

September 2022 Product List



Item ID	Item Description	Stocking U/M (L Commercial	Location	Price/lb	Wholesale
BAKING					
bakpo50	baking powder (non-aluminum)	50	91.85 Iowa	1.84	110.22
bakso50	baking soda	50	36.00 Iowa	0.72	43.20
bakso13	baking soda	13.5	11.50 Iowa	0.85	13.80
cacb33	cacao butter organic	33	225.00 Peru	6.82	270.00
cacn33	cacao nibs organic	33	140.00 Peru	4.24	168.00
cacn5	cacao nibs organic	5	30.00 Peru	6.00	36.00
cacp1	cacao powder natural organic	1	5.00 Peru	5.00	6.00
cacp5	cacao powder natural organic	5	20.00 Peru	4.00	24.00
cacp55	cacao powder natural organic	55.1	175.00 Peru	3.18	210.00
choc25	choc chips semi-swt small org	25	122.50 Dom. Republi	4.90	147.00
choc5	choc chips semi-swt medium org	5	28.00 Dom. Republi	5.60	33.60
chocl25	choc chips semi-swt medium org	25	114.75 Dom. Republi	4.59	137.70
choccosu40	choc chip drk coconut swtn vegan org	40	240.00 Italy	6.00	288.00
choccosu5	choc chip drk coconut swtn vegan org	5	40.00 Italy	8.00	48.00
chocchunckdk40	chocolate chips (70%) vegan org.	40	198.00 Italy	4.95	237.60
chocchunckdk5	chocolate chips (70%) vegan org.	5	28.00 Italy	5.60	33.60
pbchips35	peanutbutter chips vegan organic	35	298.00 Italy	8.51	357.60
pbchips5	peanutbutter chips vegan organic	5	45.00 Italy	9.00	54.00
chocchunck40	chocolate chunks (48%) vegan org	40	171.60 Italy	3.43	205.92
chocchunck5	chocolate chunks (48%) vegan org	5	28.00 Italy	5.60	33.60
chocchunckwh40	white chocolate chunks organic	40	240.00 Italy	6.00	288.00
chocchunckwh5	white chocolate chunks organic	5	35.00 Italy	7.00	42.00
chocs5	choc chips semi-swt small org	5	28.00 Dom Repub	5.60	33.60
chocswh50	chocolate chips white organic	40	255.00 Italy	6.38	306.00
chocswh5	chocolate chips white organic	5	35.00 Italy	7.00	42.00
cocbla50	cocoa powder alkalized black	50	125.00 Spain	2.50	150.00
cocbla5	cocoa powder alkalized black	5	18.00 Spain	3.60	21.60
cocd1	cocoa powder Dutch alkali org	1	8.00 Peru	8.00	9.60
cocd5	cocoa powder Dutch alkali org	5	27.50 Peru	5.50	33.00
cocd55	cocoa powder Dutch alkali org	55.1	205.00 Peru	3.72	246.00
cocmbx44	coconut milk organic 44.11 lb. box	44.1	85.00	1.93	102.00
cocmcansm	coconut milk organic small cans	6 x 13.2oz	45.00 Philippines		54.00
cocmlgcan	coconut milk org. Lg(102ozx6)	6 x 102oz	87.00 Philippines		104.40
cocrcanlg	coconut cream org. Lg(102ozx6)	6 x 102oz	92.00 Philippines		110.40
cocmpo33	coconut milk powder 33 lbs.	33	198.00		237.60
cocoaminos44	coconut aminos organic	44	142.00	3.23	170.40
coconnect50	coconut nectar organic (50.71lbs)	50.71	168.00	3.31	201.60
tvp50	textured veg. protien non-org	50	78.00 Iowa	1.56	93.60
ystkrs1	yeast bakers instant	1	3.85 Iowa	3.85	4.62
ystkrs2	yeast bakers dry active	2	6.85 Iowa	3.43	8.22
ystkrs8oz	yeast bakers instant organic	.5	26.00 Iowa	52.00	31.20

BEANS

adub25	adzuki beans organic	25	46.25 China	1.85	55.50
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Golden Organics Inc.

Item ID	Item Description	Stocking U/M (L Commercial	Location	Price/lb	Wholesale
anab50	anasazi beans non-organic	50	78.00 Colorado	1.56	93.60
blb25	black beans US organic	25	36.25 N. Dakota	1.45	43.50
cann25	cannellini beans organic	25	51.25 USA	2.05	61.50
crbean25	cranberry beans organic	25	34.00 Washington	1.36	40.80
fava25	fava beans organic	25	48.00 China	1.92	57.60
garb25	garb. beans med organic	25	37.00 Turkey	1.48	44.40
garb55	garb. beans Lg organic	50	76.04 Mexico	1.52	91.25
grtn25	great northern beans org	25	36.00 USA	1.44	43.20
kidb25	kidney beans dark organic	25	42.00 US	1.68	50.40
limb25	lima beans baby organic	25	36.50 California	1.46	43.80
liml25	lima beans large organic	25	39.00 California	1.56	46.80
munb25	mung beans organic	25	39.75 China	1.59	47.70
muns25	mung beans split organic	25	48.75 China	1.95	58.50
navb25	navy beans organic	25	34.50 China	1.38	41.40
pinb25	pinto beans organic	25	34.50 Colorado	1.38	41.40
smrd25	small red beans organic	25	34.25 Idaho	1.37	41.10
soyb25	soybeans organic	25	25.00 Nebraska	1.00	30.00
soybb25	soybeans black organic	25	31.00 China	1.24	37.20
spmx25	soup mix seven bean organic	25	40.00 US	1.60	48.00
CANNED					0.00
nv10black	NatVal black beans canned org	6x108oz	42.00 US		50.40
nv10gar	NatVal garbanzos canned org	6x108oz	48.00 US		57.60
nv10pinto	NatVal pinto beans organic	6x108oz	38.00 US		45.60
nv10todi	tomatoes diced organic	6 x #10	43.75 US		52.50
nv10tofr	tomatoes fire rstd diced org	6 x #10	49.50 US		59.40
nv10togp	tomatoes ground peeled organic	6 x #10	39.75 US		47.70
nv10topa	tomato paste organic	6 x #10	54.25 US		65.10
nv10topu	tomato puree organic	6 x #10	36.00 US		43.20
nv10tosa	tomato sauce organic	6 x #10	30.00 US		36.00
CEREALS					0.00
bafk25	barley flakes organic	25	35.25 Nebraska	1.41	42.30
bafk50	barley flakes organic	50	48.00 Iowa	0.96	57.60
bulgc25	bulgur organic	25	27.50 Turkey	1.10	33.00
cous25	couscous organic	25	42.00 US	1.68	50.40
cousi25	couscous Israeli/pearl org	25	38.00 US	1.52	45.60
cousw25	couscous whole wheat organic	25	37.00 US	1.48	44.40
nigr25	nine-grain cracked cereal org	25	42.00 Montana	1.68	50.40
oabr25	oat bran organic	25	47.00 Canada	1.88	56.40
oabr50	oat bran organic	50	81.00 Canada	1.62	97.20
oati50	oats rolled instant organic	50	49.50 Kansas	0.99	59.40
pofk4	potato flakes organic	4	11.00 Colorado	2.75	13.20
pofk40	potato flakes organic	40	78.00 Colorado	1.95	93.60
pole25	polenta organic	25	36.86 California	1.47	44.23
quif25	quinoa flakes organic	25	68.50 Peru	2.74	82.20
quik25	oats rolled quick organic	25	31.00 Canada	1.24	37.20
quro50	oats quick rolled organic	50	57.00 Canada	1.14	68.40
rego25	oats rolled regular organic	25	31.00 Canada	1.24	37.20
rero50	oats rolled regular organic	50	56.00 Canada	1.12	67.20
reroGF50	oats rolled regular GF organic	50	74.50 Canada	1.49	89.40
ryfk25	rye flakes organic	25	18.50 USA	0.74	22.20
ryfk50	rye flakes organic		36.00 USA	0.72	43.20
stco25	oats steel-cut organic	25	29.50 Canada	1.18	35.40
stco50	oats steel-cut organic	50	57.50 Canada	1.15	69.00
thro25	oats rolled thick cut organic	25	31.00 Canada	1.24	37.20

