

# ASSOCIATED BUYERS

*Natural, Organic & Specialty Foods*

*Wholesalers of*

# Happy Holidays



## DECEMBER 2006 PRICELIST

SALE PRICES  
APPLY TO ORDERS  
SHIPPED BETWEEN  
**NOVEMBER 27 &  
DECEMBER 29**

BUSINESS HOURS:  
MONDAY-FRIDAY  
**8:30-4:30**

REACH US AT:  
**603-664-5656**  
(603) 664-8840 FAX

FOR ORDERS SHIPPED BETWEEN **NOVEMBER 27 - DECEMBER 29**

# CHRISTMAS DELIVERY SCHEDULE

*In observance of Christmas we will be closed Monday, Dec. 25th*

## Run 100, 101 & 150

(southwest NH & western MA)  
Order by Thursday, 12/21 by 4 PM  
Delivery Tues., 12/26

## Run 200 & 201

(central & norther Vermont)  
Order by Friday, 12/22 by 4 PM  
Delivery Wed. & Thurs., 12/27 & 12/28

## Run 300 & 301

(central & northern NH - St. Johnsbury, VT)  
Order by Friday, 12/22 by 11 AM  
Delivery Tues., 12/26

## Run 400 & 402

(Rte 128, MA - North MA - Worcester)  
Order by Thursday, 12/27 by 4 PM  
Delivery Friday, 12/29

## Run 401

(Rte 128, MA - North MA - Cape Ann)  
Order by Tuesday, 12/26 by 4 PM  
Delivery Thursday, 12/28

## Run 450/451

(seacoast NH - Manchester - Nashua)  
Order by Wed., 12/27 by 1 PM  
Delivery Friday, 12/29

## Run 500 & 501

(eastern NH - central ME - Brownsville)  
Order by Tuesday, 12/26 by 4 PM  
Delivery Thurs & Fri., 12/28 & 12/29

## Run 503

(southern Maine)  
Order by Friday, 12/22 by 4 PM  
Delivery Wed., 12/27

## Run 516

(midcoast Maine)  
Order by Wednesday, 12/27 by 1 PM  
Delivery Friday., 12/29

## Run 600 & 625

(I- 95 ME - Dover-Foxcroft - Blue Hill)  
Order by Tuesday, 12/26 by 4 PM  
Delivery Thurs. & Fri., 12/28 & 12/29

## Run 900 & 906

(Boston)  
Order by Tuesday, 12/26 by 11 AM  
Delivery Wednesday, 12/27

## Run 925

(south shore MA, Cape Cod to Fall River)  
Order by Friday, 12/15 by 4 PM  
Delivery Tues/Wed., 12/19 & 12/20

## Run 926

(south shore MA, RI - eastern CT)  
Order by Thurs, 12/21 by 4 PM  
Delivery Tues/Wed., 12/26 & 12/27



# NEW YEAR'S DELIVERY SCHEDULE

In observance of New Year's we will be closed Monday, Jan. 1st

## Run 100, 102, 103 & 125

(southwest NH & western MA)  
Order by Thursday, 12/28 by 4 PM  
Delivery Tues., 1/2

## Run 200 & 202

(central & norther Vermont)  
Order by Friday, 12/29 by 4 PM  
Delivery Wed. & Thurs., 1/3 & 1/4

## Run 300 & 302

(central & northern NH - St. Johnsbury, VT)  
Order by Friday, 12/29 by 11 AM  
Delivery Tues., 1/2

## Run 400 & 403

(Rte 128, MA - North MA - Worcester)  
Order by Tuesday, 1/2 by 4 PM  
Delivery Thursday, 1/4

## Run 401

(Rte 128, MA - North MA - Worcester)  
Order by Tuesday, 1/2 by 4 PM  
Delivery Thursday, 1/4

## Run 450/451

(seacoast NH - Manchester - Nashua)  
Order by Wed., 1/3 by 1 PM  
Delivery Friday, 1/5

## Run 500 & 502

(eastern NH - central ME - Brownsville)  
Order by Tuesday, 1/2 by 4 PM  
Delivery Thurs. & Fri., 1/4 & 1/5

## Run 503

(southern Maine)  
Order by Friday, 12/29 by 4 PM  
Delivery Wed., 1/3

## Run 516

(midcoast Maine)  
Order by Wednesday, 1/3 by 1 PM  
Delivery Friday, 1/5

## Run 600, 602 & 603

(I- 95 ME - Dover-Foxcroft - Blue Hill)  
Order by Tuesday, 1/2 by 4 PM  
Delivery Thurs. & Fri., 1/4 & 1/5

## Run 900 & 905

(Boston)  
Order by Tuesday, 1/2 by 11 AM  
Delivery Wednesday, 1/3

## Run 925

(south shore MA, Cape Cod to Fall River)  
Order by Thursday, 12/28 by 4 PM  
Delivery Wed/Thurs., 1/3 & 1/4

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## GROCERY BY CATEGORY

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BABY PRODUCTS
BAKING PRODUCTS
BAKING - CHOCOLATE, CAROB & COCOA
BAKING - EXTRACTS & FLAVORINGS
BAKING MIXES
BAKING - SALTS & SALT MILLS
BEANS, CANNED
BEANS, CANNED - BAKED
BEANS, CANNED - REFRIED
BEANS, DRIED & PACKAGED
BEVERAGES, JUICE
BEVERAGES, JUICE CONCENTRATES
BEVERAGES, JUICE - ASEPTIC
BEVERAGES, SPARKLING
BEVERAGES, NON-ALCOHOLIC
BEVERAGES, NON-DAIRY & DAIRY
BEVERAGES, TEA/COFFEE/HERB, READY TO DRINK
BEVERAGES, MIXES POWDERED
BEVERAGE RIMMERS
BEVERAGES, MIXES LIQUID
BEVERAGES, WATER & FLAVORED WATER
BREADS, BREAD CRUMBS & CROUTONS
BREAKFAST, CEREALS & GRANOLAS
BREAKFAST MIXES
CANDY & CONFECTIONS
CHIPS, PRETZELS & PUFFS
COFFEE
COFFEE SUBSTITUTES
CONDIMENTS, BOUILL/BROTH PWD/GRVY MIX
CONDIMENTS, COOKING BBQ SAUCES
CONDIMENTS, SAUCES & MARINADES
CONDIMENTS, COOKING HOT SAUCES
CONDIMENTS, WORCESTERSHIRE SCE
CONDIMENTS, DIPS & SPREADS
CONDIMENTS, OLIVES
CONDIMENTS, PICKLED & MARINATED
CONDIMENTS, PICKLED - CAPERS
CONDIMENTS, PICKLES, RELISH, SAUERKRAUT
CONDIMENTS, SALAD DRESSINGS
CONDIMENTS, SALSA
CONDIMENTS, SPREADS - MUSTARD
CONDIMENTS, SPREADS - KETCHUP
CONDIMENTS, SPREADS - MAYO
CONDIMENTS, VINEGARS
CONDIMENTS, VINEGARS - BALSAMIC
COOKIES
CRACKERS, BREAD STICKS & RICE CAKES
DESSERTS & TOPPINGS
FLOUR
FRUITS, CANNED & JARS
FRUITS, CANNED & JARS - APPLE SAUCES
FRUITS, DRIED & PACKAGED
GRAINS & FLAKES
HERBS & SEASONINGS
DRIED MUSHROOMS
HERBS & SEASONING BLENDS
NUT & SEED BUTTERS
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## BRAND NAME REFERENCE

A-1	beans, soup mix
A LA SOURCE	beverage mixes, powdered
AFRICA'S MIRACLE TEA	tea
AFTER THE FALL	beverages, juice
AK MAK	crackers, bread sticks & rice cakes
AL KANATER	Middle Eastern - desserts
ALMA	Mediterranean - prepared foods condiments, olives
ALPSNACK	snacks & snack bars
AMERICAN SPOON FOODS	condiments, cooking sauce - BBQ condiments, cooking sauce marinades condiments, pickles, relish & sauerkraut desserts & dessert toppings preserves & spreads, sweetened preserves & spreads, butters
AMORE	condiments, cooking sauces
AMOY	Asian - cooking sauces Asian - noodles
AMY & BRIAN	beverages, juice
AMY'S KITCHEN	beans, canned - baked prepared foods - canned soups, canned
ANCIENT HARVEST QUINOA	flour grains
ANGELLINI	pasta
ANNIE CHUN'S	Asian - noodles prepared foods, packaged
ANNIE'S HOMEGROWN	cookies crackers, bread sticks & rice cakes prepared foods, canned prepared foods, packaged
ANNIE'S NATURALS	condiments, cooking BBQ sauces condiments, cooking marinades condiments, cooking worcestershire condiments, salad dressings condiments, sandwich spd, mustard condiments, sandwich sprd, ketchup
APPALACHIAN NATURALS	condiments, cooking marinades condiments, dips & spreads condiments, salad dressings condiments, sandwich spd, mustard
APPLE & EVE	beverages, juice aseptic
ARIA IMPORTS	olive oils
ARIEL	beverages, non-alcoholic
ARORA CREATIONS	Indian - herbs & seasonings

ARROWHEAD MILLS	baking mixes breakfast, cereals & granolas breakfast, mixes flour grains rice
ARROYABE	seafood
ART BAR	candy & confections
ARTISANA NUT BUTTERS	nut & seed butters
ASIAN BOY	Asian - herbs & seasonings Asian - nori & wrapping sheets
ATHENA	olive oils
ATLANTIC ORGANIC	condiments, vinegar balsamic olive oils
ATLANTIDE	baking, salts herb & spice blends
AUDUBON SOCIETY'S COFFEE	coffee
AVVIO	Middle Eastern - cooking sauces Middle Eastern - dips & spreads
BA - BRITISH AISLES	baking products
BAJAMAR	vegetables
BARBARA'S BAKERY	breakfast, cereals & granolas chips, pretzels & puffs cookies crackers, bread sticks & rice cakes prepared foods, packaged
BAR HARBOR	condiments, bouillon & broths condiments, dips desserts & toppings seafood soups, canned & aseptic
BARNIER	condiments, olives
BART'S	condiments-cooking sauces & marinades
BAZZINI	nuts & seeds roasted
BEAR NAKED	breakfast, cereal & granola
BELA-OLHAO	seafood
BELARIA	Mediterranean - dips & spreads
BELLA TERRA	vegetables, tomatoes
BELLE OF MAINE	beans, canned - baked condiments, pickled & marinated vegetables
BELL'S SEASONING	herbs & spices
BELVOIR	beverage, mixes liquid beverages, non-alcoholic
BERETTA	Mediterranean - rice
BEST FRIENDS COCOA	beverage mixes, powdered
BETTER THAN MILK	beverages, non-dairy & dairy
BETTY LOU'S	snacks & snack bars
BIG MIKE'S	candy & confections
BILARDO BROTHERS	condiments, cooking sauces - bbq herbs & spice blends
BILLINGTON'S	sweeteners, sugar
BIONATURAE	beverages, juice condiments, vinegars olive oil pasta preserves, unsweetened vegetables, tomatoes
BIOTTA	beverages, juice
BISCA WATER CRACKERS	crackers, bread sticks & rice cakes
BITE ME	condiments, cooking sauces - hot
BLUE DIAMOND	beverages, non-dairy & dairy

**BLUE MOUNTAIN**  
 Asian - coconut milk  
 Caribbean - herbs & seasonings  
 baking products  
 Mexican - herb & seasonings  
**BLUE SKY**  
 beverages, sparkling  
 beverages, tea, coffee, herb ready-to-drink  
**BLUE STAR**  
 crackers, bread sticks & rice cakes  
**BONAVITA**  
 Mediterranean - spreads  
**BOTTLE GREEN**  
 beverages, non-alcoholic  
**BOULDER HOT SAUCE**  
 condiments, cooking hot sauces  
**BRAGGS**  
 condiments, bouillon & broths  
 condiments, vinegars  
**BRILLIANT**  
 Asian - snacks  
**BRIXTON HILL, LTD.**  
 Caribbean - beverages  
 Caribbean - cooking sauces  
 Caribbean - herbs & seasoning  
**BROWN FAMILY FARM**  
 baking mixes  
 candy & confections  
 sweeteners, maple  
**BUBBIE JEANNE'S BRISKET MAGIC**  
 condiments, cooking sauce marinades  
**BUTTERFLY**  
 Asian - noodles  
**CAFIX**  
 coffee substitutes  
**CAL VALLS**  
 beverages, juice  
 vegetables  
**CALIFORNIA OLIVE OIL CO.**  
 Asian - soy sauces & tamari  
**CAMARCUE**  
 baking, salts  
**CAMEL BRAND**  
 Middle Eastern - desserts  
**CAMP MIX**  
 herb & seasoning blends  
**CANARINO**  
 Teas  
**CANDY TREE**  
 candy & confections  
**CARLSON ORCHARDS**  
 beverages, non-alcoholic  
 fruits, canned - applesauce  
**CAROLE'S SOYCRUNCH**  
 snacks & snack bars  
**CARR'S**  
 cookies  
 crackers, bread sticks & rice cakes  
**CASBAH**  
 Mediterranean - prepared foods  
**CASCADIAN FARMS**  
 condiments, pickles & relish  
**CEDAR**  
 baking, extracts & flavorings  
**CELESTIAL SEASONINGS**  
 teas  
**CHACHI VOODOO**  
 condiments, cooking sauces, hot  
**CHAO THAI BRAND**  
 Asian - coconut milk & powders  
**CHATFIELDS**  
 baking, chocolate & cocoa  
 sweeteners, molasses  
 sweeteners, misc.  
**CHEBE**  
 baking mixes  
**CHERRYBROOK KITCHEN**  
 baking mixes  
 breakfast mixes  
**CHILE TODAY HOT TAMALE**  
 chips, pretzels & puffs  
 herbs & seasonings  
**CHINKIANG**  
 Asian - vinegars  
**CHOICE ORGANIC TEAS**  
 teas  
**CHOLULA**  
 condiments, cooking sauce - hot  
**CIAO ORGANICS**  
 olive oil  
 pasta  
 vegetables, tomatoes  
**CK BRAND**  
 Asian - herbs & seasonings  
**CLIF**  
 snacks & snack bars  
**CLIPPER**  
 tea

**COLAVITA**  
 condiments, vinegars  
 olive oils  
**COLMAN'S**  
 herbs & seasonings  
**COLUMELA**  
 condiments, vinegar  
**COMIDA MEXICANA**  
 Mexican - cooking sauces  
**COMPANION**  
 Asian  
**COMVITA**  
 sweeteners, honey  
**COOMBS FAMILY FARM**  
 sweeteners, maple  
**CORTAS**  
 Mediterranean - cooking sauces  
**COSMO'S**  
 condiments, pickled & marinated  
**COTTAGE HILL FARM**  
 baking, mixes  
 breakfast, mixes  
**COUNTRY CHOICE**  
 cookies  
 snacks & snack bars  
**COUNTRY COW**  
 beverages, mixes - powdered  
**COWTOWN**  
 condiments, cooking sauces - bbq  
**CROFTER'S**  
 preserves, sweetened  
 preserves, unsweetened  
**CROSTINI**  
 crackers, bread sticks & rice cakes  
**CROWN PRINCE**  
 seafood  
**CTF**  
 Asian-cooking sauces  
**D'ALLASANDRO**  
 baking, salts  
 beans, packaged & dried  
 grains  
 herbs & spices  
 rice  
**DADDY'S**  
 condiments, cooking - hot sauces  
**DAGOBA**  
 baking, chocolate & cocoa  
 beverage mixes, powdered  
 candy & confections  
**DALMATIA**  
 Mediterranean - dips & spreads  
**DANCING DEER**  
 breakfast mixes  
 cookies  
**DANESI**  
 coffee  
**DAVE'S GOURMET**  
 baking salt  
 beverage mixes, liquid  
 condiments, cooking hot sauces  
 condiments, sandwich sprd -mustard  
 pasta sauces  
**DAVID RIO**  
 tea, concentrates  
**DAWES HILL**  
 sweeteners, honey  
**DEB-EL**  
 baking products  
**DEBORAH'S KITCHEN**  
 preserves, sweetened  
**DELI-CATESSEN**  
 crackers, bread sticks & rice cakes  
**DELICIAS**  
 condiments, pickled & marinated  
 condiments, pickled capers  
**DELL AMORE**  
 pasta sauces  
**DESERT PEPPER**  
 condiments, cooking hot sauces  
 condiments, dips  
 condiments, salsa  
**DIVINA**  
 condiments, pickled & marinated  
 condiments, olives  
 olive oil  
**DIVINE CHOCOLATE**  
 candy & confections  
**DONA MARIA**  
 Mexican - cooking sauces  
**DONNA'S**  
 condiments, cooking sauce - BBQ  
**DORSET**  
 breakfast cereals & granolas  
**DOUBLE B**  
 snacks & snack bars  
**DOWD & ROGERS**  
 baking mixes  
 flours

**DR. KRACKER**  
 crackers, bread sticks & rice cakes  
**DR. MCDUGALL'S**  
 breakfast, cereals & granolas  
 prepared foods  
 soups, dried & packaged  
**DRAGON**  
 Asian - cooking sauces  
**DREW'S ALL NATURAL**  
 condiments, salad dressings  
 condiments, salsa  
**DUCHY ORIGINALS**  
 cookies  
**DYNASTY**  
 Asian - cooking sauces  
 Asian - herbs & seasonings  
 Asian - noodles & rice sticks  
 Asian - oils  
 Asian - vegetables  
**E4B**  
 fruit, packaged  
**EARTH'S BEST**  
 baby food  
**EAT GOOD**  
 nut & seed butters  
**ECO TEAS**  
 tea  
**ECOFISH**  
 seafood  
**EDEN FOODS**  
 Asian - herbs & spices  
 Asian - pickled & marinated  
 Asian - noodles  
 Asian - nori  
 Asian - vinegar  
 baking products  
 baking salt  
 beans, refried  
 beans, canned organic  
 beverages, juice  
 beverages, juice concentrates  
 beverages, non-dairy & dairy  
 chips, puffs, & popcorn  
 condiments, pickled, sauerkraut  
 condiments, sandwich sprd - mustard  
 fruit, dried & packaged  
 fruit, canned applesauce  
 nuts & seeds, packaged  
 oils  
 pasta  
 pizza sauce  
 prepared foods, canned  
 preserves, butters  
 sweeteners, grain  
 teas  
 vegetables, tomatoes  
**EL ALMENDRO**  
 candy & confections  
**ELEMENTS OF SPICE**  
 herb & spice blends  
**ELEONA'S**  
 condiments, olives  
 olive oils  
**ELEPHANT**  
 Asian - noodles  
**ELEVEN O'CLOCK**  
 teas  
**EL MANAR**  
 Mediterranean - cooking sauces  
**EL PASO CHILE CO.**  
 condiments, dips  
**EL PESCADOR**  
 seafood  
**EL VELERO**  
 seafood  
**EMERALD COVE**  
 Asian - nori  
 Asian - snacks  
 sea vegetables  
**EMPEROR'S KITCHEN**  
 Asian - herbs & seasonings  
 Asian - pickled & marinated  
**ENER -G**  
 baking products  
 breads & croutons  
 flour  
**ENVIROKIDZ**  
 breakfast cereals  
**EQUAL EXCHANGE**  
 baking, chocolate, cocoa & carob  
 beverage mixes, powdered  
 candy & confections  
 coffee  
 teas  
**EQUO**  
 tea  
**ERAWAN**  
 Asian - noodles & rice sticks

ESSENSMART	cookies	GINGER PEOPLE - cont.	beverages, juice	HOFAN	Asian - noodles & rice sticks
EXTREME H2O	beverages, water & flavored water		beverages, sparkling	HONEST TEA	beverages, tea
FAMILIA	breakfast, cereals & granolas		candy & confections		tea
FAMOSO	Mediterranean - dips & spreads		condiments, cooking sauces	HONEY ACRES	candy & confections
	pasta	GLADY	cookies	HONEYBAR	snacks & snack bars
	seafood		fruit, dried	HONEY GARDEN APIARIES	sweeteners, honey
	vegetables, tomatoes		preserves & spreads, sweetened	HP SAUCE	condiments, cooking sauces
FANTASTIC FOODS	prepared, packaged	GNU FOODS - FIBER & FLAVOR		HSIN TUNG YANG	Asian - cooking pastes
	soup, mixes		snacks & snack bars	HUGO	condiments, pickles
FARMER'S MARKET	desserts & dessert toppings	GOLDRUSH SOURDOUGH	baking products	IAN'S NATURAL FOODS	bread, bread crumbs & croutons
	vegetables	GOLDEN BABY	Asian - cooking sauces	IBARRA	Mexican - beverage mixes
FATTORIE	crackers, bread sticks & rice cakes	GOLDIES	candy & confections	IGDA	herbs & seasonings - mushrooms
FEARN	baking products		snacks & snack bars	IMAGINE FOODS	soups, canned & aseptic
FELIX LINGONBERRIES	fruit, canned & jars	GOODBAKER	baking mixes	I M HEALTHY	nut & seed butters
FENG SHUI	Asian - snacks		breakfast cereals & granola	INDIA TREE	baking products
FENTIMAN'S	beverages, sparkling	GOOD HEALTH NATURAL FOODS	chips, pretzels & puffs	INKOS	beverages, iced tea & ready to drink tea
FERTILE HAND	nuts & seeds, packaged	GRANDY OATS	breakfast cereals & granola	J. CROW'S	beverage mixes, powdered
FIDDES PAYNE	herbs & seasonings	GRANJA SAN FRANCISCO	sweeteners, honey	JANE'S CRAZY SALT	herbs & spices
FIDDLER'S GREEN	baking mixes	GREEN & BLACK'S	baking, chocolate & carob	JEAN'S	preserves & spreads
	breakfast, cereal & granolas		beverage mixes, powdered	JENNIE'S	cookies
	breakfast, mixes	GREEN MOUNTAIN GRINGO	candy & confections	JFC	Asian - herbs & seasonings
	dessert toppings		chips, puffs, & popcorn	JOELLE	desserts
FIESTA	condiments, dips & spreads	GREENE'S OF VERMONT	condiments, salsa	JOHN LUSTY	soups, canned
	condiments, salsa	GUAYAKI YERBA MATE'	condiments, cooking sauces - hot	JOHN MACY'S CHEESESTICKS	crackers, bread sticks & rice sticks
FINI	condiments, vinegar balsamic		teas	JOSE GOLDSTEIN	condiments, salsas
FINN CRISPBREAD	crackers, bread sticks & rice cakes	GURU	beverages, iced tea/coffee, ready to drink	JOURNEY BEVERAGE	beverages, sparkling
FINNSKA	candy & confections	GUS (GROWN UP SODA)	beverages, sparkling	JOYVA	Middle Eastern - desserts
FIORDI FRUTTA	baking products	HAIKU	teas		Middle Eastern - nut & seed butters
	preserves, unsweetened	HAIN	condiments, spreads mayonnaise	JUANITAS	Mexican - prepared foods
FIREWATER	condiments, cooking sauces, hot		oils	JUMP UP & KISS ME	condiments, cooking sauces hot
FITCH FARM	condiments, cooking sauces	HAKUBAKU	sweeteners, sugar	KADOYA	oils
FIZZY LIZZY	beverages, sparkling		Asian - noodles & rice sticks	KAFFREE ROMA	coffee substitutes
FLAVOR ORGANICS	dessert toppings	HALSO SALT	herbs & spices, other	KAME'	Asian - cooking sauces
FLOR DE SAL	baing, salts	HANG	Asian - noodles & rice sticks		Asian - noodles & rice sticks
FLORIDA CRYSTALS	sweeteners, sugar	HANSEN BEVERAGE	beverage, juice aseptic		Asian - vegetables
FLOTT	pasta sauce	HAPI	Asian - snacks		crackers, bread sticks & rice cakes
FOOD MERCHANTS	prepared foods	HARRY'S PRETZELS	chips, pretzels, & puffs	KANGETSU ARARE	Asian - snacks & rice crackers
FORBIDDEN CITY	condiments, cooking sauces	HARVEST SONG	preserves, sweetened	KANGHI	condiments, cooking sauces & marinades
FOUR MONKS	condiments, vinegars	HATCH	Mexican - cooking sauces	KARNAK	Middle East - desserts
FOX HOLLOW MUSTARD	condiments, sandwich sprd mustard		Mexican - vegetables	KASHI	breakfast, cereals & granolas
FRONTIER NATURAL	herbs & spices, other	HAUTE CUISINE	crackers, bread sticks & rice cakes		crackers, bread sticks & rice cakes
FRUITABOO	snacks & snack bars	HEAVENLY ORGANICS	baking products	KETTLE CHIPS	snacks & snack bars
FUNGUS AMONGUS	herbs & seasonings		sweeteners, sugar		chips, puffs, & popcorn
	soups, dried & packaged	HEDGIES	sweeteners, honey	KIKKOMAN	Asian - bread crumbs, panko
G'DAY GOURMET	seafood		condiments, salsas		Asian - cooking sauces
GARDEN OF EATIN'	chips, puffs, & popcorn	HEINZ	beans, baked		Asian - cooking sauces
GEETA'S	Indian - chutney & pickles		condiments, sandwich spd ketchup		Asian - soups, broths
	Indian - cooking sauces	HELWA	soups, canned		Asian - soy sauces & tamari
	Indian - cooking pastes		cookies	KIMLAN	Asian - cooking sauces & toppings
GENISOY	snacks & snack bars	HERB PATCH	beverage mixes, powdered	KING	fruits, dried & packaged
GEROLSTEINER	beverages, water & flavored water	HERDEZ	Mexican - condiments, salsa	KING ARTHUR	baking mixes
GHIRARDELLI	baking, chocolate & carob	HERON	baking mixes		breakfast mixes
	beverage mixes, powdered	HICK LICK'N	condiments, cooking sauces BBQ	KNUDSEN	beverages, juice
	candy & confections		condiments, cooking sauces		beverages, juice concentrates
GILLIAN'S FOODS	bread & croutons	HICKORY	snacks & snack bars		beverages, aseptic
GINGER PEOPLE	baking products	HIGHLAND SUGARWORKS	breakfast mixes		beverages, sparkling
	baking, flavors & extracts		breakfast mixes		preserves, sweetened
			candy & confections		
			preserves, butters		
			sweeteners, maple		
		HIME	Asian - herbs & seasonings		
			Asian - rice		

KOKUHO Asian - rice  
KOMBUCHA beverages, iced tea & ready to drink tea  
KOON CHUN Asian - cooking sauces  
KRISTALL beverages, sparkling  
LA BALEINE baking, salts  
LA CHINATA herbs & spices, other  
LA FORESTIERE oils, flavored  
LA PREFERIDA Mexican - vegetables  
beans canned, refried  
LA ROSSA Mediterranean - pickled & marinated  
LA TOURANGELLE oils  
LAKEWOOD beverages, juice  
LAN CHI Asian - cooking sauces  
Asian - cooking pastes  
LARABAR snacks & snack bars  
LARRY'S BEANS coffee  
LARS OWEN condiments, sandwich spread - mustards  
herb & spice blends  
sweeteners, sugar  
LATE JULY crackers, bread sticks & rice cakes  
LAVASCH crackers, bread sticks & rice cakes  
LAWRENCE DELIGHTS Mediterranean - desserts  
LAXMI Indian - herbs & seasonings  
LEE KUM KEE Asian - bulk  
Asian - cooking sauces  
LEGERE'S NUTRITIONAL DRESSING condiments, cooking sauces  
condiments, dips & spreads  
condiments, salad dressing  
LEKSLAND crackers, bread sticks & rice cakes  
LEONA'S DE CHIMAYO Mexican - baking mixes  
LETS DO ORGANIC baking products  
candy & confections  
fruits, dried packaged  
LIJJAT PAPADUMS Indian - crackers  
LIMA SEA SALT baking, salts  
LINDT candy & confections  
LIP LICKIN condiments, cooking sauces - bbq  
LITTLE BEAR Mexican - crackers/taco shells  
beans canned, refried  
chips, pretzels & puffs  
herbs & spices blends  
LOLLIPOP TREE baking products  
desserts & toppings  
LONGEVITY baking products  
LOS CHILEROS Mexican - baking mixes  
Mexican - flours  
Mexican - grains  
Mexican - herbs & seasoning  
Mexican - prepared foods  
LOVE N BAKE baking products  
LOYD GROSSMAN Indian - cooking sauces  
soups, canned, aseptic & pouches  
LULU condiments, cooking sauces  
condiments, dips & spreads  
condiments, vinegars - balsamic  
preserves, sweetened  
sweeteners, honey  
LUNA snacks & snack bars  
LUNDBERG Asian - rice  
chips, pretzels & puffs  
crackers, bread sticks & rice cakes  
LUNDBERG - cont.  
prepared, packaged  
rice  
sweeteners, grain  
LUVLI beverages, juice  
LYLE'S sweeteners, grain  
MACLEAN'S crackers, bread sticks & rice cakes  
MACNUT OIL oils  
MADHAVA sweeteners, misc.  
MADHOUSE MUNCHIES chips, pretzels & puffs  
MAESRI Asian - cooking sauces  
Asian - cooking pastes  
Asian - soups, broths  
MAGGIE BEER PRODUCTS condiments, dips & spreads  
MAINE COAST SEA VEGETABLES Asian - nori  
sea vegetables  
snacks & snack bars  
MAINE ROOT beverages, sparkling  
MAINE SEA SALT COMPANY baking, salts  
herb & spice blends  
MAINE WILD BLUEBERRY fruit, canned & jars  
MAISIE JANE'S candy & confections  
nuts & seeds  
MALDON SEA SALT baking, salts  
herbs & spices, other  
MARCO POLO Mediterranean - cooking sauce  
Mediterranean - dips & spreads  
Mediterranean - pickled & marinated  
condiments, pickles, relish & sauerkraut  
fruits, cans & jars  
vegetables, peppers  
MARMITE condiments, dips & spreads  
MARUKAN Asian - cooking sauces  
Asian - vinegar  
MARY'S GONE CRACKERS crackers, bread sticks & rice cakes  
MASECA Mexican - flours & flour mixes  
MAS PORTELL condiments, pickled & marinated  
condiments, pickled - capers  
condiments, vinegars  
herbs & spices - other  
oils, flavored  
MASTER CAFE beverages, iced tea & ready to drink  
MATIZ Mediterranean - desserts  
MAYACAMAS condiments, boui/broth pwd/gravy mix  
pasta sauces  
McCANN'S breakfast, cereals & granolas  
McFADDEN FARM herbs & spices  
ME & OLLIE'S snacks & snack bars  
MEDAGLIA coffee  
MEDITALIA Mediterranean - dips & spreads  
MEDITERRANEAN ORGANICS condiments, olives  
condiments, pickled & marin - capers  
condiments, pickled & marinated  
vegetables, peppers  
MELINDA condiments, cooking sauces - hot  
MENDICINO condiments, sandwich sprd- mustard  
METROMINT beverages, water & flavored water  
MEXI SNAX chips, pretzels & puffs  
MEYENBERG beverages, non-dairy & dairy  
MEZZETTA condiments, pickled & marinated  
MICHIU Asian - vinegar  
MIDEL cookies  
MIGUEL'S STOWE AWAY condiments, salsas  
chips, puffs, & popcorn  
MISO MASTER Asian - soy sauces & tamari  
MITOKU Asian - snacks & snack mixes  
candy & confections  
MMM desserts & toppings  
MOCHIKO flours  
MODERN herb & spice blends  
MOLINO grains  
MONARI FEDERZONI condiments, vinegars balsamic  
MOORLAND sweeteners, honey  
MOOSEWOOD HOLLOW sweeteners, maple  
MORGA condiments, bouillon & broths  
MORGAN'S MILLS baking mixes  
breakfast mixes  
flour  
MORI NU soy foods  
MOUNT HAGEN coffee  
MR. #1 Asian - sweeteners  
MRS. LEEPER'S pasta  
prepared foods, packaged  
MRS. LITTLE'S COOKIE BRITTLE cookies  
MRS. MAY'S snacks & snack bars  
MT VIKOS Mediterranean - dips & spreads  
Mediterranean - prepared foods  
crackers, bread sticks & rice cakes  
fruits, cans & jars  
MUIR GLEN condiments, salsa  
condiments, spreads ketchup  
vegetables, tomatoes  
pasta sauces  
pizza sauce  
MYCOLOGICAL herbs & spices, dried mushrooms  
MYRONS Asian - cooking sauces  
condiments, cooking sauces  
NAGAI Asian - nori  
NAIRIN'S cookies  
NAMASTE FOODS baking mixes  
breakfast mixes  
prepared foods, packaged  
NANCY'S condiments, salad dressings  
NANTUCKET OFF-SHORE beverage mixes, powdered  
herb & spice blends  
NASOYA condiments, salad dressing  
condiments, sandwich sprd mayo  
NATIVE FOREST Asian - cooking sauce coconut milk  
fruits, canned & jars  
vegetables  
NATURAL ITALIAN pasta sauces  
NATURAL SEA condiments, dips & spreads  
seafood  
NATURAL VALUE Asian - coconut milk  
Mexican - vegetables  
beans canned, refried  
condiments, olives  
condiments, spreads mustards  
fruits, cans & jars  
grains  
pasta  
seafood  
NATURALLY INDIA Indian - chutneys  
Indian - cooking sauces  
Indian - herbs & seasonings  
NATURE'S CHOICE snacks & snack bars

