peppermint	
				30g	\$6.66
				Premium Herbs	
				Red Raspberry Leaf -	
				30g	\$6.66
				Red Clover - 30g	\$8.20
				Nettle - 30g	\$6.66
NON-ORGANIC CANADIAN PRODUCTS					
Green Beaver Co. **					
Toothpaste					
Frosty Mint					
Zesty Orange					
Green Apple					
Star Anise					

Each 75ml Tube	\$4.18
Case (12 x 75ml)	\$49.20

Deodorant

Lavender	
Citrus	
Tea Tree	
50g	\$4.72
Case (12 x 50g)	\$56.46
Unscented	
50g	\$5.60
Case (12 x 50g)	\$67.48

OTHER PRODUCTS

White Sea Salt

700g	\$2.29
25kg	\$46.64

Coarse Grey Sea Salt

1kg	\$4.24
5kg	\$18.62

Fine Grey Sea Salt

500g	\$4.01
5kg	\$31.12

Fine Grey Sea Salt Shakers

250g	\$4.36
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Baking Powder

2.27kg	\$9.62
10kg	\$35.99