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Item ID	Item Description	Stocking U/M (L Commercial	Location	Price/lb	Wholesale
thro50	oats rolled thick cut org	50	56.00 Canada	1.12	67.20
whcr25	wheat cracked cereal	25	23.00 Colorado	0.92	27.60
whbr40	wheat bran organic	25	20.00 Colorado	0.80	24.00
DRIED FRUIT					0.00
apdi22	apples diced organic	22	125.00 China	5.68	150.00
apdi5	apples diced organic	5	32.00 China	6.40	38.40
apr28	apricots dried organic	28	87.00 Turkey	3.11	104.40
apr5	apricots dried organic	5	18.00 Turkey	3.60	21.60
aprd22	apricots diced organic	22	40.00 Turkey	1.82	48.00
aprd5	apricots dried diced org	5	12.50 Turkey	2.50	15.00
apri25	apple rings organic	25	175.00 Argentina	7.00	210.00
apri5	apple rings organic	5	39.75 China	7.95	47.70
bandi22	banana diced unsweet organic	22.02	125.00 Ecuador	5.68	150.00
bandi5	banana diced unsweet organic	5	34.00 Ecuador	6.80	40.80
bana14	banana chips sweet org	14	38.00 Philippine	2.71	45.60
banfk10	banana flakes organic		79.00 Ecuador	7.90	94.80
banfk1	banana flakes organic	1	8.50 Ecuador	8.50	10.20
blue25	blueberries cultivated organic	25	285.00 USA	11.40	342.00
blue5	blueberries cultivated organic	5	65.00 USA	13.00	78.00
bluew25	blueberries wild swtnd org	25	349.00 Canada	13.96	418.80
bluew5	blueberries wild swtnd org	5	75.00 Canada	15.00	90.00
cher5	cherries dried tart organic	5	49.00 Turkey	9.80	58.80
ches17	cherries tart unswtnd organic	17.6	149.00 Turkey	8.47	178.80
cocf25	coconut fine macaroon organic	25	68.00 Philipines	2.72	81.60
coch25	coconut chips organic	25	75.00 Sri Lanka	3.00	90.00
coch4	coconut chips organic	4	15.00 Sri Lanka	3.75	18.00
coco25	coconut medium shred organic	25	75.00 Philipines	3.00	90.00
cranu25	cranberries unsweetened organic	25	205.00 Canada	8.20	246.00
cranu5	cranberries unsweetened organic	5	40.00 Canada	8.00	48.00
cranb25	cranberries sweetened organic	25	80.00 Canada	3.20	96.00
cranb5	cranberries sweetened organic	5	18.25 Canada	3.65	21.90
cranj25	cranberries juice-sweetnd org	25	124.95 Canada	5.00	149.94
cranj5	cranberries juice-sweetnd org	5	34.50 Canada	6.90	41.40
curr30	currants organic	30	104.00 California	3.47	124.80
curr5	currants organic	5	19.50 California	3.90	23.40
datp40	date paste organic	40	105.00 Turkey	2.63	126.00
dapt15	dates pitted Deglet organic	15	59.00 California	3.93	70.80
datm15	dates whole Medjool organic	15	65.95 California	4.40	79.14
fibm30	figs black mission organic	30	202.50 California	6.75	243.00
fibm5	figs black mission organic	5	36.50 California	7.30	43.80
fig28	figs Turkish organic	28	91.00 Turkey	3.25	109.20
fig5	turkish figs organic	5	24.00 Turkey	4.80	28.80
goj5	goji berries organic	5	49.00 China	9.80	58.80
goj10	goji berries organic	10	89.00 China	8.90	106.80
goj40	goji berries organic	40	340.00 China	8.50	408.00
goldb5	goldenberries goosberries org	5	45.00 Peru	9.00	54.00
jackfrcanlg	jackfruit #10 cans	36.6	82.00 India	2.24	98.40
jackfr4	jackfruit young organic (4.4 lbs.)	4.4	14.50 India	3.30	17.40
jackfr22	jackfruit young organic	22.04	65.00 India	2.95	78.00
mang5	mango sliced organic (5.5lbs)	5.5	40.00 Mexico	7.27	48.00
mulb13	mulberries black organic	13.2	79.00 Turkey	5.98	94.80
mulb5	mulberries black organic	5	34.00 Turkey	6.80	40.80
mulw5	mulberries white organic	5	26.00 Turkey	5.20	31.20
mulw22	mulberries white organic	22	92.00 Turkey	4.18	110.40
piner25	pineapple rings organic	25	187.50 Mexico	7.50	225.00