NATURE'S ISLE	Caribbean - cooking sauce Caribbean - chutney Caribbean - dressings & mustard	PAMELA'S	baking mixes breakfast mixes cookies	REGATTA (formerly Barritts)	beverages, sparkling
NATURE'S PATH	breakfast, cereals & granolas snacks & snack bars	PAN DUCALE	cookies	RICE DREAM	beverages, non-dairy & dairy
NEW ENGLAND CRANBERRY	preserves, sweetened	PANDA	candy & confections	RICK'S PICKS	condiments, pickled & marinated
NEW ENGLAND NATURAL BAKERS	snacks & snack bars	PASTARISO	pasta prepared foods, packaged	RIEME	beverages, sparkling
NEW HOPE MILLS	breakfast mixes	PASTATO	prepared foods, packaged	RIGONI	nut & seed butters pasta sweeteners, honey
NEWMAN'S OWN	candy & confections grains & popcorn	PATAGONIA	preserves & spreads	RIVER GARDEN KITCHENS OF VERMONT	condiments, salad dressings
NIBLACK	grains	PATAK'S	Indian - cooking sauces Indian - cooking pastes Indian - pickles & relish	ROAD'S END ORGANICS	condiments, boil/broth, gravy mixes condiments, dips prepared, packaged
NICE CHOICE	Asian - snacks	PATEL'S	Indian - prepared foods	ROBERT'S ALL AMERICAN	chips, puffs, & popcorn
NIELSEN-MASSEY VANILLA	baking, extracts & flavorings	PAVICH	fruit, dried	ROLAND	Asian - cooking sauces Asian - herbs & seasonings Asian - noodles Asian - vegetables Mediterranean - pickled & marinated baking products baking, salts beans, canned beverages, non-alcoholic condiments, cooking sauces condiments, pickled capers condiments, sandwich spd mustard condiments, vinegars - balsamic fruits, canned grains herbs & spices, other nuts & seeds, packaged oils pasta sauces seafood sweeteners, sugar vegetables
NISHIKI	Asian - rice	PEANUT BUTTER & CO.	nut & seed butters	ROMULO	olive oil
NOMADES	Mediterranean - cooking sauces Mediterranean - dips & spreads Mediterranean - pickled & marinated Mediterranean - seasonings	PEANUT SHOP of WILLIAMSBURG	candy & confections nuts & seeds	ROSEBUD	condiments, cooking sauces condiments, pickles, relish & sauerkraut preserves sweetened
NO PUDGE	baking mixes	PEARL RIVER BRIDGE	Asian - bulk Asian - soy sauces	RUBS WITH LOVE	herbs & seasonings
NUMI TEA	tea	PEELU	candy & confections	RUMFORD	baking products
NUTIVA	nuts & seeds, roasted	PELOPONNESE	Mediterranean - dips & spreads Mediterranean - prepared foods condiments, olives condiments, pickled capers vegetables, peppers	RUNNING RABBIT	candy & confections
OLDE CAPE COD	condiments, dips & spreads crackers, bread sticks, rice cakes pasta sauces soups, canned	PEMBERTON	baking mixes breakfast mixes condiments, cooking BBQ sauces condiments, cooking sauces dessert toppings pasta sauces	RUSTIC CRUST	pasta sauces
OLDE TYME	nuts & seeds, roasted	PG TIPS	tea	RYVITA	crackers, bread sticks & rice cakes
OLIVES ET AL	condiments, cooking sauces condiments, olives nuts & seeds, roasted	PICKAPEPPA	Caribbean - cooking sauces condiments, cooking hot sauces	SADIE'S	Mexican - condiments, salsa
OLIVIA'S	bread & croutons	PINCH PLUS	herbs & seasonings	SAF INSTANT YEAST	baking products
OLIVICO	condiments, olives	PINDERS	see Refrigerated Items	SAN BENEDETTO	beverages, water & flavored water
ONCE AGAIN	Middle Eastern - nut & seed butters nut & seed butters	PLANTATION MOLASSES	sweeteners, molasses	SANFAUSTINO	beverages, water & flavored water
ONE WORLD	teas	PLOYES	breakfast mixes flour	SAN J	Asian - cooking sauces Asian - soy sauces & tamari
OPIES	preserves & spreads, sweetened	POMONA'S	baking products	SAN MARCOS	Mexican - cooking sauces Mexican - vegetables
O OLIVE OIL	condiments, vinegars condiments, vinegars - balsamic oils, flavored	PONS	olive oils	SAN PELLEGRINO	beverages, water & flavored water beverages, sparkling
OREGON CHAI	tea, concentrates	PREMIER JAPAN	Asian - soy	SANTA BARBARA OLIVE CO.	condiments, olives condiments, pickled & marinated condiments, salsa
ORGANIC COFFEE CO.	coffee	PRIMAL STRIPS	snacks & snack bars	SANTA CRUZ	beverages, juice concentrates beverages, aseptic beverages, sparkling
ORGANIC PLANET	Asian - noodles	PRIMO	olive oils	SARATOGA SPRINGS	beverages, water & flavored water
ORIENTAL MASCOT	Asian - herbs & seasonings Asian - oils	RAJAH CURRY	Indian - herbs & seasonings	SASSO	olive oils
OSKRI	Middle Eastern - nut & seed butters snacks & snack bars sweeteners, misc.	RAMLOSA	beverages, water & flavored water	SAVE THE FOREST	breakfast, cereals & granolas snacks & snack bars
OUR FAMILY FARM	crackers, bread sticks & rice cakes	RAPUNZEL	baking, products baking, chocolate & carob candy & confections condiments, bouillon & broths nut & seed butters oils sweeteners, sugar	SCHARFFEN BERGER	baking, chocolate & carob
OUT ON A LIMB	desserts & toppings	RAYES MUSTARD MILL	condiments, spreads mustards	SCHOKINAG CHOCOLATE	beverage mixes, powdered
OYSTER CREEK MUSHROOMS	herbs & spices, dried mushrooms	REAL FOODS	crackers, bread sticks & rice cakes	SCOTTI	oils
PACIFIC FOODS	condiments, bouillon, broth, gravy soups, aseptic & canned	REALLY RAW HONEY	sweeteners, honey		
PACIFIC ORGANIC SALT	baking, salts	RED LAKE NATION	rice		
PAIN IS GOOD	condiments, cooking sauces - hot condiments, salsas herb & spice blends	RED OVAL	crackers, bread sticks & rice cakes		
PALACIOS	Mediterranean - prepared foods	RED ROSE	Asian - nori & wrapping sheets		
PALDO	beverages, juice	REED'S GINGER BREW	beverages, juice beverages, sparkling		
PALMIERI	pasta sauces pizza sauce				

SEASONED PIONEERS	TAKU WILD	VERMONT COFFEE CO.
herbs & spices	seafood	coffee
SENCHA	TAMBOBAMBA	VERMONT MORNING
candy & confections	Mexican - prepared foods	breakfast cereals & granola
SENSIBLE FOODS	TAMICON	VERMONT NUT FREE CHOCOLATE
snacks & snack bars	Asian - cooking sauces	candy & confections
SESMARK	TAP'N APPLE	VERMONT PEPPER WORKS
crackers, bread sticks & rice cakes	preserves & spreads, butters	condiments, cooking hot sauces
SHADY MAPLE	TAU	VERMONT SWEETWATER
cookies	beverages, water & flavored water	beverages, sparkling
SHAMIANA	TAYLORS OF HARROGATE	VERMONT VILLAGE CANNERY
Indian - snack mixes	tea	fruit, canned applesauce
SHELTON'S	TEECCINO	VICTORIA TAYLOR'S
soups, canned & aseptic	coffee substitutes	baking salts
SHOOTINGFLY HILL DESSERT CO.	TERRA CHIPS	herb & seasoning blends
desserts & toppings	chips, puffs, & popcorn	
SILJAN CRISPBREAD	TERRA NOSTRA	VIRGIL'S
crackers, bread sticks & rice cakes	candy & confections	beverages, sparkling
SIMPKINS	TERRA SOL	VITARROZ
candy & confections	Mexican - cooking sauces	condiments, cooking hot sauces
SIMPLY SOYNUIT BUTTER	Mexican - condiments, salad dressings	VIVANI
nut butters	Mexican - dips & spreads	candy & confections
SIMPLY ORGANIC	TEXAS FOODS	VOGEL SEASONINGS
baking, extracts & flavorings	condiments, cooking sauce BBQ	herbs & spices, blends
condiments, broth, bouillon, gravy mixes	condiments, cooking sauce hot	VOLCANO
condiments, dips & spreads	condiments, salsa	beverages, juice
herbs & spices	herb & seasoning blends	beverages, juice concentrates
SINBO	preserves, sweetened	VOYAGEUR TRADING
Asian - noodles	THAI IMPORTS	rice
SITTOOS	Asian - herbs & seasonings	VTEA
Middle Eastern - nut & seed butters	baking products	beverages, ready to drink tea/coffee
SOBAYA	THINK BARS	WALKERS
Asian - noodles & rice sticks	snacks, snack bars	cookies
SOLEA	THOMPSON CANDY	WALKERS WOOD
chips, pretzels & puffs	candy & confections	Caribbean - cooking sauces
SOLERA 77	THORNCROFT	WAN JA SHAN
condiments, vinegar	beverages, sparkling	Asian - cooking sauces
SORREL RIDGE	THURSDAY COTTAGE	condiments, cooking worcestershire
preserves, unsweetened	desserts & dessert toppings	WASA
SPAA	preserves, sweetened	crackers, bread sticks & rice cakes
Asian - prepared foods	TIDMAN'S	WATERPLUS
Asian - snacks	baking salt	beverages, water & flavored water
SPANISH GARDEN	TIGER'S MILK	WATKINS
Mediterranean - vegetables	snacks & snack bars	condiments, cooking sauces
SPECTRUM NATURALS	TIMELESS NATURAL FOODS	WEICHUAN
baking products	beans, packaged	Asian - cooking sauces
condiments, spreads mayonnaise	TINY TRAPEZE	WEL PAC
condiments, vinegars	desserts & toppings	sea vegetables
condiments, vinegars - balsamic	nut butter companions	WESTBRAE
oils	TIPARROS	beans, baked
olive oil	Asian - cooking sauces	beans, canned organic
SPORTIE	TOHUM	beverages, non-dairy & dairy
crackers, bread sticks & rice cakes	fruit, dried	condiments, spreads mustards
STACY'S PITA CHIPS	nut & seed butters	vegetables
chips, puffs, & popcorn	TOMMY'S NAKED SODA	WESTSOY
STASH	beverages, sparkling	beverages, non-dairy & dairy
candy & confections	TONG SAN	WHA GURU CHEWS
tea	Asian - snacks TORRONE	candy & confections
STEVITA	candy & confections	WHITE MOUNTAIN KETTLE CORN
beverages, mixes	TRACKLEMENTS	chips pretzels & puffs
sweeteners, misc.	condiments, cooking sauces	WHOLE SOME SWEETENERS
STIRRINGS	condiments, salad dressings	sweeteners, sugar
beverage mixes, liquid	condiments, spreads mustards	sweeteners, molasses
beverage mixes, powdered	condiments, spreads ketchup	WICKED JOE'S
STRETCH ISLAND	preserves, sweetened	coffee
snacks & snack bars	TRADITIONAL MEDICINAL	WILD GARDEN HUMMUS
SUMMER SONG	tea	chips, pretzels & puffs
beverages, juice	TRIANNA	condiments, dips & spreads
SUNNY HONEY STICKS	olive oils	WILDCATCH
candy & confections	TURTLEDOVE	seafood
SUNSPIRE	pasta sauces	WISE CRACKERS
baking, chocolate & carob	TUSCAN SUN	crackers, bread sticks & rice cakes
candy & confections	oils	WIZARD
SUPERIOR NUT CO.	TUTINOS	condiments, cooking hot sauces
nut & seed butters	condiments, vinegars - balsamic	condiments, cooking worcestershire
SUSHI SONIC	TWININGS	YAMA MOTO YAMA
Asian - herbs & seasonings	teas	beverage mixes, powdered
Asian - pickled & marinated	TWO LEAVES AND A BUD	tea
Asian - soups & broths	teas	YANG JIANG
SWAD	TY NANT	Asian - cooking ingredients
Asian - coconut milk & powders	beverages, water & flavored water	YELLINGBO
Indian - beans, packaged	U B	olive oils
Indian - desserts	condiments, cooking sauces	YOGI TEA
Indian - flour	ULTIMATE SEASONINGS	tea
Indian - herbs & seasonings	condiments, cooking sauces	YU YEE
Indian - ghee	UNIO	Asian - bulk
fruits, cans & jars	condiments, vinegars	Asian - vinegars
SWAN'S	olive oils	ZAFFIRI
sweeteners, honey	UNION	pasta
SWEET BOTANICALS	Asian - cooking sauces	ZAMBEZI
candy & confections	Asian - cooking pastes	sweeteners, honey
SWEET CLOUD	URASHIMA	ZHENA'S GYPSY TEA
sweeteners, grain	Asian - herbs & seasonings	teas
SWITCH	VEGANSWEETS	ZICO
beverages, sparkling	candy & confections	beverages, juice
TAISAN	VENUS	ZORBA
Asian - noodles & rice sticks	crackers, bread sticks & rice cakes	Mediterranean - pickled/marinated
TAJ	VERMINTS	
Indian - cooking sauces	candy & confections	

# HOT DEALS !

at Associated Buyers

We occasionally have products available to our customers at deep discounts - below or in addition to those that are published in our monthly catalogue.  
(often 15%-30% off or more!)

If you are interested in finding out more about this program and the nature of these unpublished deals e-mail

[hotdeals@assocbuyers.com](mailto:hotdeals@assocbuyers.com)



## Appalachian Naturals Holiday Special!

### 10% off Dips & Spreads

Local New England Grown ~ Handcrafted ~ Specialty Sauces

See product listing on page





# For the Holidays



The following is an assortment of special Holiday Items; **Gift Ideas, Stocking Stuffers and Holiday Feast Essentials.** These do not need to be preordered, however, we suggest to insure supply, that you place orders for these items early in the season (availability as supplies last).

## HOLIDAY FEAST ESSENTIALS

item #	Brand	Description	Size	Price	Ext	December	
						Sale	Ext
31018	AMER SPN	BALATON CHERRIES	13.5 OZ	5.29	5.29		
31019	AMER SPN	WINTER COMPOTE	13 OZ	3.95	3.95		
33084	AMER SPN	MUSTARD CRANBERRY	9 OZ	3.79	3.79		
33085	AMER SPN	RELISH RED PEPPER	9 OZ	3.99	3.99	3.59	3.59
2536	CELEST	HOLIDAY TEA CANDY CANE LANE	20 BAGS	2.55	2.55	2.25	2.25
2602	CELEST	HOLIDAY TEA GINGERBRD SPICE	20 BAGS	2.55	2.55	2.25	2.25
2601	CELEST	HOLIDAY TEA NUTCRKER SWEET	20 BAGS	2.55	2.55	2.25	2.25
2600	CELEST	HOLIDAY TEA SUGAR PLUM SPICE	20 BAGS	2.55	2.55	2.25	2.25
62083	D GLASS	CHEESECAKE PUMPKIN Gin	6/15 OZ	7.57	45.42	6.81	40.88
60055	EVER SO	PIE NEW ENGLAND APPLE	8 INCH	10.80	10.80	9.72	9.72
63026	EVER SO	PIE NEW ENGLAND APPLE	10 INCH	14.50	14.50	13.05	13.05
60110	EVER SO	PIE SQUMPKIN	8 INCH	10.80	10.80	9.72	9.72
60112	EVER SO	PIE SQUMPKIN	10 INCH	14.50	14.50	13.05	13.05
60113	EVER SO	PIE SQUMPKIN VEGAN	8 INCH	10.80	10.80	9.72	9.72
63031	EVER SO	PIE SQUMPKIN VEGAN	10 INCH	14.50	14.50	13.05	13.05
3771	FARM MKT	PUMPKIN ORG can	15 OZ	2.20	2.20	1.87	1.87
3775	FARM MKT	SWEET POTATO PUREE ORG can	15 OZ	2.20	2.20	1.87	1.87
3773	FARM MKT	PUMPKIN PIE MIX ORG can	15 oz	2.47	2.47	2.10	2.10
41118	INDIA TR	DECORATING SUGAR BLUE NAT	3.5 OZ	3.67	3.67	3.30	3.30
41119	INDIA TR	DECORATING SUGAR GREEN NAT	3.5 OZ	3.67	3.67	3.30	3.30
41117	INDIA TR	DECORATING SUGAR RED NAT	3.5 OZ	3.67	3.67	3.30	3.30
41116	INDIA TR	DECORATING SUGAR WHITE NAT	3.5 OZ	3.67	3.67	3.30	3.30
41120	INDIA TR	DECORATING SUGAR YELLOW NAT	3.5 OZ	3.67	3.67	3.30	3.30
41121	INDIA TR	NAT COLORS SET red/yellow/blue	2.25 OZ	13.59	13.59	12.24	12.24





# For the Holidays



## HOLIDAY FEAST ESSENTIALS *continued*

**December**

item #	Brand	Description	Size	Price	Ext	Sale	Ext
62013	NATFEAST	PIE APPLE CRANBERRY WF/GF Vg	8 INCH	9.61	9.61	7.69	7.69
62008	NATFEAST	PIE APPLE STREUSEL WF/GF Vg	8 INCH	9.61	9.61	7.69	7.69
62012	NATFEAST	PIE PUMPKIN WF/GF Vg	8 INCH	9.61	9.61	7.69	7.69
41087	NE CRAN	CHUTNEY CRANBERRY	12 OZ	3.76	3.76	3.38	3.38
41093	NE CRAN	CRANBERRY & ORANGE SLICES	12 OZ	3.71	3.71	3.34	3.34
41094	NE CRAN	CRANBERRY POMEGRANATE SAUCE	12 OZ	3.71	3.71	3.34	3.34
41092	NE CRAN	CRANBERRY SAUCE	12 OZ	3.71	3.71	3.34	3.34
41115	OLIVIAS	STUFFING TRADITIONAL	14 OZ	3.93	3.93	3.54	3.54
31267	ROLAND	CHESTNUTS MARRONS <i>rst peeled</i>	7.4 OZ	4.70	4.70		
31268	ROLAND	CHESTNUTS MARRONS <i>rst peeled</i>	14.8 OZ	6.91	6.91		
4293	ROLAND	CHESTNUT PUREE	16 OZ	4.79	4.79		
5480	ROSEBUD	MINT JELLY	8 OZ	5.19	5.19		
5483	ROSEBUD	REDCURRANT JELLY	8 OZ	5.40	5.40	4.86	4.86
5486	ROSEBUD	CRANBERRY & ORANGE JELLY	8 OZ	5.10	5.10		
5495	ROSEBUD	MINT SAUCE	8 OZ	5.00	5.00		
5207	ROSEBUD	SEVILLE ORANGE & WHISKY MARMALADE	8 OZ	4.90	4.90		
33077	STIRRING	MIX CHOC PEPPERMINTINI	32 OZ	6.17	6.17	5.47	5.47
33076	STIRRING	MIX SPICED APPLE MARTINI	32 OZ	6.17	6.17	5.47	5.47
5548	TRACKLE	MINT JELLY ORGANIC	9 OZ	4.50	4.50		
5211	TRACKLE	RED CURRANT JELLY	9 OZ	4.07	4.07	3.57	3.57
5212	TRACKLE	SPICED RED CURRANT JELLY	9 OZ	4.07	4.07	3.57	3.57
6941	TRACKLE	REAL MINT SAUCE CONCENTRATE	9 OZ	4.29	4.29	3.79	3.79
6942	TRACKLE	CUMBERLAND SAUCE <i>for meats</i>	9 OZ	4.29	4.29		
5488	TRACKLE	CRANBERRY SAUCE WITH PORT	9 OZ	4.45	4.45	4.00	4.00
5209	TRACKLE	ONION MARMALADE	13 OZ	5.93	5.93		
62050	VT PIE	PIE VERMONT APPLE 9 inch	EACH	8.57	8.57	7.57	7.57
60226	WHOLLY	PIE APPLE <i>unbaked</i> 8 inch	EACH	5.67	5.67	5.09	5.09

**DON'T FORGET 'MAN'S BEST FRIEND' - they have essential feast needs too!**

7009	DOGHOUSE	DOG TREATS REINDOG REWARDS	12 OZ	4.59	4.59	4.09	4.09
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# HOLIDAY GIFT IDEAS & STOCKING STUFFERS

item #	Brand	Description	Size	Price	Ext	December	
						Sale	Ext
3043	PUTUMAYO	CHRISTMAS AROUND THE WORLD cd	EACH	10.99	10.99	9.89	9.89
51023	PUTUMAYO	NEW ORLEANS CHRISTMAS - NEW!	EACH	10.99	10.99	9.89	9.89
50107	EASTWIND	CANDLE TAPER 9in BEEWAX	PAIR	6.09	6.09	5.48	5.48
50108	EASTWIND	CANDLES TAPERS 12 in BEEWAX	PAIR	7.49	7.49	6.69	6.69
71060	EMERITA	JOY BOX sexual vitality items	EACH	16.49	16.49	14.69	14.69
30367	HIGHLAND	GIFT SET SM TREE W/PANCAKE MIX	SET	13.09	13.09	11.78	11.78
71005	HIGHLAND	MAPLE SYRUP BRRTON glass bear	16.9 OZ	13.30	13.30		
6495	HIGHLAND	MAPLE SYRUP BENTLEY glass snowman	16.9 OZ	12.39	12.39		
30368	HIGHLAND	MAPLE SYRUP glass apple	12 OZ	9.15	9.15		
30369	HIGHLAND	MAPLE SYRUP glass tree	6.75 OZ	7.65	7.65		
30370	HIGHLAND	MAPLE SYRUP glass tree	16.9 OZ	12.15	12.15		
6489	HIGHLAND	MAPLE SYRUP glass leaf	8.45 OZ	7.15	7.15		
6500	HIGHLAND	MAPLE SYRUP glass leaf	1.7 OZ	2.15	2.15		
6485	HIGHLAND	MAPLE SYRUP glass cabin	8.45 OZ	6.69	6.69		
51013	NUMI	TEAPOT GLASS teahouse	EACH	12.86	12.86	10.93	10.93
80140	PINCHPLS	HERBS PINCH OF CHRISTMAS	EACH	2.99	2.99	2.69	2.69
80137	PINCHPLS	HERBS PINCH OF FRANCE	EACH	2.99	2.99	2.69	2.69
80136	PINCHPLS	HERBS PINCH OF MEXICO	EACH	2.99	2.99	2.69	2.69
80151	VICTORIA	GIFT SET chipotle/red pepper	SET	13.57	13.57	12.17	12.17
80150	VICTORIA	GIFT SET SALT Anglesey/Celtic	SET	13.57	13.57		
52110	MACPHRSN	CAT TREAT BAKING KIT w/recipes	EACH	6.13	6.13	5.49	5.49
52109	MACPHRSN	K-9 DOG BISCUIT KIT w/recipes	EACH	6.13	6.13	5.49	5.49
52111	MACPHRSN	K-9 LITTLE TREAT MAKER	EACH	3.50	3.50	3.15	3.15



## HOLIDAY CANDY & CONFECTIONS

6528	BROWN	MAPLE CANDY SANTA	1.75 OZ	1.99	1.99	1.79	1.79
30512	EL ALMEN	TURRON ALMOND TORTA IMPERIAL	7.05 OZ	5.55	5.55		
30511	EL ALMEN	TURRON BLANDO SOFT ALMOND	7.05 OZ	4.75	4.75		
30513	EL ALMEN	TURRON CRUNCHY ALMOND WRAPPED	3.5 OZ	2.98	2.98		
30510	EL ALMEN	TURRON CRUNCHY ALMOND	7.05 OZ	4.75	4.75		
33087	GINGERPE	GINGER MINI SLICE GIFT JAR	7 OZ	3.25	3.25		
7029	TORRON	TORRONE ALL NOCCIOLA SOFT nouget	150 GR	4.25	4.25	3.75	3.75

**ORDER & DELIVERY SCHEDULE**

This is our standard, weekly schedule. Orders should be placed 2 business days prior to the day that your run leaves our warehouse. Any schedule changes that we make to accommodate holidays are posted in the catalog. Please refer to your route number when inquiring about your delivery.

Business hours are 8:30 to 4:00 Monday through Friday. Orders should be placed during these hours and completed by 4:00 so that our staff can number your run and process other paperwork. Please plan ahead by calling early when placing large orders.

**AREA 100, 101 & 102 SOUTHWEST NH**

Amherst to Keene, Brattleboro and Deering  
101 and 102 are part of the 100 Run on alternate weeks.  
PLEASE ASK CUSTOMER SERVICE WHICH RUN YOU ARE ON.  
Order every Thursday by 4:00 PM  
\* Order deadline for Buying Clubs Only - every Wed. by 4 PM  
Delivery every Monday and Tuesday.

**AREA 103 SOUTHWEST NH**

Same as area 100 the week opposite 101.  
\* Order deadline for Buying Clubs Only - every other Wed. by 4 PM

**AREA 125 SOUTHERN VERMONT**

Up to Rutland over to Glen Falls, NY  
Order every other Thursday by 4:00 PM  
\* Order deadline for Buying Clubs Only - every other Wed. by 4 PM  
Delivery every other Monday and Tuesday.

**AREA 150 WESTERN MASSACHUSETTS**

All areas west of Gardner to Albany, NY  
Order every other Thursday by 4:00 PM  
\* Order deadline for Buying Clubs Only - every other Wed. by 4 PM  
Delivery every other Monday and Tuesday.

**AREA 200, 201 & 202**

**CENTRAL and NORTHERN VERMONT**  
201 and 202 are part of the 200 Run on alternate weeks.  
PLEASE ASK CUSTOMER SERVICE WHICH RUN YOU ARE ON.  
Order every Monday by 4:00 PM  
\* Order deadline for Buying Clubs Only - every Fri. by 4 PM  
Delivery every Wednesday and Thursday.

**AREA 300, 301 & 302 CENTRAL and NORTHERN NH, ST. JOHNSBURY, VERMONT**

From New London along 89 to Hanover, up Rt 91 to St. Johnsbury, south on 93 to Concord.  
301 and 302 are part of the 300 Run on alternate weeks.  
PLEASE ASK CUSTOMER SERVICE WHICH RUN YOU ARE ON.  
Order every Friday by 11:00 AM  
\* Order deadline for Buying Clubs Only - every Thurs. by 4 PM  
Delivery every Monday and Tuesday.

**AREA 400, 401, 402 & 403**

West of Boston to Worcester, North to Lancaster, around Rt.128 to Beverly, Gloucester and Newburyport.  
400 & 401 are weekly runs, 402 & 403 alternate every other week  
PLEASE ASK CUSTOMER SERVICE WHICH RUN YOU ARE ON.  
Order every Tuesday by 4:00PM  
Delivery every Thursday

**AREA 450 ROUTE 101 and 495**

Seacoast of New Hampshire across to Newmarket area.  
Order every Wednesday by 1:00PM  
Delivery every Friday

**AREA 451**

From Barrington, NH west to Nashua - Salem area..  
Order every Wednesday by 1:00PM  
Delivery every Friday

**AREA 500-CENTRAL MAINE AND EASTERN NH**

From New Durham to the Lake Winnepesaukee area, Rt 16 through Conway. Rt 2 East to Belfast & South on coastal Rt 1 to Rockland.  
Order every Monday by 4:00 PM  
\* Order deadline for Buying Clubs Only - every Fri. by 4 PM  
Delivery every Wednesday and Thursday

**AREA 501-BERLIN NH AREA**

Same as area 500 except every other week opposite 502.  
\* Order deadline for Buying Clubs Only - every other Fri. by 4 PM

**AREA 502 BROWNVILLE/OTISFIELD AREA**

Same as area 500 except every other week opposite 501.  
\* Order deadline for Buying Clubs Only - every other Fri. by 4 PM

**AREA 503 SOUTHERN MAINE**

Southern Maine south of Sebago Lake and Portland.  
Order every Monday by 4:00 PM  
\* Order deadline for Buying Clubs Only - every Fri. by 4 PM  
Delivery every Wednesday.

**AREA 516 MIDCOASTAL MAINE RT 1**

From Cape Elizabeth to Rockland  
Order every Wednesday by 1:00 PM  
Delivery every Friday.

**AREA 600 I-95**

From Portland north along I-95 to the Bangor area  
Order every Tuesday by 4:00 PM  
Delivery every Thursday & Friday

**AREA 602 DOVER FOXCROFT/RT 150**

Same as area 600 including north to Dover Foxcroft  
Order every other week.

**AREA 603 BLUE HILL**

Same as area 600 including Blue Hill & Mt. Desert Island every week except the week of 625 run.

**AREA 625 NORTHERN MAINE**

Aroostook County From Bangor north to Madawaska.  
Order every 4 weeks on a Tuesday by 4:00PM.  
Delivery every 4 weeks on Thursday, Friday, Saturday.  
Order Nov. 28, 2006 by 4:00 Delivery Nov. 30, Dec. 1 & 2  
Order Dec. 26, 2006 by 4:00 Delivery Dec. 28, 29 & 30

**AREA 650 NORTHEASTERN MAINE**

Washington County From Bangor to Eastport.  
Order every 4 weeks on a Tuesday by 4:00PM.  
Delivery every 4 weeks on Thursday, Friday, Saturday.  
Order Dec. 12, 2006 by 4:00 Delivery Dec. 14, 15 & 16

**AREA 900 BOSTON**

Downtown Boston Area  
Order every Monday by 11:00AM.  
Delivery is every Tuesday.

**AREA 925 SOUTHERN MASS.**

From Cape Cod to Fall River including Martha's Vineyard (via Island Transport),  
Order every other Friday by 4:00PM.  
Delivery every other Tuesday/Wednesday

**AREA 926 SOUTH SHORE MASS, RI & EASTERN CONNECTICUT**

South of Boston to Stafford Springs to New London to Providence  
Order every other Friday by 4:00PM.  
Delivery every other Tuesday/Wednesday.

