

2023 MAY PRICE CHANGE FORM		
ITEM #	DESCRIPTION - DRY MILL	PRICE
101	Organic 100% Whole Wheat Flour - 50#	\$ 44.29
101-s	Organic 100% Whole Wheat Flour - 5#	\$ 7.26
102	Organic 100% Whole Wheat Flour - 25#	\$ 23.23
103	Organic 100% Whole Wheat Flour - CS (10/5#)	\$ 59.00
104	Organic Gold N White Flour - 50#	\$ 50.09
104-s	Organic Gold N White Flour - 5#	\$ 7.62
105	Organic Gold N White Flour - 25#	\$ 26.14
106	Organic Gold N White Flour - CS (10/5#)	\$ 65.89
107-s	Organic Rye Flour - 5#	\$ 4.95
108	Organic Rye Flour - 25#	\$ 16.50
109	Organic Whole Wheat Pastry Flour - 50#	\$ 43.56
109-s	Organic Whole Wheat Pastry Flour - 5#	\$ 6.53
110	Organic Whole Wheat Pastry Flour - 25#	\$ 22.87
111	Organic Gold N Lite Pastry Flour - 25#	\$ 25.41
111-s	Organic Gold N Lite Pastry Flour - 5#	\$ 6.82
114-U	Organic Golden Graham Flour - CS (10-5#)	\$ 65.89
114	Organic Golden Graham Flour - 25#	\$ 25.05
114-s	Organic Golden Graham Flour - 5#	\$ 7.26
115	Organic Spelt Flour - 50# - Special Order	\$ 72.60
115-s	Organic Spelt Flour - 5#	\$ 8.51
116	Organic Spelt Flour - 25#	\$ 37.95
116-W	Organic WHITE Spelt Flour - 25#	\$ 49.00
117-s	Organic Buckwheat Flour - 5#	\$ 8.87
118	Organic Buckwheat Flour - 25#	\$ 35.64
121	Organic Millet Flour - 25#	\$ 28.05
121-s	Organic Millet Flour - 5#	\$ 7.39
125-s	Organic Hulled Barley Flour - 5#	\$ 5.61
126	Organic Hulled Barley Flour - 25#	\$ 19.76
127	Organic Corn Flour - 50# - Special Order	\$ 33.00
127-S	Organic Corn Flour - 5#	\$ 5.28
128	Organic Corn Flour - 25#	\$ 17.49
129-s	Organic Hard White Whole Wheat Flour - 5#	\$ 6.03
130	Organic Hard White Whole Wheat Flour - 25#	\$ 23.60
131	Organic Soy Flour, Raw Full Fat - 25#	\$ 29.70
131r	Organic Soy Flour, Raw Full Fat - 5#	\$ 7.68
132-s	Organic Brown Rice Flour - 5#	\$ 9.75
133	Organic Brown Rice Flour - 25#	\$ 31.68
134	Organic Oat Flour - 50#	\$ 68.06
134-s	Organic Oat Flour - 5#	\$ 8.17
135	Organic Oat Flour - 25#	\$ 39.13
135-s	Organic Oat Flour - CS (10/5#)	\$ 83.06
136	Organic 6-Grain Flour - 25#	\$ 35.67
136-s	Organic 6-Grain Flour - 5#	\$ 9.26
137	Gluten Flour - NON ORGANIC - 50#	\$ 95.70
137-s	Gluten Flour - NON ORGANIC - 5#	\$ 16.50
137-sb	Gluten Flour - NON ORGANIC - 2#	\$ 6.60
139-s	Organic Pumpernickel Rye Flour - 5#	\$ 6.60
139c	Organic Pumpernickel Rye Flour - 25#	\$ 18.15
149	Organic Whole Einkorn Flour - 25#	\$ 87.00

149A	Organic Whole Einkorn Flour - 5#	\$	18.77
152-t	Organic Gluten Flour - 2#	\$	8.80
153	Organic Gluten Flour - 5#	\$	16.50
<b>WHOLE GRAINS</b>			
201	Organic Hard Red Spring Wheat Berries - 50#	\$	36.30
201-s	Organic Hard Red Spring Wheat Berries - 5#	\$	5.81
202	Organic Hard Red Spring Wheat Berries - 25#	\$	19.24
203	Organic Soft White Winter Wheat Berries - 50#	\$	32.67
203-s	Organic Soft White Winter Wheat Berries - 5#	\$	5.08