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Item ID	Item Description	Stocking U/M (L Commercial	Location	Price/lb	Wholesale
piner5	pineapple rings organic	5	42.00 Mexico	8.40	50.40
prun30	prunes pitted organic	30	133.75 California	4.46	160.50
prun5	prunes pitted organic	5	26.75 California	5.35	32.10
raif30	raisins flame organic	30	72.00 California	2.40	86.40
raif5	raisins flame organic	5	13.00 California	2.60	15.60
rais28	raisins sultana organic	28	57.00 California	2.04	68.40
rais30	raisins Thompson organic	30	57.00 USA	1.90	68.40
rais5	raisins sultana organic	5	15.00 California	3.00	18.00
raist5	raisins Thompson organic	5	12.50 California	2.50	15.00
toma5	tomatoes sundried halves org	5	29.00 Turkey	5.80	34.80
tomh22	tomatoes sundried halves org	22	88.00 Turkey	4.00	105.60
FEED					0.00
oatw50	oats whole unhulled organic (48lbs)	48	34.50 Nebraska	0.72	41.40
sunb50	sunflower birdseed organic	50	42.26 Nebraska	0.85	50.71
FLOUR					0.00
almc25	almond meal conventional	25	78.50 California	3.14	94.20
almm20	almond meal organic	20	155.00 USA	7.75	186.00
almm5	almond meal organic	5	42.00 US	8.40	50.40
apf50	ap white flour unbleached org	50	46.25 Utah	0.93	55.50
apf25	ap white flour unbleached org	25	27.75 Utah	1.11	33.30
apt50	flour Turkey Red AP white org	50	73.50 Kansas	1.47	88.20
artf5	arrowroot powder organic	5	18.00 Inda	3.60	21.60
artf55	arrowroot powder organic	55	132.00 India	2.40	158.40
banfl44	banana flour organic	44	227.50 Peru	5.17	273.00
barfm50	barley flour malted organic	50	70.00 Wisconsin	1.40	84.00
barf50	barley flour organic	50	45.00 Montana	0.90	54.00
barf25	barley flour organic	25	26.00 Montana	1.04	31.20
bkfd25	buckwheat flour organic	25	31.00 S. Dakota	1.24	37.20
bkfd25	buckwheat flour whole organic	25	29.00 S. Dakota	1.16	34.80
blcm25	cornmeal blue organic	25	27.45 Kansas	1.10	32.94
blcm50	cornmeal blue organic	50	52.50 Kansas	1.05	63.00
brofm50	flax brown ground meal organic	50	115.00 Canada	2.30	138.00
brofm25	flax brown ground meal organic	25	62.00 Canada	2.48	74.40
brofm5	flax brown ground meal organic	5	17.00 Canada	3.40	20.40
cassa55	cassava flour organic	55.1	94.50 Peru	1.72	113.40
cassa5	cassava flour organic	5	13.75 Peru	2.75	16.50
cofl50	coconut flour organic	50	68.00 Philippines	1.36	81.60
cofl25	coconut flour organic	25	36.00 Philippines	1.44	43.20
dufl25	durum patent flour organic	25	32.75 USA	1.31	39.30
garf50	garbanzo flour organic	50	94.50 US	1.89	113.40
glut50	gluten vital wheat non-organic	50	142.00 USA	2.84	170.40
higf25	strong bread flour organic	25	27.75 Kansas	1.11	33.30
higf50	strong bread winter flour org	50	47.50 Colorado	0.95	57.00
kaff25	kamut flour whole grain org	25	36.00 Montana	1.44	43.20
kafw50	kamut flour white organic	50	67.50 USA	1.35	81.00
milf25	millet flour organic	25	37.95 Kansas	1.52	45.54
mesq44	mesquite powder organic	44.1	145.00 Peru	3.29	174.00
mesq5	mesquite powder organic	5	25.00 Peru	5.00	30.00
mesq1	mesquite powder organic	1	8.00 Peru	8.00	9.60
oatf25	oat flour whole org	25	30.50 Kansas	1.22	36.60
oatf50	oat flour whole org	50	59.00 Canada	1.18	70.80
oatGF50	oat flour gluten free organic	50	76.74 Canada	1.53	92.09
potf50	potato flour organic	50	95.00 Colorado	1.90	114.00
qufl50	quinoa flour organic	50	105.00 Peru	2.10	126.00

Golden Organics Inc.

Item ID	Item Description	Stocking U/M (L Commercial	Location	Price/lb	Wholesale
qufi25	quinoa flour organic	25	55.00 Peru	2.20	66.00
rdlf25	red lentil flour organic	25	43.75 Turkey	1.75	52.50
rifl25	brown rice flour organic	25	46.71 California	1.87	56.05
rifl50	white rice flour organic	50	74.00 California	1.48	88.80
semo25	semolina flour organic	25	37.25 N. Dakota	1.49	44.70
sorf50	sorghum flour white organic	50	78.00 N. Dakota	1.56	93.60
spfl25	spelt flour whole organic	25	48.75 Michigan	1.95	58.50
spwh25	spelt flour white organic	25	53.50 Michigan	2.14	64.20
tapi55	tapioca starch organic	55	74.00 Thailand	1.35	88.80
tapi5	tapioca starch organic	5	10.00 Thailand	2.00	12.00
tefbf50	teff flour brown non-organic	50	85.00 US	1.70	102.00
whlwf25	whole wheat flour organic	25	21.75 Colorado	0.87	26.10
whwf50	whole wheat flour organic	50	41.25 Colorado	0.83	49.50
whwpfl25	whole wheat pastry flour org	25	21.25 Montana	0.85	25.50
wrf125	rye flour whole organic	25	18.25 Montana	0.73	21.90
wrf150	rye flour whole organic	50	35.00 Montana	0.70	42.00
ycm25	cornmeal yellow organic	25	22.50 Kansas	0.90	27.00
ycm50	cornmeal yellow organic	50	39.00 Kansas	0.78	46.80
GRAIN					0.00
amag25	amaranth grain organic	25	36.75 India	1.47	44.10
amag50	amaranth grain organic	50	74.75 India	1.50	89.70
bapl25	barley pearled organic	25	24.00 USA	0.96	28.80
basp50	barley sprouting organic (48 lbs.)	50	38.00 Nebraska	0.76	45.60
bkrk25	buckwheat rsted kasha org	25	52.75 S. Dakota	2.11	63.30
bluc25	corn blue organic	25	26.00 Kansas	1.04	31.20
bluc50	corn blue organic	50	45.00 Kansas	0.90	54.00
bucg55	buckwht groats hulld China org	25	112.00 China	4.48	134.40
bucu25	buckwheat groats hulled US org	25	46.25 US	1.85	55.50
bucw25	buckwheat whole organic	25	22.50 US	0.90	27.00
bucw50	buckwheat whole organic	50	49.00 Nebraska	0.98	58.80
crny25	corn yellow organic	25	17.00 Nebraska	0.68	20.40
crny50	corn yellow organic	50	36.00 Nebraska	0.72	43.20
eink25	einkorn organic	25	85.00 Oregon	3.40	102.00
eink5	einkorn organic	5	22.00 Oregon	4.40	26.40
farr5	farro emmer pearled organic	5	12.00 Italy	2.40	14.40
farr11	farro emmer pearled organic	11	20.00 Italy	1.82	24.00
farr22	farro emmer pearled organic	22	52.00 Italy	2.36	62.40
hulo50	oats hullless organic	50	74.75 Nebraska	1.50	89.70
hulsb25	barley hullless organic	25	25.75 Nebraska	1.03	30.90
hwwb25	wheat hard white organic	25	22.00 Montana	0.88	26.40
hwwb50	wheat hard white organic	50	39.00 Montana	0.78	46.80
kamu25	kamut grain organic	25	27.50 Montana	1.10	33.00
milh25	millet hulled organic	25	26.00 Colorado	1.04	31.20
milh50	millet hulled organic	50	49.00 Colorado	0.98	58.80
milu50	millet unhulled organic	50	42.00 Colorado	0.84	50.40
oatg25	oat groats organic	25	29.50 Canada	1.18	35.40
oatg50	oat groats organic	50	59.25 Canada	1.19	71.10
popc25	popcorn yellow organic	25	26.75 Nebraska	1.07	32.10
popc50	popcorn yellow organic	50	49.00 Nebraska	0.98	58.80
popm25	popcorn multicolor organic	25	32.50 California	1.30	39.00
popw25	popcorn white organic	25	27.00 Nebraska	1.08	32.40
quib25	quinoa black organic	25	49.00 Peru	1.96	58.80
quin25	quinoa white organic	25	52.50 Peru	2.10	63.00
quin55	quinoa white organic	55	110.00 Peru	2.00	132.00
quir25	quinoa red organic	25	58.00 Peru	2.32	69.60