**AREA 950,951 & 952 NORTH OF BOSTON**

Everett - Bedford, MA & surrounding areas  
951 and 952 are part of the 950 Run on alternate weeks  
Order every Friday by 2 PM  
Delivery every Monday and Tuesday

## POLICIES & PROCEDURES

1. **THE MINIMUM ORDER IS \$350, not including service charge, taxes or bottle deposits (some locations may require a higher minimum). ALL ORDERS ARE COD.** Special arrangements **ONLY** by Julie.
2. **ORDERS MAY BE PLACED** between 8:30 AM and 4:00 PM Monday through Friday. Call orders in early enough to be completed by 4:00 as there is much to do before our day is finished. Place add-ons early and in their entirety to ensure that we will be able to get them on your order.
3. **COLLATE YOUR ORDERS** before calling them in, ordering total quantities of each item. Multiple entries cause errors and confusion.
4. **REPACKS:** Items with one \* are repacked in 5# increments for an additional **25 cents per pound**. Two \*\* indicate 10# increments with an additional charge of **15 cents per pound**. Sale prices apply to full quantities only. Repacks revert to the regular price plus the repacking charge.
5. **CHEAPER BY THE CASE:** In most cases, an item sold by the each, or piece, will be cheaper by the case, **generally 4 % less by the case**. Ask if there is a case discount price when ordering. Sale discounts which are greater override the case discount.
6. **PRICES CAN CHANGE WITHOUT NOTICE**, as prices from our suppliers fluctuate. We try to inform you of changes as you order.
7. **SALES TAX:** We **MUST** have your tax exempt number on file in our office in order to sell you taxable items without charging sales tax.
8. **WE TRY TO BE ACCURATE** in our descriptions and ingredients. It is important to us to represent products honestly but we cannot be responsible for typographical errors or omissions. Let us know if we are in error and we will try to correct the mistake.
9. **DELIVERY TIMES ARE APPROXIMATE.** It is impossible to estimate your delivery time until all the orders for a run are placed. Call the day of or the day before your delivery and we will try to approximate your delivery time. When inquiring about delivery schedules and times, please refer to the route number which appears on the heading of every invoice. Our drivers will do their best to let you know when to expect them and will call you ahead if you request this service when ordering. You must provide an alternate contact person and phone number if you will be unreachable the day of delivery. We will try to reach you; please try to be reachable! If you have any questions, please inquire. We'll help if we can.
10. **PLEASE HELP THE DRIVERS UNLOAD YOUR ORDER.** They have come a long way and they have a long way to go. Anticipate the truck's arrival by scheduling personnel to help the driver unload the truck and provide an adequate sight for unloading the truck that is level and off the road if possible. Walkways and stairs should be free of ice, snow and other hazards to minimize the risk of injury to our drivers and those helping them. We reserve the right to not make a delivery if doing so endangers the truck or the driver. Both are valuable to us, so we ask for your understanding if weather, road or other conditions prevent us from making your delivery. Safety is our primary concern. We reserve the right to assess a **DELIVERY CHARGE** to accounts that do not have help for our drivers. This is a case by case assessment. You will be notified if we feel that it is appropriate to apply this charge.  
**\*\*\* Please verify a piece count with the driver.**
11. **WE CANNOT ACCEPT CASH PAYMENTS:** Please do not pay our drivers in cash. They will not be able to accept cash, so payments must be made by check or money order. If this presents a problem, please contact customer service to make other payment arrangements.
12. **BAD CHECKS:** We charge \$15.00 for each bounced check. Please communicate with us and avoid having your checks returned.
13. **SPECIAL ORDER POLICY:** Please BE SURE that the items you special order with us, are in fact what you want. You must provide accurate and complete information about the product. We do provide pricing on special order items.
  - a) All special orders are pre-pay. We will not place your order unless we have received payment from you.

b) The only exception is for regular, weekly customers who may circumvent this process **ONLY** if we have a commitment form signed by the store manager. We will automatically bill your account for the product regardless of whether you or your customer changes their mind. There are no exceptions here, so please be sure about special orders before you make a commitment. Once we place this order with our vendor, the product belongs to you- **NO EXCEPTIONS.**

14. **RETURN POLICY:** If there are errors, damages or missing items on the order being delivered, our drivers are authorized to make the necessary invoice adjustments. Any problems with your order after the driver has left **MUST** be called into customer service **WITHIN 15 DAYS**. Be sure to ask for your credit confirmation number from the representative who assists you. The confirmation number will help expedite the credit process.

We will **not be responsible for any freight charges** on product returned by any means other than our trucks. If you get delivery via any common carrier, please be aware that you will **NOT** be able to return unwanted or damaged product. Please sign the bill of lading listing damages. We will file a claim with the trucking company who delivered your order.

Returns do not guarantee credit will be issued. All claims must be verified by our internal staff. If claims cannot be substantiated, product will be returned on your next order at no additional charge.

**\*\*\*PLEASE NOTE:** We cannot accept returns on books, CDs or apparel since doing so diminishes the quality of the merchandise. Exchange CDs directly with Putumayo.

**Our drivers are not allowed to pick up returns from a previous shipment unless you have called our customer service dept. for a credit authorization number. The driver must have an authorization form pre-approving pick up of product. Credits will not be issued on product returned without prior authorization.**

**\*\*\*PLEASE NOTE:** All products **MUST** be returned in the original packaging and in resalable condition. Price stickers must be removed prior to returning and products must be in the original lot size sold. Organic repacked product must have the AB label with the lot number. **NO EXCEPTIONS WILL BE ALLOWED.**

Associate Buyers reserves the right to charge a 10% restocking fee on all misordered or overstocked items. All credits are issued upon receipt of the merchandise to our warehouse for evaluation.

15. **ADDRESS YOUR CONCERNS**, questions or return information to the same customer service representative until the issue is resolved. Please ask for their name if we neglect to give it to you. Any follow-up calls that may be necessary should be directed to the same person unless they are unavailable.

16. **BOTTLE POLICY:** Deposits at 5 cents per bottle or can on carbonated beverages. We will pick up empties in Maine, Vermont, Massachusetts. Maine bottle return also includes 32oz glass juice bottles. Please put them back, rinsed, in their original cartons. We can only be responsible for cans and bottles from products which you purchase from us. NH does not require a bottle deposit.

17. **BOTTLE RETURNS** should be made to Associated Buyers whenever possible. All bottles must be washed out and free of their caps before our driver will pick them up. We will not pick up or give credit for returns which are not properly cleaned. State return bottle laws include "CLEAN" as a condition of return, and we will enforce the rules. Redemption Centers are difficult for us to pick up from, therefore we prefer receiving bottles and cans back from our customers. **NO CAPS**

18. **LET US KNOW** if there is anything you would like us to carry. We'd be glad to check it out.

19. **OUR INVENTORY LIST IS AVAILABLE IN ELECTRONIC FORMAT, (Word, Text, Excel, or PDF- please specify one)** that we could email to you upon request. Please call Customer Service or email them at [info@assocbuyers.com](mailto:info@assocbuyers.com). (please note that a PDF of our complete catalog is a very large file!)



## MUSIC

### PUTUMAYO WORLD MUSIC

51023	PUTUMAYO	NEW ORLEANS CHRISTMAS cd	EACH	10.99	10.99	9.89	9.89
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## BULK ITEMS / FOOD SERVICE

### NUTS, ROASTED

2154	BULK	PEANUTS RST SALTED W/SHELL dry	25# *	1.25	31.25	1.10	27.50
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## FROZEN FOODS

### BLACKWING

62088	BLKWNG	CHICKEN BREAST ORG	16 OZ	9.16	9.16	8.24	8.24
62087	BLKWNG	CHICKEN PATTIES ORG 4/4oz	16 OZ	5.64	5.64	5.08	5.08

### DAVID GLASS - see pages 47-49 for information & ingredients

62103	D GLASS	16 slice CARROT CAKE	4/10 IN	22.87	91.48	17.15	68.60
62105	D GLASS	16 slice CHEESECAKE CARMEL APP	4/10 IN	25.30	101.20	18.98	75.92
62102	D GLASS	16 slice CHEESECAKE CHOC CVRD	4/10 IN	23.81	95.24	17.86	71.44
62101	D GLASS	16 slice CHEESECAKE NY	4/10 IN	21.65	86.60	16.24	64.96
62106	D GLASS	16 slice CHEESECAKE PUMPKIN	4/10 IN	21.65	86.60	16.24	64.96
62104	D GLASS	16 slice ESPRESSO WALNUT TORTE	4/10 IN	24.56	98.24	18.42	73.68
62100	D GLASS	16 slice TRUFFLE CHOC CAKE	4/10 IN	21.65	86.60	16.24	64.96
62081	D GLASS	CHEESECAKE CHOC COVERED 6in	6/15 OZ	8.29	49.74	7.46	44.77
62084	D GLASS	CHEESECAKE KEY LIME 6in	6/15 OZ	8.29	49.74	7.46	44.77
62080	D GLASS	CHEESECAKE NEW YORK 6in	6/15 OZ	7.19	43.14	6.47	38.83
62083	D GLASS	CHEESECAKE PUMPKIN 6in	6/15 OZ	7.57	45.42	6.81	40.88
62079	D GLASS	CHOC TRUFFLE CAKE REDU FAT 6in	6/15 OZ	7.19	43.14	6.47	38.83
62078	D GLASS	CHOCOLATE TRUFFLE CAKE 6in	6/15 OZ	7.19	43.14	6.47	38.83
62085	D GLASS	MOUSSE CAKE MILK CHOC 6in	6/15 OZ	8.85	53.10	7.97	47.79
62086	D GLASS	SINGLE SLICE CHOC TRUFFLE CAKE	24/2.5 OZ	1.50	36.00	1.35	32.40

### ECOFISH - see pages 64-67 for information & recipes

65120	ECOFISH	MAHI MAHI skin on 6oz	5# rw	5.83	29.15	5.25	26.25
65121	ECOFISH	SALMON KETA skin on 6oz	5# rw	6.99	34.95	6.29	31.46

### EVER SO HUMBLE

60055	EVER SO	PIE NEW ENGLAND APPLE	8 INCH	10.80	10.80	9.72	9.72
60056	EVER SO	PIE WILD BLUEBERRY	8 INCH	10.80	10.80	9.72	9.72
60057	EVER SO	PIE CHERRY	8 INCH	10.80	10.80	9.72	9.72
60098	EVER SO	PIE JUMBLE BERRY	8 INCH	10.80	10.80	9.72	9.72
60108	EVER SO	PIE STRAWBERRY RHUBARB	8 INCH	10.80	10.80	9.72	9.72
60109	EVER SO	PIE LUSCIOUS LEMON	8 INCH	10.80	10.80	9.72	9.72
60110	EVER SO	PIE SQUMPKIN	8 INCH	10.80	10.80	9.72	9.72
60112	EVER SO	PIE SQUMPKIN	10"	14.50	14.50	13.05	13.05
60113	EVER SO	PIE SQUMPKIN VEGAN	8 INCH	10.80	10.80	9.72	9.72

### GOOD WIVES

62075	GOODWIVE	MINI QUICHE RST LEEK & FENNEL	9.3 OZ	8.90	8.90	8.00	8.00
62073	GOODWIVE	PUFF PASTRY DIAMND OLIVE TAPND	6.1 OZ	7.90	7.90	7.10	7.10
62077	GOODWIVE	STILTON & CRAN RELISH en CROUT	8.3 OZ	8.50	8.50	7.65	7.65
62074	GOODWIVE	TARTLET CHS RST CORN&POBL CHIL	9.3 OZ	7.40	7.40	6.65	6.65
62076	GOODWIVE	TARTLET CHS SPINACH & GARLIC	9.3 OZ	6.90	6.90	6.20	6.20

### MOOSEWOOD - see pages 50-54 for information & ingredients

62095	MOOSEWD	BISQUE SAVANNAH SWT POTATO ORG	2/8 LB	2.40	38.40	2.16	34.56
62093	MOOSEWD	CHILI TEXAS TWO BEAN ORG	2/8 LB	2.40	38.40	2.16	34.56
62094	MOOSEWD	CHOWDR CRMY POTATO & CORN ORG	2/8 LB	2.40	38.40	2.16	34.56
62089	MOOSEWD	SOUP CREAMY BROC & CHEESE ORG	2/8 LB	2.40	38.40	2.16	34.56
62091	MOOSEWD	SOUP HEARTY MUSHRM BARLEY ORG	2/8 LB	2.40	38.40	2.16	34.56
62096	MOOSEWD	SOUP HUNGARIAN VEG NOODLE ORG	2/8 LB	2.40	38.40	2.16	34.56
62090	MOOSEWD	SOUP MEDITERRAN TOM&RICE ORG	2/8 LB	2.40	38.40	2.16	34.56
62097	MOOSEWD	SOUP TIBETAN CURRIED LENTL ORG	2/8 LB	2.40	38.40	2.16	34.56
62092	MOOSEWD	SOUP TUSCN WHT BEAN & VEG ORG	2/8 LB	2.40	38.40	2.16	34.56

### VERMONT MYSTIC PIE COMPANY - see page 55 for information & ingredients

62059	VT PIE	PIE SHELLS 2 shells	6/2 PK	5.71	34.26	4.57	27.42
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## ETHNIC FOODS

**COOKING INGREDIENTS** - see pages 59-61 for information, ingredients & recipe

20188	MORINAGA	SWEETENED RED BEANS s	18.34 OZ	4.43	4.43	3.99	3.99
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**NOODLES & RICE STICKS** - see page 62 for information & ingredients on both

20189	HAVISTA	BLACK RICE NOODLES	13.4 OZ	1.85	1.85	1.65	1.65
20190	THOUSND	RICE STICK NESTS	17.6 OZ	.89	.89	.79	.79

**PREPARED FOODS**

21007	SPAA	STIR FRY MEAL GARLIC BASIL	9.9 OZ	2.85	2.85	2.57	2.57
21006	SPAA	STIR FRY MEAL PAD THAI	9.9 OZ	2.85	2.85	2.57	2.57
21008	SPAA	STIR FRY MEAL PEANUT SATAY	9.9 OZ	2.85	2.85	2.57	2.57
21009	SPAA	STIR FRY MEAL SWEET SOUR	9.9 OZ	2.85	2.85	2.57	2.57

**SOY SAUCES & TAMARI**

21010	WANJASN	TAMARI SAUCE	16.9 OZ	2.19	2.19	1.97	1.97
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## GROCERY

**APPALACHAIN NATURALS** - see page 95 for information & ingredients

41155	APPALACH	SAUCE CRANBERRY LIME s	8 OZ	3.00	3.00	2.70	2.70
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**ATLANTIC ORGANIC** - see page 102 for information

41154	ATLANTIC	SOYBEAN OIL ORG	17 OZ	2.87	2.87	2.58	2.58
41153	ATLANTIC	SUNFLOWER OIL ORG	17 OZ	3.84	3.84	3.46	3.46

**BEST FRIENDS COCOA**

33240	BESTFNDS	GIFT PAKT COCOA TRADITIONAL	2 SERV	1.60	1.60	1.44	1.44
33238	BESTFNDS	MIX COCOA CINNAMON TWIST	8 OZ	2.96	2.96	2.68	2.68
33239	BESTFNDS	MIX COCOA MARSHMALLOW CLOUD	8 OZ	2.96	2.96	2.68	2.68
33237	BESTFNDS	MIX COCOA RASP TRUFFLE	8 OZ	2.96	2.96	2.68	2.68
33236	BESTFNDS	MIX COCOA TRADITIONAL	8 OZ	2.96	2.96	2.68	2.68
33241	BESTFNDS	MIX COCOA TRADITIONAL foodserv	5#	4.71	23.55	4.24	21.20

**BLUESKY**

33234	BLUSKY	BLUE ENERGY	12/8.3 OZ	1.55	18.60	1.40	16.74
33235	BLUSKY	JUICED ENERGY	12/8.3 OZ	1.55	18.60	1.40	16.74

**CLIPPER TEA** - see pages 114-117 for information

41147	CLIPPER	WHITE TEA CINNAMOM ORG	20 CT	3.44	3.44	2.24	2.24
41145	CLIPPER	WHITE TEA GINGER ORG	20 CT	3.44	3.44	2.24	2.24
41146	CLIPPER	WHITE TEA ORANGE ORG	20 CT	3.44	3.44	2.24	2.24
41141	CLIPPER	WHITE TEA ORG	20 CT	3.44	3.44	2.24	2.24
41143	CLIPPER	WHITE TEA PEPPERMINT ORG	20 CT	3.44	3.44	2.24	2.24
41142	CLIPPER	WHITE TEA RASPBERRY ORG	20 CT	3.44	3.44	2.24	2.24
41144	CLIPPER	WHITE TEA VANILLA ORG	20 CT	3.44	3.44	2.24	2.24

**COMVITA**

41148	COMVITA	HONEY MANUKA	1 LB	14.12	14.12	10.59	10.59
41149	COMVITA	HONEY MANUKA 10+	1.1 LB	18.80	18.80	14.10	14.10
41150	COMVITA	HONEY MANUKA BLEND	1.1 LB	12.85	12.85	9.64	9.64

**COTTAGE HILL FARM** - see pages 71-72 for information & ingredients

33253	COTTAGE	CAKE MIX OLD FASHION FUDGE ORG	28.6 OZ	5.79	5.79	5.21	5.21
33251	COTTAGE	PANCAKE MIX BUTTERMILK ORG	19.6 OZ	4.99	4.99	4.49	4.49
33252	COTTAGE	SCONE MIX ENGLISH CREAM ORG	19.3 OZ	4.99	4.99	4.49	4.49

**EQUO**

33224	EQUO	TEA DARJEELING ORG FT	20 CT	2.59	2.59	2.33	2.33
33222	EQUO	TEA EARL GREY ORG FT	20 CT	2.87	2.87	2.58	2.58
33225	EQUO	TEA ENGLISH BREAKFAST ORG FT	20 CT	2.59	2.59	2.33	2.33
33226	EQUO	TEA GREEN TEA ORG FT	20 CT	2.59	2.59	2.33	2.33
33223	EQUO	TEA MASALA CHAI ORG FT	20 CT	2.59	2.59	2.33	2.33

**FINI** - see page 21 for information

41156	FINI	VINEGAR BALSAMIC	8.8 OZ	9.34	9.34	8.40	8.40
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**FUNGUS AMONGUS**

33165	FUNGUS	MUSHROOMS CRIMINI ORG	.5 OZ	3.45	3.45	3.11	3.11
33164	FUNGUS	MUSHROOMS MAITAKE ORG	.5 OZ	5.15	5.15	4.64	4.64
33167	FUNGUS	MUSHROOMS MATSUTAKE	1 OZ	3.80	3.80	3.42	3.42
33163	FUNGUS	MUSHROOMS OYSTER ORG	.5 OZ	3.20	3.20	2.88	2.88
33166	FUNGUS	MUSHROOMS WOODDEAR	1 OZ	2.90	2.90	2.61	2.61

**G'DAY GOURMET**

33184	G'DAY	SALMON CHILI	12/3.5 OZ	1.79	21.48	1.61	19.33
33185	G'DAY	SALMON LEMON PEPPER	12/3.5 OZ	1.79	21.48	1.61	19.33
33186	G'DAY	SALMON SMOKED	12/3.5 OZ	1.79	21.48	1.61	19.33
33178	G'DAY	TUNA CHILI	12/3.5 OZ	1.45	17.40	1.31	15.66
33179	G'DAY	TUNA LEMON PEPPER	12/3.5 OZ	1.45	17.40	1.31	15.66
33180	G'DAY	TUNA MILD INDIAN CURRY	12/3.5 OZ	1.45	17.40	1.31	15.66
33181	G'DAY	TUNA TOMATO BASIL	12/3.5 OZ	1.45	17.40	1.31	15.66
33182	G'DAY	TUNA TOMATO ONION	12/3.5 OZ	1.45	17.40	1.31	15.66
33183	G'DAY	TUNA TOMATO SALSA	12/3.5 OZ	1.45	17.40	1.31	15.66

# KEY

for abbreviations:

- df - dairy free
- d/w - drained weight
- Fam - family size
- fr - fructose
- ff - fat free
- gf - gluten free
- h - hydrogenated oil
- LC - low carb
- l/f - low fat
- n/a - not available
- n/v - not vegetarian
- (p) - preservatives and/or artificial colors or flavors
- r- returnable bottle
- r/w - random weight
- (s) or s - SUGAR (white, brown, and/or evaporated cane juice, Florida Crystals, unbleached cane sugar, natural cane sugar or Sucanat) Honey is not included in this designation nor do we mark products which contain honey, barley malt, or brown rice syrup (sweetener).
- (v) - vegetable rennet
- v - vegetarian
- vg - vegan
- w/c- wild crafted
- wf - wheat free
- RTD - ready to drink
- \* - can be repacked in 5# increments
- \*\* - can be repacked in 10# increments

(see policies page for add'l charges for repacking)

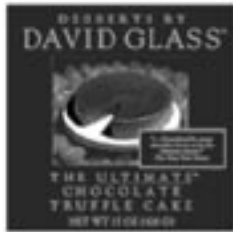
DESSERTS BY  
DAVID GLASS

David Glass believes  
that the only foods  
worth eating  
are those that taste  
*really, really good*

Desserts by David Glass

is committed to making  
the highest quality,  
most delicious tasting,  
100% all-natural  
gourmet cakes.

One taste,  
and you will know  
why customers ask for  
rich, flavorful cakes from  
Desserts by David Glass.



Desserts by David Glass  
www.davidglass.com

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>HANSEN BEVERAGE</b>							
33227	HANSEN	JUICE SLAM APPLE w/vitamins	40/6.75 OZ	.42	16.80	.32	12.80
33228	HANSEN	JUICE SLAM BERRY w/vitamins	40/6.75 OZ	.42	16.80	.32	12.80
33229	HANSEN	JUICE SLAM STRAW BANANA w/vits	40/6.75 OZ	.42	16.80	.32	12.80
33230	HANSEN	JUICE SLAM TROPICAL w/vitamins	40/6.75 OZ	.42	16.80	.32	12.80
33231	HANSEN	JUNIOR JUICE APPLE	44/4.23 OZ	.29	12.76	.22	9.68
33232	HANSEN	JUNIOR JUICE FRUIT PUNCH	44/4.23 OZ	.29	12.76	.22	9.68
33233	HANSEN	JUNIOR JUICE MIXED FRUIT	44/4.23 OZ	.29	12.76	.22	9.68
<b>INDIA TREE</b>							
41118	INDIA TR	DECORATING SUGAR BLUE NAT	3.5 OZ	3.67	3.67	3.30	3.30
41119	INDIA TR	DECORATING SUGAR GREEN NAT	3.5 OZ	3.67	3.67	3.30	3.30
41117	INDIA TR	DECORATING SUGAR RED NAT	3.5 OZ	3.67	3.67	3.30	3.30
41116	INDIA TR	DECORATING SUGAR WHITE NAT	3.5 OZ	3.67	3.67	3.30	3.30
41120	INDIA TR	DECORATING SUGAR YELLOW NAT	3.5 OZ	3.67	3.67	3.30	3.30
41121	INDIA TR	NAT COLORS SET red/yellow/blue	2.25 OZ	13.59	13.59	12.24	12.24
<b>J CROW'S MULLED SPICE MIX</b>							
41128	J CROW	MULLED CIDER MIX loose	10/1.06 OZ	.85	8.50	.77	7.70
41127	J CROW	MULLED CIDER MIX tea bags	10/10 CT	1.00	10.00	.90	9.00
<b>JOELLE - see page 96 for information &amp; ingredients</b>							
41158	JOELLE	SOY PUDDING CUPS BANANA	4 PK	2.42	2.42	2.18	2.18
41159	JOELLE	SOY PUDDING CUPS CHOC	4 PK	2.42	2.42	2.18	2.18
41160	JOELLE	SOY PUDDING CUPS VANILLA	4 PK	2.42	2.42	2.18	2.18
<b>LA TOURANGELLE</b>							
41085	LA TOUR	CANOLA OIL ORG tin	500 ML	4.29	4.29	3.86	3.86
41086	LA TOUR	SUNFLOWER OIL ORG tin	500 ML	4.29	4.29	3.86	3.86
<b>LARS</b>							
33176	LARS	BELGIAN PEARL SUGAR large	8 OZ	2.56	2.56	2.30	2.30
33175	LARS	SWEDISH PEARL SUGAR small	10 OZ	2.75	2.75	2.48	2.48
<b>LINDT</b>							
33168	LINDT	LINDOR TRUFFLE 60% DARK	60 CNT	.26	15.60		
<b>LOLLIPOP TREE</b>							
33192	LOLLIPOP	CARAMEL SAUCE	13.5 OZ	5.09	5.09	4.59	4.59
33193	LOLLIPOP	CHOCOLATE PEPPERMINT SAUCE	13.5 OZ	4.55	4.55	4.11	4.11
33190	LOLLIPOP	CRANBERRY CURD	13.5 OZ	4.55	4.55	4.11	4.11
33187	LOLLIPOP	CRANBERRY PEAR BUTTER	13.5 OZ	4.55	4.55	4.11	4.11
33194	LOLLIPOP	HOT FUDGE SAUCE	13.5 OZ	4.55	4.55	4.11	4.11
33191	LOLLIPOP	LEMON CURD	13.5 OZ	4.55	4.55	4.11	4.11
33189	LOLLIPOP	MAPLE WALNUT CREAM	13.5 OZ	5.09	5.09	4.58	4.58
33188	LOLLIPOP	PUMPKIN MAPLE PECAN BUTTER	13.5 OZ	4.55	4.55	4.10	4.10
33195	LOLLIPOP	RASPBERRY SAUCE	13.5 OZ	4.55	4.55	4.10	4.10
33196	LOLLIPOP	MONKEY BREAD BANANA CHO CHIP	25 OZ	4.29	4.29	3.86	3.86
33197	LOLLIPOP	MONKEY BREAD CINN CHIP	25 OZ	4.29	4.29	3.86	3.86
<b>MAC LEAN'S</b>							
33245	MACLEANS	OATCAKES CANAPE SHELLS	12/3.5 OZ	3.49	41.88	3.16	37.92
33246	MACLEANS	OATCAKES MINI CHEESE	18/5.3 OZ	1.98	35.64	1.79	32.22
33243	MACLEANS	OATCAKES MINI TRADITIONAL	18/5.3 OZ	1.98	35.64	1.79	32.22
33242	MACLEANS	OATCAKES TRADITIONAL	20/5.3 OZ	1.62	32.40	1.47	29.40
<b>MAISIE JANE'S</b>							
41107	MAISIEJ	ALMONDS HONEY GLAZED ORG	12/1.25 OZ	1.34	16.08	1.21	14.47
41108	MAISIEJ	ALMONDS OVEN RSTD ORG	12/1.25 OZ	1.34	16.08	1.21	14.47
41109	MAISIEJ	ALMONDS TAMARI ORG	12/1.25 OZ	1.34	16.08	1.21	14.47
41112	MAISIEJ	CASHEWS CURRY SPICED ORG	3.75 OZ	3.69	3.69	3.32	3.32
41110	MAISIEJ	CASHEWS HONEY GLAZED ORG	3.75 OZ	3.69	3.69	3.32	3.32
41111	MAISIEJ	CASHEWS NATURAL ORG	3.75 OZ	3.69	3.69	3.32	3.32
41113	MAISIEJ	PISTACHIOS NATURAL ORG	3.5 OZ	3.69	3.69	3.32	3.32
41114	MAISIEJ	PISTACHIOS RST SALTED ORG	3.75 OZ	3.69	3.69	3.32	3.32
<b>MARMITE - see pages 90-85 for information &amp; ingredients</b>							
41157	MARMITE	YEAST EXTRACT	4.4 OZ	4.04	4.04	3.64	3.64
<b>NEW ENGLAND CRANBERRY</b>							
41088	NE CRAN	CHUTNEY CRAN MANGO s	12 OZ	3.76	3.76	3.38	3.38
41087	NE CRAN	CHUTNEY CRANBERRY s	12 OZ	3.76	3.76	3.38	3.38
41093	NE CRAN	CRANBERRY & ORANGE SLICES s	12 OZ	3.71	3.71	3.34	3.34
41094	NE CRAN	CRANBERRY POM SAUCE s	12 OZ	3.71	3.71	3.34	3.34
41092	NE CRAN	CRANBERRY SAUCE s	12 OZ	3.71	3.71	3.34	3.34
41090	NE CRAN	JELLY CRAN ONION PEPPER s	12 OZ	3.99	3.99	3.60	3.60
41091	NE CRAN	JELLY CRAN POM PEPPER s	12 OZ	3.99	3.99	3.60	3.60
41089	NE CRAN	JELLY CRANBERRY PEPPER	12 OZ	3.99	3.99	3.60	3.60
<b>OLIVIA'S</b>							
41115	OLIVIAS	STUFFING TRADITIONAL	14 OZ	3.93	3.93	3.54	3.54
<b>OUT ON A LIMB</b>							
41123	OUT ON A	PIE FILLING MAINE APLE low sug	25 OZ	6.43	6.43	5.79	5.79
41125	OUT ON A	PIE FILLING MAINE APLE no sug	25 OZ	6.43	6.43	5.79	5.79
41126	OUT ON A	PIE FILLING ME BLUEBRY no sug	25 OZ	6.43	6.43	5.79	5.79
41124	OUT ON A	PIR FILLING ME BLUEBRY low sug	25 OZ	6.43	6.43	5.79	5.79

**OYSTER CREEK MUSHROOMS** - see pages 99-101 for information

33248	OYS CRK	MUSHROOMS BLACK TRUMPET	.5 OZ	3.40	3.40	3.06	3.06
33247	OYS CRK	MUSHROOMS SHIITAKE SLICED	.5 OZ	2.30	2.30	2.07	2.07
33249	OYS CRK	MUSHROOMS WOODEAR	.5 OZ	2.05	2.05	1.85	1.85

**PACIFIC SALT** - see pages 73-74 for information

41152	PACIFSALT	SEA SALT SHAKER COARSE ORG	16 OZ	3.99	3.99	3.59	3.59
41151	PACIFSALT	SEA SALT SHAKER FINE ORG	16 OZ	3.99	3.99	3.59	3.59

**RUSTIC CRUST**

33177	RUSTIC	PIZZA SAUCE OLD WORLD 3pk	6/12 OZ	2.79	16.74	2.51	15.07
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**RYVITA** - see pages 97-98 for information & ingredients

41140	RYVITA	CRISPBREAD MULTIGRAIN	10/8.8 OZ	2.48	2.48	1.86	1.86
41138	RYVITA	CRISPBREAD PUMPKIN SEED OAT	10/7 OZ	2.48	24.80	1.86	18.60
41139	RYVITA	CRISPBREAD SUNFLWR SEED OAT	10/7 OZ	2.48	24.80	1.86	18.60

**SENCHA GREEN TEA MINTS**

33154	SENCHA	GREEN TEA MINT DELICATE PEAR	9/1 OZ	2.55	22.95	2.30	20.66
33155	SENCHA	GREEN TEA MINT LIVELY LEMONGRS	9/1 OZ	2.55	22.95	2.30	20.66
33153	SENCHA	GREEN TEA MINT ORIGINAL	9/1 OZ	2.55	22.95	2.30	20.66
33156	SENCHA	GREEN TEA MINT VARIETY 3ea flv	9/1 OZ	2.55	22.95	2.30	20.66

**SHOOTING FLY HILL DESSERT SAUCES**

41084	SHOOTFLY	DESSERT SAUCE DARK CHOC	9 OZ	6.99	6.99	6.29	6.29
41083	SHOOTFLY	DESSERT SAUCE MILK CHOC	9 OZ	6.99	6.99	6.29	6.29

**SIMPLY ORGANIC**

41077	SIMPLYOG	ALMOND EXTRACT ORG	4 OZ	4.56	4.56	4.10	4.10
41078	SIMPLYOG	ALMOND EXTRACT ORG	2 OZ	3.53	3.53	3.18	3.18
41079	SIMPLYOG	LEMON FLAVOR ORG	2 OZ	3.31	3.31	2.98	2.98
41080	SIMPLYOG	ORANGE FLAVOR ORG	2 OZ	3.31	3.31	2.98	2.98
41081	SIMPLYOG	PEPPERMINT FLAVOR ORG	2 OZ	3.31	3.31	2.98	2.98
41082	SIMPLYOG	PEPPERMINT FLAVOR ORG	4 OZ	6.86	6.86	6.17	6.17