204	Organic Soft White Winter Wheat Berries - 25#	\$	17.42
205	Organic Hard White Wheat Berries - 50#	\$	39.93
206	Organic Hard White Wheat Berries - 25#	\$	21.78
206-A	Organic Hard White Wheat Berries - 5#	\$	7.62
207	Organic Rye Berries - 50#	\$	26.40
207-s	Organic Rye Berries - 5#	\$	4.29
208	Organic Rye Berries - 25#	\$	14.19
209	Organic Hulled Oats - 50#	\$	63.45
209-sb	Organic Hulled Oats - 5# (GROATS)	\$	7.75
210	Organic Hulled Oats - 25# (GROATS)	\$	36.37
211	Organic Whole Buckwheat - 50#	\$	59.40
212	Organic Whole Buckwheat - 25#	\$	30.89
212-a	Organic Whole Buckwheat - 5#	\$	9.42
213	Organic Whole Yellow Corn - 50#	\$	28.38
214	Organic Whole Yellow Corn - 25#	\$	16.32
214a	Organic Whole Yellow Corn - 5#	\$	4.36
217	Organic Hulled Barley Berries - 50#	\$	27.05
217-s	Organic Hulled Barley Berries - 5#	\$	4.58
218	Organic Hulled Barley Berries - 25#	\$	15.55
219	Organic Unhulled Barley Berries - 50#	\$	26.50

220	Organic Unhulled Barley Berries - 25#	\$	13.86
220a	Organic Unhulled Barley Berries - 5#	\$	4.09
221	Organic Pearled Barley - 50#	\$	42.74
221-s	Organic Pearled Barley - 5#	\$	5.64
222	Organic Pearled Barley - 25#	\$	23.50
223	Organic Hulled Millet - 50#	\$	60.59
223-s	Organic Hulled Millet - 5#	\$	7.27
224	Organic Hulled Millet - 25#	\$	33.32
225	Organic Spelt Berries - 50#	\$	66.00
225-ab	Organic Spelt Berries - 5#	\$	8.32
226	Organic Spelt Berries - 25#	\$	37.95
227	Organic Soy Beans - 50#	\$	65.79
227-s	Organic Soy Beans - 5#	\$	7.90
228	Organic Soy Beans - 25#	\$	37.83
231	Organic Green Split Peas - 25#	\$	52.75
231-S	Organic Green Split Peas - 1#	\$	1.98
232	Organic Green Split Peas - CS (24/1#)	\$	57.75
233	Organic Yellow Split Peas - 25#	\$	47.75
233-S	Organic Yellow Split Peas - 1#	\$	1.98
234	Organic Yellow Split Peas - CS (24/1#)	\$	52.81
235	Organic Sunflower Meats - 50#	\$	122.10
235-a	Organic Sunflower Meats - 25#	\$	70.20
235-s	Organic Sunflower Meats - 5#	\$	14.65
235-sb	Organic Sunflower Meats - 2#	\$	7.32
239	Organic Long Grain Brown Rice - 25#	\$	31.86
239-s	Organic Long Grain Brown Rice - 5#	\$	10.16
243	Organic Basmati Brown Rice - 25#	\$	86.15
243-s	Organic Basmati Brown Rice - 5#	\$	19.80
244	Organic Lentils (brown/green) - 25#	\$	52.80
244-s	Organic Lentils (brown/green) - 5#	\$	13.53
244-T	Organic Lentils (brown/green) - 1#	\$	2.90
245	Organic Brown Flax Seed - 50#	\$	103.30
245-s	Organic Brown Flax Seed - 5#	\$	12.40
245t	Organic Brown Flax Seed - 2#	\$	6.20

246	Organic Brown Flax Seed - 25#	\$	56.82
247	Organic Golden Flax Seed - 50#	\$	134.35
247-s	Organic Golden Flax Seed - 5#	\$	16.12
247-sb	Organic Golden Flax Seed - 2#	\$	8.06
248	Organic Golden Flax Seed - 25#	\$	73.89
251	Organic Dehulled Buckwheat (GROATS) - 50#	\$	118.80
252	Organic Dehulled Buckwheat (GROATS) - 25#	\$	68.31