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Item ID	Item Description	Stocking U/M (L Commercial	Location	Price/lb	Wholesale
quit25	quinoa tri-color organic	25	59.00 Peru	2.36	70.80
rye25	rye berries organic	25	21.00 Montana	0.84	25.20
rye50	rye berries organic	50	39.50 Montana	0.79	47.40
seven25	seven-grain mix organic	25	40.00 US	1.60	48.00
sorg25	sorghum grain organic	25	29.00 US	1.16	34.80
sorg50	sorghum grain organic	50	52.00 US	1.04	62.40
speb25	spelt grain organic	25	43.75 Michigan	1.75	52.50
speb50	spelt grain organic	50	75.75 Michigan	1.52	90.90
trit25	triticale organic	25	35.50 Nebraska	1.42	42.60
whrw25	wheat hard red winter organic	25	29.00 Colorado	1.16	34.80
whrw50	wheat hard red winter organic	50	49.50 Colorado	0.99	59.40
whtr25	wheat turkey red organic	25	21.00 Colorado	0.84	25.20
whtr50	wheat turkey red organic	50	42.50 Colorado	0.85	51.00
wsw25	wheat soft white organic	25	21.00 Montana	0.84	25.20
wsw50	wheat soft white organic	50	41.50 Colorado	0.83	49.80
whrsp50	wheat hard red spring organic	50	43.25 Colorado	0.87	51.90
whrsp25	wheat hard red spring organic	25	26.00 Colorado	1.04	31.20
LENTILS					0.00
blal25	lentils black organic	25	45.75 Canada	1.83	54.90
frgl25	lentils french green org	25	45.00 Canada	1.80	54.00
goll25	lentils golden yellow organic	25	35.00 Turkey	1.40	42.00
grel25	lentils green organic	25	35.00 Canada	1.40	42.00
rdld25	lentils red skins-off organic	25	33.75 Canada	1.35	40.50
rdln25	lentils red skins-on organic	25	31.00 Canada	1.24	37.20
NON FOOD					0.00
buch25	buckwheat hulls organic	25	24.00 S. Dakota	0.96	28.80
pail5gl	pail 5 gal		8.17		9.80
pail5gl lid	pail lid 5 gl + spout		2.50		3.00
Nut Butters					0.00
albr35	almond butter rsted org	35	275.00 USA	7.86	330.00
cabr40	cashew butter rsted organic	40	198.00 Brazil	4.95	237.60
pnbc35	peanut butter creamy organic	35	110.25 Argentina	3.15	132.30
pnbc crunch40	peanut butter crunchy organic	40	115.00 Mexico	2.88	138.00
hazlp66	hazelnut paste organic	66	355.00 Brazil	5.38	426.00
tahi40	tahini toasted organic	40	98.00 USA	2.45	117.60
Nuts					0.00
almchoc5	almonds dark chocolate organic	5	38.00 Italy	7.60	45.60
almn25	almonds US organic	25	171.25 California	6.85	205.50
almn5	almonds US organic	5	43.50 California	8.70	52.20
alms25	almonds raw org Spain	25	198.00 Spain	7.92	237.60
alms5	almonds raw org Spain	5	42.50 Spain	8.50	51.00
alsl20	almonds sliced natural organic	20	167.50 Spain	8.38	201.00
alsl5	almond sliced natural organic	5	45.00 Spain	9.00	54.00
braz44	Brazil nuts organic	44	455.00 Bolivia	10.34	546.00
braz5	Brazil nuts organic	5	60.00 Bolivia	12.00	72.00
casp50	cashew pieces organic	50	220.00 Brazil	4.40	264.00
casp25	cashew pieces organic	25	115.00 Brazil	4.60	138.00
casp5	cashew pieces organic	5	30.00 Brazil	6.00	36.00
casw5	cashew whole organic	5	35.00 Brazil	7.00	42.00
caswl25	cashews whole organic	25	165.00 Brazil	6.60	198.00
caswl50	cashews whole organic	50	300.00 Brazil	6.00	360.00
caswr25	cashews whole dry roasted organic	25	149.00 Brazil	5.96	178.80
caswr5	cashews whole dry roasted organic	5	35.00 Brazil	7.00	42.00

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Item ID	Item Description	Stocking U/M (L Commercial	Location	Price/lb	Wholesale
hazl22	hazelnuts organic	22	125.00 Turkey	5.68	150.00
hazl5	hazelnuts organic	5	35.00 Turkey	7.00	42.00
maca25	macadamia halves/pcs organic	25	298.00 Kenya	11.92	357.60
maca5	macadamia halves/pcs organic	5	77.00 Kenya	15.40	92.40
macw25	macadamia nuts whole organic	25	305.00 Kenya	12.20	366.00
macw5	macadamia nuts whole organic	5	83.00 Kenya	16.60	99.60
peca30	pecan halves organic	30	299.50 Texas	9.98	359.40
peca5	pecan halves organic	5	59.00 California	11.80	70.80
pecp30	pecan pieces organic	30	265.00 California	8.83	318.00
pecp5	pecan pieces organic	5	50.00 USA	10.00	60.00
pine1	pine nuts organic	1	18.50 Siberia	18.50	22.20
pine27.5	pine nuts organic	27.5	445.00 China	16.18	534.00
pine5	pine nuts organic	5	89.00 China	17.80	106.80
pine55	pine nuts organic	55.1	885.00 China	16.06	1062.00
pish25	pistachio meats raw org. 25	25	375.00 California	15.00	450.00
pish5	pistachios raw meats organic	5	85.00 California	17.00	102.00
pisn25	pistachios roasted in shell no salt org	25	192.95 California	7.72	231.54
pisr25	pistachios in shell roasted/salted org	25	192.95 California	7.72	231.54
pist25	pistachios raw in-shell org	25	198.00 California	7.92	237.60
pist5	pistachios raw in-shell org	5	45.00 California	9.00	54.00
pntb30	peanut butter stock org	30	98.75 Mexico	3.29	118.50
pntb5	peanut butter stock org	5	18.00 Mexico	3.60	21.60
pntr50	peanuts raw shelled organic	50	105.00 Mexico	2.10	126.00
pntr25	peanuts raw shelled organic	25	58.00 Mexico	2.32	69.60
pntr5	peanuts raw shelled organic	5	14.00 Mexico	2.80	16.80
waln25	walnut halves pieces organic	25	142.00 California	5.68	170.40
waln5	walnut halves pieces organic	5	35.00 Romania	7.00	42.00
walp30	walnut pieces	30	178.00 Romania	5.93	213.60
OILS					0.00
olca1	oil canola gallon organic	7.6	18.50 US	2.43	22.20
olca38	canola oil organic	38	124.00 USA	3.26	148.80
olca35	canola oil (non-GMO)	35	89.00 USA	2.54	106.80
olco1	oil coconut refined organic	7.5	25.50 Philipines	3.40	30.60
olco38	oil coconut refined organic	38	112.95 Philipines	2.97	135.54
olcv1	oil coconut virgin org	7.5	35.00 Philipines	4.67	42.00
olcv38	oil coconut virgin pail org	38	159.00 Philipines	4.18	190.80
olmct1	coconut oil MCT organic	7.6	2.70 Singapore	0.36	3.24
olmct38	coconut oil MCT organic	38	275.00 Singapore	7.24	330.00
olol1	oil olive extra virgin organic	7.6	38.00 Spain	5.00	45.60
olol35	oil olive extra virgin organic	35	149.00 Spain	4.26	178.80
olsa1	oil safflower hi-oleic org gal	7.6	21.00 Mexico	2.76	25.20
olsa38	oil safflower hi-oleic organic	40	98.50 Mexico	2.46	118.20
olsoyt1	tamari soy sauce GF San-J Org	9.7	36.00 USA	3.71	43.20
olsoyt49	tamari soy sauce GF San-J Org	49	128.75 USA	2.63	154.50
olsoytr48	Reduce San-J Conventional	48.2	107.85 USA	2.24	129.42
olst1	sesame oil toasted organic	9.2	32.00 Mexico	3.48	38.40
olst38	sesame oil toasted organic	38	136.00 Mexico	3.58	163.20
olsu1	oil sunflower hi-oleic org gal	7.6	24.00 Ukraine	3.16	28.80
olsu35	oil sunflower hi-oleic org	38	138.00 Ukraine	3.63	165.60
palm33	palm shortening organic	33	72.00 Ecuador	2.18	86.40
cbdx30	CBD oil full spectrum 900mg	900	34.00 Colorado	0.03	40.80
TRADITIONAL PASTA (Durum Wheat Semolina)					0.00
pabow10	pasta bowties organic	10	20.00 Italy	2.00	24.00

Golden Organics Inc.