**TWO LEAVES AND A BUD**

41101	TWO LEAV	ALPINE BERRY HERBAL	15 CT	5.50	5.50	4.95	4.95
41095	TWO LEAV	ASSAM BREAKFAST ORG	15 CT	5.50	5.50	4.95	4.95
41096	TWO LEAV	DARJEELING ORG	15 CT	5.50	5.50	4.95	4.95
41097	TWO LEAV	EARL GREY ORG	15 CT	5.50	5.50	4.95	4.95
41100	TWO LEAV	JASMINE PETAL CHINESE GREEN	15 CT	5.50	5.50	4.95	4.95
41102	TWO LEAV	LEMON ROOIBOS ORG	15 CT	5.50	5.50	4.95	4.95
41103	TWO LEAV	MOUNTAIN HIGH CHAI	15 CT	5.50	5.50	4.95	4.95
41099	TWO LEAV	ORANGE SENCHA GREEN ORG	15 CT	5.50	5.50	4.95	4.95
41104	TWO LEAV	PEPPERMINT ORG	15 CT	5.50	5.50	4.95	4.95
41106	TWO LEAV	SAMPLER TEA PACK	8 CT	2.69	2.69	2.42	2.42
41098	TWO LEAV	TAMAYOKUCHA EXTREME GREEN	15 CT	5.50	5.50	4.95	4.95
41105	TWO LEAV	WHITE PEONY	15 CT	5.50	5.50	4.95	4.95

**VIVANI** - see pages 83-86 for information & ingredients

41134	VIVANI	CHOC BAR 85% DARK ORG s	10/3.5 OZ	1.97	19.70	1.28	12.80
41130	VIVANI	CHOC BAR DARK ORG s	10/3.5 OZ	1.97	19.70	1.28	12.80
41137	VIVANI	CHOC BAR DARK W/ESPRESSO ORG s	10/3.5 OZ	1.97	19.70	1.28	12.80
41135	VIVANI	CHOC BAR DARK W/GRN TEA ORG s	10/3.5 OZ	1.97	19.70	1.28	12.80
41136	VIVANI	CHOC BAR DARK W/LEMON ORG s	10/3.5 OZ	1.97	19.70	1.28	12.80
41133	VIVANI	CHOC BAR DARK W/ORANGE ORG s	10/3.5 OZ	1.97	19.70	1.28	12.80
41131	VIVANI	CHOC BAR MILK ORG s	10/3.5 OZ	1.97	19.70	1.28	12.80
41132	VIVANI	CHOC BAR MILK W/HAZELNUT ORG s	10/3.5 OZ	1.97	19.70	1.28	12.80

**WALKERS**

33158	WALKERS	COOKIES BELGIUM CHOC CHUNK	5.3 OZ	2.75	2.75	2.48	2.48
33159	WALKERS	COOKIES OATFLAKE & CRANBERRY	5.3 OZ	2.75	2.75	2.48	2.48
33157	WALKERS	COOKIES STEM GINGER & LEMON	5.3 OZ	2.75	2.75	2.48	2.48
33160	WALKERS	COOKIES WHITE CHOC & RASPBRY	5.3 OZ	2.75	2.75	2.48	2.48

**WILD GARDEN**

33172	WILDGRDN	PITA CHIPS CHILI PEPPER	12/6 OZ	1.84	22.08	1.66	19.87
33173	WILDGRDN	PITA CHIPS CINN SUGAR	12/6 OZ	1.84	22.08	1.66	19.87
33171	WILDGRDN	PITA CHIPS RST GARLIC	12/6 OZ	1.84	22.08	1.66	19.87
33174	WILDGRDN	PITA CHIPS TRAD single serve	50/1.3 OZ	.61	30.50	.55	27.45
33170	WILDGRDN	PITA CHIPS TRADITIONAL	12/6 OZ	1.84	22.08	1.66	19.87
33169	WILDGRDN	SINGLE SERVE HUMMUS	30/2.4 OZ	.61	18.30	.55	16.47

**NEW ARRIVAL! - KING BRAND**

30701	KING	FIGS TURKISH GARLAND	8.8 OZ	1.09	1.09	.98	.98
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**HOUSEHOLD, YARD & MISCELLANEOUS**

**COAST OF MAINE** - see pages 121-122 for information

51024	COAST ME	NATURAL CEDAR FIRE LOGS 12in	10 PK	7.66	7.66	6.89	6.89
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**ECOVER** - see page 123 for information

50128	ECOVER	LIMESCALE REMOVER	16 OZ	3.42	3.42	2.56	2.56
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**FINI**  
Product of Italy  
**Balsamic Vinegar**



This superb balsamic vinegar is made in Modena, Italy, from sweet, white Trebbiano and Lamusco grapes. It grows richer and darker as it's aged for about 12 months, all the while being transferred to smaller and smaller barrels of different aromatic woods (oak, chestnut, mulberry and juniper). Use the vinegar to enliven salad dressings, marinades and sauces; or do as the Italians do and drizzle it over fresh strawberries, topped with a grinding of black pepper.



## NATURAL REMEDIES & SUPPLEMENTS

**COMVITA** - see pages 125-131 for information & ingredients

70181	COMVITA	CHILDRENS LEMON HNY ELIXIR	8 OZ	9.19	9.19	6.89	6.89
70182	COMVITA	CHILDRENS LEMON HNY LOLLIPOPS	10 POPS	6.49	6.49	4.87	4.87
70176	COMVITA	LOZENGES PROPOLIS LEMON HNY	12 LOZ	4.80	4.80	3.60	3.60
70178	COMVITA	LOZENGES PROPOLIS MINT	12 LOZ	4.80	4.80	3.60	3.60
70177	COMVITA	LOZENGES PROPOLIS ORIGINAL	12 LOZ	4.80	4.80	3.60	3.60
70183	COMVITA	PROPOLIS HERBAL ELIXIR	8 OZ	8.91	8.91	6.68	6.68
70179	COMVITA	THROAT SPRAY PROPOLIS	1.05 OZ	6.87	6.87	5.15	5.15

### GUARABEE

73020	GUARABEE	GUARANA EXTRACT	10/4PK	7.07	70.70	6.36	63.63
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## PERSONAL CARE

**COMVITA** - see pages 125-131 for information

70180	COMVITA	VITAMIN E CREAM w/pollen & hny	3.5 OZ	10.56	10.56		
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**GRAMPAS GARDEN** - see pages 132-142 for information

70185	GRAMPAS	BODY SPA SHAWL blk green dot	20 X 28IN	23.00	23.00	20.70	20.70
70184	GRAMPAS	BODY SPA SHAWL navy dot	20 X 28IN	23.00	23.00	20.70	20.70
70186	GRAMPAS	BODY SPA SHAWL celestial print	20 X 28IN	23.00	23.00	20.70	20.70
70196	GRAMPAS	BREATHE E-Z OIL	4 OZ	6.00	6.00	5.40	5.40
70201	GRAMPAS	BREATHE E-Z PILLOW w/pepp oil	EACH	4.50	4.50	4.05	4.05
70191	GRAMPAS	EYE/SINUS PACK green satin	4 X 8.5IN	8.00	8.00	7.20	7.20
70190	GRAMPAS	EYE/SINUS PACK purple satin	4 X 8.5IN	8.00	8.00	7.20	7.20
70188	GRAMPAS	JOINT/NECK PACK blk watch	5 X 15.5IN	14.00	14.00	12.60	12.60
70187	GRAMPAS	JOINT/NECK PACK celestial	5 X 15.5IN	14.00	14.00	12.60	12.60
70189	GRAMPAS	JOINT/NECK PACK pansy print	5 X 15.5IN	14.00	14.00	12.60	12.60
70199	GRAMPAS	TEDDY PACK brown	EACH	8.00	8.00	7.20	7.20
70197	GRAMPAS	TEDDY PACK pink	EACH	8.00	8.00	7.20	7.20
70200	GRAMPAS	TEDDY PACK light blue	EACH	8.00	8.00	7.20	7.20
70198	GRAMPAS	TEDDY PACK oatmeal	EACH	8.00	8.00	7.20	7.20
70193	GRAMPAS	THERA PACK blk watch plaid	16 X 12IN	14.00	14.00	12.60	12.60
70192	GRAMPAS	THERA PACK celestial print	16 X 12IN	14.00	14.00	12.60	12.60
70194	GRAMPAS	THERA PACK pansy print	16 X 12IN	14.00	14.00	12.60	12.60
70195	GRAMPAS	THERAPEUTIC MASSAGE OIL	4 OZ	6.00	6.00	5.40	5.40

### KISS MY FACE

73012	KISS	KISSES ON TRIAL BAG 9pc	EACH	7.50	7.50	6.75	6.75
73014	KISS	TRIAL ANTISTRESS SHOWER GEL	6/1 OZ	.83	4.98	.75	4.48
73015	KISS	TRIAL COOL MINT SHAVE	6/1 OZ	.83	4.98	.75	4.48
73017	KISS	TRIAL FRAG FREE DEODORANT	6/1 OZ	.83	4.98	.75	4.48
73016	KISS	TRIAL HONEY CALENDULA MOIST	6/1 OZ	.83	4.98	.75	4.48
73018	KISS	TRIAL OLIVE ALOE BAR SOAP	6/1 OZ	.83	4.98	.75	4.48
73013	KISS	TRIAL PEAR MOISTURE SOAP	6/1 OZ	.83	4.98	.75	4.48
73019	KISS	TRIAL WHITENING TOOTHPASTE	6/1.75 OZ	.83	4.98	.75	4.48

### NATURE'S GATE

73029	NATSGATE	ACNE BODY WASH	8 OZ	8.99	8.99	8.09	8.09
73023	NATSGATE	BRONZER CLEAN CITRUS	6 OZ	8.99	8.99	8.09	8.09
73022	NATSGATE	BRONZER FRESH FLORAL	6 OZ	8.99	8.99	8.09	8.09
73024	NATSGATE	SELF TANNING CREAM	6 OZ	8.99	8.99	8.09	8.09
73034	NATSGATE	CONDITIONER ANTI AGING	8.25 OZ	8.99	8.99	8.09	8.09
73031	NATSGATE	CONDITIONER COLOR TREATED HAIR	8.25 OZ	8.99	8.99	8.09	8.09
73035	NATSGATE	HAIR MASQUE ANTI AGING	4 OZ	8.99	8.99	8.09	8.09
73032	NATSGATE	HAIR MASQUE COLOR TREATED	4 OZ	8.99	8.99	8.09	8.09
73038	NATSGATE	HAIR SPRAY ALCOHOL FREE	8.25 OZ	8.99	8.99	8.09	8.09
73036	NATSGATE	HAIR STRAIGHTENING BALM	6 OZ	8.99	8.99	8.09	8.09
73037	NATSGATE	STYLING GEL HOLD THAT POSE	6 OZ	8.99	8.99	8.09	8.09
73039	NATSGATE	STYLING PUTTY	2 OZ	8.99	8.99	8.09	8.09
73021	NATSGATE	MICRODERM ABRASION KIT	EACH	29.99	29.99	26.99	26.99
73028	NATSGATE	MOUTHWASH RASP MINT W/FLUOR	14.5 OZ	4.19	4.19	3.77	3.77
73026	NATSGATE	MOUTHWASH PEPP W/FLUORIDE	14.5 OZ	4.19	4.19	3.77	3.77
73042	NATSGATE	ORG BABY DIAPER RASH CREAM	2 OZ	5.99	5.99	5.39	5.39
73040	NATSGATE	ORG BABY GENTLE BODY WASH	6 OZ	5.99	5.99	5.39	5.39
73043	NATSGATE	ORG BABY OIL	6 OZ	5.99	5.99	5.39	5.39
73041	NATSGATE	ORG BABY SOFT LOTION	6 OZ	5.99	5.99	5.39	5.39
73033	NATSGATE	SHAMPOO ANTI AGING	8.25 OZ	8.99	8.99	8.09	8.09
73030	NATSGATE	SHAMPOO COLOR TREATED HAIR	8.25 OZ	8.99	8.99	8.09	8.09
73025	NATSGATE	TPST PEPP WHITENING W/FLUOR	5 OZ	4.19	4.19	3.77	3.77
73027	NATSGATE	TPST RASP MINT WHITENING W/FLU	5 OZ	4.19	4.19	3.77	3.77

## PET CARE & FOOD

### SHAGBARK FARM

9742	SHAGBARK	CATNIP TOY ORG NH grown	EACH	3.59	3.59	3.23	3.23
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**NEW!**



wings of nature

Organic Coffees



shade grown  
single estate

see pages 76 - 82  
for products descriptions  
&  
pages 86-86 for coffee listing  
&  
page 111 for Snack Bars

Health Bars  
&  
Coffee Bars



# Grampa's Garden

**Therapeutic Products for Comfort and Health**

*Leading manufacturer of all natural aromatic  
hot/cold packs, since 1993.*

*As seen on QVC*

*Featured in New England's Finest Yankee Magazine  
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## Hot and Cold Packs

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# BOOKS & MUSIC/BULK



STOCK # BRAND ITEM DESCRIPTION SIZE PRICE EXT SALE PRICE EXT

## BOOKS & MUSIC

2500	ABI	AB SALE FLYER/PRICE LIST	EACH	1.75	1.75		
2884	BOOK	PRES FOR NUTRITIONAL HEALING	EACH	17.10	17.10	15.39	15.39
2894	BOOK	PRESCRIPTION FOR HERBAL HEALIN	EACH	17.10	17.10		
2876	BOOK	SMART MED for HEALTHIER CHILD	EACH	15.30	15.30	13.75	13.75
2879	BOOK	SMART MED for HEALTHIER LIVING	EACH	15.60	15.60		
50112	LULU	FLAVORS OF RESTAURANT LULU	EACH	8.50	8.50	7.65	7.65
0104	BOOK	NORTH ATLANTIC SEAFOOD	EACH	20.35	20.35		
51008	BOOK	SPROUTS THE MIRACLE FOOD	EACH	8.34	8.34		
2832	BOOK	STEVIA COOKBOOK	EACH	8.63	8.63		

## PUTUMAYO WORLD MUSIC

51002	PUTUMAYO	ACOUSTIC BRAZIL cd	EACH	10.99	10.99	9.89	9.89
3001	PUTUMAYO	AFRICAN PLAYGROUND cd	EACH	10.99	10.99	9.89	9.89
51004	PUTUMAYO	AFRO-LATIN PARTY cd	EACH	10.99	10.99	9.89	9.89
3064	PUTUMAYO	AMERICAN BLUES cd	EACH	10.99	10.99	9.89	9.89
51011	PUTUMAYO	AMERICAN FOLK cd	EACH	10.99	10.99	9.89	9.89
51017	PUTUMAYO	BAILA LATIN DANCE PARTY cd	EACH	10.99	10.99	9.89	9.89
3021	PUTUMAYO	BLUES LOUNGE cd	EACH	10.99	10.99	9.89	9.89
51019	PUTUMAYO	BRAZILLIAN LOUNGE cd	EACH	10.99	10.99	9.89	9.89
3009	PUTUMAYO	CAJUN cd	EACH	10.99	10.99	9.89	9.89
51014	PUTUMAYO	CELTIC CROSSROADS cd	EACH	10.99	10.99	9.89	9.89
3043	PUTUMAYO	<b>CHRISTMAS AROUND THE WORLD cd</b>	<b>EACH</b>	<b>10.99</b>	<b>10.99</b>	<b>9.89</b>	<b>9.89</b>
3054	PUTUMAYO	DREAMLAND WORLD LULLABIES cd	EACH	10.99	10.99	9.89	9.89
51018	PUTUMAYO	FOLK PLAYGROUND cd	EACH	10.99	10.99	9.89	9.89
3051	PUTUMAYO	FRENCH CAFE cd	EACH	10.99	10.99	9.89	9.89
3006	PUTUMAYO	GREECE cd	EACH	10.99	10.99	9.89	9.89
51001	PUTUMAYO	ITALIAN CAFE cd	EACH	10.99	10.99	9.89	9.89
51012	PUTUMAYO	LATIN LOUNGE cd	EACH	10.99	10.99	9.89	9.89
51003	PUTUMAYO	MALI cd	EACH	10.99	10.99	9.89	9.89
3103	PUTUMAYO	MISSISSIPPI BLUES cd	EACH	10.99	10.99	9.89	9.89
51015	PUTUMAYO	MUSIC FROM THE WINELANDS cd	EACH	10.99	10.99	9.89	9.89
51005	PUTUMAYO	NEW ORLEANS cd	EACH	10.99	10.99	9.89	9.89
51023	PUTUMAYO	<b>NEW ORLEANS CHRISTMAS cd</b>	<b>EACH</b>	<b>10.99</b>	<b>10.99</b>	<b>9.89</b>	<b>9.89</b>
51009	PUTUMAYO	NORTH AFRICAN GROOVE cd	EACH	10.99	10.99	9.89	9.89
3102	PUTUMAYO	NUEVO LATINO cd	EACH	10.99	10.99	9.89	9.89
51016	PUTUMAYO	PARIS cd	EACH	10.99	10.99	9.89	9.89
51022	PUTUMAYO	REGGAE PLAYGROUND cd	EACH	10.99	10.99	9.89	9.89
3081	PUTUMAYO	RUMBA FLAMENCO cd	EACH	10.99	10.99	9.89	9.89
3015	PUTUMAYO	SAHARA LOUNGE cd	EACH	10.99	10.99	9.89	9.89
3007	PUTUMAYO	SALSA AROUND THE WORLD cd	EACH	10.99	10.99	9.89	9.89
51010	PUTUMAYO	SWING AROUND THE WORLD cd	EACH	10.99	10.99	9.89	9.89
51020	PUTUMAYO	THE CARIBBEAN cd	EACH	10.99	10.99	9.89	9.89
51021	PUTUMAYO	TURKISH GROOVE cd	EACH	10.99	10.99	9.89	9.89
3149	PUTUMAYO	WOMEN OF AFRICA cd	EACH	10.99	10.99	9.89	9.89
3014	PUTUMAYO	WOMEN OF LATIN AMERICA cd	EACH	10.99	10.99	9.89	9.89
3166	PUTUMAYO	WORLD REGGAE cd	EACH	10.99	10.99	9.89	9.89

## BULK ITEMS / FOOD SERVICE

### BAKING PRODUCTS

2342	BULK	ARROWROOT POWDER	1#	2.05	2.05		
2179	APPLELDG	BAKING CREAM	1#	3.15	3.15		
2184	BULK	BAKING POWDER NON-ALUM double	50#	.98	49.00	.88	44.00
1238	RUMFORD	BAKING POWDER non-aluminum	5#	8.45	8.45		
2180	BULK	BAKING SODA	50# **	.48	24.00		
3427	BETMILK	BETTER THAN MILK? SOY PLAIN	25# **	4.55	113.75	4.10	102.50
10022	DAGOBA	CACAO NIBS RST ORG	5#	9.64	48.20	8.68	43.40
10021	DAGOBA	CACAO POWDER ORG FT	5#	7.54	37.70	6.79	33.95
2804	SUNSPIRE	CAROB CHIPS MALT SW vegan	25# *	3.99	99.75	3.59	89.75
2210	BULK	CAROB CHIPS UNSWEETENED D/F	25# *	1.61	40.25	1.41	35.25
1353	BULK	CAROB CHIPS w/sugar d/f	25# *	1.24	31.00		
4100	BULK	CAROB POWDER medium	50# *	1.15	57.50		
9202	CALLEBT	CHOC BLK BELG DK S/SW s	11#	4.20	46.20		
9204	CALLEBT	CHOC BLK BELG WHITE s	11#	3.99	43.89	3.59	39.49
9206	CALLEBT	CHOC BLK BITTERSWEET s	11#	4.15	45.65		
10222	CALLEBT	CHOC BLOCK DARK ORG s	11#	5.15	56.65		
10223	CALLEBT	CHOC BLOCK MILK ORG s	11#	5.12	56.32		
10028	DAGOBA	CHOC BRICK BITTERSWT ORG 74%	2#	11.53	23.06		
10026	DAGOBA	CHOC BRICK LOS RIOS ORG 68%	2#	11.74	23.48	10.54	21.08
10027	DAGOBA	CHOC BRICK MILAGROS ORG 68%	2#	11.74	23.48	10.54	21.08

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STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
10023	DAGOBA	CHOC BRICK MILK ORG 37%	2#	10.99	21.98	9.89	19.78
10025	DAGOBA	CHOC BRICK PACUARE ORG 68%	2#	11.74	23.48	9.74	19.48
10024	DAGOBA	CHOC BRICK SEMISWEET ORG 59%	2#	10.74	21.48		
0118	RAPUNZEL	CHOC DOLLOPS BITTERSWEET ORG s	5#	5.79	28.95		
0119	RAPUNZEL	CHOC DOLLOPS MILK ORG s	5#	5.69	28.45		
0120	RAPUNZEL	CHOC DOLLOPS SEMISWEET ORG s	5#	4.65	23.25		
10019	DAGOBA	CHOC DROPS LOS RIOS DK ORG 68%	5#	10.59	52.95	9.49	47.45
10020	DAGOBA	CHOC DROPS MILAGROS DK ORG 68%	5#	14.05	70.25	12.65	63.25
10017	DAGOBA	CHOC DROPS MILK 37% ORG	5#	10.59	52.95	9.49	47.45
10018	DAGOBA	CHOC DROPS PACUARE DK 68% ORG	5#	10.59	52.95		
2239	BULK	CHOCOLATE CHIPS 1000cnt s	25#*	1.95	48.75		
2236	SUNSPIRE	CHOCOLATE CHIPS DARK ORG	25#*	6.65	166.25	5.99	149.75
2802	SUNSPIRE	CHOCOLATE CHIPS MALT SWTD D/F	25#*	4.25	106.25	3.75	93.75
1274	BULK	CHOCOLATE CHIPS ORG 1000 cnt s	25#*	4.59	114.75		
3072	BULK	CHOCOLATE CHIPS SEMI 2000 cnts	50#*	1.75	87.50		
2238	BULK	CHOCOLATE CHIPS WHITE s	25#*	2.50	62.50	2.25	56.25
3077	BULK	CHOCOLATE LIQUOR (bakers)	30#*	2.89	86.70	2.59	77.70
10015	DAGOBA	CHOCOLATE SYRUP ORG FT	64 OZ	18.54	18.54	16.99	16.99
10016	DAGOBA	CHOCOLATE SYRUP PUMP	EACH	3.57	3.57		
1364	BULK	COCOA POWDER DUTCH PROCESS	50#*	2.79	139.50		
1365	BULK	COCOA POWDER NATURAL	50#*	2.15	107.50		
1993	BULK	COCOA PWDR dutch l/f ORG	50#*	3.45	172.50		
2167	BULK	CORN STARCH	5#	.45	2.25		
2181	BULK	CREAM OF TARTAR	1#	5.30	5.30		
2182	BULK	DRY BUTTERMILK POWDER	50#**	1.80	90.00	1.60	80.00
3111	BULK	DRY SKIM MILK NON INSTANT HI HEAT	10#	2.05	20.50		
1232	BULK	DRY MILK SKIM INSTANT	5#	2.79	13.95	2.49	12.45
1231	BULK	DRY MILK SKIM NON INST LOW	50#**	2.15	107.50		
1230	BULK	DRY MILK WHOLE NON INSTANT	50#**	2.55	127.50		
2541	BULK	temp n/a GUAR GUM	1#	6.00	6.00		
0861	JLS	JUST LIKE SHORTENIN' DRY	1#	5.15	5.15	4.59	4.59
2545	BULK	LECITHIN GRANULES	1#	4.30	4.30		
1261	REDSTAR	NUTRI YEAST MAXI FLAKE	50#*	4.59	229.50	4.13	206.50
1262	REDSTAR	NUTRI YEAST MINI FLAKE	50#*	4.43	221.50		
1263	REDSTAR	NUTRI YEAST POWDER	50#*	4.39	219.50		
1167	BULK	POTATO STARCH	1#	2.50	2.50		
2139	BULK	SALT COARSE KOSHER	80#**	.29	23.20	.26	20.80
2183	BULK	SEA SALT	50#**	.39	19.50		
8298	ATLANTID	SEA SALT GREY COARSE	11#	1.94	21.34		
10011	EDEN	SEA SALT PORTUGUESE FINE	55#**	.86	47.30	.76	41.80
5059	LETSDO	SPRINKLEZ CARNIVAL ORG s	1#	7.95	7.95		
5058	LETSDO	SPRINKLEZ CHOCOLATEY ORG s	1#	7.95	7.95	6.76	6.76
1166	BULK	TAPIOCA FLOUR	1#	1.19	1.19		
1278	BULK	WHEY POWDER SWEET DAIRY gr A	50#**	.85	42.50		
1202	REDSTAR	YEAST ACTIVE DRY (bakers)	50#*	2.45	122.50	2.20	110.00
2548	BULK	temp n/a XANTHAN GUM	1#	12.99	12.99		

### BAKING EXTRACTS & FLAVORINGS

2193	BULK	ALMOND EXTRACT NATURAL TYPE	GAL	49.00	49.00		
2195	BULK	ALMOND EXTRACT NATURAL TYPE	PINT	7.45	7.45		
1690	BULK	ALMOND FLAVORING IMITATION	PINT	3.25	3.25		
1927	BULK	ALMOND FLAVORING IMITATION	GAL	18.00	18.00	16.00	16.00
2198	BULK	LEMON EXTRACT NATURAL	GAL	33.20	33.20	29.88	29.88
2199	BULK	LEMON EXTRACT NATURAL	PINT	5.50	5.50		
3028	BULK	ORANGE EXTRACT	GAL	33.80	33.80		
3018	BULK	ORANGE EXTRACT	PINT	5.50	5.50		
2197	BULK	PEPPERMINT EXTRACT NATURAL	PINT	8.50	8.50		
2196	BULK	PEPPERMINT EXTRACT NATURAL	GAL	53.00	53.00	48.00	48.00
1740	BULK	VANILLA EXT BOURBON BLND 1FLD	GAL	144.00	144.00		
2315	BULK	VANILLA EXT BOURBON BLND 1FLD	PINT	21.60	21.60		
1739	BULK	VANILLA EXT SINGLE FOLD NAT	GAL	75.00	75.00	67.50	67.50
1737	BULK	VANILLA EXT SINGLE FOLD NAT	PINT	12.75	12.75		
2192	BULK	VANILLA FLAVORING IMITATION	GAL	15.50	15.50		

### BEANS, CANNED

8491	EDEN	BEANS BLACK #10can ORG	108 OZ	7.50	7.50		
8492	NATVAL	BEANS GARBANZO #10can ORG	108 OZ	7.25	7.25		
8493	EDEN	BEANS KIDNEY #10can ORG	108 OZ	7.60	7.60	6.80	6.80
8494	EDEN	BEANS PINTO #10can ORG	108 OZ	7.25	7.25	6.50	6.50

### BEANS, DRIED

1003	BULK	ADZUKI BEANS	11#	1.29	14.19	1.09	11.99
5877	WOODLND	BABY BUTTER BEANS	25#**	1.45	36.25		
1002	BULK	BLACK EYES	25#**	1.09	27.25		
1001	BULK	BLACK TURTLE BEANS	22#**	.85	18.70		
1040	BULK	CANNELINI BEANS (white kidney)	22#**	1.05	23.10		
1005	BULK	CHICK PEAS	25#**	.89	22.25	.79	19.75
1059	BULK	CRANBERRY (ROMANO) BEANS	25#**	1.04	26.00	.94	23.50
1022	BULK	FAVA BEANS	10#	1.65	16.50		
1126	BULK	FAVA BEANS SMALL SPLIT/PEELED	11#	.79	8.69		
1074	BULK	FAVA BEANS SMALL WHOLE	10#	.89	8.90	.79	7.90



## New Orleans Christmas



No matter where you are, the Christmas season has its own unique sound. The voices of carolers going from door to door, congregations singing at mid-night mass, or the song about grandma's unfortunate incident with a reindeer are all part of what Christmas time sounds like. In New Orleans, the music reflects the city's deep love for making age-old holiday traditions new again. Well-known songs are sung with a different feeling, while newly composed songs fondly recall favorite holiday memories. On **New Orleans Christmas**, Putumayo has captured the unique and vibrant voice of this city with a collection of holiday favorites decked in the blues, jazz and swing flavors for which the Crescent City is famous.

To date, Putumayo has donated over \$200,000 of the proceeds from the sale of its **New Orleans CD** to local charities and non-profit organizations whose commitment to revitalization is helping restore the city to its former state. A portion of the proceeds from the sale of **New Orleans Christmas** will be donated to **New Orleans Area Habitat for Humanity** in support of their **Musicians' Village Project**.



**PUTUMAYO**  
World Music

Guaranteed to make you feel good

## Christmas Around the World

Putumayo gives the holiday season an international flavor with **Christmas Around the World**, a collection of familiar Christmas songs performed by artists from all over the globe. From a Cuban rendition of "Joy to the World" to a flamenco version of "White Christmas," **Christmas Around the World** adds a unique twist to the classic carols that enliven the holidays.

In a world that is constantly changing, Christmas is a time for revisiting the familiar customs and rituals that connect everyone to generations past. While Christmas is celebrated in different ways around the world, among the unifying elements that help create holiday spirit are the songs, hymns, and carols that serve as the soundtrack for the season. And, though every country has its own unique songs, there are certain melodies that have crossed every border.

Most of the songs on **Christmas Around the World** will sound familiar through a few are traditional melodies from a region or culture. All conjure up the Christmas spirit and add a special, international flavor to the holiday ambiance.

A portion of the proceeds of the **Christmas Around the World** will be donated to the **Putumayo Cross-Cultural Initiative**, a non-profit 501(c)(3) project of the **Tides Center** that uses world music, experiential learning, and the arts to inspire children and families to explore and connect with diverse cultures.

