

Miscellaneous Products

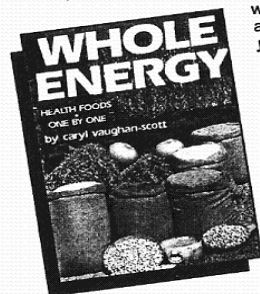
CODE#	PRODUCT DESCRIPTION	PKG. /SIZE	UNIT PRICE	CASE LOT
601	Oat Bran	50#	.82	41.00
602		25#		22.50
603	Natural Wheat Bran	30#	.20	6.00
605	Crystallized Cane Juice	50#	.95	47.50
606		25#	1.00	25.00
607	Saf-Instant Yeast	20/1# (20#)		70.00
608		1#		5.00
609	Pails w/Lids (Food Grade)	3# 6-Gallon		7.50
610	Popcorn (Regular)	12/2# Bags Per Case		28.50
611	Redmond Real Salt	25#	1.15	28.75
612	12/26 Oz. per Case	19.5#	65.00	
		Less than 25#	1.45/ #	
634s	Amaranth ~ Flour	25#	1.65/ #	41.25
634	Amaranth ~ Whole Grain	50#	1.55/ #	77.50
637	Quinoa		3.00/#	
627	Rumford Baking Powder	50#	1.20/#	60.00
<b>Soup Mixes</b>				
801	Spicy Southwestern Soup	1#		4.00
802	Whole Wheat ABC Pasta Veggie Soup	1#		4.00
803	Dehydrated Mixed Vegetables	½#		4.00
804	Canadian Wild Rice	1#		8.00
805	MN Grown Wild Rice Veggie Soup	1#		5.50
806	32 Bean Soup	1#		4.00
703	Ten Talents Vegetarian Cookbook	4#		27.50

## WHOLE ENERGY – HEALTH FOODS \* ONE BY ONE

By: Caryl Vaughan-Scott

A **MUST** For Everyone who has seen it.  
EVERY Health Food Store **JUST MUST HAVE IT!**

**WHOLE ENERGY**, a best selling book on health foods. Basically describes in simple layman's language, most of the popular grains and seeds found in health food stores; what each contains nutritionally; why it is good for you. It suggests interesting ways to use them and even introduces macrobiotics; and **MUCH, MUCH MORE!** Display this book with your whole grains and watch your sales soar!



#701  
**WHOLE ENERGY BOOK**  
**\$10<sup>00</sup>** + \$3.00 S/H

**AN EXCELLENT REFERENCE BOOK ON WHOLE GRAINS!!**

# NATURAL WAY MILLS

24509 390th St. NE  
Middle River, Minnesota  
Postal Code 56737  
Telephone (218) 222-3677  
Fax: (218) 222-3408  
E-mail: [naturalwaymills@wktel.com](mailto:naturalwaymills@wktel.com)  
Web site: [www.naturalwaymills.com](http://www.naturalwaymills.com)

**ALL ORGANICALLY GROWN WHOLE  
GRAINS, FLOURS, CEREALS**

*We Do Specialty Milling*

Orthodox Union – OU KOSHER  
Global Organic Alliance – GOA

**2010 F.O.B. PRICE LIST**

**Order Lead Time – Two Weeks**

All prices are subject to change without notice.  
Mill Hours: 8:00 A.M.-4:00 P.M. - Mon.-Thurs.; Fri. 7:00 A.M.-NOON

**FLOURS (All Flours Are w/Germ)**

CODE#	PRODUCT DESCRIPTION	PKG. /SIZE	UNIT PRICE	CASE LOT
101	100% Whole Wheat Flour	50#	.37	\$18.50
102		25#	.40	10.00
103		10/5#	.53	26.50
104	Gold N White Flour w/Germ	50#	.40	20.00
105		25#	.43	10.75
106		10/5#	.56	28.00
107	Rye Flour	50#	.27	13.50
108		25#	.30	7.50
109	100% W.W. Pastry Flour	50#	.35	17.50
110		25#	.38	9.50
111	Gold N Lite Pastry Flour	25#	.45	11.25
112	Durum Flour	50#	.35	17.50
113		25#	.38	9.50
114	Golden Graham Flour	25#	.46	11.50
115	Spelt Flour	50#	.76	38.00
116		25#	.78	19.50
116-W	White Spelt Flour	25#	.91	22.75
117	100% Whole Buckwheat Flour	50#	.48	24.00
118		25#	.51	12.75
121	Millet Flour	25#	.55	13.75
125	Hulled Barley Flour	50#	.40	20.00
126		25#	.43	10.75
127	Corn Flour	50#	.32	16.00
128		25#	.35	8.75
129	Hard White Whole Wheat Flour	50#	.35	17.50
130		25#	.38	9.50
131	Soy Flour Raw, Full Fat	25#	.50	12.50
132	Brown Rice Flour	50#	.75	37.50
133		25#	.78	19.50
134	Oat Flour	50#	.55	27.50
135		25#	.60	15.00
136	6-Grain Flour	25#	.45	11.25