Item ID	Item Description	Stocking U/M (L Commercial	Location	Price/lb	Wholesale
pabow20	pasta bowties organic	20	38.20 Italy	1.91	45.84
paelbow10	pasta elbows large organic	10	18.00 Italy	1.80	21.60
paelbows10	pasta elbows small organic	10	18.00 Italy	1.80	21.60
pafettu20	pasta fettuccine organic (2X10 lb.)	20	38.70 Italy	1.94	46.44
pahair10	pasta angel hair organic	10	18.00 Italy	1.80	21.60
palasan20	pasta lasagna organic	20	72.00 Italy	3.60	86.40
paorzo10	pasta orzo organic	10	18.00 Italy	1.80	21.60
papenne10	pasta penne organic	10	18.00 Italy	1.80	21.60
papenne20	pasta penne organic (2x20)	20	38.70 Italy	1.94	46.44
parotel10	pasta roteli organic	10	18.00 Italy	1.80	21.60
paqsh18	pasta shells	18	89.10 Italy	4.95	106.92
paspag10	pasta spaghetti organic	10	18.00 Italy	1.80	21.60
pawhspag10	pasta spaghetti whole wheat organic	10	18.00 Italy	1.80	21.60
pawhrotel10	pasta whole wheat roteli organic	10	18.00 Italy	1.80	21.60
PASTA GLUTEN FREE					0.00
paqe5	pasta quinoa elbows organic ANDEAN DREAM	5	26.00 USA	5.20	31.20
paqe10	pasta quinoa elbows organic ADEAN DREAM (18x16oz)	10	49.50 Bolivia	4.95	59.40
paqf1	pasta quinoa fusilli organic EDISON GRAIN	1	5.75 USA	5.75	6.90
paqf4	pasta quinoa fusilli organic	4	16.12 Bolivia	4.03	19.34
paqf18	pasta quinoa fusilli organic ADEAN DREAM (18x16oz)	18	89.10 Bolivia	4.95	106.92
paqo5	pasta quinoa orzo organic EDISON GRAIN	5	20.15 USA	4.03	24.18
paqo11	pasta quinoa orzo organic ADEAN DREAM	11	54.50 Bolivia	4.95	65.40
paqo33	pasta quinoa orzo organic ADEAN DREAM (3x16oz)	33	162.50 Bolivia	4.92	195.00
paqpt5	pasta quinoa penne turmeric organic ANDEAN DREAM	5	26.00 Bolivia	5.20	31.20
paqpt10	pasta quinoa penne turmeric organic ANDEAN DREAM	10	49.50 Bolivia	4.95	59.40
paqp5	pasta quinoa penne organic	5	20.15 Bolivia	4.03	24.18
paqs1	pasta quinoa spaghetti organic ANDEAN DREAM	1	5.75 Bolivia	5.75	6.90
paqs5	pasta quinoa spaghetti organic EDISON	5	20.15 USA	4.03	24.18
paqs10	pasta quinoa spaghetti organic ANDEAN DREAM (10x16oz)	10	49.50 Bolivia	4.95	59.40
pasp5	pasta sorghum penne org	5	20.15 Bolivia	4.03	24.18
ndlbri5	noodles black rice noodles organic (12 x 7.7 oz.)		33.32 USA		39.98
ndlbr5	noodles brown rice (12x7.7oz.)		33.32 USA		39.98
ndlturm5	noodles turmeric rice organic (12x7.7oz.)		33.32 USA		39.98
ndlwhr5	noodles white rice organic (12x7.7oz.)		33.32 USA		39.98
PEAS					0.00
blep25	peas blackeye organic	25	36.50 Texas	1.46	43.80
grsp25	peas green split organic	25	26.00 Canada	1.04	31.20
peas50	peas yellow shoot sprout org	50	64.00 Nebraska	1.28	76.80
whgp25	peas whole green organic	25	19.95 Canada	0.80	23.94

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Item ID	Item Description	Stocking U/M (L Commercial	Location	Price/lb	Wholesale
yesp25	peas yellow split organic	25	25.25 Canada	1.01	30.30
RICE					0.00
riar25	rice arborio white org	25	74.75 California	2.99	89.70
ribb25	rice brown basmati org	25	44.50 US	1.78	53.40
ribm25	rice brown medium org	25	36.50 California	1.46	43.80
ribw25	rice white basmati org	25	47.00 Thailand	1.88	56.40
rija25	rice black organic	25	52.50 Thailand	2.10	63.00
rijb25	rice brown jasmine org	25	41.50 California	1.66	49.80
rilb25	rice brown long org	25	26.00 California	1.04	31.20
risg25	rice brown short org	25	36.25 California	1.45	43.50
risu25	rice sushi white org	25	39.75 California	1.59	47.70
ritr25	rice red organic	25	44.00 Thailand	1.76	52.80
riwb25	rice brown/wild blend org	25	99.75 California	3.99	119.70
riwi25	rice wild org	25	195.00 California	7.80	234.00
riwj25	rice white jasmine org	25	45.25 California	1.81	54.30
riwl25	rice white long org	25	29.50 Pakistan	1.18	35.40
ECOFARM RICE					0.00
rilgn25	rice brown long grain EcoFarm	25	28.00 California	1.12	33.60
risgn25	rice brown short grain EcoFarm	25	24.75 California	0.99	29.70
riwbn25	rice white basmati EcoFarm	25	40.00 California	1.60	48.00
SEEDS					0.00
brof50	brown flax seed organic	50	85.00 Canada	1.74	102.00
brof25	brown flax seed organic	25	45.00 Canada	1.80	54.00
brof5	brown flax seed organic	5	15.00 Canada	3.00	18.00
alfs1	alfalfa seeds organic	1	11.00 Canada	11.00	13.20
alfs25	alfalfa seeds organic	25	185.00 Canada	7.40	222.00
alfs5	alfalfa seeds organic	5	44.00 Canada	8.80	52.80
brocc1	broccoli seeds organic	1	20.00 Canada	20.00	24.00
brocc5	broccoli seeds organic	5	89.00 Canada	17.80	106.80
brocc50	broccoli seed organic	50	819.25 USA	16.39	983.10
brocr1	broccoli seed raab organic	1	15.00 USA	15.00	18.00
brocr5	broccoli seed raab organic	50	50.00 USA	1.00	60.00
brof25	flax brown organic	25	45.00 Canada	1.80	54.00
brof50	flax brown organic	50	85.00 Canada	1.70	102.00
chib1	chia black organic	1	3.50 Ecuador	3.50	4.20
chib25	chia black organic	25	64.00 Paraguay	2.56	76.80
chib5	chia black organic	5	14.00 Paraguay	2.80	16.80
chiw1	chia white organic	1	4.25 Ecuador	4.25	5.10
chiw25	chia white organic	25	65.00 Ecuador	2.60	78.00
chiw5	chia white organic	5	17.50 Ecuador	3.50	21.00
golf25	flax gold organic	25	54.00 USA	2.16	64.80
hemp25	hemp hearts organic	25	162.00 Canada	6.48	194.40
hemp5	hemp hearts organic	5	35.00 Canada	7.00	42.00
ngla1	nigella sativa (black cumin) org.	1	8.00 India	8.00	9.60
ngla5	nigella sativa (black cumin) org.	5	35.00 India	7.00	42.00
ngla17	nigella sativa (black cumin) org.	17	75.00 India	4.41	90.00
popp1	poppy seeds organic	1	7.00 Turkey	7.00	8.40
popp5	poppy seeds organic	5	29.00 Turkey	5.80	34.80
popp50	poppy seeds organic	50	185.00 Turkey	3.70	222.00
puAA5	pumpkin seeds AA organic	5	32.50 China	6.50	39.00
puAA55	pumpkin seeds AA organic	30	229.00 China	7.63	274.80
rad1	radish seeds daikon organic	1	7.00 Canada	7.00	8.40
rad25	radish seeds daikon organic	25	149.00 Canada	5.96	178.80
rad5	radish seeds daikon organic	5	36.00 Canada	7.20	43.20