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>BEANS, DRIED - CONT.</b>							
5872	WOODLND	FLAGEOLET BEANS	25# **	1.99	49.75		
1008	BULK	GREAT NORTHERNS	25# **	.83	20.75	.75	18.75
1027	BULK	JACOB CATTLE BEANS Maine	10#	1.75	17.50	1.55	15.50
1013	BULK	KIDNEY BEANS Dark RED	22# **	.89	19.58		
5876	WOODLND	LENTILS AUTUMN BLEND	25# **	1.59	39.75		
1000	BULK	LENTILS FRENCH	22# **	.89	19.58	.79	17.38
1011	BULK	LENTILS GREEN	22# **	.69	15.18		
1012	BULK	LENTILS RED SPLITS	22# **	.83	18.26	.75	16.50
1025	BULK	LIMAS BABY	22# **	1.05	23.10		
1109	WOODLND	LIMAS CHRISTMAS	25# **	1.89	47.25		
1016	BULK	MUNG BEANS GREEN	11#	1.05	11.55		
1017	BULK	NAVY PEA BEANS	22# **	.74	16.28	.67	14.74
1009	BULK	PEAS GREEN SPLITS	22# **	.51	11.22	.46	10.12
1026	BULK	PEAS GREEN WHOLE	22# **	.49	10.78		
1024	BULK	PEAS YELLOW SPLITS	22# **	.49	10.78		
1018	BULK	PINTO BEANS	22# **	.89	19.58	.79	17.38
1386	WOODLND	RED BEANS SMALL	25# **	1.14	28.50		
1019	BULK	SOLDIER BEANS Maine	10#	1.75	17.50	1.55	15.50
3189	BULK	YELLOW EYE BEANS Maine	10#	1.75	17.50	1.55	15.50
<b>BEANS, DRIED - ORGANIC</b>							
6030	BULK	ADZUKI BEANS ORG	25# **	1.25	31.25		
3128	BULK	BLACK EYE PEAS ORG	25# **	1.39	34.75	1.25	31.25
6808	BULK	BLACK SOY BEAN ORG	25# **	1.35	33.75		
1535	BULK	BLACK TURTLE ORG	25# **	.99	24.75		
6304	BULK	CHICK PEAS ORG	25# **	1.13	28.25		
6320	BULK	GREAT NORTHERNS ORG	25# **	1.12	28.00	.99	24.75
1536	BULK	KIDNEY BEANS ORG	25# **	1.09	27.25		
10116	TIMELESS	LENTILS BLACK BELUGA ORG	25# **	1.89	47.25		
1414	TIMELESS	LENTILS DU PUY ORG	25# **	1.79	44.75		
2103	BULK	LENTILS FRENCH ORG	25# **	1.29	32.25		
2105	BULK	LENTILS GREEN ORG	25# **	1.39	34.75		
1006	BULK	LENTILS RED ORG	25# **	1.09	27.25		
1029	BULK	LIMAS BABY ORG	25# **	1.19	29.75		
3225	BULK	MUNG BEANS ORG	25# **	1.19	29.75	1.09	27.25
2106	BULK	NAVY PEA BEANS ORG	25# **	1.04	26.00	.94	23.50
6805	BULK	PEAS GREEN SPLIT ORG	25# **	.89	22.25		
6710	BULK	PINTO BEANS ORG	25# **	.99	24.75		
1015	BULK	RED CHILI BEANS SMALL ORG	25# **	1.23	30.75	1.09	27.25
1020	BULK	SOYBEANS ORG	25# **	.89	22.25		
<b>BEANS, SOUP MIXES</b>							
3172	BULK	SOUP MIX	25#	.89	22.25	.79	19.75
3290	NORTHBAY	SOUP MIX 32 BEAN/8 VEGETABLE	40# *	3.59	143.60	3.19	127.60
3315	ARROW	SOUP MIX 7 BEAN/BRLY ORG	25# **	2.05	51.25		
3293	NORTHBAY	SOUP MIX SPICY SOUTHWESTERN	40# *	3.79	151.60		
3294	NORTHBAY	SOUP MIX WW ALPHABET	40# *	3.29	131.60	2.95	118.00
<b>BEVERAGES</b>							
6402	BLUSKY	BAG-IN-BOX CHERRY VAN CRM	5GAL	78.00	78.00		
6378	BLUSKY	BAG-IN-BOX COLA	5GAL	78.00	78.00		
6403	BLUSKY	BAG-IN-BOX DR. BECKER	5GAL	78.00	78.00		
6362	BLUSKY	BAG-IN-BOX LEMON LIME	5GAL	78.00	78.00		
6401	BLUSKY	BAG-IN-BOX RASPBERRY	5GAL	78.00	78.00		
6391	BLUSKY	BAG-IN-BOX ROOT BEER	5GAL	78.00	78.00		
<b>BREAKFAST CEREALS &amp; GRANOLA</b>							
3211	NWM	CEREAL 7-GRAIN ORG	25# **	1.11	27.75		
3364	ARROW	CEREAL BEAR MUSH	25# **	1.27	31.75		
3204	ARROW	CEREAL SEVEN GRAIN AM ORG	25# **	1.69	42.25		
4702	CHAPP	GRANOLA BLUEBERRY BANANA LF	22#	1.96	43.12		
4701	CHAPP	GRANOLA CRANBERRY LF	24#	1.96	47.04		
4747	CHAPP	GRANOLA MAPLE ALMOND	25#	1.88	47.00		
4703	CHAPP	GRANOLA W/RAISINS LF	24#	1.85	44.40		
2818	GRANOATS	GRANOLA CLASSIC ORG	5#	3.45	17.25		
4526	GRANOATS	GRANOLA CLASSIC ORG	25#	3.36	84.00		
2820	GRANOATS	GRANOLA CONSCIUS RAISIN WF ORG	5#	3.15	15.75	2.85	14.25
2819	GRANOATS	GRANOLA CRANBERRY CHEW ORG	5#	4.25	21.25	3.75	18.75
4527	GRANOATS	GRANOLA CRANBERRY CHEW ORG	25#	3.99	99.75	3.59	89.75
2817	GRANOATS	GRANOLA MAINELY MAPLE WF ORG	5#	4.25	21.25		
4509	GRANOATS	GRANOLA MAINELY MAPLE WF ORG	25#	3.99	99.75		
2821	GRANOATS	GRANOLA WF CLASSIC ORG	5#	3.45	17.25		
4543	GRANOATS	GRANOLA WF CLASSIC ORG	25#	3.36	84.00		
3278	NENB	GRANOLA BERRY GOOD	5#	2.46	12.30	1.97	9.84
3261	NENB	GRANOLA CAPE COD CRANBERRY L/F	25#	2.05	51.25	1.64	41.00
3271	NENB	GRANOLA CAPE COD CRANBERRY L/F	5#	2.36	11.80	1.89	9.44
3270	NENB	GRANOLA FRENCH VANILLA s	10#	2.19	21.90		
3254	NENB	GRANOLA HONEY CRUNCH	10#	1.94	19.40		
3255	NENB	GRANOLA MAPLE ALMOND DATE	10#	2.40	24.00		
3267	NENB	GRANOLA ORG APPLE RAIS/ WAL	25#	2.47	61.75	2.17	54.25
3266	NENB	GRANOLA ORG APPLE RAIS/ WAL	10#	2.72	27.20		
3256	NENB	GRANOLA ORG BANANA CRUNCH L/F	5#	3.14	15.70		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
3265	NENB	GRANOLA ORG CINN SPICE	10#	2.28	22.80		
3264	NENB	GRANOLA ORG MAGICAL MAPLE	10#	2.49	24.90		
3257	NENB	GRANOLA OUTRAGE RASPBRY L/F	25#	2.23	55.75	1.78	44.60
3250	NENB	GRANOLA OUTRAGE RASPBRY L/F	5#	2.52	12.60	2.02	10.08
3268	NENB	GRANOLA SAVE THE FOREST NUT	10#	2.15	21.50		
3269	NENB	GRANOLA SAVE THE FOREST NUT	25#	2.08	52.00		
3273	NENB	GRANOLA UNSWTND PECAN SPLENDOR	5#	2.05	10.25	1.64	8.20
3251	NENB	MUESLI ORG	5#	2.83	14.15		
4521	UNCLEROY	GRANOLA BERRIES JUBILEE ORG	25#	3.36	84.00	2.99	74.75
2825	UNCLEROY	GRANOLA BERRIES JUBILEE ORG	5#	3.45	17.25		
2824	UNCLEROY	GRANOLA CASHEW RAISIN ORG	5#	3.25	16.25		
4529	UNCLEROY	GRANOLA CASHEW RAISIN ORG	25#	2.99	74.75		
2826	UNCLEROY	GRANOLA NUT BUTTER ORG	5#	3.45	17.25	3.10	15.50
2822	UNCLEROY	MUESLI SWISS STYLE ORG	5#	3.25	16.25		
4519	UNCLEROY	MUESLI SWISS STYLE ORG	25#	2.99	74.75		

### CANDY & CONFECTIONS

1356	BULK	CAROB MALT BALLS W/SUGAR h	15#*	2.40	36.00		
2654	BULK	CAROB MALT SWTN ALMONDS h	10#*	4.20	42.00		
2656	BULK	CAROB MALT SWTND PEANUTS h	10#*	2.69	26.90		
2657	BULK	CAROB MALT SWTND RAISINS h	10#*	2.80	28.00		
10115	BULK	CAROB PEANUT CLUSTERS s h	10#*	2.89	28.90		
1355	BULK	CAROB PEANUTS W/SUGAR df h	15#*	2.25	33.75		
1354	BULK	CAROB RAISINS W/SUGAR df h	15#*	2.35	35.25		
4953	BULK	MILK CHOC COFFEE BEANS s h	10#*	3.70	37.00	3.30	33.00
10107	BULK	MILK CHOC PB PRETZEL BALLS s h	10#*	2.82	28.20	2.52	25.20
10209	SUNRDG	MILK CHOC TOFFEE PEANUTS s	10#*	4.91	49.10		
4070	BULK	MILK CHOCOLATE ALMONDS s h	15#*	3.45	51.75	3.10	46.50
4954	BULK	MILK CHOCOLATE MALT BALLS s h	15#*	2.60	39.00		
4955	BULK	MILK CHOCOLATE PEANUTS s h	15#*	2.50	37.50		
4957	BULK	MILK CHOCOLATE PRETZELS s h	15#*	2.45	36.75	2.20	33.00
4956	BULK	MILK CHOCOLATE RAISINS s h	15#*	2.59	38.85		
10108	BULK	MILK COCOA COATED ALMONDS s	10#*	4.16	41.60	3.74	37.40
4079	SUNRDG	CHOC COCONUT CHEWS ind. wrap	7#	6.99	48.93		
4094	SUNRDG	CHOCOLATE CRANBERRIES	10#*	6.09	60.90		
4075	SUNRDG	CHOCOLATE GINGER s	10#*	6.79	67.90		
2796	FRTSRC	CHOCOLATE RAISINS	10#*	4.99	49.90	3.99	39.90
4080	SUNRDG	CHOCOLATE w/ORG APRICOT s	10#*	7.59	75.90		
10111	BULK	DARK CHOCOLATE ALMONDS s	10#*	3.99	39.90		
2805	CLOUD 9	DARK CHOCOLATE ALMONDS s	10#	6.42	64.20		
10208	SUNRDG	DARK CHOCOLATE NONPAREILS s	10#*	5.71	57.10		
10110	BULK	DARK CHOCOLATE PEANUTS s	10#*	2.83	28.30	2.53	25.30
10109	BULK	DARK CHOCOLATE RAISINS s	10#*	2.89	28.90		
2809	SUNSPIRE	DK CHOC ESPRS BEANS D/F	10#*	8.45	84.50	7.45	74.50
4096	SUNRDG	GALAXY MIX	10#	5.65	56.50		
1815	GINGERPE	GINGER CHEWS	11#	4.05	44.55		
1818	GINGERPE	GINGER CHEWS PEANUT	11#	4.12	45.32		
1817	GINGERPE	GINGER CHEWS SPICY APPLE	11#	4.05	44.55		
1824	GINGERPE	GIN-GINS CANDY indiv wrapped	11#	1.95	21.45		
1765	BULK	GLAZED MIXED SEED/NUT CRUNCH s	10#	3.70	37.00		
4078	SUNRDG	JOLLY BEANS ORG s	10#*	6.29	62.90		
4077	SUNRDG	PEANUT BUTTER PRETZELS s	10#*	5.29	52.90		
10014	GOODHLTH	PRETZELS CHOC COVERED PNUT	15 OZ	5.99	5.99	5.39	5.39
3060	BAZZINI	SESAME CRUNCH bulk	30#	2.69	80.70		
1606	JOYVA	SESAME CRUNCH wrapped pcs s	20#	1.99	39.80		
2814	SUNSPIRE	SUNDROPS PEANUT CHOCOLATE	5#	4.89	24.45	4.39	21.95
2813	SUNSPIRE	SUNDROPS PLAIN CHOCOLATE	5#	5.29	26.45		
10210	SUNRDG	SUNNY BEARS ORG v s	10#	6.25	62.50	5.35	53.50
10211	SUNRDG	SUNNY FRUIT SLICES w/vit C OG	10#	6.25	62.50	5.60	56.00
1360	BULK	YOGURT ALMONDS h	15#*	4.20	63.00		
4082	SUNRDG	YOGURT BLUEBRY covered RAISINS	10#	5.69	56.90	5.09	50.90
10113	BULK	YOGURT BRIDGE MIX s h	10#*	2.67	26.70	2.37	23.70
4084	SUNRDG	YOGURT CRANBRY covered RAISINS	10#	5.69	56.90		
1359	BULK	YOGURT MALT BALLS W/SUGAR h	15#*	2.40	36.00		
3075	BULK	YOGURT PEANUT CLUSTERS h	15#*	2.25	33.75	2.00	30.00
1357	BULK	YOGURT PEANUTS W/SUGAR h	15#*	2.25	33.75		
1352	BULK	YOGURT PRETZELS W/SUGAR h	15#*	2.45	36.75	2.15	32.25
2798	FRTSRC	YOGURT RAISINS	10#	5.45	54.50		
1358	BULK	YOGURT RAISINS W/SUGAR h	15#*	2.39	35.85		

### COFFEE

8431	EQUALX	ORG BREAKFAST BLEND	2#	7.25	14.50		
8432	EQUALX	ORG DECAF BREAKFAST BLEND CO2	2#	8.97	17.94	8.07	16.14
8434	EQUALX	ORG FRENCH ROAST dk	2#	7.25	14.50		
8366	EQUALX	HAZELNUT CREME med	5#	8.65	43.25		
8371	EQUALX	ORG BOLIVIAN	5#	7.25	36.25		
8357	EQUALX	ORG BREAKFAST BLEND	5#	7.25	36.25		
8358	EQUALX	ORG CAFE NICA dk	5#	7.25	36.25		
8355	EQUALX	ORG CAFE PERU med	5#	7.25	36.25		
10216	EQUALX	ORG COLUMBIAN	5#	7.25	36.25	6.50	32.50
8359	EQUALX	ORG DECAF BREAKFAST BLEND CO2	5#	8.97	44.85	8.07	40.35
8367	EQUALX	ORG DECAF FRENCH ROAST CO2	5#	8.97	44.85		



For the Holidays

### Gourmet Cuisine Booklets



Feel like trying an Indian feast at home, but don't know where to start? These six **Gourmet Cuisine Booklets** will help you create complete meals.

Each beautifully designed booklet combines three packets of herbs and spices with corresponding recipes from various culinary traditions.

Perforated recipe cards  
 • included in each booklet  
 • are easy to cut and save for future use. **Pinch Plus's** one-of-a-kind **Gourmet Cuisine Booklets** also are the ideal hostess gift.

### Pinch of Mexico

A trio of colorful dishes evoking sun-drenched Mexico.

Includes **Cumin** to make Chicken Enchiladas, **Cilantro** to make Roasted Salsa Verde, and **Cayenne** to make Mexican Rice.



(continued on page 32 and also see Holiday Gift Ideas, page 13)



For the Holidays

Gourmet Cuisine  
Booklets



**Pinch of France**

Open a bottle of Bordeaux and have a French feast.

Includes **Three-Peppercorn Blend** to make **Steak au Poivre**, **Herbes de Provence** to make **Ratatouille**, and **Tarragon** to make **Tarragon Potato Salad**

**Pinch of Christmas:**

Warm hearth and home with these merry recipes.

Includes **Thyme** to make **Pear Stilton Strudel**, **Rosemary** for a **Rosemary-Rubbed Lamb**, and **Ginger** to make a **Sticky Toffee Pudding**.



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>COFFEE - CONT.</b>							
8362	EQUALX	ORG ESPRESSO dk	5#	7.25	36.25	6.50	32.50
10218	EQUALX	ORG ETHIOPIAN	5#	7.25	36.25		
8356	EQUALX	ORG FRENCH ROAST dk	5#	7.25	36.25		
8364	EQUALX	ORG HOUSE BLEND	5#	7.25	36.25		
8365	EQUALX	ORG LOVE BUZZ	5#	7.25	36.25		
10217	EQUALX	ORG MIDNIGHT SUN	5#	7.25	36.25	6.50	32.50
8360	EQUALX	ORG MIND BODY & SOUL BLEND m	5#	7.25	36.25	6.50	32.50
2715	FAIRWNDS	BREAKFAST BLEND m	5#	6.62	33.10		
2710	FAIRWNDS	COLOMBIAN SUPREMO m	5#	6.62	33.10	5.92	29.60
2716	FAIRWNDS	DECAF BREAKFAST BLEND EURO	5#	6.62	33.10		
2717	FAIRWNDS	DECAF HAZELNUT EURO/PROC m	5#	6.62	33.10	5.92	29.60
2709	FAIRWNDS	HAZELNUT COFFEE m	5#	6.62	33.10		
30500	LARRYS	BOLIVIAN ORG FT	5#	6.67	33.35		
30501	LARRYS	COLUMBIAN ORG FT	5#	6.67	33.35		
30375	LARRYS	COSTA LITTLE RICKY ORG FT	5#	6.67	33.35		
30376	LARRYS	COWBOY BLEND ORG FT	5#	6.75	33.75		
10219	LARRYS	DECAF MEXICO ORG FT	5#	7.49	37.45	6.69	33.45
10221	LARRYS	DECAF SUMATRA ORG FT	5#	8.03	40.15	7.23	36.15
10220	LARRYS	DECAF TWILIGHT BLEND ORG FT	5#	7.87	39.35	7.07	35.35
30377	LARRYS	EL SALVADOR DALI ORG FT	5#	6.67	33.35		
30374	LARRYS	ESPRESSO ORG FT	5#	6.67	33.35	5.97	29.85
30378	LARRYS	FRANK SUMATRA ORG FT	5#	6.75	33.75		
30372	LARRYS	GUATAMALAN ORG FT	5#	6.67	33.35		
30380	LARRYS	LOUIE SUPREMO ORG FT	5#	6.67	33.35		
30379	LARRYS	MOCHA JAVA BLEND ORG FT	5#	6.75	33.75		
30373	LARRYS	PERUVIAN ORG FT	5#	6.67	33.35	5.97	29.85
2707	ORGCOF	BREAKFAST BLEND fair trade ORG	2#	6.79	13.58	6.09	12.18
2705	ORGCOF	DECAF FRENCH ROAST CO2 ORG	2#	6.79	13.58		
2706	ORGCOF	FRENCH ROAST fair trade ORG	2#	6.79	13.58		
2704	ORGCOF	FRENCH VANILLA ORG	2#	6.79	13.58		
2701	ORGCOF	GORILLA DECAF ORG	2#	6.79	13.58	6.09	12.18
2703	ORGCOF	HAZELNUT ORG	2#	6.79	13.58	6.09	12.18
2714	ORGCOF	JAVA LOVE ORG	2#	6.79	13.58		
2708	ORGCOF	STELLAR BREW ORG	2#	6.79	13.58	6.09	12.18
2713	ORGCOF	SUMATRA MANDHELING ORG	2#	6.79	13.58		
2712	ORGCOF	ZEN BLEND ORG	2#	6.79	13.58		
8561	PISCATAQ	COLOMBIAN SUPREMO	5#	6.15	30.75		
8562	PISCATAQ	DECAF COLOMBIAN	5#	6.15	30.75	5.50	27.50
8567	PISCATAQ	FR RST SUMATRA MANDHELING	5#	6.65	33.25	5.95	29.75
8565	PISCATAQ	SHOPYARD BLEND	5#	6.65	33.25		
<b>CONDIMENTS</b>							
10212	BARNIER	OLIVES BLK OIL CURED W/GARLIC	6.6# DW	29.79	29.79		
10213	BARNIER	OLIVES BLK OIL CURED W/HERBS	6.6# DW	35.50	35.50		
10214	BARNIER	OLIVES GREEN W/HERBS	6.06# DW	27.15	27.15		
6444	DIVINA	OLIVES GREEK MIX	10#	42.86	42.86	37.86	37.86
2159	BULK	OLIVES GREEN PITTED SICILIAN	5 GAL	66.42	66.42		
4357	DIVINA	OLIVES KALAMATA PITTED ORG	10#	78.50	78.50		
2160	BULK	OLIVES KALAMATA JUMBO keg	10KILO	119.00	119.00	107.00	107.00
4453	MOREA	OLIVES KALAMATA PTED JUMBO	12#	79.95	79.95	71.95	71.95
4355	ROLAND	OLIVES KALAMATA	4.4#	29.75	29.75	26.75	26.75
4351	ROLAND	OLIVES KALAMATA PITTED	4.4#	29.48	29.48		
4455	BULK	OLIVES SICIL GREEN PTD JUMBO	1GAL	16.75	16.75		
1483	PALMIERI	PASTA SAUCE SPAGHETTI	GAL	8.25	8.25		
1501	PALMIERI	PIZZA SAUCE	GAL	8.25	8.25		
7060	ANNIENA	DRESSING ASIAN SESAME ORG	1 LTR	5.25	5.25		
7061	ANNIENA	DRESSING CAESAR	1 LTR	5.25	5.25		
7057	ANNIENA	DRESSING COWGIRL RANCH	1 LTR	5.25	5.25		
7054	ANNIENA	DRESSING GODDESS	1 LTR	5.25	5.25		
7059	ANNIENA	VINAIGRETTE BALSAMIC	1 LTR	5.25	5.25		
7055	ANNIENA	VINAIGRETTE RASPBERRY LF	1 LTR	5.25	5.25	4.75	4.75
7064	ANNIENA	VINAIGRETTE RST RED PEPPER	1 LTR	5.25	5.25	4.75	4.75
7056	ANNIENA	VINAIGRETTE SHIITAKE SESAME	1 LTR	5.25	5.25		
4274	ANNIENA	PACKETS DRESSING CAESAR	30/1.5 OZ	.26	7.80	.23	6.90
4270	ANNIENA	PACKETS DRESSING COWGIRL RNCH	30/1.5 OZ	.26	7.80	.23	6.90
4259	ANNIENA	PACKETS DRESSING GODDESS	30/1.5 OZ	.26	7.80	.23	6.90
4033	ANNIENA	PACKETS DRESSING RST RED PEPP	30/1.5 OZ	.26	7.80	.23	6.90
4290	ANNIENA	PACKETS VINAIGRETTE BALSAMIC	30/1.5 OZ	.26	7.80	.23	6.90
10119	APPALACH	DRESSING BUTTERMILK RANCH bulk	1 GAL	21.43	21.43		
10118	APPALACH	DRESSING CHIPOTLE RANCH bulk	1 GAL	21.43	21.43		
10117	APPALACH	DRESSING GINGER MISO bulk	1 GAL	21.43	21.43	19.29	19.29
10120	APPALACH	DRESSING HONEY DIJON bulk	1 GAL	21.43	21.43		
8558	LEGERE	DRESSING NUTRITIONAL YEAST	1 GAL	22.50	22.50		
0309	GREENMT	GRINGO SALSA med	GAL	22.50	22.50		
1493	PALMIERI	SALSA HOT & CHUNKY	GAL	10.75	10.75		
1285	NATVALUE	MUSTARD STONEGROUND ORG	GAL	7.99	7.99		
1287	SPECTRM	MAYONNAISE CANOLA	GAL	15.19	15.19	13.69	13.69
8115	SPECTRM	VINEGAR APPLE CIDER ORG UNFIL	GAL	12.69	12.69	11.39	11.39
1605	MONARI	VINEGAR BALSAMIC	10LTR	49.75	49.75		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
1603	CALOIL	VINEGAR BALSAMIC age 5 yr	5LTR	14.50	14.50		
8119	SPECTRM	VINEGAR BROWN RICE ORG	GAL	15.50	15.50		
1612	COLAVIT	VINEGAR RED WINE	5LTR	12.95	12.95		
4367	ROLAND	VINEGAR RICE WINE p	GAL	11.25	11.25	10.00	10.00
1604	COLAVIT	VINEGAR WHITE WINE	5LTR	14.25	14.25	12.75	12.75
8127	SPECTRM	VINEGAR WHITE WINE ORG	1.32GAL	20.75	20.75		
1399	ATLANTIC	VINEGAR BALSAMIC ORG packets	105/5 OZ	.20	21.00		
<b>CRACKERS</b>							
10124	LAVASCH	CRISPWAFER COMBO 2PK	125/2PK	.20	25.00	.18	22.50
10123	LAVASCH	CRISPWAFER ORIG SESAME 2PK	125/2PK	.20	25.00	.18	22.50
<b>COOKIES</b>							
7084	BARBARAS	FIG BARS RASPBERRY FF/WF	20#	3.65	73.00		
<b>FLOUR</b>							
1210	BULK	6-GRAIN FLOUR ORG	25#**	.69	17.25		
7395	BULK	AMARANTH FLOUR ORG	25#**	1.69	42.25	1.49	37.25
1241	NWM	BARLEY FLOUR ORG	25#**	.69	17.25		
6108	MORGANS	BARLEY FLOUR ORG	25#	.89	22.25	.82	20.50
1247	MORGANS	BARLEY FLOUR ORG	5#	.96	4.80		
6106	MORGANS	BARLEY FLOUR ORG	10#	.94	9.40		
1206	BULK	BUCKWHEAT FLOUR LIGHT	50#**	.89	44.50		
4018	BULK	BUCKWHEAT FLOUR ORG	25#**	.88	22.00		
4019	MORGANS	BUCKWHEAT White FLOUR ORG	5#	1.99	9.95	1.79	8.95
1007	BULK	CHICK PEA FLOUR ORG	25#*	1.49	37.25		
4113	MORGANS	CORN FLOUR YELLOW ORG	25#	.62	15.50		
4114	MORGANS	CORN FLOUR YELLOW ORG	5#	.72	3.60		
2617	CVM	CORN FLOUR YELLOW ORG	10#	.53	5.30		
2641	BULK	CORNMEAL BLUE ORG	25#**	1.49	37.25		
4109	BULK	CORNMEAL COARSE	50#	.32	16.00	.29	14.50
4110	BULK	CORNMEAL DEGERMED	50#**	.35	17.50		
4121	CVM	CORNMEAL YELLOW ORG	25#	.49	12.25		
4126	MORGANS	CORNMEAL YELLOW ORG	25#	.61	15.25		
1209	CVM	CORNMEAL YELLOW ORG	50#	.36	18.00		
4123	MORGANS	CORNMEAL YELLOW ORG	5#	.71	3.55		
2570	CVM	CORNMEAL YELLOW ORG	10#	.53	5.30	.48	4.80
4124	MORGANS	CORNMEAL YELLOW ORG	10#	.68	6.80		
1252	VITAL	GLUTEN FLOUR PURE	50#**	1.35	67.50	1.20	60.00
1224	NWM	GRAHAM FLOUR ORG	25#**	.71	17.75	.64	16.00
1227	SIRLANC	HIGH GLUTEN FLOUR	50#**	.39	19.50		
1214	BULK	MASA HARINA YELLOW	50#**	.54	27.00		
1200	BULK	MILLET FLOUR ORG	25#**	.92	23.00	.83	20.75
1211	BULK	OAT FLOUR ORG	50#**	.85	42.50		
6115	MORGANS	OAT FLOUR ORG	5#	1.30	6.50		
6114	MORGANS	OAT FLOUR ORG	25#	1.16	29.00		
6111	MORGANS	OAT FLOUR ORG	10#	1.27	12.70		
4071	BULK	POTATO FLAKES	40#**	1.15	46.00		
3332	BULK	POTATO FLOUR p	10#	1.60	16.00		
1201	CVM	PUMPERNICKEL RYE FLOUR ORG	50#	.38	19.00		
2777	ANCIENT	QUINOA FLOUR ORG	25#**	2.09	52.25		
5389	LUNDBERG	RICE FLOUR BROWN ORG	25#	1.29	32.25	1.09	27.25
6119	MORGANS	RICE FLOUR BROWN SHORT ORG	10#	1.25	12.50		
1205	MORGANS	RICE FLOUR BROWN SWEET ORG	25#	1.57	39.25		
6124	MORGANS	RICE FLOUR BROWN SWEET ORG	5#	1.75	8.75		
6122	MORGANS	RICE FLOUR BROWN SWEET ORG	10#	1.71	17.10		
1254	BULK	RICE FLOUR WHITE	10#	.80	8.00		
1255	BULK	RICE FLOUR WHITE	50#	.65	32.50	.59	29.50
1215	CVM	RYE FLOUR DARK WHOLE ORG	50#	.37	18.50		
4309	CVM	RYE FLOUR DARK WHOLE ORG	25#	.43	10.75		
2174	CVM	RYE FLOUR DARK WHOLE ORG	10#	.57	5.70	.52	5.20
6118	MORGANS	RYE FLOUR ORG	50#	.58	29.00		
6117	MORGANS	RYE FLOUR ORG	25#	.60	15.00	.54	13.50
6116	MORGANS	RYE FLOUR ORG	10#	.67	6.70		
4311	CVM	RYE FLOUR WHITE ORG	25#	.57	14.25		
6217	MORGANS	RYE MEAL COARSE ORG	25#	.59	14.75		
1218	BULK	SEMOLINA FLOUR	50#**	.38	19.00		
2118	BULK	SEMOLINA FLOUR ORG	50#**	.79	39.50		
4399	BULK	SOY FLOUR DEFATTED	50#**	.40	20.00		
1219	BULK	SOY FLOUR FULL FAT ORG	20#**	.95	19.00		
6309	CVM	SPELT FLOUR WHITE ORG	25#	1.19	29.75		
6315	CVM	SPELT FLOUR WHITE ORG	5#	1.64	8.20	1.44	7.20
6305	CVM	SPELT FLOUR WHOLE ORG	10#	1.17	11.70		
6307	CVM	SPELT FLOUR WHOLE ORG	5#	1.59	7.95		
1064	BULK	SPELT FLOUR WHOLE ORG	25#	1.04	26.00		
1240	SIRGAL	UNBL BREAD FLOUR	50#**	.37	18.50	.33	16.50
4511	CVM	UNBL BREAD FLOUR ORG w/germ	25#	.67	16.75		
4508	CVM	UNBL BREAD FLOUR WHITE ORGgerm	50#	.53	26.50		
4506	CVM	UNBL BREAD FLOUR WHITE ORGgerm	10#	.68	6.80	.60	6.00
2317	COOKS	UNBL BREAD FLOUR WINTER ORG	50#	.54	27.00	.49	24.50
1220	KINGARTH	UNBL BREAD WHITE FLOUR	50#**	.38	19.00		
1253	ROUNDTAB	UNBL PASTRY FLOUR	50#	.38	19.00		



*For the Holidays*

## VICTORIA'S GOURMET

Holiday & Gift Ideas

### Celtic Sea Salt and Anglesey with Salt Server Gift Set



This gift set contains a jar of **Celtic Sea Salt**, a jar of **Anglesey Sea Salt** and a sleek white porcelain server, perfect for keeping the two salts handy on the tabletop or at the stove.

### Chipotle and Jalapeno Pepper Flake Gift Set

(looks very similar to the salt set)

This gift set contains a jar of **Jalapeno Pepper Flakes**, a jar of **Chipotle Pepper Flakes** and a sleek white porcelain server, an elegant alternative to keeping a shaker-top bottle on the table.



## TIPS FOR SALT USE:

Besides making foods delicious, it's believed there are more than 14,000 uses of salt, and our grandparents were probably familiar with most of them. Many of these highly effective uses were for simple things around the home before the advent of modern chemicals and cleaners. However, many uses are still valid today and a lot cheaper than using more sophisticated products.

We thought you might like to share in some of these fascinating applications of salt.

We make no guarantee about the results if you try any of them, but there must be something to them since they have been handed down over the years in many households. Most of these uses have stood the test of time.

The most familiar use of salt undoubtedly is in the kitchen and on the dining table. But there are other uses around the home, too.

Salt is an excellent cleaning agent, by itself or in combination with other substances. A solution of salt and turpentine restores the whiteness to yellowed enameled bathtubs and lavatories. A paste of salt and vinegar cleans tarnished brass or copper. A strong brine poured down the kitchen sink prevents grease from collecting and eliminates odors.

