

Brand	Item	Qty Size	Regular Price	TL Sale Price	You Save:
Hickory Nut Gap	Ground Beef (frozen)	10 lbs	\$79.90	\$55.93	\$23.97
Wild Planet	Sardines in Water with Salt	12 4.4oz	\$35.88	\$25.12	\$10.76
Wild Planet	Wild Sardines in Water No Salt	12 4.4 oz	\$35.88	\$25.12	\$10.76
Muir Glen	Organic Diced Tomatoes	102 oz	\$14.48	\$10.14	\$4.34
Muir Glen	Organic Whole Peeled Tomatoes	102 oz	\$14.48	\$10.14	\$4.34
Muir Glen	Organic Crushed Tomatoes	104 oz	\$15.15	\$10.61	\$4.55
Bionaturae	EVOO, at least 95% OG	1 3 liter (101 fl oz)	\$83.72	\$58.60	\$25.12
Bionaturae	EVOO, at least 95% OG	6 25.4 oz	\$131.94	\$92.36	\$39.58
Maple Valley Coop	Organic Maple Syrup	1/2 gallon	\$43.49	\$30.44	\$13.05
Haw Creek Honey	Honey	1 gallon	\$61.99	\$43.39	\$18.60
Spectrum Naturals	Apple Cider Vinegar, Unfiltered, OG	1 gallon	\$90.01	\$63.01	\$27.00
Once Again	Smooth, No Salt, Almond Butter	9 lb	\$133.94	\$93.76	\$40.18
Once Again	Organic Sesame Tahini	9 lb	\$102.24	\$71.57	\$30.67
Once Again	Organic, Smooth Peanut Butter	9 lb	\$82.72	\$57.90	\$24.82
Bulk Dried Fruit	Thompson Raisins, OG	5 lb	\$24.95	\$13.95	\$11.00
Bulk Dried Fruit	Organic Dried Mango	5 lb	\$132.06	\$92.44	\$39.62
Bulk Grains	Organic Rolled Oats	25 lb	\$34.75	\$24.33	\$10.43
Bulk Grains	Organic White Quinoa	25 lb	\$107.25	\$75.08	\$32.18
Bulk Grains	Organic Short Grain Brown Rice	25 lb	\$49.75	\$34.83	\$14.93
Lundberg Family Farms	Organic White Basmati Rice	25 lb	\$89.75	\$62.83	\$26.93
Dried Beans	Organic Red Split Lentils	25 lb	\$57.25	\$40.08	\$17.18
Bulk Beans	Organic Black Beans	25 lb	\$64.75	\$45.33	\$19.43
Bulk Beans	Organic Garbanzo Beans	25 lb	\$64.75	\$45.33	\$19.43
Organic Nuts	Organic Walnuts	~3 lb	~\$46.77	~\$32.73	\$14.04
Organic Nuts	Organic Cashew Pieces	~3 lb	~\$38.97	~\$27.27	\$11.70
Organic Nuts	Organic Pecans	~3 lb	~\$59.97	~\$41.97	\$18.00
Organic Nuts	Organic Raw Almond	~3 lb	~\$47.97	~\$33.57	\$14.40
Lindley Mills	Organic Unbleached Bread Flour	25 lb	\$42.25	\$29.58	\$12.68
Lindley Mills	Organic Whole Wheat Flour	25 lb	\$39.75	\$27.83	\$11.93
Lindley Mills	Organic All Purpose Flour	25 lb	\$42.25	\$29.58	\$12.68
Carolina Ground	Organic Whole Wheat Bread Flour	25 lb	\$57.25	\$40.08	\$17.18
Carolina Ground	Organic 85 Bread Flour	25 lb	\$62.25	\$43.58	\$18.68
Carolina Ground	Organic 75 Bread Flour	25 lb	\$62.25	\$43.58	\$18.68
Red Star Nutritional Yeast	Active Dry Yeast	2 lb	\$22.98	\$16.09	\$6.89
Red Star Nutritional Yeast	Active Dry Yeast	4 oz	\$8.79	\$6.15	\$2.64
Sweetners	Organic Sugar	25 lb	\$49.75	\$34.83	\$14.93
Equal Exchange	Organic Extreme Dark Chocolate, 88%	12 2.8oz bars	\$47.88	\$33.52	\$14.36
Equal Exchange	Organic Caramel Crunch with Sea Salt Dark Chocolate	12 2.8oz bars	\$47.88	\$33.52	\$14.36
Equal Exchange	Organic Caramel with Sea Salt Milk Chocolate	12 2.8oz bars	\$47.88	\$33.52	\$14.36
Equal Exchange	Organic Orange Dark Chocolate	12 2.8oz bars	\$47.88	\$33.52	\$14.36
Equal Exchange	Organic Lemon Ginger Dark Chocolate	12 2.8oz bars	\$47.88	\$33.52	\$14.36
Equal Exchange	Organic Mint Dark Chocolate	12 2.8oz bars	\$47.88	\$33.52	\$14.36
Equal Exchange	Organic Almond Dark Chocolate	12 2.8oz bars	\$47.88	\$33.52	\$14.36
Equal Exchange	Organic Panama Dark Chocolate, 80%	12 2.8oz bars	\$47.88	\$33.52	\$14.36
Equal Exchange	Organic Very Dark Chocolate, 71%	12 2.8oz bars	\$47.88	\$33.52	\$14.36