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Item ID	Item Description	Stocking U/M (L Commercial	Location	Price/lb	Wholesale
radr1	radish seeds red organic	1	7.00 Canada	7.00	8.40
radr25	radish seeds red organic	25	106.25 Nebraska	4.25	127.50
radr5	radish seeds red organic	5	30.00 Canada	6.00	36.00
radt1	radish triton organic	1	8.00 Canada	8.00	9.60
redc1	red clover seeds organic	1	6.25 Canada	6.25	7.50
redc25	red clover seeds organic	25	128.50 Canada	5.14	154.20
redc5	red clover seed organic	5	28.75 Canada	5.75	34.50
sesb50	sesame seeds black organic	50	120.50 India	2.41	144.60
sesb25	sesame seeds black organic	25	57.00 India	2.28	68.40
sesb50	sesame seeds hulled organic	55	115.00 India	2.09	138.00
sesb25	sesame seeds hulled organic	25	57.00 India	2.28	68.40
sesn25	sesame seeds natural whole org	25	59.90 Peru	2.40	71.88
sprs1	sunflower sprouting org	1	5.00 Nebraska	5.00	6.00
sprs5	sunflower sprouting org	5	18.00 Nebraska	3.60	21.60
sprs50	sunflower sprouting org	50	125.50 Nebraska	2.51	150.60
sund25	sunflower seed hulled org US	25	55.00 US	2.20	66.00
sunh55	sunflower hulled organic	55	130.90 Romania	2.38	157.08
SPICES					0.00
annapo40	annatto powder organic	40	198.00 Mexico	4.95	237.60
annapo5	annatto powder organic	5	30.00 Mexico	6.00	36.00
annapo1	annatto powder organic	1	8.00 Mexico	8.00	9.60
ashwagp50	ashwaghanda powder organic	50	375.00 India	7.50	450.00
ashwagp5	ashwaghanda powder organic	5	45.00 India	9.00	54.00
ashwagp1	ashwaghanda powder organic	1	12.00 India	12.00	14.40
baslg55	basil powder organic	50	200.00 Egypt	4.00	240.00
baslg5	basil powder organic	5	25.00 Egypt	5.00	30.00
baslg1	basil powder organic	1	6.00 Egypt	6.00	7.20
baslcs22	basil cut sift organic	22	74.00 Egypt	3.36	88.80
baslcs3	basil cut sift organic	3	10.00 Egypt	3.33	12.00
baslcs1	basil cut sift organic	1	7.00 Egypt	7.00	8.40
baywh.5	bay leaves whole organic (.5lbs)	.5	8.00 Turkey	16.00	9.60
baywh.2	bay leaves whole organic (.2lbs)	.2	4.00 Turkey	20.00	4.80
baywh15	bay leaves whole organic	15	112.00 Turkey	7.47	134.40
beetp40	beet root powder	40	210.00 China	5.25	252.00
beetp5	beet root powder	5	35.00 China	7.00	42.00
beetp1	beet root powder	1	8.00 China	8.00	9.60
cilfl20	cilantro flakes organic	20	196.00 Egypt	9.80	235.20
cilfl1	cilantro flakes organic	1	12.00 Egypt	12.00	14.40
cilfl.5	cilantro flakes organic	.5	8.00 Egypt	16.00	9.60
cara25	caraway seeds organic	25	96.00 India	3.84	115.20
cara5	caraway seeds organic	5	25.00 India	5.00	30.00
cara1	caraway seeds organic	1	6.00 India	6.00	7.20
card5	cardamom whole pod organic	5	140.00 Guatamala	28.00	168.00
card1	cardamom whole pod organic	1	29.00 Guatamala	29.00	34.80
carg1	cardamom whole ground organic	1	45.00 Guatamala	45.00	54.00
carg5	cardamom whole ground organic	5	205.00 Guatamala	41.00	246.00
carg50	cardamom ground organic	40	1,150.00 Guatamala	28.75	1380.00
chamw28	chamomile whole organic	28	395.00 Egypt	14.11	474.00
chamw5	chamomile whole organic	5	80.00 Egypt	16.00	96.00
chamw1	chamomile whole organic	1	18.00 Egypt	18.00	21.60
chiptle45	chipotle powder organic	40	382.50 USA	9.56	459.00
chiptle5	chipotle powder organic	5	50.00 USA	10.00	60.00
chiptle1	chipotle powder organic	1	12.50 USA	12.50	15.00
cayg1	cayenne pepper ground organic	1	9.00 India	9.00	10.80
cayg5	cayenne pepper ground organic	5	35.00 India	7.00	42.00