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>FLOUR - CONT.</b>							
4503	CVM	UNBL PASTRY FLOUR WHITE ORG	50# **	.49	24.50		
4501	REXROYAL	UNBL WHITE FLOUR	50# **	.38	19.00		
1249	KINGARTH	UNBL WHITE FLOUR ARTISAN ORG	50# **	.59	29.50	.53	26.50
1122	KINGARTH	UNBL WHITE FLOUR CLASSIC ORG	50# **	.60	30.00	.54	27.00
2176	G&W	UNBL WHITE FLOUR ORG w/germ	50# **	.60	30.00		
1258	CVM	UNBL WHITE FLR ALL PURPOSE ORG	50# **	.49	24.50		
1403	CVM	WHITE FLOUR ALL PURP OG w/germ	50#	.49	24.50	.44	22.00
1212	BULK	WHITE WHL WHT FLOUR	50# **	.43	21.50		
4620	CONAGRA	WHL WHT BREAD FLOUR	50# **	.30	15.00		
1228	CVM	WHL WHT BREAD FLOUR fine ORG	50#	.47	23.50		
4633	CVM	WHL WHT BREAD FLOUR fine ORG	25#	.50	12.50		
2177	CVM	WHL WHT BREAD FLOUR fine ORG	10#	.65	6.50		
4634	MORGANS	WHL WHT BREAD FLOUR ORG	10#	.71	7.10		
2172	NWM	WHL WHT BREAD FLOUR ORG	50#	.56	28.00		
4635	MORGANS	WHL WHT BREAD FLOUR ORG	5#	.73	3.65		
4636	MORGANS	WHL WHT BREAD FLOUR ORG	50#	.66	33.00		
4638	MORGANS	WHL WHT BREAD FLOUR ORG	25#	.69	17.25		
3306	BULK	WHL WHT DURUM FLOUR ORG	10#	.99	9.90		
6300	MORGANS	WHL WHT GRAHAM FLOUR ORG	10#	.70	7.00		
6301	MORGANS	WHL WHT GRAHAM FLOUR ORG	25#	.67	16.75		
1229	CVM	WHL WHT PASTRY FLOUR ORG	50#	.46	23.00		
4641	CVM	WHL WHT PASTRY FLOUR ORG	25#	.55	13.75		
2178	CVM	WHL WHT PASTRY FLOUR ORG	10#	.63	6.30	.55	5.50
4646	MORGANS	WHL WHT PASTRY FLOUR ORG sfted	25#	.62	15.50		
4643	MORGANS	WHL WHT PASTRY FLOUR ORG sfted	5#	.68	3.40		
4639	MORGANS	WHL WHT PASTRY FLOUR ORG sfted	10#	.65	6.50		
<b>FRUIT, DRIED - ORGANIC</b>							
3718	BULK	APPLE DICES ORG	5#	5.39	26.95		
3720	BULK	APPLE RINGS ORG	5#	5.49	27.45	4.89	24.45
1269	BULK	APRICOTS TURKISH ORGANIC	28# *	2.59	72.52		
1337	BULK	COCONUT chips UNSWEETENED ORG	25# *	1.79	44.75		
1338	BULK	COCONUT medium UNSWEETND ORG	25# *	1.79	44.75		
10012	BULK	CRANBERRIES DRIED ORG s	1#	7.55	7.55		
1306	BULK	DATE ROLLS ORG w/COCONUT	15#	3.89	58.35	3.49	52.35
1303	BULK	DATES MEDJOOLS ORGANIC	15#	5.25	78.75		
2202	BULK	DATES ORG CHPPD EXTRUD oat fl	30# *	2.99	89.70		
1315	BULK	FIGS TURKISH ORG	28# *	2.89	80.92		
5812	BULK	MANGO DRIED ORGANIC	5#	7.50	37.50		
5813	BULK	PINEAPPLE RINGS frsh dried ORG	5#	8.25	41.25		
3740	BULK	PRUNES PITTED ORG	5#	5.79	28.95		
1335	BULK	RAISINS JUMBO Thompson ORG	30# *	2.05	61.50		
1330	BULK	RAISINS ORGANIC Thompson	30# *	2.05	61.50		
3346	BULK	TOMATOES DRIED W/salt Turk ORG	1#	7.75	7.75		
<b>FRUIT, DRIED</b>							
1290	BULK	APPLE DICED NO SULPHUR	25# *	3.89	97.25	3.49	87.25
1291	BULK	APPLE RINGS NO SULPHUR	25#	3.89	97.25		
1165	BULK	APPLE RINGS NO SULPHUR	5#	4.09	20.45		
3188	BULK	APPLE RINGS SULPHURED	25# *	3.89	97.25	3.49	87.25
1293	BULK	APRICOTS TURKISH SULPHURED	28# *	2.35	65.80	1.95	54.60
1295	BULK	BANANA CHIPS SWEETENED s	14# *	1.05	14.70		
1296	BULK	BANANA CHIPS UNSWEETENED	13# *	1.19	15.47	1.04	13.52
3311	BULK	BLUEBERRIES DRIED fructose swt	1#	13.50	13.50		
1298	BULK	BLUEBERRIES MAINE WILD w/sugar	1#	13.50	13.50		
3318	BULK	CHERRIES DRIED BING no sug/ptd	1#	9.48	9.48	8.48	8.48
3363	BULK	CHERRIES RED TART SWEETENED s	1#	8.29	8.29		
1300	BULK	COCONUT CHIPS RAW UNSWTND	25# *	1.39	34.75		
1299	BULK	COCONUT MEDIUM UNSWE no/SO2	25# *	1.24	31.00	1.10	27.50
3299	BULK	CRANBERRIES DRIED apple swtd	1#	5.95	5.95		
3320	BULK	CRANBERRIES DRIED sucrose	1#	4.95	4.95		
1301	BULK	CURRANTS Zante Calif	30# *	2.50	75.00		
2201	BULK	DATES CHOPED EXTRUD In Oat Fl	30# *	2.29	68.70		
1308	BULK	DATES DEGLET NOOR PITTED Calif	15#	2.69	40.35	2.39	35.85
1305	BULK	DATES PITTED bakery	22#	1.69	37.18	1.49	32.78
1311	BULK	FIGS BLACK MISSION	15# *	2.79	41.85		
1312	BULK	FIGS CALMYRNA	15# *	3.95	59.25		
10013	BULK	FIGS TENA EXTRA CHOICE	15# *	3.50	52.50	3.15	47.25
1314	BULK	MANGO LOW SUGAR/NO SULPHUR	11#	2.99	32.89		
1318	BULK	MIXED FRUIT NO SULPHUR	5#	4.75	23.75		
3331	BULK	PAPAYA CHUNKS SWTND W/SULPHUR	11#	1.25	13.75	1.10	12.10
3333	BULK	PAPAYA DICED L/S NO SO2	11#	2.55	28.05		
3044	BULK	PAPAYA SPEARS L/S NO SO2	11#	2.66	29.26		
2640	BULK	PAPAYA SPEARS S/F NO SO2	11#	3.95	43.45		
1319	BULK	PAPAYA SPEARS SWEETENED p	11#	1.25	13.75	1.10	12.10
1320	BULK	PEACHES NO SULPHUR	5#	4.49	22.45		
1336	BULK	PEARS choice SULPHURED	22# *	4.39	96.58		
1321	BULK	PEARS NO SULPHUR	5#	4.29	21.45		
3026	BULK	PINEAPPLE DICED SWEETENED	11#	1.39	15.29		
3058	BULK	PINEAPPLE RINGS l/s N/SO2	11#	2.25	24.75	2.00	22.00

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
1324	BULK	PINEAPPLE RINGS NO SUG NO SO2	11#	3.99	43.89		
1323	BULK	PINEAPPLE RINGS SWTND	11#	1.39	15.29	1.24	13.64
1328	BULK	PRUNES PITTED no sorbate	30# *	3.85	115.50		
1329	BULK	RAISINS CALIF Thompson SELECT	30# *	1.65	49.50		
1327	BULK	RAISINS GOLDEN sulphured	30# *	1.95	58.50		
3326	BULK	TOMATO BITS DRIED no sulfates	1#	6.90	6.90		
3330	BULK	TOMATOES DRIED Calif	5#	6.40	32.00	5.75	28.75
3328	BULK	TOMATOES DRIED Calif	1#	6.90	6.90		

### FRUIT, GLAZED & CANDIED

1342	BULK	CHERRIES RED GLAZED s(p)	10#	3.80	38.00		
1348	BULK	CITRON DICED s (p)	10#	3.80	38.00	3.40	34.00
1849	GINGERPE	GINGER CRY S DICED ORGANIC	5.5#	7.65	42.08		
1343	BULK	GINGER CRY S SLICE s w/so2 Thai	11#	2.45	26.95		
1349	BULK	GINGER CRY S SLICE s w/so2 Thai	5.5 #	2.65	14.58		
1848	GINGERPE	GINGER CRYST DICED ORG China	11#	7.39	81.29		
1344	BULK	GINGER STANDARD DICE Australia	25#	4.95	123.75	4.45	111.25
10224	BULK	GINGER STANDARD DICE Australia	5#	5.30	26.50		
1346	BULK	ORANGE PEEL STRIPS s p	22#	4.50	99.00		
1345	BAZZINI	TUTTI FRUTTI MIX s(p)	10#	2.65	26.50		

### FRUIT & NUT MIXES

1708	ABI	YOGURT TRAIL MIX	10#	2.95	29.50	2.65	26.50
1764	BAZZINI	ALL FRUIT MIX	5#	2.80	14.00		
1763	BAZZINI	ALOHA MIX	5#	2.70	13.50	2.40	12.00
1767	BAZZINI	AMBROSIA MIX	5#	2.85	14.25		
1762	BAZZINI	ATHLETIC MIX	5#	2.50	12.50		
1769	BAZZINI	CAROB TRAIL MIX	5#	2.45	12.25		
1778	BAZZINI	HAWAIIAN FRUIT 'N NUT MIX	5#	3.70	18.50	3.30	16.50
1779	BAZZINI	HEALTH MIX	5#	4.50	22.50	4.05	20.25
1783	BAZZINI	MUNCHEES MIX	5#	2.70	13.50		
1786	BAZZINI	RAISIN NUT PARTY MIX	5#	2.90	14.50		
1792	BAZZINI	TRAIL MIX	5#	3.50	17.50		
1793	BAZZINI	TROPICAL DELIGHT MIX	5#	3.69	18.45	3.29	16.45
10033	GRANOATS	TRAIL MIX CHOC ALMOND	5#	5.64	28.20	4.94	24.70
10032	GRANOATS	TRAIL MIX PEANUT FREE	5#	5.07	25.35	4.47	22.35
3238	NENB	MIX CALIFORNIA TRAIL	10#	3.23	32.30	2.83	28.30
3262	NENB	MIX CAPE COD CRANBRY TRAIL	10#	4.26	42.60		
1696	NENB	MIX HAPPY TRAILS	10#	2.62	26.20	2.23	22.27
1705	NENB	MIX MAGICAL MYSTERY	10#	5.13	51.30		
1701	NENB	MIX ORG CHOCOLATE TRAIL	10#	3.67	36.70		
1698	NENB	MIX ORG HARVEST TRAIL	10#	4.65	46.50		
1702	NENB	MIX RAISIN CONSCIOUS NUTS	10#	3.79	37.90	3.22	32.22
3388	NENB	MIX SAVE THE FOREST CHOCOLATES	10#	4.09	40.90	3.69	36.90
1697	NENB	MIX SMILING BUDDHA	10#	4.99	49.90		
1703	NENB	MIX VANILLA PASSION	10#	4.44	44.40		
1699	NENB	MIX ORG HARVEST TRAIL	5#	4.32	21.60		
5001	SUNRDG	TRAIL MIX HEAVENLY CRAN CRUNCH	20# *	4.29	85.80		

### GRAINS

3046	BULK	AMARANTH SEED ORG	25# **	1.65	41.25		
3210	BULK	BARLEY FLAKES ORG	25# **	1.22	30.50		
4700	BULK	BARLEY HULLLESS ORG	25# **	.51	12.75	.46	11.50
1028	BULK	BARLEY PEARLED ORG	25# **	.68	17.00		
2101	NWM	BARLEY UNHULLED ORG	25# **	.59	14.75		
1062	BULK	BUCKWHEAT BR WH ORG-KASHA	25# **	1.39	34.75		
4016	BULK	BUCKWHEAT HULLS pillow gr ORG	25#	1.29	32.25		
1032	BULK	BUCKWHEAT WHITE HULLED ORG	25# **	1.09	27.25	.98	24.50
2114	BULK	BULGUR ORG WHITE	25# **	1.19	29.75		
2111	BULK	BULGUR red	50#	.47	23.50		
2997	CVM	BULGUR red	25#	.49	12.25		
2110	CVM	BULGUR red	10#	.59	5.90	.53	5.30
2998	BULK	BULGUR WHITE #1 FINE	50# **	.79	39.50		
4737	BULK	CORN BERRIES YELLOW ORG	50# **	.34	17.00	.31	15.50
1207	NWM	CORN GRITS YELLOW ORG	25# **	.75	18.75	.65	16.25
1035	BULK	COUSCOUS Italian	55#	.94	51.70	.84	46.20
4918	BULK	COUSCOUS Italian	11#	.99	10.89		
6050	BULK	COUSCOUS TSTD MIDEAST	22# **	1.59	34.98		
3177	BULK	COUSCOUS WHL WHT ORG	25# **	1.49	37.25		
2107	BULK	KAMUT ORG	25# **	1.39	34.75	1.24	31.00
1117	BULK	MILLET HULLED ORG	25# **	.82	20.50		
2171	BULK	OAT BRAN	50# **	.79	39.50	.69	34.50
2173	BULK	OAT BRAN ORG	50# **	1.39	69.50	1.24	62.00
1036	BULK	OATS REGULAR ROLLED	50# **	.47	23.50		
4785	BULK	OATS ROLLED ORG	25#	.75	18.75		
2175	BULK	OATS ROLLED ORG	50# **	.70	35.00	.63	31.50
2113	BULK	OATS ROLLED THICK	50# **	.47	23.50		
1037	BULK	OATS ROLLED THIN QUICK	50# **	.47	23.50		
1259	BULK	OATS ROLLED THIN QUICK ORG	25# **	.75	18.75		
1039	BULK	OATS STEEL CUT (groats)	50# **	.47	23.50	.42	21.00
1256	BULK	OATS STEEL CUT ORG	25# **	.75	18.75	.68	17.00
2115	BULK	OATS whole groats stblzd ORG	25# **	.69	17.25		



## TIPS FOR SALT USE: CONTINUED

Salt helps destroy moths and drives away ants. A dash of salt in laundry starch keeps the iron from sticking and gives linen and fine cottons a glossy, like-new finish. A thin paste of salt and salad oil removes white marks caused by hot dishes or water from wooden tables.

A box of salt is an important item in many bathrooms: In mild solutions, it makes an excellent mouthwash, throat gargle or eye-wash; it is an effective dentifrice; it is an effective antiseptic; and it can be extremely helpful as a massage element to improve complexion.

We offer these other tips:

### Kitchen:

**Boiling Water** - Salt added to water makes the water boil at a higher temperature, thus reducing cooking time. (It does not make the water boil faster.)

**Peeling eggs** - Boiling eggs in salted water will make eggs peel easily.

**Poaching eggs** - Poaching eggs over salted water helps set the egg whites.

**Testing egg freshness** - Place the egg in a cup of water to which two teaspoonfuls of salt has been added. A fresh egg sinks; a doubter will float.

(continued on page 36)



## TIPS FOR SALT USE: CONTINUED

**Preventing browning** - Apples, pears and potatoes dropped in cold, lightly salted water as they are peeled will retain their color.

**Shelling pecans** - Soaking pecans in salt water for several hours before shelling will make nut meats easier to remove.

**Washing spinach** - If spinach is washed in salted water, repeated cleanings will not be necessary.

**Preventing sugaring** - A little salt added to cake icings prevents them from sugaring.

**Crisping salads** - Salting salads immediately before serving will keep them crisp.

**Improving boiled potatoes** - Boiled potatoes will be given a fine, mealy texture by sprinkling with salt after draining, then returning them to the pan and shaking them back and forth quickly to get rid of the excess moisture.

**Cleaning greasy pans** - The greasiest iron pan will wash easily if you put a little salt in it and wipe with paper.

**Cleaning stained cups** - Rubbing with salt will remove stubborn tea or coffee stains from cups.

**Cleaning ovens** - Salt and cinnamon take the "burned food" odor away from ovens and stove burners. Sprinkle spills while oven and burners are still hot; when dry, remove the salted spots with a stiff brush or cloth.

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>GRAINS - CONT.</b>							
6010	WOODLND	POLENTA coarse ITALIAN STYLE	25# **	.85	21.25	.77	19.25
5891	WOODLND	POLENTA fine INSTANT YELLOW	10#	.89	8.90		
4916	BERETTA	POLENTA fine INSTANT YLW Italy	5#	1.39	6.95	1.24	6.20
2779	ANCIENT	QUINOA FLAKES ORG	10#	3.09	30.90		
3350	BULK	QUINOA GRAIN ORG	25# **	1.75	43.75	1.55	38.75
3215	ARROW	RYE FLAKES ORG	25# **	1.25	31.25	1.10	27.50
3623	BULK	RYE FLAKES ORG light	25#	.69	17.25	.62	15.50
4880	BULK	RYE WHOLE BERRIES ORG	50# **	.38	19.00	.34	17.00
4885	CVM	SEVEN GRAIN & SEED MIX ORG	50#	.55	27.50	.50	25.00
1023	BULK	SOY FLAKES ORG	25# **	1.69	42.25		
2108	NWM	SOY GRITS ORG	25# **	1.09	27.25		
1067	BULK	SPELT BERRIES ORG	25# **	.99	24.75		
1150	BULK	SPELT FLAKES TSTD ORG	25# **	1.39	34.75		
1060	BULK	TRITICALE FLAKES ORG	25# **	1.29	32.25	1.16	29.00
1217	BULK	WHEAT BRAN dark red	25# **	.33	8.25	.30	7.50
2170	BULK	WHEAT BRAN ORG	25# **	.39	9.75		
1203	CVM	WHEAT BRAN white ORG	25# **	.35	8.75		
2117	BULK	WHEAT CRACKED ORG	50# **	.39	19.50		
3219	BULK	WHEAT FLAKES ORG	25# **	1.30	32.50		
1225	NIBLACK	WHEAT GERM RAW	20#	1.12	22.40	.99	19.80
1222	BULK	WHEAT GERM RAW	25# **	.77	19.25		
1226	NIBLACK	WHEAT GERM TOASTED	25# **	1.75	43.75		
2240	BULK	WHEAT HARD RED SPRING ORG	50# **	.45	22.50		
2321	CVM	WHEAT HARD RED WINTER ORG	50# **	.45	22.50		
2242	MONTANA	WHEAT HARD WHITE SPRING	50# **	.46	23.00	.41	20.50
1065	BULK	WHEAT SOFT WHITE WINTER ORG	50# **	.40	20.00		
2615	WEAVER	POPCORN	50# **	.50	25.00		
1041	BULK	POPCORN	50# **	.48	24.00	.43	21.50
4818	BULK	POPCORN ORG	25# **	.89	22.25	.79	19.75
4444	PURDU	POPCORN WHITE	25# **	.62	15.50		
<b>HERBS &amp; SEASONINGS</b>							
2333	BULK	ALLSPICE GROUND	1#	6.00	6.00		
2330	BULK	ALLSPICE whole	1#	6.20	6.20		
2339	BULK	ANISE SEED ground	1#	4.50	4.50	4.05	4.05
2336	BULK	ANISE SEED whole	1#	3.25	3.25	2.95	2.95
2337	BULK	ANISE star	1#	15.95	15.95		
2345	BULK	BASIL cut & sifted	1#	2.95	2.95	2.65	2.65
2351	BULK	BAY LEAVES laurel leaves	1#	4.25	4.25		
2352	BULK	temp n/a BROTH PWDR BEEF VEGET	1#	6.75	6.75		
2371	BULK	temp n/a BROTH PWDR CHICKEN VE	1#	5.95	5.95		
2354	BULK	CARAWAY SEED	1#	2.85	2.85	2.55	2.55
2359	BULK	CARDAMON ground	1#	18.95	18.95		
2358	BULK	CARDAMON whole unblanched	1#	17.95	17.95	15.95	15.95
2360	BULK	CATNIP	1#	9.95	9.95		
2362	BULK	CAYENNE PEPPER jug	16 OZ	3.75	3.75		
2369	BULK	CELERY SEED ground	1#	2.55	2.55		
2365	BULK	CELERY SEED whole	1#	2.55	2.55		
2372	BULK	CHAMOMILE FLOWERS	1#	7.92	7.92		
9524	BULK	CHILE ANCHO med/low	1#	13.60	13.60		
9504	BULK	CHILE CHIPOTLE MORITA med/hot	1#	12.65	12.65		
9516	BULK	CHILE PASILLA NEGRO med	1#	10.79	10.79	9.69	9.69
5883	BULK	CHILES CHIPOTLE	5#	11.65	58.25		
2375	BULK	CHILI PEPPERS crushed hot	15 OZ	3.59	3.59		
2376	BULK	CHILI PEPPERS whole red hot	16 OZ	4.25	4.25	3.75	3.75
2378	BULK	CHILI powder	1#	3.95	3.95		
2373	BULK	CHIVES dried	1 OZ	3.60	3.60	3.20	3.20
2380	BULK	CILANTRO	1#	15.50	15.50		
2381	BULK	CINNAMON ground	1#	2.95	2.95		
2384	BULK	CINNAMON STICKS 2.75 inch	1#	4.20	4.20		
2390	BULK	CLOVES ground	1#	10.50	10.50	9.50	9.50
2387	BULK	CLOVES whole	1#	8.30	8.30		
2396	BULK	CORIANDER ground	1#	2.55	2.55		
2393	BULK	CORIANDER whole	1#	2.30	2.30	2.05	2.05
2399	BULK	CUMIN ground	1#	3.95	3.95		
2402	BULK	CUMIN whole	1#	3.50	3.50		
2405	BULK	CURRY POWDER	1#	3.10	3.10		
2408	BULK	DILL SEED	1#	2.60	2.60		
2412	BULK	DILL WEED domestic	1#	7.50	7.50		
2411	BULK	DILL WEED imported	1#	5.95	5.95	5.35	5.35
2414	BULK	FENNEL SEED WHOLE	1#	2.90	2.90	2.60	2.60
2445	BULK	FENUGREEK ground	1#	3.45	3.45		
2417	BULK	FENUGREEK whole	1#	2.90	2.90		
2426	BULK	GARLIC chopped	1#	3.75	3.75		
2420	BULK	GARLIC granulated	1#	3.75	3.75		
2423	BULK	GARLIC powder	1#	3.55	3.55		
0101	FRONTIER	GARLIC powder ORG	1#	10.99	10.99		
2432	BULK	GINGER ground	1#	3.90	3.90		
2430	BULK	ITALIAN SEASONING	1#	3.40	3.40		
10203	BULK	JUNIPER BERRIES JUMBO	1#	8.95	8.95	7.95	7.95

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
2435	BULK	temp n/a LEMON PEEL grated	1#	7.75	7.75		
2439	BULK	MARJORAM cut & sifted	1#	4.54	4.54	4.04	4.04
6009	D'ALLAS	MUSHROOM STIR FRY BLEND	1#	16.95	16.95	15.25	15.25
5874	D'ALLAS	MUSHROOMS DRIED PORCINI A	1#	23.50	23.50		
2444	BULK	MUSHROOMS DRIED SHIITAKE med	1#	13.99	13.99		
5888	D'ALLAS	MUSHROOMS DRIED WOODEAR	1#	8.90	8.90		
2454	BULK	MUSTARD FLOUR Chinese	1#	2.50	2.50		
2448	BULK	MUSTARD SEED whole brown/blk	1#	2.80	2.80		
2451	BULK	MUSTARD SEED whole yellow	1#	2.50	2.50		
2460	BULK	NUTMEG ground	1#	7.25	7.25	6.50	6.50
2457	BULK	NUTMEG whole	1#	9.90	9.90		
2469	BULK	ONION chopped	1#	3.75	3.75		
2463	BULK	ONION granulated	1#	3.75	3.75		
2466	BULK	ONION powder	1#	3.45	3.45		
10034	LARS	ONIONS CRISPY bulk	5.5 #	3.35	18.43		
2472	BULK	OREGANO LEAF cut & sifted	1#	3.50	3.50	3.15	3.15
2477	BULK	PAPRIKA hot Hungary	1#	5.80	5.80		
2475	BULK	PAPRIKA Spain	1#	3.50	3.50	3.15	3.15
2476	BULK	PAPRIKA sweet Hungary	1#	5.95	5.95		
2478	BULK	PARSLEY FLAKES	1#	5.49	5.49		
2481	BULK	PEPPER ground black	1#	4.95	4.95	4.45	4.45
2487	BULK	PEPPER ground white	1#	4.95	4.95		
2483	BULK	PEPPERCORNS 5 PEPPER BLEND	15.5 OZ	12.85	12.85	11.55	11.55
10202	BULK	PEPPERCORNS SZECHUAN	1#	9.50	9.50		
2490	BULK	PEPPERCORNS white	1#	4.95	4.95	4.45	4.45
2484	BULK	PEPPERCORNS whole black	1#	4.60	4.60		
2496	BULK	PEPPERMINT crushed	1#	4.99	4.99		
2503	BULK	PICKLING SPICE	1#	3.15	3.15		
2499	BULK	POPPY SEED	1#	3.30	3.30		
2501	BULK	POULTRY SEASONING	1#	3.10	3.10	2.75	2.75
2509	BULK	ROSEMARY ground	1#	2.85	2.85		
2512	BULK	ROSEMARY whole	1#	4.29	4.29		
2514	BULK	SAFFRON FILAMENTS	1 GR	3.75	3.75		
6899	MASPORTE	SAFFRON LA MANCHA bulk tin	1 OZ	36.50	36.50		
2520	BULK	SAGE ground	1#	4.95	4.95	4.45	4.45
2517	BULK	SAGE leaf	1#	5.95	5.95		
2526	BULK	SPEARMINT crushed	1#	3.00	3.00	2.70	2.70
5972	BULK	SPINACH POWDER	1#	5.50	5.50	4.50	4.50
3708	BULK	SUMAC	1#	4.99	4.99		
2529	BULK	SUMMER SAVORY	1#	4.50	4.50		
2532	BULK	TARRAGON	1#	17.50	17.50		
2535	BULK	THYME cut & sifted	1#	3.95	3.95	3.55	3.55
5970	BULK	TOMATO POWDER	1#	5.25	5.25		
2538	BULK	TURMERIC ground	1#	2.95	2.95		
2544	BULK	VANILLA BEANS 2 beans	VIAL	3.75	3.75		
2542	BULK	VANILLA BEANS bulk	4 OZ	12.00	48.00	10.80	43.20
2614	BULK	VEGETABLE FLAKES	1#	5.85	5.85	5.25	5.25
2539	BULK	WASABI POWDER no color	1#	8.80	8.80		
3706	BULK	ZAATAR SYRIAN	1#	5.50	5.50		
3121	JANES	KRAZY MIXED UP SALT	1#	2.19	2.19		
2533	BULK	temp n/a TACO SEASONING MIX	1#	6.50	6.50		

### NUT & SEED BUTTERS

7352	ONCEAG	ALMOND BUTTER CRUNCH n/s	9#	7.54	67.86		
2663	ONCEAG	ALMOND BUTTER SMTH N/S	9#	7.54	67.86		
7349	ONCEAG	ALMOND BUTTER SMTH N/S	35#	7.25	253.75		
3176	ONCEAG	CASHEW BUTTER	9#	4.25	38.25		
7300	ONCEAG	PEANUT BUTTER CRNCH N/S	35#	1.62	56.70		
7315	ONCEAG	PEANUT BUTTER CRNCH N/S	9#	1.80	16.20		
7298	ONCEAG	PEANUT BUTTER CRNCH SALTED	35#	1.62	56.70		
7316	ONCEAG	PEANUT BUTTER CRNCH SALTED	9#	1.80	16.20		
7301	ONCEAG	PEANUT BUTTER SMTH N/S	35#	1.62	56.70		
7317	ONCEAG	PEANUT BUTTER SMTH N/S	9#	1.80	16.20		
7318	ONCEAG	PEANUT BUTTER SMTH SALTED	9#	1.80	16.20		
7302	ONCEAG	PEANUT BUTTER VAL OR CRNCH N/S	9#	3.13	28.17	2.66	23.94
7308	ONCEAG	PEANUT BUTTER VAL OR CRNCH N/S	35#	2.95	103.25	2.51	87.76
7345	ONCEAG	PEANUT BUTTER VAL ORG SMTH N/	35#	2.95	103.25	2.51	87.76
7309	ONCEAG	PEANUT BUTTER VAL ORG SMTH N/S	9#	3.13	28.17	2.66	23.94
1322	SUPERIOR	PEANUT BUTTER SMTH N/S	35#	1.73	60.55		
1169	JOYVA	SESAME TAHINI	40#	1.96	78.40		
7312	ONCEAG	SESAME TAHINI ORG roasted	35#	2.74	95.90		
7311	ONCEAG	SESAME TAHINI ORG roasted	9#	2.89	26.01	2.59	23.31
1021	ONCEAG	SESAME TAHINI roasted	9#	2.64	23.76		
4669	SITTOOS	TAHINI PASTE sesame	40#	1.54	61.60		

### NUTS & SEEDS, ROASTED

1502	MAISIEJ	ALMONDS CINNAMON GLAZED s	10#	9.55	95.50	7.95	79.50
1503	MAISIEJ	ALMONDS HERB & GARLIC s	10#	9.55	95.50	7.95	79.50
3246	NENB	ALMONDS HONEY ROASTED	10#	7.97	79.70	6.77	67.75
1504	MAISIEJ	ALMONDS ORANGE & SPICE s	10#	9.55	95.50	7.95	79.50
1128	BULK	ALMONDS RST NO SALT	25#*	5.85	146.25		
3272	NENB	ALMONDS SMOKED salted	10#	8.40	84.00	7.50	75.00



## TIPS FOR SALT USE: CONTINUED

**Cleaning refrigerators** - Salt and soda water will clean and sweeten the inside of your refrigerator. It won't scratch enamel either.

**Extinguishing grease fires** - Salt tossed on a grease fire on the stove or in the oven will smother flames. Never use water; it will only spatter the burning grease.

**Improving coffee** - A pinch of salt in coffee will enhance the flavor and remove the bitterness of over-cooked coffee.

**Improving poultry** - To improve the flavor of poultry, rub the fowl inside and out with salt before roasting.

**Removing pinfeathers** - To remove pinfeathers easily from a chicken, rub the chicken skin with salt first.

**Cleaning tarnished silverware** - Rub tarnish with salt before washing.

**Cleaning copper pans** - Remove stains on copper pans by salting area and scouring with a cloth soaked in vinegar.

**Cleaning coffee pots** - Remove bitterness from percolators and other coffee pots by filling with water, adding four tablespoons of salt and percolating or boiling as usual.

**Removing onion odors from hands** - Rub fingers with salt moistened with vinegar.

**"Sweetening" containers** Salt can "sweeten" and deodorize thermos bottles and jugs, decanters and other closed containers.



## TIPS FOR SALT USE: CONTINUED

**Cleaning sink drains** - Pour a strong salt brine down the kitchen sink drain regularly to eliminate odors and keep grease from building up.

**Brightening cutting boards** - After washing them with soap and water, rub bread and cutting boards with a damp cloth dipped in salt; the boards will be lighter and brighter.

**Fixing oversalted soups** - If soup has been oversalted, cut up a raw potato or two and drop into the soup. The potato will absorb the salt.

**Cleaning dried-on egg** - Salt not only makes eggs taste better, but it makes "eggy" dishes clean easier. Sprinkle salt on dishes right after breakfast; it makes them a whiz to clean when you have time.

**Preventing food from sticking** - Rub a pancake griddle with a small bag of salt to prevent sticking and smoking. Sprinkle a little salt in the skillet before frying fish to prevent the fish from sticking. Sprinkle salt on washed skillets, waffle iron plates or griddles, heat in a warm oven, dust off salt; when they are next used, foods will not stick.

**Preventing mold** - To prevent mold on cheese, wrap it in a cloth dampened with saltwater before refrigerating.

**Whipping cream and beating egg whites** - By adding a pinch of salt, cream will whip better and egg whites will beat faster and higher.