Wheat, Rye, Barley, Corn, Millet, Buckwheat

137	75% Vital Wheat Gluten	50#	1.45	72.50
138	(Non-Organic)	5/2#	1.85	18.50
139	Pumpernickel Rye Flour	50#	.27	13.50

245	Flax Seed (Brown)	50#	1.00	50.00
246		25#	1.05	26.25

**TERMS:** Invoices not paid within 30 days from date received will be charged 1.5% per month interest. **All Previous Invoices must be paid in full, unless specific arrangements have been made with Natural Way Mills. Revised 1/21/2010**

**WHOLE GRAINS**

CODE#	PRODUCT DESCRIPTION	PKG. /SIZE	UNIT PRICE	CASE LOT	
201	Hard Red Spring Wheat Berries	50#	.30	15.00	
202		25#	.33	8.25	
203	Soft White Winter Wheat Berries	50#	.28	14.00	
204		25#	.30	7.50	
205	Hard White Wheat Berries	50#	.28	14.00	
206		25#	.30	7.50	
207	Rye Berries	50#	.24	12.00	
208		25#	.26	6.50	
209	Hulled Oats	50#	.55	27.50	
210		25#	.58	14.50	
211	Whole Buckwheat	50#	.40	20.00	
212		25#	.42	10.50	
213	Whole Yellow Corn	50#	.26	13.00	
214		25#	.28	7.00	
215	Southern Wild Rice Blend	25#	2.75	68.75	
216		Less than 25#		#/3.00	
217	Hulled Barley Berries	50#	.35	17.50	
218		25#	.37	9.25	
219	Unhulled Barley Berries	50#	.26	13.00	
220		25#	.28	7.00	
221	Pearled Barley	50#	.38	19.00	
222		25#	.40	10.00	
223	Hulled Millet	50#	.52	26.00	
224		25#	.55	13.75	
225	Spelt Berries	50#	.64	32.00	
226		25#	.66	16.50	
227	Soy Beans	50#	.45	22.50	
228		25#	.48	12.00	
231	Green Split Peas	25#	.43	10.75	
232		24/1#	.56	13.44	
233	Yellow Split Peas	25#	.39	9.75	
234		24/1#	.52	12.50	
235	Sunflower Meats	50#	1.65	82.50	
236			1.90/#		
237	Durum Wheat Berries	50#	.29	14.50	
238		25#	.31	7.75	
239	Brown Rice, Long Grain	25#	.83	20.75	
240	Medium Grain	25#	.83	20.75	
241	Short Grain	25#	.83	20.75	
242	Medium Grain Mill Run	50#	.83	41.50	
243	Basmati Brown Rice	25#	1.30	32.50	
244-L	Lentils (Brown/Green)	50#	1.07	53.50	
244		25#	1.10	27.50	

247	Flax Seed (Golden)	50#	1.00	50.00
248		25#	1.05	26.25

**GRITS AND MEALS**

CODE#	PRODUCT DESCRIPTION	PKG. /SIZE	UNIT PRICE	CASE LOT	
301	Barley Grits	50#	.40	20.00	
302		25#	.43	10.75	
303	Rye Grits	50#	.27	13.50	
304		25#	.30	7.50	
305	Corn Grits	50#	.32	16.00	
306		25#	.35	8.75	
307	Soy Grits, Raw Full Fat	50#	.50	25.00	
308		25#	.53	13.25	
311	Flax Meal (Brown)	50#	1.20	60.00	
312		25#	1.25	31.25	
313		Less than 25#		#/1.40	
314	Flax Meal (Golden)	50#	1.20	60.00	
315		25#	1.25	31.25	
316		Less than 25#		#/1.40	
317	Cornmeal (Yellow)	50#	.32	16.00	
318		25#	.34	8.50	
319	Steel Cut Oats	50#	.55	27.50	
320		25#	.60	15.00	

**CEREALS**

CODE#	PRODUCT DESCRIPTION	PKG. /SIZE	UNIT PRICE	CASE LOT	
400	7-Grain Cereal	10/5#	.78	39.00	
401		50#	.62	31.00	
402		25#	.64	16.00	
403		12/2#	.92	22.00	
<i>(7-Grain Ingredients:Wheat, Rye, Barley, Flax, Steel Cut Oats, Corn, and Millet)</i>					
404	Wheat, Cracked	50#	.30	15.00	
405		25#	.32	8.00	
407	Whole Wheat Cream of Wheat	25#	.43	10.75	
410	Rolled Oats	50#	.55	27.50	
411		25#	.60	15.00	
410-T	Thick Rolled Oats	50#	.55	27.50	
411-T		25#	.60	15.00	
412	Pohonka Waffle & Pancake Mix	25#	.80	20.00	
413		10/5#	.96	48.00	

414 10/2# 1.08 21.60

(Wheat, Buckwheat, Barley, Oat, & Soy flours, Crystallized cane juice, Rumford Baking Powder, & Redmond Real Salt)

**TERMS:** 2% Discount on orders 10,000 pounds or more if paid within 10 days **from date of shipment.**  
Truckload discount of 3% if paid within 10 days **from date of shipment.** All Accounts over 30 days ***must be prepaid.*** **DISCOUNT IS ON PRODUCT ONLY!**