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Item ID	Item Description	Stocking U/M (L Commercial	Location	Price/lb	Wholesale
cayg50	cayenne pepper ground organic	50	305.00 India	6.10	366.00
caygh1	cayenne ground hot organic	1	7.00 India	7.00	8.40
caygh5	cayenne ground hot organic	5	29.50 India	5.90	35.40
chif1	chili flakes med-hot organic	1	7.00 India	7.00	8.40
chif5	chili flakes med-hot organic	5	30.00 India	6.00	36.00
chif50	chili flakes med-hot organic	50	200.00 India	4.00	240.00
chili1	chili powder mild organic	1	7.00 New Mexico	7.00	8.40
chili5	chili powder mild organic	5	30.00 China	6.00	36.00
chili50	chili powder mild organic	50	275.00 New Mexico	5.50	330.00
cinc1	cinnamon powder Ceylon organic	1	10.00 Sri Lanka	10.00	12.00
cinc35	cinnamon ceylon ground organic	35	261.50 Sri Lanka	7.47	313.80
cinc5	cinnamon powder Ceylon organic	5	44.00 Sri Lanka	8.80	52.80
cinn1	cinnamon ground organic	1	8.00 Vietnam	8.00	9.60
cinn5	cinnamon ground organic	5	30.00 Vietnam	6.00	36.00
cinn50	cinnamon powder organic	50	255.00 Vietnam	5.10	306.00
clog1	cloves ground organic	1	18.50 Sri Lanka	18.50	22.20
clog5	cloves ground organic	5	79.00 Sri Lanka	15.80	94.80
clog55	cloves ground organic	55.1	525.00 India	9.53	630.00
clow1	cloves whole organic	1	14.00 Indonesia	14.00	16.80
clow44	cloves whole orrganic	44	575.00 Indonesia	13.07	690.00
clow5	cloves whole organic	5	68.00 Indonesia	13.60	81.60
corg1	coriander ground organic	1	8.00 Uzbekistan	8.00	9.60
corg5	coriander ground organic	5	35.00 Uzbekistan	7.00	42.00
corg50	coriander ground organic	50	187.00 Uzbekistan	3.74	224.40
cumg1	cumin seed ground organic	1	9.00 Sri Lanka	9.00	10.80
cumg5	cumin seed ground organic	5	40.00 Sri Lanka	8.00	48.00
cumg45	cumin seed ground organic	45	295.00 India	6.56	354.00
cumi1	cumin seed whole organic	1	8.50 Sri Lanka	8.50	10.20
cumi5	cumin seed whole organic	5	38.00 Sri Lanka	7.60	45.60
cumi50	cumin seed whole organic	50	265.00 Sri Lanka	5.30	318.00
curp5	curry powder organic	5	29.50 US	5.90	35.40
curr1	curry powder organic	1	7.00 Sri Lanka	7.00	8.40
curr25	curry powder organic	25	118.00 US	4.72	141.60
dillcs22	dill cut sift organic	22	228.80 Sri Lanka	10.40	274.56
dillcs.5	dill cut sift organic	.5	8.00 Sri Lanka	16.00	9.60
dillcs1	dill cut sift organic	1	14.00 Sri Lanka	14.00	16.80
elder40	elderberries whold dried org	40	440.00 Bulgaria	11.00	528.00
elder5	elderberries whold dried org	5	64.00 Bulgaria	12.80	76.80
elder1	elderberries whold dried org	1	16.00 Bulgaria	16.00	19.20
fennlw35	fennel whole organic	35	140.00	4.00	168.00
fennlw5	fennel whole organic	5	30.00	6.00	36.00
fennlw1	fennel whole organic	1	7.00	7.00	8.40
fenu1	fenugreek seeds organic	1	5.00 India	5.00	6.00
fenu25	fenugreek seed organic	25	56.00 India	2.24	67.20
fenu5	fenugreek seeds organic	5	20.00 India	4.00	24.00
fenug1	fenugreek seeds ground organic	1	8.00 India	8.00	9.60
fenug5	fenugreek seeds ground organic	5	25.00 India	5.00	30.00
fenug55	fenugreek seeds ground organic	55.1	210.00 India	3.81	252.00
gami50	garlice minced dried organic	50	175.00 China	3.50	210.00
gami5	garlic minced dried organic	5	25.00 China	5.00	30.00
gami1	garlic minced dried organic	1	6.00 China	6.00	7.20
gapo1	garlic powder organic	1	6.00 China	6.00	7.20
gapo5	garlic powder organic	5	28.00 China	5.60	33.60
gapo40	garlic powder organic	45	168.00 China	3.73	201.60
garl1	garlic granules organic	1	7.00 China	7.00	8.40

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Item ID	Item Description	Stocking U/M (L Commercial	Location	Price/lb	Wholesale
garl5	garlic granules organic	5	30.00 China	6.00	36.00
garl50	garlic granules organic	50	330.00 China	6.60	396.00
ging1	ginger ground organic	1	7.50 India	7.50	9.00
ging5	ginger ground organic	5	28.00 India	5.60	33.60
ging50	ginger ground organic	50	200.00 India	4.00	240.00
hempcbgoz	hemp CBG flower (10%CBG) 1 ounce	1 ounce	70.00 Fort Collins, CO		84.00
hempcbdoz	hemp CBD flower (CBD 12% Cherry Blossom) 1 ounce natural some seeds	1 ounce	35.00 Arvada, CO		42.00
habag35	habanero ground organic	35	1,172.50 USA	33.50	1407.00
habag5	habanero ground organic	5	175.00 USA	35.00	210.00
habag1	habanero ground organic	1	40.00 USA	40.00	48.00
hibiwh30	hibiscus whole organic	30	165.00 Egypt	5.50	198.00
hibiwh.5	hibiscus whole organic (.5lbs	.5	5.00 Egypt	10.00	6.00
hibiwh1	hibiscus whole organic	1	8.00 Egypt	8.00	9.60
hibics35	hibiscus cut sift organic (35lbs)	35	165.00 Mexico	4.71	198.00
hibics5	hibiscus cut sift organic	5	32.00 Mexico	6.40	38.40
hibics1	hibiscus cut sift organic	1	8.00 Mexico	8.00	9.60
jalap50	jalapeno powder organic	50	497.50 USA	9.95	597.00
jalap5	jalapeno powder organic	5	60.00 USA	12.00	72.00
jalap1	jalapeno powder organic	1	14.00 USA	14.00	16.80
lave1	lavender english blue whole organic	1	9.50 Albania	9.50	11.40
lave.5	lavender english blue whole organic	.5	6.00 Albania	12.00	7.20
macap44	maca powder organic	44	250.00 Peru	5.68	300.00
macap5	maca powder organic	5	35.00 Peru	7.00	42.00
morigp44	moringa powder organic	44	79.00	1.80	94.80
mesq44	mesquite powder organic	44.1	145.00 Peru	3.29	174.00
mesq5	mesquite powder organic	5	25.00 Peru	5.00	30.00
mesq1	mesquite powder organic	1	8.00 Peru	8.00	9.60
musb1	mustard seed brown organic	1	5.50 Czech Repub	5.50	6.60
musb5	mustard seed brown organic	5	20.00 Czech Repub	4.00	24.00
musb50	mustard seed brown organic	50	175.00 Czech Repub	3.50	210.00
musp1	mustard powder yellow organic	1	6.00 USA	6.00	7.20
musp5	mustard powder yellow organic	5	22.75 USA	4.55	27.30
musp50	mustard powder yellow organic	55	175.00 USA	3.18	210.00
musy1	mustard seed yellow organic	1	5.25 Montana	5.25	6.30
musy5	mustard seed yellow organic	5	17.00 Montana	3.40	20.40
musy50	mustard seeds yellow organic	50	144.00 USA	2.88	172.80
nutm1	nutmeg ground organic	1	14.00 Indonesia	14.00	16.80
nutm5	nutmeg ground organic	5	60.00 Indonesia	12.00	72.00
nutm50	nutmeg ground organic	50	499.00 Indonesia	9.98	598.80
oncho50	onion chopped dried organic	44	250.00 China	5.68	300.00
oncho5	onion chopped dried organic	5	26.00 China	5.20	31.20
oncho1	onion chopped dried organic	1	6.00 China	6.00	7.20
onpo1	onion powder organic	1	5.00 China	5.00	6.00
onpo5	onion powder organic	5	25.00 China	5.00	30.00
onpo50	onion powder organic	50	187.50 China	3.75	225.00
oreg1	oregano flakes organic	1	9.50 US	9.50	11.40
oreg22	oregano flakes organic	22	126.50 US	5.75	151.80
parsfl35	parsley flakes organic	35	325.00 uaa	9.29	390.00
parsfl3	parsley flakes organic	3	36.00	12.00	43.20
parsfl1	parsley flakes organic	1	15.00	15.00	18.00
papg1	paprika ground organic	1	9.00 New Mexico	9.00	10.80
papg5	paprika ground organic	5	40.00 New Mexico	8.00	48.00