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>NUTS &amp; SEEDS, ROASTED - CONT.</b>							
1102	ONCEAG	ALMONDS TAMARI DRY RSTD ORG	5#	10.95	54.75	7.95	39.75
2613	ONCEAG	ALMONDS TAMARI RST	10# *	7.39	73.90		
1175	BULK	CASHEWS RST PIECES NO SALT	15# *	3.39	50.85	2.99	44.85
1148	BULK	CASHEWS RST PIECES SALTED	15# *	3.39	50.85	2.99	44.85
1131	BULK	CASHEWS RST WH NO SALT 320cnt	15# *	4.29	64.35		
1147	BULK	CASHEWS RST WHOLE SALTED 320cn	15# *	4.29	64.35		
1149	BULK	CORN RST SALTED cornuts	25# *	2.05	51.25		
4095	SUNRDG	MIXED NUTS HNY RST w/MACADAMIA	5#	5.49	27.45	4.49	22.45
2001	BULK	MIXED NUTS RST N/SALT N/P-NUTS	15#	6.89	103.35		
2008	BULK	MIXED NUTS RST W/PEANUTS N/S	25# *	4.27	106.75	3.84	96.00
1157	BULK	MIXED NUTS RST W/PEANUTS W/SAL	25# *	4.27	106.75	3.84	96.00
2002	BULK	MIXED NUTS RST W/SALT N/P-NUTS	15#	6.89	103.35		
1124	OLDETYME	PEANUT BUTTER COMBO	30# *	1.39	41.70		
2152	OLDETYME	PEANUT BUTTR COMBO ORG	30# *	2.50	75.00		
2148	BULK	PEANUTS RST BLANCHED N/S	15# *	1.86	27.90		
2149	BULK	PEANUTS RST BLANCHED W/SALT	15# *	1.86	27.90		
2150	BULK	PEANUTS RST DRY BLANCHED N/S	30# *	1.90	57.00		
2153	BULK	PEANUTS RST N/S W/SHELL dry	25# *	1.25	31.25	1.10	27.50
2146	BULK	PEANUTS RST REDSKINS N/S	15# *	1.94	29.10		
2147	BULK	PEANUTS RST REDSKINS W/S	15# *	1.94	29.10		
2154	<b>BULK</b>	<b>PEANUTS RST SALTED W/SHELL dry</b>	<b>25# *</b>	<b>1.25</b>	<b>31.25</b>	<b>1.10</b>	<b>27.50</b>
3175	BULK	PEANUTS RST SPANISH W/SALT	25# *	1.94	48.50		
2609	ONCEAG	PEANUTS RST VALENCIA ORG N/S	25# *	2.69	67.25		
10122	BAZZINI	PISTACHIOS COLOSSAL bag	5#	5.49	27.45		
3041	BULK	PISTACHIOS RST SHELLED N/S	5#	10.99	54.95	9.89	49.45
2155	BULK	PISTACHIOS RST W/SALT 21/25cnt	25# *	4.35	108.75		
1133	BULK	PUMPKIN SEEDS RST salt shelled	15# *	2.95	44.25		
1760	BULK	SOY NUTS RST NO SALT	35# *	1.54	53.90		
1159	BULK	SOY NUTS RST SALTED	35# *	1.54	53.90		
4707	SIMPLSOY	SOYNUITS salted	5#	1.42	7.10		
4704	SIMPLSOY	SOYNUITS unsalted	5#	1.42	7.10		
2005	BULK	SUNFLOWER SEEDS RST N/S	25# *	1.69	42.25	1.49	37.25
1160	BULK	SUNFLOWER SEEDS RST SALT	25# *	1.69	42.25	1.49	37.25
<b>NUTS &amp; SEEDS, RAW</b>							
2308	BULK	ALMOND MEAL natural	25# *	4.75	118.75	4.25	106.25
3042	BULK	ALMONDS 23-25 N P Supreme	25# *	4.95	123.75		
1107	BULK	ALMONDS blanched slivered	25# *	4.95	123.75	4.45	111.25
3334	BULK	ALMONDS blanched whole raw	25# *	4.95	123.75	4.45	111.25
3714	BULK	ALMONDS ORG Calif	25# *	10.99	274.75		
1106	BULK	ALMONDS sliced	25# *	4.75	118.75	4.25	106.25
1196	BULK	BRAZIL NUTS ORG	44# *	6.59	289.96		
1810	BULK	BRAZIL NUTS Rainforest	44# *	5.45	239.80		
1195	BULK	CASHEW ORG pieces	25# *	5.99	149.75		
1112	BULK	CASHEW pieces	25#	3.19	79.75		
1816	BULK	CASHEW pieces rainfrst Brazil	50# *	3.30	165.00	2.95	147.50
1111	BULK	CASHEW whole raw 320 ctn	25# *	3.99	99.75		
1292	BULK	CASHEWS ORG whl raw 320 ctn	25# *	6.88	172.00		
1114	BULK	CHESTNUTS whole dry shelled	5#	6.99	34.95	6.29	31.45
2144	BULK	FILBERTS blanched	25# *	8.94	223.50		
1115	BULK	FILBERTS hazelnuts Oregon	35# *	4.99	174.65		
8420	BULK	FLAX SEED Brown ORG	25# **	1.09	27.25	.98	24.50
8418	BULK	FLAX SEED Golden ORG	50# **	1.25	62.50	1.10	55.00
1116	BULK	MACADAMIA NUTS raw	5#	10.45	52.25		
1119	BULK	PEANUTS raw blanched	15# *	1.69	25.35		
1120	BULK	PEANUTS raw redskins	25# *	1.90	47.50		
1121	BULK	PEANUTS raw Valencia ORG	25# *	2.65	66.25	2.35	58.75
1135	BULK	PECAN MEAL	30# *	2.40	72.00		
3078	BULK	PECANS med pieces	30# *	7.30	219.00		
1134	BULK	PECANS select Jr. Mammoth halv	30# *	7.65	229.50		
2596	BULK	PIGNOLIAS China pinenuts	27.5# *	12.95	356.13	11.65	320.38
0113	BULK	PIGNOLIAS pinenuts PESTO GRADE	27.5# *	10.50	288.75		
1155	BULK	PUMPKIN SEED grwn w/o shell OG	25# *	2.99	74.75	2.69	67.25
1125	BULK	PUMPKIN SEEDS HULLED ORG	27# *	2.99	80.73		
1137	BULK	PUMPKIN SEEDS raw China	27.5# *	2.49	68.48	2.24	61.60
1869	BULK	SESAME SEEDS black	1#	2.19	2.19		
1138	BULK	SESAME SEEDS hulled	50# *	1.20	60.00		
1140	BULK	SESAME SEEDS hulled ORG mech	25# *	1.85	46.25		
1139	BULK	SESAME SEEDS unhulled natrl	25# *	1.05	26.25	.95	23.75
1146	BULK	SESAME SEEDS unhulled ORG	25# *	1.45	36.25	1.30	32.50
1141	BULK	SUNFLOWER SEEDS hulled	50# *	.99	49.50		
2157	BULK	SUNFLOWER SEEDS hulled ORG	50# *	1.49	74.50		
3712	BULK	WALNUT bakers pieces ORG	30# *	5.75	172.50		
1142	BULK	WALNUT halves & pieces Calif	25# *	3.95	98.75		
3702	BULK	WALNUT halves & pieces ORG	25# *	5.99	149.75	5.39	134.75
1143	BULK	WALNUT PIECES Calif	30# *	3.99	119.70	3.59	107.70
1145	BULK	WALNUT raw medium chopped	30# *	3.99	119.70		
8410	BULK	ALFALFA SEEDS ORG	1#	5.75	5.75		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
8411	BULK	BROCCOLI SEEDS ORG	8 OZ	7.99	7.99	7.19	7.19
1030	BULK	BUCKWHEAT SEEDS ORG	5#	.89	4.45		
8412	BULK	DAIKON RADISH SEEDS ORG	1#	2.80	2.80	2.50	2.50
2158	BULK	SUNFLOWR SEEDS whl/bk oil ORG	5#	2.29	11.45	1.99	9.95
<b>OILS</b>							
2646	BULK	CANOLA OIL	3LTR	5.25	5.25		
2647	BULK	CANOLA OIL	35#	26.45	26.45	23.80	23.80
2655	BULK	CANOLA OIL expeller pressed	35#	37.20	37.20		
2644	TUSCAN	CANOLA OIL explr pressed	3LTR	7.99	7.99	7.19	7.19
2665	CATANIA	CANOLA OIL ORG	35#	72.50	72.50		
1104	SPECTRM	CANOLA super high oleic	GAL	15.99	15.99		
2129	TUSCAN	CANOLA/SOY/OLIVE OIL 10%	3LTR	5.55	5.55	4.95	4.95
4112	TUTINOS	GRAPSEED OIL	1 GAL	14.50	14.50		
2127	BULK	PEANUT OIL refined	1 GAL	15.90	15.90	14.30	14.30
1091	TUSCAN	SAFFLOWER OIL UNRF HIGH OLEIC	3LTR	12.50	12.50		
1086	BULK	SAFFLOWER UNRFND HIGH OLEIC	35#	65.50	65.50		
1083	SPECTRM	SAFFLR OIL UNRFN HI OLEIC	35#	72.95	72.95		
1865	TUSCAN	SESAME OIL TOASTED	3LTR	18.75	18.75		
1176	KADOYA	SESAME OIL TOASTED	56 OZ	11.99	11.99	10.79	10.79
1100	TUSCAN	temp n/a SESAME OIL UNRFND	3LTR	21.00	21.00		
1080	BULK	SOY OIL	35#	24.50	24.50		
1076	TUSCAN	SOY OIL (Gourmet Salad)	3LTR	4.95	4.95	4.45	4.45
1465	BULK	SOY OIL ORG	5 GAL	48.75	48.75		
1103	BULK	SUNFLOWER OIL RFND	3LTR	12.39	12.39		
1079	CATANIA	SUNFLOWER OIL RFND	35#	56.50	56.50	50.50	50.50
<b>OLIVE OILS</b>							
1097	ATHENA	OLIVE OIL EX VIRGIN Greek	GAL	33.25	33.25		
3114	BULK	OLIVE OIL EX VIRGIN ORG	35#	175.00	175.00	155.00	155.00
0292	BIONAT	OLIVE OIL EX VIRGIN ORG	3 LTR	35.25	35.25		
4721	ROMULO	OLIVE OIL EX VIRGIN Spain	GAL	35.75	35.75		
2643	BULK	OLIVE OIL EX VIRGIN TIN Italy	3 LTR	23.50	23.50		
3115	BULK	OLIVE OIL EX VIRGIN UNRFD	35#	128.50	128.50	115.65	115.65
30579	ARIA	OLIVE OIL EXTRA VIRGIN	3 LTR	28.99	28.99		
1398	ATLANTIC	OLIVE OIL ORG X-VIRGIN packets	105/5 OZ	.23	24.15	.21	22.05
3301	BULK	OLIVE OIL POMACE	GAL	19.00	19.00		
2132	BULK	OLIVE OIL PURE Imported	GAL	27.85	27.85		
10114	TRIANNA	OLIVE OIL XV Argentina	3 LTR	27.85	27.85	24.99	24.99
1082	BULK	SPIGOTS-includes caps for 35#	EACH	7.00	7.00		
<b>PASTA, ASIAN</b>							
1828	SOBAYA	40% BUCKWHEAT SOBA	11#	2.39	26.29		
1829	SOBAYA	40% BUCKWHEAT SOBA ORG	11#	2.99	32.89	2.69	29.59
1834	SOBAYA	GENMAI UDON ORG	11#	3.09	33.99		
1830	SOBAYA	NAT WHEAT UDON	11#	2.19	24.09		
1832	EMPERKIT	SOBA BUCKWHEAT 100% ORG N/S	11#	7.75	85.25	6.95	76.45
1836	SOBAYA	SPELT SOBA ORG	11#	3.67	40.37		
1833	SOBAYA	SPELT UDON ORG	11#	3.67	40.37	3.27	35.97
1827	SOBAYA	WHEAT SOMEN ORGANIC	11#	2.79	30.69	2.49	27.39
1835	SOBAYA	WHEAT UDON ORG	11#	2.79	30.69	2.49	27.39
<b>PASTA</b>							
2765	ANCIENT	QUINOA ELBOWS w/CORN WF	10#	2.19	21.90		
2767	ANCIENT	QUINOA LINGUINE WF	10#	2.19	21.90		
2768	ANCIENT	QUINOA PAGODAS WF	10#	2.19	21.90		
2771	ANCIENT	QUINOA SPAGHETTI WF	10#	2.19	21.90		
2773	ANCIENT	QUINOA VEGGIE CURLS WF	10#	2.19	21.90		
0267	BIONAT	SEMOL FUSILLI ORG Italy	11#	1.67	18.37	1.34	14.70
0265	BIONAT	SEMOL PENNE RIGATE ORG Ital	11#	1.67	18.37	1.34	14.70
0263	BIONAT	SEMOL SPAGHETTI ORG Italy	11#	1.67	18.37	1.34	14.70
0296	BIONAT	WHL WHT FUSILLI ORG	11#	1.67	18.37	1.34	14.70
0295	BIONAT	WHL WHT PENNE RIGATE ORG	11#	1.67	18.37	1.34	14.70
0291	BIONAT	WHL WHT SPAGHETTI ORG	11#	1.67	18.37	1.34	14.70
10204	BULK	CORN SHELLS WF/GF	10#	2.25	22.50		
1470	BULK	SEMO ARTICHOKE ELBOWS	10#	1.47	14.70		
1471	BULK	temp n/a SEMO ARTICHOKE FLATS	10#	1.47	14.70		
1489	BULK	SEMO ARTICHOKE LINGUINI	10#	1.47	14.70		
1469	BULK	SEMO ARTICHOKE SPAGHETTI	10#	1.47	14.70		
2251	BULK	SEMO SOY ELBOW	10#	1.39	13.90		
2252	BULK	SEMO SOY FLATS	10#	1.39	13.90		
1468	BULK	SEMO SOY SPAGHETTI	10#	1.39	13.90	1.24	12.40
1474	BULK	SEMO SPINACH FLATS	10#	1.39	13.90		
2254	BULK	SEMO SPINACH LINGUINI	10#	1.39	13.90	1.24	12.40
1475	BULK	SEMO SPINACH ROTINI	10#	1.39	13.90		
1472	BULK	SEMO SPINACH SPAGHETTI	10#	1.39	13.90		
1479	BULK	SEMO TOMATO BASIL LINGUINI	10#	1.45	14.50	1.30	13.00
2257	BULK	SEMO TOMATO LINGUINI	10#	1.45	14.50		
2903	BULK	SEMO VEGETABLE BOWTIES ORG	10#	2.63	26.30	2.23	22.30
2915	BULK	SEMO VEGETABLE CORKSCREWS ORG	10#	2.63	26.30	2.23	22.30
1476	BULK	SEMO VEGETABLE ELBOWS	10#	1.57	15.70		
2260	BULK	SEMO VEGETABLE FLATS	10#	1.57	15.70	1.37	13.70
2223	BULK	SEMO VEGETABLE RADIATORS	10#	1.69	16.90		



## TIPS FOR SALT USE: CONTINUED

**Keeping milk fresh** - Adding a pinch of salt to milk will keep it fresh longer.

**Setting gelatin** - To set gelatin salads and desserts quickly, place over ice that has been sprinkled with salt.

### Cleaning:

**Cleaning brass** - Mix equal parts of salt, flour and vinegar to make a paste, rub the paste on the brass item, leave on for an hour or so, then clean with a soft cloth or brush and buff with a dry cloth.

**Cleaning wicker** - To prevent yellowing, scrub wicker furniture with a stiff brush moistened with warm salt-water and allow to dry in the sun.

**Cleaning grease spots on rugs** - Some grease spots can be removed with a solution of one part salt and four parts alcohol and rubbing hard but carefully to avoid damage to the nap.

**Extending broom life** - New brooms will wear longer if soaked in hot saltwater before they are first used.

**Removing wine stains** - If wine is spilled on a tablecloth or rug, blot up as much as possible and immediately cover the wine with salt, which will absorb the remaining wine. Later rinse the tablecloth with cold water; scrape up the salt from the rug and then vacuum the spot.



## TIPS FOR SALT USE: CONTINUED

**Removing rings from tables** - White rings left on tables from wet or hot dishes or glasses can be removed by rubbing a thin paste of salad oil and salt on the spot with your fingers, letting it stand an hour or two, then wiping it off.

**Restoring sponges** - Give sponges new life by soaking them in cold saltwater after they are washed.

**Settling suds** - If a washing machine bubbles over from too many suds, sprinkle salt on the suds to reduce them.

**Brightening colors** - Wash colored curtains or washable fiber rugs in a saltwater solution to brighten the colors. Brighten faded rugs and carpets by rubbing them briskly with a cloth that has been dipped in a strong saltwater solution and wrung out.

**Removing perspiration stains** - Add four tablespoons of salt to one quart of hot water and sponge the fabric with the solution until stains disappear.

**Brightening yellowed cottons or linens** - Boil the yellowed items for one hour in a salt and baking soda solution

**Removing blood stains** - Soak the stained clothing or other cloth item in cold saltwater, then launder in warm, soapy water and boil after the wash. (Use only on cotton, linen or other natural fibers that can take high heat.)

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>PASTA - CONT.</b>							
1477	BULK	SEMO VEGETABLE ROTINI	10#	1.57	15.70		
2671	BULK	SEMO VEGETABLE SHELLS MEDIUM	10#	1.63	16.30		
2261	BULK	SEMO VEGETABLE SHELLS MINI	10#	1.57	15.70	1.37	13.70
2222	BULK	SEMO VEGETABLE SPIRALS MINI	10#	1.57	15.70		
1544	BULK	SEMO VEGETABLE VARIETY	10#	1.69	16.90		
1547	BULK	SEMO VEGETABLE WAGON WHEELS	10#	1.63	16.30	1.43	14.30
2540	BULK	SEMOLINA ANGEL HAIR FIDELINI	10#	1.24	12.40		
1522	BULK	SEMOLINA ELBOWS	10#	1.18	11.80		
8141	BULK	SEMOLINA LASAGNA	10#	1.39	13.90		
2245	BULK	SEMOLINA LINGUINI	10#	1.18	11.80		
2241	BULK	SEMOLINA MELON SEEDS orzo	10#	1.15	11.50		
2246	BULK	SEMOLINA PENNE RIGATI mosta	10#	1.24	12.40	1.10	11.00
3167	BULK	SEMOLINA SHELLS FOR STUFFING	10#	1.41	14.10		
2262	BULK	SEMOLINA SHELLS MEDIUM	10#	1.26	12.60	1.10	11.00
2670	BULK	SEMOLINA SHELLS SMALL	10#	1.18	11.80		
2247	BULK	SEMOLINA SPAGHETTI	10#	1.18	11.80	1.06	10.60
1491	BULK	SPELT ANGEL HAIR ORG Fidelini	10#	2.48	24.80		
1480	BULK	SPELT ELBOWS ORG	10#	2.48	24.80		
1481	BULK	SPELT ROTINI ORG	10#	2.48	24.80		
1482	BULK	SPELT SPAGHETTI ORG	10#	2.48	24.80		
1455	BULK	WHL WHT ALPHABETS ORG	10#	1.33	13.30		
1454	BULK	WHL WHT ELBOWS ORG	10#	1.33	13.30		
2502	BULK	WHL WHT FIDELINI ORG	10#	1.33	13.30	1.19	11.90
1457	BULK	WHL WHT FLATS ORG	10#	1.33	13.30		
1458	BULK	WHL WHT LASAGNA ORG	10#	1.57	15.70		
1304	BULK	WHL WHT LINGUINI ORG	10#	1.33	13.30		
1459	BULK	WHL WHT RIGATONI ORG	10#	1.47	14.70	1.27	12.70
1546	BULK	WHL WHT ROTINI spirals ORG	10#	1.33	13.30		
1467	BULK	temp n/a WHL WHT SESAME RICE R	10#	1.59	15.90		
3165	BULK	WHL WHT SHELLS FOR STUFFING OR	10#	1.59	15.90		
2243	BULK	WHL WHT SHELLS small ORG	10#	1.46	14.60	1.26	12.60
1461	BULK	temp n/a WHL WHT SOY SPAGHETTI	10#	1.57	15.70		
1453	BULK	WHL WHT SPAGHETTI ORG	10#	1.33	13.30		
1462	BULK	WHL WHT SPINACH FLATS ORG	10#	1.54	15.40		
1464	BULK	WHL WHT SPINACH LASAGNA ORG	10#	1.69	16.90	1.49	14.90
1463	BULK	WHL WHT SPINACH SPAGHETTI ORG	10#	1.56	15.60		
1460	BULK	WHL WHT VEGETABLE ELBOW ORG	10#	1.69	16.90		
2667	BULK	WHL WHT VEGETABLE ROTINI ORG	10#	1.69	16.90	1.49	14.90
2635	BULK	RADIATORES semolina	20#	.99	19.80		
3071	DEBOLE	ANGEL HAIR GARLIC & PARSLEY	10#	2.65	26.50		
3067	DEBOLE	ARTI SPINACH FETTUCINE ORG	10#	2.65	26.50		
3062	DEBOLE	ARTI SPINACH SPAGHETTI ORG	10#	2.65	26.50	2.35	23.50
1446	DEBOLE	ARTICHOKE LASAGNA ORG	10#	2.89	28.90	2.59	25.90
3085	DEBOLE	ARTICHOKE LINGUINI	10#	2.65	26.50		
1434	DEBOLE	ARTICHOKE SHELLS ORG	10#	2.65	26.50		
3068	DEBOLE	ARTICHOKE SPAGHETTI	10#	2.65	26.50		
6417	EDEN	RIBBONS PARSLEY GARLIC ORG	10#	2.49	24.90	2.24	22.40
1449	PASTARSO	BROWN RICE ELBOWS ORG GF	10#	2.60	26.00		
1441	PASTARSO	BROWN RICE FETTUCINE ORG GF	10#	2.60	26.00		
1443	PASTARSO	BROWN RICE FUSILLI ORG GF	10#	2.60	26.00	2.30	23.00
1447	PASTARSO	BROWN RICE SPAG ORG GF	10#	2.60	26.00		
1442	PASTARSO	BROWN RICE LASAGNA ORG GF	5#	3.15	15.75		
1445	PASTARSO	BROWN RICE SPIRALS ORG GF	8#	2.60	20.80	2.30	18.40
4595	PDOM	PRIMA VERA ORZO ORG	10#	1.77	17.70		
4600	PDOM	PRIMA VERA ROTINI ORG	10#	1.77	17.70		
1452	PDOM	SEMO ELBOWS ORG	10#	1.63	16.30		
4602	PDOM	SEMO LINGUINI ORG	10#	1.63	16.30		
4605	PDOM	SEMO ORZO ORG	10#	1.63	16.30	1.43	14.30
1451	PDOM	SEMO SPAGHETTI ORG	10#	1.63	16.30		
1565	TNK	BR RICE ELBOW w/RICE BRAN WF	10#	2.38	23.80		
1566	TNK	BR RICE FETTUCINI w/BRAN WF	10#	2.69	26.90	2.39	23.90
1563	TNK	BR RICE PENNE w/RICE BRAN WF	10#	2.38	23.80		
1564	TNK	BR RICE SHELLS w/RICE BRAN WF	10#	2.38	23.80		
1561	TNK	BR RICE SPAGHET w/RICE BRAN WF	10#	2.38	23.80		
1567	TNK	BR RICE SPIN SPAG w/RICE BR WF	10#	3.05	30.50		
1562	TNK	BR RICE SPIRALS w/RICE BRAN WF	10#	2.38	23.80		
1568	TNK	BR RICE VEG SPIRALS w/BRAN WF	10#	3.05	30.50	2.75	27.50
30197	WOODLND	ORZO BLACK CALAMARI	5#	4.59	22.95		
30199	WOODLND	ORZO SOUTHWEST MIX	5#	3.99	19.95	2.99	14.95
<b>PREPARED FOODS</b>							
8205	FANTAST	FANTASTIC FALAFIL	10#	2.50	25.00	2.25	22.50
8220	FANTAST	HUMMUS DIP MIX	10#	3.45	34.50		
8210	FANTAST	INSTANT BLACK BEANS	10#	3.35	33.50		
8215	FANTAST	INSTANT REFRIED BEANS	10#	3.35	33.50		
8225	FANTAST	NATURE'S BURGER	10#	2.45	24.50		
8230	FANTAST	TABOULI SALAD	10#	2.50	25.00		
8245	FANTAST	VEGETARIAN CHILI	10#	3.10	31.00	2.75	27.50
<b>RICE</b>							
2221	BULK	ARBORIO RICE Italy	11#	1.35	14.85		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
2219	BULK	ARBORIO RICE Italy	35 OZ	3.95	3.95	3.55	3.55
2234	LUNDBERG	ARBORIO RICE WHITE	25# **	1.65	41.25	1.45	36.25
2211	LUNDBERG	BASMATI RICE BROWN	25# **	1.04	26.00		
2215	TEXMATI	BASMATI RICE BROWN	25# **	1.07	26.75		
2216	LONEPINE	BASMATI RICE BROWN ORG	25# **	1.24	31.00	1.10	27.50
4922	BULK	BASMATI RICE INDIAN WHITE	10#	1.19	11.90		
2212	TEXMATI	BASMATI RICE WHITE	25# **	1.07	26.75		
2218	LUNDBERG	BASMATI RICE WHITE	25# **	1.21	30.25		
2217	ARROW	BASMATI RICE WHITE ORG	25# **	1.79	44.75	1.59	39.75
2220	BULK	BASMATI RICE WHITE Pakistan	10#	1.09	10.90		
3582	BULK	BLACK RICE China	25# **	1.79	44.75	1.59	39.75
1144	BULK	BLACK RICE SWEET LONG GRAIN	5#	1.39	6.95		
20554	NISHIKI	BROWN RICE	8/5#	.99	39.60		
1050	LUNDBERG	BROWN RICE LONG	25# **	.87	21.75		
1042	LUNDBERG	BROWN RICE LONG ORG	25# **	1.21	30.25		
1049	LONEPINE	BROWN RICE LONG ORG	50# **	.95	47.50	.85	42.50
1048	LONEPINE	BROWN RICE MED ORG	50# **	.95	47.50		
1055	LUNDBERG	BROWN RICE MEDIUM ORG	25# **	1.21	30.25	1.09	27.25
3124	NISHIKI	BROWN RICE QUICK COOKING	5#	1.23	6.15		
1044	LUNDBERG	BROWN RICE SHORT nutra farm	25# **	.87	21.75	.77	19.25
1043	LUNDBERG	BROWN RICE SHORT ORG	25# **	1.21	30.25		
1047	LONEPINE	BROWN RICE SHORT ORG	50# **	.95	47.50	.85	42.50
1646	LUNDBERG	BROWN RICE SWEET ORG	25# **	1.21	30.25		
1046	LUNDBERG	BROWN RICE SWEET SHORT	25# **	.87	21.75		
14409	BOTAN	CALROSE KRAFT RICE	20#	.66	13.20		
20552	BOTAN	CALROSE RICE	8/5#	.76	30.40		
3560	LUNDBERG	GOURMET RICE BLACK JAPONICA	25# **	1.85	46.25	1.65	41.25
2119	LUNDBERG	GOURMET RICE WEHANI	25# **	1.85	46.25		
3566	LUNDBERG	GOURMET RICE WILD BLEND	25# **	2.39	59.75		
20551	DYNASTY	JASMINE RICE	6/5#	.82	24.60		
2102	LUCKY	JASMINE RICE	10#	.84	8.40	.74	7.40
2104	LUCKY	JASMINE RICE	5#	.89	4.45	.79	3.95
3591	LUNDBERG	JASMINE RICE BROWN ORG	25# **	1.53	38.25		
20560	DYNASTY	JASMINE RICE EXTRA FANCY	25#	.75	18.75	.68	17.00
2214	BULK	JASMINE RICE WHITE	25# **	.75	18.75		
3581	LUNDBERG	JASMINE RICE WHITE ORG	25# **	1.79	44.75		
5505	LUNDBERG	OLD WORLD PILAF	25# **	1.85	46.25		
5870	BULK	PURPLE STICKY RICE Thailand	25#	1.57	39.25		
5875	BULK	RED HIMALAYAN RICE	25# **	1.32	33.00		
06003	KOKUHO	ROSE RICE	8/5#	.96	38.40	.86	34.40
06000	KOKUHO	ROSE RICE	4/10#	.92	36.80	.82	32.80
03506	KOKUHO	ROSE RICE KRAFT	20# **	.86	17.20		
28586	NISHIKI	SUSHI PREMIUM RICE	10#	.92	9.20	.78	7.82
3118	NISHIKI	SUSHI RICE WHITE	5#	.96	4.80	.82	4.08
3116	NISHIKI	SUSHI RICE WHITE	20#	.86	17.20	.76	15.20
3186	LUNDBERG	SUSHI RICE WHITE ORG	25# **	1.49	37.25	1.34	33.50
1051	BULK	WHITE RICE LONG comm	22# **	.59	12.98		
1063	PONLAI	WHITE RICE MED GRAIN	20#	.62	12.40		
20555	ICHIBAN	WHITE RICE MEDIUM GRAIN	20#	.68	13.60		
1257	DELTA	WHITE RICE PARBOILED Kosher	25#	.57	14.25		
20558	HIME	WHITE RICE SHORT GRAIN ORG	6/5#	1.86	55.80		
0183	BULK	WHITE RICE SWEET LONG Thai	5#	.95	4.75		
1053	BULK	WHITE RICE SWEET SHORT	5#	1.02	5.10		
3073	BULK	WILD RICE BROKEN	25# **	3.55	88.75		
10029	RED LAKE	WILD RICE CULTIVATED Minnesota	5 #	3.72	18.60	3.32	16.60
4886	LUNDBERG	WILD RICE ORG	25# **	6.39	159.75		
<b>SEAFOOD</b>							
7102	NATSEA	CHUNK LIGHT TUNA N/S yellowfin	66 OZ	16.20	16.20	14.50	14.50
<b>SNACKS &amp; SNACK MIXES</b>							
2627	BULK	CORN SNACKS W/FLAX SALTED	12#	1.53	18.36		
2626	BULK	CORN STICKS HOT CAJUN	12#	1.53	18.36		
0384	MECOAST	CRUNCH ORIGINAL SESAME ORG	2#	15.00	30.00		
1707	NENB	MIX TEX MEX	5#	3.55	17.75		
2630	BULK	SESAME STICKS CAJUN	15#	1.53	22.95		
3091	BULK	SESAME STICKS CHEDDAR	15#	1.64	24.60		
2628	BULK	SESAME STICKS GARLIC	15#	1.53	22.95		
9651	GLDNFLVR	SESAME STICKS HONEY GLAZED	15#	1.96	29.40	1.66	24.90
9653	GLDNFLVR	SESAME STICKS JALAPENO CHEDDAR	15#	1.85	27.75	1.65	24.75
1251	BULK	SESAME STICKS N/SALT	12#	1.53	18.36		
2624	BULK	SESAME STICKS POPPY & ONION	15#	1.53	22.95		
1607	BULK	SESAME STICKS SALT	15#	1.53	22.95		
9652	GLDNFLVR	SESAME STICKS SOUR CREAM ONION	15#	1.59	23.85		
9655	GLDNFLVR	SESAME STICKS SPELT	15#	2.12	31.80		
2629	BULK	SESAME STICKS w/oat bran	15#	1.53	22.95		
9650	GLDNFLVR	SESAME STICKS WHOLE WHEAT	15#	1.72	25.80	1.52	22.80
1790	BULK	WASABI GREEN PEAS natural s	22# *	2.99	65.78	2.69	59.18
3671	BULK	WASABI PEANUTS natural s	22# *	3.19	70.18		
9654	GLDNFLVR	WILD RICE STICKS	15#	1.85	27.75		



## TIPS FOR SALT USE: CONTINUED

**Removing mildew or rust stains** - Moisten stained spots with a mixture of lemon juice and salt, then spread the item in the sun for bleaching; and finally, rinse and dry.