253	Organic Dehulled Buckwheat (GROATS) - 5#	\$	14.25
253b	Organic Einkorn Berries - 5#	\$	19.60
253c	Organic Einkorn Berries - 25#	\$	93.93
253cd	Organic Einkorn Berries - 50#	\$	163.35
253-d	Organic Hulless Oats - 5#	\$	8.76
253-e	Organic Hulless Oats - 25#	\$	36.48
253-f	Organic Hulless Oats - 50#	\$	63.45
	<b>GRITS &amp; MEALS</b>		
301	Organic Barley Grits - 50#	\$	39.50
301-s	Organic Barley Grits - 5#	\$	6.93
302	Organic Barley Grits - 25#	\$	22.71
303	Organic Rye Grits - 50#	\$	29.04
303-s	Organic Rye Grits - 5#	\$	6.60
304	Organic Rye Grits - 25#	\$	17.00
305	Organic Corn Grits - 50#	\$	33.00
305-s	Organic Corn Grits - 5#	\$	5.28
306	Organic Corn Grits - 25#	\$	18.98
307-s	Organic Soy Grits, Raw Full Fat - 5#	\$	7.06
308	Organic Soy Grits, Raw Full Fat - 25#	\$	28.05
311-s	Organic Brown Flax Meal - 5#	\$	15.90
312	Organic Brown Flax Meal - 25#	\$	66.27
313	Organic Brown Flax Meal - 2#	\$	7.95
314-s	Organic Gold Flax Meal - 5#	\$	18.65
314-t	Organic Gold Flax Meal - 2#	\$	9.33
315	Organic Gold Flax Meal - 25#	\$	77.70
317	Organic Cornmeal (Yellow) - 50#	\$	33.00
317-s	Organic Cornmeal (Yellow) - 5#	\$	5.28
318	Organic Cornmeal (Yellow) - 25#	\$	18.98
319	Organic Steel Cut Oats - 50#	\$	63.45
319-s	Organic Steel Cut Oats - 5#	\$	8.75
320	Organic Steel Cut Oats - 25#	\$	36.48

<b>CEREALS</b>		
400-Q2	Organic 7 - Grain Cereal Quick Cooking - 2#	\$ 5.85
400-Q5	Organic 7 - Grain Cereal Quick Cooking - 5#	\$ 13.64
400-Q25	Organic 7 - Grain Cereal Quick Cooking - 25#	\$ 56.17
401	Organic 7-Grain Cereal - 50#	\$ 106.18
401-C	Organic 7-Grain Cereal - CS (10/5#)	\$ 121.18
401-s	Organic 7-Grain Cereal - 5#	\$ 13.26
402	Organic 7-Grain Cereal - 25#	\$ 61.05
403	Organic 7-Grain Cereal - CS (12/2#)	\$ 62.58
403-s	Organic 7- Grain Cereal - 2#	\$ 6.63
404	Organic Cracked Wheat - 50#	\$ 42.11
404-s	Organic Cracked Wheat - 5#	\$ 6.03
405	Organic Cracked Wheat - 25#	\$ 24.21
407	Organic Whole Wheat Cream of Wheat - 25#	\$ 25.77
407-s	Organic Whole Wheat Cream of Wheat - 5#	\$ 6.18
407-sb	Organic Whole Wheat Cream of Wheat - 2#	\$ 3.63
410	Organic Rolled Oats - 50#	\$ 63.45
410-a	Organic Rolled Oats - 25#	\$ 36.48
410-sb	Organic Rolled Oats - 5#	\$ 8.76
410-T	Organic THICK Rolled Oats - 50#	\$ 63.45
411-T	Organic THICK Rolled Oats - 25#	\$ 36.48
411-U	Organic THICK Rolled Oats - 5#	\$ 8.76
412	Organic Pohonka Waffle & Pancake Mix - 25#	\$ 60.06
413	Organic Pohonka Waffle & Pancake Mix - CS (10/5#)	\$ 129.43
413-s	Organic Pohonka Waffle & Pancake Mix - 5#	\$ 13.94
413-sb	Organic Pohonka Waffle & Pancake Mix - 2#	\$ 6.97
414	Organic Pohonka Waffle & Pancake Mix - CS (10/2#)	\$ 69.70
415	Organic Rolled HULLESS Oats - 5#	\$ 8.96
415-a	Organic Rolled HULLESS Oats - 25#	\$ 34.21
<b>MISCELLANEOUS PRODUCTS</b>		
601	Organic Oat Bran - 50#	\$ 84.23
601-s	Organic Oat Bran - 5#	\$ 11.97