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Equal Exchange Bulk Coffee	Breakfast Dark, Love Buzz, Midnight Sun, Mind Body & Soul, French Roast	5 LB		\$40.00	
Wild Harvest	Organic Canellini Beans	12 15 oz cans		\$11.88	everyday price
Wild Harvest	Organic Black Beans	12 15oz cans		\$11.88	everyday price
Wild Harvest	Organic Garbanzo Beans	12 15oz cans		\$11.88	everyday price
Wild Harvest	Organic Dark Red Kidney Beans	12 15oz cans		\$11.88	everyday price
Wild Harvest	Organic Pinto Beans	12 15oz cans		\$11.88	everyday price
Wild Harvest	Organic Great Northern Beans	12 15oz cans		\$11.88	everyday price
Charlie's Soap	Laundry Liquid, 120 loads	1 gallon	\$24.99	\$17.49	\$7.50
7th Generation	Unbleached Bath Tissue	4 12 pack	\$51.16	\$35.81	\$15.35
Dr. Bronners	Peppermint Castille Soap 1 Gallon	1 gallon	\$58.99	\$41.29	\$17.70
Dr. Bronners	Unscented Castille Soap 1 Gallon	1 gallon	\$58.99	\$41.29	\$17.70
Dr. Bronners	Lavender Castille Soap 1 Gallon	1 gallon	\$58.99	\$41.29	\$17.70
Dr. Bronners	Tea Tree Castille Soap 1 Gallon	1 gallon	\$58.99	\$41.29	\$17.70
Dr. Bronners	Almond Castille Soap 1 Gallon	1 gallon	\$58.99	\$41.29	\$17.70
Dr. Bronners	Eucalyptus Castille Soap 1 Gallon	1 gallon	\$58.99	\$41.29	\$17.70
Dr. Bronners	Citrus Castille Soap 1 Gallon	1 gallon	\$58.99	\$41.29	\$17.70
Dr. Bronners	Rose Castille Soap 1 Gallon	1 gallon	\$58.99	\$41.29	\$17.70
Dr. Bronners	Sal Suds Castille Soap 1 Gallon	1 gallon	\$47.99	\$33.59	\$14.40
	BULK HERBS:				
	Organic Nettles 1#	1 #	\$19.99	\$13.99	\$6.00
	Organic Oatstraw 1#	1 #	\$26.49	\$18.54	\$7.95
	Organic Elderberry 1#	1 #	\$32.99	\$23.09	\$9.90
	Organic Vietnamese Cinnamon sticks 1#	1 #	\$19.99	\$13.99	\$6.00
	Organic Vietnamese Cinnamon powder 1#	1 #	\$13.49	\$9.44	\$4.05
	Organic Garlic granules 1#	1 #	\$20.49	\$14.34	\$6.15
	Dragonwell tea 1#	1 #	\$42.99	\$30.09	\$12.90
	Kosher sea salt 1#	1 #	\$10.99	\$7.69	\$3.30
	Organic Poppy seeds 1#	1 #	\$11.49	\$8.04	\$3.45
	baking soda 1#	1 #	\$3.99	\$2.79	\$1.20
	Organic Cumin powder 1#	1 #	\$21.99	\$15.39	\$6.60
	Organic Dutch Cocoa 1#	1 #	\$18.99	\$13.29	\$5.70
	Organic Black Cocoa 1#	1 #	\$27.49	\$19.24	\$8.25
	Organic Turmeric 1#	1 #	\$17.99	\$12.59	\$5.40
	Organic Curry powder 1#	1 #	\$18.49	\$12.94	\$5.55
	Organic India Holy Basil 1#	1 #	\$31.99	\$22.39	\$9.60
	Mushroom Harvest Organic 14 Mushroom Blend 1#	1 #	\$49.99	\$34.99	\$15.00

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	Mushroom Harvest Organic Lion's Mane powder	1 #	\$43.99	\$30.79	\$13.20
ENER-C	Orange ENER-C- Non GMO Vitamin C Powder - 30 packets		\$17.99	\$12.59	\$5.40
ENER-C	Raspberry ENER-C- Non GMO Vitamin C Powder - 30 packets		\$17.99	\$12.59	\$5.40
ENER-C	Pineapple Coconut ENER-C- Non GMO Vitamin C Powder - 30 packets		\$17.99	\$12.59	\$5.40
ENER-C	Peach Mango ENER-C- Non GMO Vitamin C Powder - 30 packets		\$17.99	\$12.59	\$5.40