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papg50	paprika ground organic	50	298.00 New Mexico	5.96	357.60
papgs1	paprika ground smoked organic	1	10.00 New Mexico	10.00	12.00
papgs5	paprika ground smoked organic	5	48.00 New Mexico	9.60	57.60
papgs50	paprika ground smoked organic	50	350.00 New Mexico	7.00	420.00
pebg1	pepper black ground black org	1	9.50 Sri Lanka	9.50	11.40
pebg5	pepper black ground org	5	45.00 Sri Lanka	9.00	54.00
pebg40	pepper black ground organic	40	308.00 India	7.70	369.60
pebw1	pepper black whole org	1	9.00 Sri Lanka	9.00	10.80
pebw5	pepper black whole organic	5	40.00 India	8.00	48.00
pebw55	pepper black whole organic	55	400.00 India	7.27	480.00
pewg50	pepper white ground organic	50	400.00 India	8.00	480.00
pewg5	pepper white ground organic	5	50.00 India	10.00	60.00
pewg1	pepper white ground organic	1	12.00 India	12.00	14.40
pmint40	peppermint tea organic	40	280.00 Mexico	7.00	336.00
pmint5	peppermint tea organic	4	36.00 Mexico	9.00	43.20
pmint1	peppermint tea organic	1	12.00 Mexico	12.00	14.40
psyll1	psyllium husks whole organic	1	8.00 India	8.00	9.60
psyll55	psyllium husks whole organic	55.1	270.00 India	4.90	324.00
psyll5	psyllium husks organic	5	35.00 India	7.00	42.00
rose1	rosemary broken dried organic	1	9.00 China	9.00	10.80
rose4	rosemary broken dried organic	4	28.00 China	7.00	33.60
roseg55	rosemary ground dried organic	55	220.00 Mexico	4.00	264.00
roseg5	rosemary ground dried organic	5	30.00 Mexico	6.00	36.00
roseg1	rosemary ground dried organic	1	8.00 Mexico	8.00	9.60
spiru44	spirulina powder organic	44	325.00 China	7.39	390.00
spiru5	spirulina powder organic	5	42.50 China	8.50	51.00
spiru1	spirulina powder organic	1	10.00 China	10.00	12.00
sageg56	sage ground organic	56	385.00 Albania	6.88	462.00
sageg5	sage ground organic	5	40.00 Albania	8.00	48.00
sageg1	sage ground organic	1	9.00 Albania	9.00	10.80
sahf5	salt himalaya pink fine nonorg	5	9.00 Pakistan	1.80	10.80
sahf44	salt himalaya pink fine nonorg	44	60.00 Pakistan	1.36	72.00
sare10	salt Real unrefined	10	34.00 Utah	3.40	40.80
sare25	salt Real unrefined	25	68.00 Utah	2.72	81.60
saresh	salt shaker 10oz x 6	3.75	32.00 Utah	8.53	38.40
sarf25	sea salt refined fine non-org	25	13.25 US	0.53	15.90
saprz25	salt pretzel	24	25.00 US	1.04	30.00
sako36	salt kosher (12x3 lb.)	36	78.00	2.17	93.60
thyl55	thyme flakes organic	55	195.00 US	3.55	234.00
thyl3	thyme flakes organic	5	30.00 US	6.00	36.00
thyl1	thyme flakes organic	1	7.00 US	7.00	8.40
thyg1	thyme ground organic	1	9.50 US	9.50	11.40
thyg5	thyme ground organic	5	40.00 US	8.00	48.00
thyg50	thyme ground organic	50	275.00 US	5.50	330.00
tume1	turmeric ground organic	1	7.00 Indonesia	7.00	8.40
tume5	turmeric ground organic	5	30.00 Indonesia	6.00	36.00
tume50	turmeric ground organic	50	205.00 Indonesia	4.10	246.00
ystnutri1	yeast nutritional (nonorganic)	1	9.50 Iowa	9.50	11.40
ystnutri5	yeast nutritional (nonorganic)	5	40.75 Iowa	8.15	48.90
ystnutri50	yeast nutritional (nonorganic)	50	315.00 Iowa	6.30	378.00

SWEETNERS					0.00
agac1	agave syrup light org	12	30.00 Mexico	2.50	36.00
agcl drum	agave syrup light org drum	628	1,124.00 Mexico	1.79	1348.80
agdk60	agave syrup light org pail	60	130.00 Mexico	2.17	156.00
banfk1	banana flakes organic	1	8.50 Peru	8.50	10.20

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banfk10	banana flakes organic	10	79.00 Peru	7.90	94.80
cosu55	coconut sugar organic	44.1	135.42 Philipines	3.07	162.50
cosu5	coconut sugar organic	5	16.00 Philipines	3.20	19.20
datp40	date paste organic	40	105.00 Turkey	2.63	126.00
hocl196	honey Colo clover gal	12.25	45.00 Colorado	3.67	54.00
honorg60	honey organic	60	210.00 Brazil	3.50	252.00
hocl60	honey Colo clover 5 gal	60	205.00 Colorado	3.42	246.00
hon196	honey Colo wildflower gal	12.25	45.00 Colorado	3.67	54.00
hon46	honey Colo wildflower quart	2.88	12.50 Colorado	4.34	15.00
hon60	honey Colo wildflower 5 gal	60	205.00 Colorado	3.42	246.00
hon96	honey Colo wildflower 6lb	6	24.95 Colorado	4.16	29.94
mapl1quart	maple syrup organic grade A	3	18.00 Canada	6.00	21.60
mapl1gal	maple syrup organic grade B	11.5	64.00 Vermont	5.57	76.80
mapl5gal	maple syrup organic grade B	55	305.00 Vermont	5.55	366.00
molass60	molasses light and sweet organic	60	72.00 Colombia	1.20	86.40
molassd60	molasses dark blackstrap organic	60	75.00 Colombia	1.25	90.00
panl5	panela raw sugar org	5	12.00 Colombia	2.40	14.40
panl44	panela unrefined cane sug org	55	75.00 Colombia	1.36	90.00
poll1	pollen raw Colorado	1	12.00 Colorado	12.00	14.40
risy55	rice syrup organic pail	55	98.00 California	1.78	117.60
suga25	sugar raw organic	25	30.00 Colombia	1.20	36.00
suga5	sugar raw organic	5	7.00 Colombia	1.40	8.40
suga50	sugar raw organic	55	42.50 Colombia	0.77	51.00
sugb7	sugar brown organic	7.5	10.89 Colombia	1.45	13.07
sugl5	sugar white unbleached org	5	6.50 India	1.30	7.80
sugl50	sugar white unbleached org	50	47.50 India	0.95	57.00
supo5	sugar powdered organic	5	12.50 US	2.50	15.00
supo50	sugar powdered organic	50	75.00 US	1.50	90.00
vanx1	vanilla extract x1 gal organic	8.3	219.75 Indonesia	26.48	263.70
TRAILMIX					0.00
trcc5	cherry sunshine trail mix org	5	34.00 US	6.80	40.80
trch5	trailmix chocolat sunshine org	5	48.00 US	9.60	57.60
trop5	trailmix tropical sunshine org	5	34.00 US	6.80	40.80
trrw5	trailmix raw intensity organic	5	32.00 US	6.40	38.40