602	Organic Oat Bran - 25#	\$ 48.43
603	Organic Natural Wheat Bran - 30#	\$ 15.00
603-s	Organic Natural Wheat Bran - 2#	\$ 4.11
603-sb	Organic Natural Wheat Bran - 5#	\$ 7.08
605	Organic Crystallized Cane Juice - 50#	\$ 79.20
605-s	Organic Crystallized Cane Juice - 5#	\$ 9.50
606	Organic Crystallized Cane Juice - 25#	\$ 41.25
608	Saf-Instant Yeast - 1#	\$ 8.25
609	Pails w/Lid (FOOD GRADE) 6 GALLON	\$ 14.85
610	Organic Popcorn - CS (12/2#)	\$ 47.90
610-a	Organic Popcorn - 5#	\$ 11.55
610-b	Organic Popcorn - 25# (if available)	\$ 39.60
610-c	Organic Popcorn - CS (6/5#)	\$ 51.30
610-s	Organic Popcorn - 2#	\$ 5.79
611	Redmond Real Salt - 25#	\$ 85.74
613	Potato Flour - 50#	\$ 85.80
613-s	Potato Flour - 5#	\$ 13.38
613-t	Potato Flour - 2#	\$ 5.79
615	Tapioca Flour - 50#	\$ 79.42

616-s	Tapioca Flour - 4.5#	\$	6.49
617-s	Tapioca Flour - 1.5#	\$	3.05
618	Arrowroot Powder - 50#	\$	102.96
619-s	Arrowroot Powder - 4.5#	\$	10.63
620-s	Arrowroot Powder - 1.5#	\$	4.75
621	Potato Starch - 50#	\$	85.80
622-s	Potato Starch - 5#	\$	13.38
623-s	Potato Starch - 2#	\$	5.03
624	Carob Powder - 25#	\$	48.50
625-s	Carob Powder - 5#	\$	13.20
627	Rumford Baking Powder - 50#	\$	166.77
627-s	Rumford Baking Powder - 5#	\$	19.68
627-sb	Rumford Baking Powder - 2#	\$	11.01
627t	Rumford Baking Powder - 25#	\$	91.72
629	Tef-Bake Liners - 16"x24"	\$	16.50
632	Charcoal Powder - 18 oz. Can	\$	19.80
632-a	Charcoal Powder - 2.5 oz. Can	\$	8.25
634a	Organic Whole Grain Amaranth - 25#	\$	62.33
634b	Organic Whole Grain Amaranth - 2#	\$	7.50
634c	Organic Whole Grain Amaranth - 5#	\$	14.96
634s	Organic Amaranth Flour - 25#	\$	65.63
635t	Organic Amaranth Flour - 2#	\$	6.03
635U	Organic Amaranth Flour - 5#	\$	15.09
637a	Organic Quinoa - 2#	\$	8.85
637b	Organic Quinoa - 5#	\$	14.75
637d	Organic Quinoa - 25#	\$	71.75
638	Nutritional Yeast - 1# (NON-ORGANIC)	\$	14.04
639	Nutritional Yeast - 3# (NON-ORGANIC)	\$	39.60
640	Tapioca Pearls - 1#	\$	2.89
644	VIOBIN Cocoa Replacement - 1#	\$	4.95
644-s	VIOBIN Cocoa Replacement - 2#	\$	9.90
645a	Organic Chia Seed - 2#	\$	19.80
645b	Organic Chia Seed - 5#	\$	49.50
659	Beyond Coffee - Organic Barley, Rye and Chicory Blend	\$	12.00
661	Dandy Blend - Instant Heral Beverage 25 Pack	\$	10.56
661-a	Dandy Blend - 3.53 oz.	\$	9.24
662	Maple Syrup - 1 Pint/16 fl oz.	\$	13.37
663	Maple Sugar - 10 oz.	\$	9.24
	<b>STOCK CAN VARY ON BEANS</b>		
645b	Organic Pinto Beans - 1#	\$	2.89
653A	Organic Baby Lima Beans - 1#	\$	2.89
654A	Organic Navy Beans - 1#	\$	2.89
654C	Organic Garbanzo Beans (Chickpeas) - 1#	\$	2.89
654E	Organic Great Northern Beans - 1#	\$	2.89
654G	Organic Red Beans - 1# (must be sorted)	\$	2.89
654I	Organic Dark Red Kidney Beans - 1#	\$	2.89
654L	Organic Black Beans - 1# (must be sorted)	\$	2.89
701	Whole Energy Book	\$	13.20