**Color-matching nylons** - Good nylons that don't have a match can be made the same color by boiling them a few minutes in a pan of lightly salted water.

**Fixing sticking iron** - Sprinkle a little salt on a piece of paper and run the hot iron over it to remove rough, sticky spots.

## Health & Beauty:

**Gargling** - Stir 1/2 teaspoon salt in an 8-ounce glass of warm water for use as a gargle for sore throats.

**Cleaning teeth** - Mix one part salt to two parts baking soda after pulverizing the salt in a blender or rolling it on a kitchen board with a tumbler before mixing. It whitens teeth, helps remove plaque and it is healthy for the gums.

**Washing mouth** - Mix equal parts of salt and baking soda as a mouth wash that sweetens the breath.

**Bathing eyes** - Mix 1/2 teaspoon of salt in a pint of water and use the solution to bathe tired eyes.

**Reducing eye puffiness** - Mix one teaspoon of salt in a pint of hot water and apply pads soaked in the solution on the puffy areas.



## TIPS FOR SALT USE: CONTINUED

**Relieving tired feet** - Soak aching feet in warm water to which a handful of salt has been added. Rinse in cool water.

**Relieving bee stings** - If stung, immediately wet the spot and cover with salt to relieve the pain.

**Treating mosquito and chigger bites** - Soak in saltwater, then apply a mixture of lard and salt.

**Treating poison ivy** - Soaking the exposed part in hot saltwater helps hasten the end to poison ivy irritation.

**Relieving fatigue** - Soak relaxed for at least ten minutes in a tub of water into which several handfuls of salt has been placed.

**Removing dry skin** - After bathing and while still wet give yourself a massage with dry salt. It removes dead skin particles and aids the circulation.

**Applying facial** - For a stimulating facial, mix equal parts of salt and olive oil and gently massage the face and throat with long upward and inward strokes. Remove mixture after five minutes and wash face.

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>SOY FOODS</b>							
2479	BULK	temp n/a TVP BACON BITS s	1#	3.35	3.35		
6876	BULK	temp n/a TVP CHUNKS DARK	50# *	1.70	85.00		
6877	BULK	temp n/a TVP CHUNKS LIGHT	25# *	1.95	48.75		
6874	SOYMANNA	TSP tex soy protein ORG	20# *	2.87	57.40	2.57	51.40
6878	BULK	TVP GRANULES DARK	50# *	1.70	85.00	1.50	75.00
6879	BULK	TVP GRANULES LIGHT	50# *	1.70	85.00	1.50	75.00
<b>SWEETENERS</b>							
1575	MADHAVA	AGAVE NECTAR AMBER ORG	1 GAL	28.93	28.93		
1435	BULK	BARLEY & CORN MALT 75/25%	5 GAL	55.00	55.00	49.50	49.50
1437	BULK	BARLEY MALT 100% PURE	5 GAL	67.00	67.00		
1436	BULK	BARLEY/CORN MALT POWDER	50# **	1.60	80.00		
1826	BULK	BROWN RICE SYRUP pail	55#	98.00	98.00		
1831	LUNDBERG	BROWN RICE SYRUP pail ORG	55#	133.50	133.50	120.50	120.50
1373	MOORLND	HONEY CLOVER	5#	15.33	15.33	13.03	13.03
1374	DAWES	HONEY CLOVER	5#	17.50	17.50		
1372	MOORLND	HONEY CLOVER Unfiltered	60#	1.99	119.40		
1390	MOORLND	HONEY WILDFLOWER	5#	15.33	15.33	13.73	13.73
1376	DAWES	HONEY WILDFLOWER RAW	5#	17.50	17.50		
3035	MOORLND	HONEY WILDFLOWER Unfiltered	60#	1.99	119.40		
1418	COOMBS	MAPLE GRADE A MED ORG jug	GAL	54.55	54.55		
1413	BULK	MAPLE GRADE A MEDIUM	1/2 GAL	25.50	25.50		
1425	BULK	MAPLE GRADE B COOKING	1/2 GAL	26.50	26.50		
1424	COOMBS	MAPLE GRADE B COOKING ORG	GAL	53.75	53.75	47.75	47.75
1423	BULK	MAPLE GRADE B COOKING ORG	5 GAL	253.25	253.25	202.60	202.60
2314	BULK	MOLASSES BARBADOS unsulf	5 GAL	40.75	40.75		
1432	PLANTAT	MOLASSES BARBADOS unsulf	GAL	9.99	9.99		
9050	WHLSME	MOLASSES BLACKSTRAP ORG	5 GAL	68.12	68.12	62.12	62.12
1431	GROEB	MOLASSES BLACKSTRAP unsulf	GAL	6.75	6.75		
1428	BULK	MOLASSES BLACKSTRAP unsulf	5 GAL	28.35	28.35		
1404	BULK	SUGAR CERULOSE corn	50# **	.49	24.50		
1405	BULK	SUGAR DARK BROWN	100# **	.69	69.00		
1402	BULK	SUGAR DATE	5#	4.59	22.95		
9031	BULK	SUGAR DEMERARA unrefined	55# **	.89	48.95		
9044	BULK	SUGAR EVAPORATED CANE ORG	50# **	1.09	54.50		
9058	BULK	SUGAR FRUCTOSE CRYSTALLINE	50# **	.85	42.50		
1400	BULK	SUGAR GRANULATED WHITE	50# **	.74	37.00		
1401	BULK	SUGAR LIGHT BROWN	50# **	.74	37.00		
1407	BULK	SUGAR MAPLE pure	5#	7.25	36.25		
9061	FLORIDA	SUGAR MILLED CANE	25# **	1.05	26.25	.95	23.75
9049	WHLSME	SUGAR ORG Euro-style packets	1000 CT	40.00	40.00		
2190	BULK	SUGAR POWDERED CONFECTIONERS	50# **	.75	37.50		
1987	RAPUNZEL	SUGAR RAPADURA ORG	33# **	1.75	57.75		
9051	WHLSME	SUGAR SUCANAT	50# **	1.12	56.00	.95	47.50
9030	BULK	SUGAR TURBINADO Nat.Cane	55# **	.75	41.25		
<b>TEA</b>							
8560	BULK	GRNTEA PINHD GNPWD tmpl of hev	16 OZ *	.70	11.20		
8551	XANADU	CHAI s	16 OZ *	.87	13.92		
8548	XANADU	TEA CEYLON SUPREME	16 OZ *	.49	7.84	.44	7.04
3687	XANADU	TEA DARJEELING	16 OZ *	.99	15.84	.89	14.24
8552	XANADU	TEA EARL GREY	16 OZ *	.65	10.40	.59	9.44
8553	XANADU	TEA ENGLISH BREAKFAST	16 OZ *	.65	10.40	.59	9.44
8554	XANADU	TEA IRISH BREAKFAST	16 OZ *	.77	12.32		
8550	XANADU	TEA JASMINE	16 OZ *	.49	7.84		
<b>VEGETABLES</b>							
4541	BULK	ARTICHOKE HEARTS 30/40cnt	5.8 LBS	12.39	12.39		
6442	CANNONE	CIPOLLINE ONIONS AGRODULCE	3.53 #	12.50	12.50	9.99	9.99
8292	MUIRGLN	ORG CRUSHED TOMATOES	104 OZ	6.75	6.75		
8353	MUIRGLN	ORG DICED TOMATOES	102 OZ	6.45	6.45		
4255	MUIRGLN	ORG TOMATO SAUCE	102 OZ	6.75	6.75		
8291	MUIRGLN	ORG WHOLE PEELED TOMATOES	102 OZ	6.45	6.45		
4005	ROLAND	PEPPERS RED RST	5.8 # CAN	8.99	8.99		



VERMONT MYSTIC PIE COMPANY

## New Items Available

Frozen, Natural Juice Pies with an All Butter Crust.



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Blueberry Pie #62051  
Pie Shell # 62059

**ALL NATURAL**  
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DANCING DEER BAKING CO.

## New Pancake Mixes



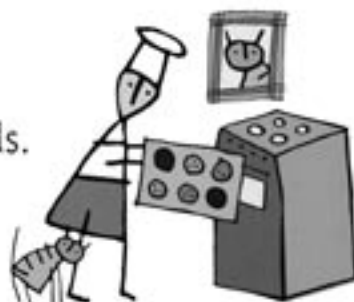
Buttermilk  
Double Chocolate Chip  
Meyer Lemon & Blueberry  
Pumpkin Spice



time for  sweets

DANCING DEER BAKING CO.

cookies  
make friends.



time for  sweets



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**ORGANIC EXTRA VIRGIN OLIVE OIL**  
Stone - milled Arbequina olives  
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# FROZEN FOODS



STOCK # BRAND ITEM DESCRIPTION SIZE PRICE EXT SALE PRICE EXT

## FROZEN FOODS

### AMY'S

60090	AMYS	ASIAN NOODLE STIR-FRY GF DF	3/10 OZ	3.55	10.65		
62046	AMYS	BOWL BAKED ZITI RICE/SOY ORG	3/9.5 OZ	3.55	10.65		
60079	AMYS	BOWL BRN RICE & VEG	3/10 OZ	3.55	10.65		
60106	AMYS	BOWL BRN RICE/BLK EYES/VEG	3/9 OZ	3.55	10.65		
61204	AMYS	BOWL CHEESE RAVIOLI	3/9.5 OZ	3.55	10.65	3.15	9.45
60093	AMYS	BOWL COUNTRY CHEDDAR	3/9.5 OZ	3.55	10.65		
61206	AMYS	BOWL LIGHT SALT BRN RICE/VEG	3/10 OZ	3.55	10.65	3.15	9.45
60105	AMYS	BOWL MEXICAN CASSEROLE	3/9.5 OZ	3.55	10.65		
60094	AMYS	BOWL PESTO TORTELLINI	3/9.5 OZ	3.55	10.65		
60080	AMYS	BOWL SANTA FE ENCHILADA GF	3/10 OZ	3.55	10.65	3.15	9.45
60081	AMYS	BOWL STUFFED SHELLS	3/10 OZ	3.55	10.65		
60082	AMYS	BOWL TERIYAKI	3/10 OZ	3.55	10.65	3.15	9.45
62048	AMYS	BREAKFAST PATTIES ORG	3/8 OZ	3.55	10.65		
60104	AMYS	BREAKFAST TOFU RANCHEROS	3/9 OZ	3.55	10.65	3.15	9.45
60103	AMYS	BREAKFAST TOFU SCRAMBLE	3/9 OZ	3.55	10.65		
60074	AMYS	ENCHILADA BLK BEAN GF DF	3/9.5 OZ	3.09	9.27	2.78	8.34
60049	AMYS	ENCHILADA CHEESE GF	3/9 OZ	3.09	9.27	2.78	8.34
60066	AMYS	ENCHILADA family BLK BN GF DF	2.2#	9.69	9.69	8.69	8.69
60065	AMYS	ENCHILADA family CHEESE GF	2.2#	9.69	9.69	8.69	8.69
61209	AMYS	ENCHILADA LT SALT BLK BEAN GF	3/10 OZ	3.09	9.27	2.78	8.34
60063	AMYS	LASAGNA CHEESE ORG	3/10.25 OZ	3.55	10.65		
60037	AMYS	LASAGNA GARDEN VEG WF/GF	3/10.25 OZ	3.55	10.65		
61208	AMYS	LASAGNA LIGHT SALT VEG	3/9.5 OZ	3.55	10.65		
60043	AMYS	LASAGNA TOFU	3/9.5 OZ	3.55	10.65		
60042	AMYS	LASAGNA VEGETABLE	3/9.5 OZ	3.55	10.65		
60064	AMYS	LASAGNA VEGGIE family size	2.8 #	9.69	9.69		
60035	AMYS	MACARONI & CHEESE	3/9 OZ	2.39	7.17		
60062	AMYS	MACARONI & CHEESE large size	3/20 OZ	3.75	11.25		
60036	AMYS	MACARONI & SOY CHEESE	3/9 OZ	2.39	7.17		
60061	AMYS	MACARONI (rice) & CHEESE GF	3/9 OZ	2.39	7.17		
61201	AMYS	MEAL INDIAN VEG KORMA GF DF	3/9.5 OZ	3.55	10.65	3.15	9.45
60011	AMYS	MEAL INDIAN MATTAR PANEER GF	3/10 OZ	3.55	10.65		
60023	AMYS	MEAL INDIAN PALAK PANEER GF	3/10 OZ	3.55	10.65		
60029	AMYS	MEAL WHOLE CHILI & CORNBRD	3/10.5 OZ	3.55	10.65	3.15	9.45
60040	AMYS	MEAL WHOLE VEGGIE LOAF DF	3/10 OZ	3.55	10.65		
60038	AMYS	MEAL WHOLE ENCHILADA blbean GF	3/10 OZ	3.55	10.65		
60083	AMYS	MEAL WHOLE ENCHILADA Chs GF	3/10 OZ	3.55	10.65	3.15	9.45
60032	AMYS	POT PIE BROCCOLI CHEESE	3/7.5 OZ	2.09	6.27		
60078	AMYS	POT PIE COUNTRY VEGETABLE	3/7.5 OZ	2.09	6.27		
60033	AMYS	POT PIE MEXICAN TAMALE GF DF	3/8 OZ	2.09	6.27		
60034	AMYS	POT PIE SHEPARD GF DF	3/8 OZ	2.09	6.27		
60030	AMYS	POT PIE VEGETABLE	3/7.5 OZ	2.09	6.27		
60031	AMYS	POT PIE VEGGIE dairy-free	3/7.5 OZ	2.09	6.27		
61207	AMYS	WHOLE MEAL LIGHT SALT VEG LOAF	3/10 OZ	3.55	10.65		
61202	AMYS	WHOLE MEAL MATTAR TOFU GF DF	3/9.5 OZ	3.55	10.65	3.15	9.45
60073	AMYS	BURRITO Assorted 1 each	6/6 OZ	2.05	12.30		
60044	AMYS	BURRITO BEAN & RICE DF	6/6 OZ	1.99	11.94		
60045	AMYS	BURRITO BEAN & RICE w/chd chs	6/6 OZ	1.99	11.94		
60047	AMYS	BURRITO BLACK BEAN DF	6/6 OZ	1.99	11.94		
60046	AMYS	BURRITO BREAKFAST DF	6/6 OZ	1.99	11.94		
60039	AMYS	BURRITO ESPECIAL	6/6 OZ	1.99	11.94		
61200	AMYS	BURRITO SOUTHWESTERN	6/5.5 OZ	1.99	11.94		
62045	AMYS	INDIAN PANEER TIKKA ORG	3/9.5 OZ	3.55	10.65	3.15	9.45
60107	AMYS	INDIAN SAMOSA WRAPS Vegan	4/10 OZ	3.55	14.20	3.15	12.60
62047	AMYS	INDIAN SPINACH TOFU WRAP ORG	6/5.5 OZ	1.99	11.94	1.79	10.74
60102	AMYS	PIZZA 3 CHEESE CORNMEAL CRUST	4/14.5 OZ	5.99	23.96	5.39	21.56
60075	AMYS	PIZZA CHEESE & TOMATO ORG	4/13 OZ	5.05	20.20	4.55	18.20
60091	AMYS	PIZZA CHEESE RICE CRUST w/!gf	4/12 OZ	5.99	23.96	5.39	21.56
61203	AMYS	PIZZA MEDITERR CORN CRUST	4/17.5 OZ	5.99	23.96	5.39	21.56
60054	AMYS	PIZZA MUSHROOM OLIVE	4/13.5 OZ	5.05	20.20	4.55	18.20
60101	AMYS	PIZZA PESTO CHEESE WW CRUST	4/14 OZ	5.05	20.20	4.55	18.20
60028	AMYS	PIZZA PESTO w/TOM/ BROC ORG	4/13.5 OZ	5.99	23.96	5.39	21.56
62049	AMYS	PIZZA RICE CRUST SPINACH ORG	4/14 OZ	5.99	23.96	5.39	21.56
60077	AMYS	PIZZA RST VEG no cheese DF	4/12 OZ	5.99	23.96	5.39	21.56
60050	AMYS	PIZZA SOY CHEESE ORG	4/13 OZ	5.05	20.20	4.55	18.20
60076	AMYS	PIZZA SPINACH/TOM/FETA ORG	4/14 OZ	5.05	20.20	4.55	18.20
60053	AMYS	PIZZA VEGGIE COMBO	4/13.5 OZ	5.99	23.96	5.39	21.56
60070	AMYS	POCKET SANDWICH asst 1 each	8 ASST	2.05	16.40		
60087	AMYS	POCKET SANDWICH broc/che	6/4.5 OZ	1.99	11.94		
60048	AMYS	POCKET SANDWICH che pizza	6/4.5 OZ	1.99	11.94		
60086	AMYS	POCKET SANDWICH Rstd Veg DF	6/4.5 OZ	1.99	11.94		
60072	AMYS	POCKET SANDWICH SoyChsPizz	6/4.5 OZ	1.99	11.94		
61205	AMYS	POCKET SANDWICH spin pizza s	6/4.5 OZ	1.99	11.94		
60067	AMYS	POCKET SANDWICH Spinach/Feta	6/4.5 OZ	1.99	11.94		
60084	AMYS	POCKET SANDWICH Tofu Scramble	6/4 OZ	1.99	11.94		
60069	AMYS	POCKET SANDWICH Veg PotPie DF	6/5 OZ	1.99	11.94		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
60052	AMYS	SNACKS CHEESE PIZZA	4/6 OZ	2.79	11.16		
60092	AMYS	SNACKS NACHO	4/6 OZ	2.79	11.16		
60085	AMYS	SNACKS SPINACH PIZZA s	4/6 OZ	2.79	11.16		
60095	AMYS	TOASTER POPS APPLE DF	4/11.6 OZ	2.79	11.16	2.49	9.96
60097	AMYS	TOASTER POPS CHEESE PIZZA	4/11.6 OZ	2.79	11.16	2.49	9.96
60096	AMYS	TOASTER POPS STRAWBERRY DF	4/11.6 OZ	2.79	11.16	2.49	9.96
60058	AMYS	VEGGIE BURGER ALL AMERICA DF	3/10 OZ	3.55	10.65		
60060	AMYS	VEGGIE BURGER CALIF ORG DF	3/10 OZ	3.55	10.65		
60041	AMYS	APPLE PIE W/ORG APPLES	3/8 OZ	2.49	7.47		

#### APPLEGATE FARMS

62052	APPLGT	CANADIAN BACON uncured	6 OZ	4.15	4.15		
60982	APPLGT	HOT DOG TURKEY	12 OZ	3.39	3.39		
60980	APPLGT	HOT DOGS BEEF	12 OZ	3.39	3.39		
62054	APPLGT	HOT DOGS BEEF uncured ORG	16 OZ	4.39	4.39		
60981	APPLGT	HOT DOGS CHICKEN	12 OZ	3.39	3.39		
60996	APPLGT	NUGGETS CHICKEN ORG	4/8 OZ	4.66	18.64		
60997	APPLGT	POT PIE CHICKEN ORG	3/9 OZ	3.64	10.92		
60998	APPLGT	SAUSAGE CHICKEN APPLE Links	4/8 OZ	4.69	18.76	4.19	16.76
60988	APPLGT	SLICED GENOA SALAMI Natural	4/3 OZ	3.05	12.20		
60993	APPLGT	SLICED PEPPERONI Natural	4/7 OZ	3.30	13.20		
62053	APPLGT	SLICED PEPPERONI pillow pack	4/5 OZ	2.85	11.40		
60984	APPLGT	SLICED PORK BACON SUNDAY	8 OZ	3.54	3.54		
60983	APPLGT	SLICED TURKEY BACON	8 OZ	3.49	3.49		
60991	APPLGT	SLICED TURKEY BOLOGNA	4/7 OZ	2.55	10.20	2.30	9.20
60985	APPLGT	SLICED TURKEY BRST Herb Rsted	4/9 OZ	3.97	15.88	3.57	14.28
60987	APPLGT	SLICED TURKEY BRST Roasted	4/9 OZ	3.97	15.88		
60986	APPLGT	SLICED TURKEY BRST smkd	4/9 OZ	3.97	15.88		

#### ASIAN SPECIALTIES

60202	ASIANFD	BANANA LEAVES lg frozen	16 OZ	1.49	1.49		
60201	ASIANFD	LEMONGRASS Chopped fresh frzn	3 OZ	1.59	1.59		
60850	ASIANFD	SOYBEANS boiled pods/Edamame	16 OZ	2.59	2.59		

#### AUNT TRUDY'S

61118	AUNTRDRY	FILLO PKT 3 BEAN VEG CHILI ORG	6/5 OZ	1.89	11.34	1.51	9.07
61106	AUNTRDRY	FILLO PKT ASIAN VEG Vg	6/5 OZ	1.89	11.34	1.51	9.07
61107	AUNTRDRY	FILLO PKT BROCCOLI CHEDDAR s	6/5 OZ	1.89	11.34	1.51	9.07
61108	AUNTRDRY	FILLO PKT CHEESE TOM PIZZA	6/5 OZ	1.89	11.34	1.51	9.07
61112	AUNTRDRY	FILLO PKT EGGPLNT PEPP ORG Vg	6/5 OZ	1.89	11.34	1.51	9.07
61109	AUNTRDRY	FILLO PKT MED OLIVE VEGGIE Vg	6/5 OZ	1.89	11.34	1.51	9.07
61113	AUNTRDRY	FILLO PKT MEXICALI ORG Vg	6/5 OZ	1.89	11.34	1.51	9.07
61114	AUNTRDRY	FILLO PKT MUSHRM LEEK ORG Vg	6/5 OZ	1.89	11.34	1.51	9.07
61116	AUNTRDRY	FILLO PKT RST VEG ORG Vg	6/5 OZ	1.89	11.34	1.51	9.07
61117	AUNTRDRY	FILLO PKT SAMOSA ORG Vg	6/5 OZ	1.89	11.34	1.51	9.07
61110	AUNTRDRY	FILLO PKT SPINACH & FETA	6/5 OZ	1.89	11.34	1.51	9.07
61111	AUNTRDRY	FILLO PKT SPINACH POTATO Vg	6/5 OZ	1.89	11.34	1.51	9.07
61115	AUNTRDRY	FILLO PKT SWEET POTATO ORG Vg	6/5 OZ	1.89	11.34	1.51	9.07
61119	AUNTRDRY	FILLO PKT ZUCC TOM ORG Vg	6/5 OZ	1.89	11.34	1.51	9.07
61104	AUNTRDRY	BAKLAVA MAPLE WALNUT ORG Vg s	6/5.5 OZ	2.33	13.98	1.86	11.18

#### BALDWIN HILL BAKERY

60467	BALDWIN	BREAD 100% SPELT SRD ORG	3/24 OZ	2.79	8.37		
60464	BALDWIN	BREAD ALLRYE WF SRD ORG	3/24 OZ	2.79	8.37		
60462	BALDWIN	BREAD W/WHT SESAME SRD ORG	3/28 OZ	2.79	8.37		

#### BEAR POND FARM

63023	BEARPOND	PESTO FRESH LEMON	6.3 OZ	3.93	3.93		
63020	BEARPOND	PESTO PREMIUM BASIL	6.3 OZ	3.93	3.93		
63022	BEARPOND	PESTO RICH CILANTRO	6.3 OZ	3.93	3.93		
63025	BEARPOND	PESTO TOMATO-GARLIC	6.3 OZ	3.93	3.93		

#### BILINSKI'S

61164	BILINSKI	BULK CHICK SAUSAGE ITALIAN	7.5#	5.37	40.28	4.77	35.78
61179	BILINSKI	BULK CHICK SAUSAGE SPANISH	7.5#	5.37	40.28	4.77	35.78
61178	BILINSKI	BULK CHICK SAUSAGE SPIN GAR	7.5#	5.37	40.28	4.77	35.78
62058	BILINSKI	CHICK SAUSAGE APPLE BRKFST ORG	12 OZ	5.89	5.89		
61168	BILINSKI	CHICKEN SAUSAGE APPL CHARDNAY	12 OZ	4.40	4.40		
61169	BILINSKI	CHICKEN SAUSAGE CAJUN	12 OZ	4.40	4.40		
61167	BILINSKI	CHICKEN SAUSAGE ITALIAN	12 OZ	4.40	4.40		
61171	BILINSKI	CHICKEN SAUSAGE JALAPENO	12 OZ	4.40	4.40		
61170	BILINSKI	CHICKEN SAUSAGE PESTO	12 OZ	4.40	4.40		
61172	BILINSKI	CHICKEN SAUSAGE SPANISH	12 OZ	4.40	4.40		
61165	BILINSKI	CHICKEN SAUSAGE SPINACH GARLIC	12 OZ	4.40	4.40		
61173	BILINSKI	CHICKEN SAUSAGE WILD RICE	12 OZ	4.40	4.40		
61175	BILINSKI	ORG CHICK SAUSAGE PORCINI	12 OZ	5.69	5.69		
61176	BILINSKI	ORG CHICK SAUSAGE SPIN GARLIC	12 OZ	5.69	5.69		
61177	BILINSKI	ORG CHICK SAUSAGE SWT ITALIAN	12 OZ	5.69	5.69		
62057	BILINSKI	PORK SAUSAGE CAJUN ANDOUILLE	12 OZ	4.49	4.49		
62056	BILINSKI	PORK SAUSAGE HARVEST APPLE	12 OZ	4.49	4.49		
62055	BILINSKI	PORK SAUSAGE MAPLE CHRY BRKFST	12 OZ	4.49	4.49		

## DESSERTS BY DAVID GLASS

Food Service  
Party Size  
10" cakes pre-cut into  
16 slices!

### The Ultimate Albert Einstein Carrot Cake



They use fresh carrots, raisins, walnuts, and spices in our moist, succulent cake, and then add a luscious cream cheese frosting!

*Ingredients: fresh carrots, cream cheese, light brown sugar, confectioners sugar, walnuts, unbleached flour, vegetable oil, raisins, whole eggs, unsalted butter, cinnamon, vanilla, baking soda, salt, cloves, ginger*

### Carmel Apple Cheesecake

Apples and cinnamon warm up our New York Cheesecake! Drizzled with glossy caramel and topped with streusel crumbs.

*Ingredients: cream cheese, sugar, sour cream, whole eggs, apples, graham cookie crumbs (non-hydrogenated), unsalted butter, brown sugar, unbleached flour, all-natural heavy cream, cornstarch, vanilla, cinnamon, invert sugar, corn syrup, salt.*

(continued on page 48)

## DESSERTS BY DAVID GLASS

### Chocolate Covered Cheesecake

Their famous New York Cheesecake is topped with a layer of chocolate, butter, and cream ganache.

*Ingredients: cream cheese, sour cream, sugar, graham cookie crumbs (non-hydrogenated), whole eggs, bittersweet chocolate, unsalted butter, brown sugar, all-natural heavy cream, cornstarch, vanilla, cinnamon.*

### The Ultimate New York Cheesecake

A creamy, rich, and light cheesecake with a unique crust of graham crumbs, butter, brown sugar, and cinnamon.

*Ingredients: cream cheese, sour cream sugar, graham cookie crumbs (non-hydrogenated), eggs, brown sugar, unsalted butter, cornstarch, vanilla, cinnamon.*

### Espresso Chocolate Walnut Madness Torte

When you combine espresso and chocolate in the same mouthful, it is best to be tied to a chair or seated at the intersection of two walls. So powerful is the experience that a frail human body is not strong enough to withstand this magnitude of pleasure.

*Ingredients: bittersweet chocolate, unsalted butter, sugar, whole eggs, walnuts, invert sugar, all-natural heavy cream, cocoa, coffee, lecithin.*

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>BLACKWING</b>							
65109	BLKWNG	BUFFALO FILET	6 OZ	5.26	5.26	4.47	4.47
65111	BLKWNG	BUFFALO GROUND	8 OZ	3.39	3.39		
65113	BLKWNG	BUFFALO GROUND bulk	1#	5.50	5.50		
65110	BLKWNG	BUFFALO GROUND PATTIES	8 OZ	3.39	3.39		
62088	BLKWNG	CHICKEN BREAST ORG	16 OZ	9.16	9.16	8.24	8.24
62087	BLKWNG	CHICKEN PATTIES ORG 4/4oz	16 OZ	5.64	5.64	5.08	5.08
65100	BLKWNG	OSTRICH FILET	6 OZ	6.90	6.90		
65102	BLKWNG	OSTRICH FILET STRIPS ITALIAN	6 OZ	5.84	5.84	5.24	5.24
65112	BLKWNG	OSTRICH GROUND	8 OZ	4.19	4.19		
65108	BLKWNG	OSTRICH GROUND BULK	1#	6.59	6.59		
65105	BLKWNG	OSTRICH GROUND PATTIES	8 OZ	4.19	4.19	3.77	3.77
65107	BLKWNG	OSTRICH SAUSAGE PATTIES	6 OZ	4.40	4.40		
65106	BLKWNG	OSTRICH STEAK STRIPS	6 OZ	5.89	5.89	4.99	4.99
61210	BLKWNG	PIEDMONT BEEF GROUND ORG	1#	5.71	5.71		
61213	BLKWNG	PIEDMONT BEEF NY STRIP ORG	8 OZ	8.57	8.57	7.28	7.28
61211	BLKWNG	PIEDMONT BEEF PATTIES ORG 4pk	1#	6.07	6.07		
61212	BLKWNG	PIEDMONT BEEF RIBEYE ORG	8 OZ	8.57	8.57		
61214	BLKWNG	PIEDMONT BEEF SIRLOIN STEAK OG	8 OZ	6.99	6.99		
61216	BLKWNG	PIEDMONT BEEF STEAK STRIPS ORG	8 OZ	5.71	5.71	4.85	4.85
61215	BLKWNG	PIEDMONT BEEF STEW MEAT ORG	8 OZ	5.71	5.71		
<b>BUENATURAL</b>							
60100	BUENATRL	TORTILLAS CORN ORG 6 inch	6/12 CT	.87	5.22		
61092	BUENATRL	TORTILLAS WHITE ORG 8in	6/6 CT	1.45	8.70		
61093	BUENATRL	TORTILLAS WHL WHT ORG 8in	6/6 CT	1.45	8.70		
62062	BUENATRL	ENCHILADAS CHICK POBLANO	3/9 OZ	3.59	10.77		
62061	BUENATRL	ENCHILADAS GR CHILE MONT JACK	3/9 OZ	3.37	10.11		
61090	BUENATRL	TAMALES GRN CHILE ZUCCHINI	3/6 PK	4.99	14.97		
61091	BUENATRL	TAMALES RED CHILE VEGETABLE	3/6 PK	4.99	14.97	4.49	13.47
<b>BUENO FOODS</b>							
62065	BUENO	CHIMAYO RED CHILE PUREE	14 OZ	1.81	1.81		
62063	BUENO	GREEN CHILE CHOPPED HOT	13 OZ	2.19	2.19		
62064	BUENO	GREEN CHILE CHOPPED MILD	13 OZ	2.19	2.19		
<b>CAPE COD CHOWDERS</b>							
60297	CAPECOD	BISQUE LOBSTER s	12 OZ	2.74	2.74	2.44	2.44
60295	CAPECOD	CHOWDER CLAM s	12 OZ	2.62	2.62	2.32	2.32
60296	CAPECOD	CHOWDER LOBSTER s	12 OZ	3.69	3.69	3.29	3.29
<b>CASCADIAN FARMS</b>							
60405	CASCAD	STRAWBERRIES ORG	5#	15.25	15.25		
60404	CASCAD	GARDEN PEAS ORG	5#	10.25	10.25		
60402	CASCAD	GREEN BEANS ORG	5#	8.65	8.65		
60403	CASCAD	SWEET CORN ORG	5#	8.39	8.39	7.49	7.49
60370	CASCAD	FRT BLUEBERRIES ORG	3/10 OZ	2.90	8.70	2.60	7.80
60335	CASCAD	FRT CHERRIES DK SWT PITTED ORG	3/10 OZ	2.90	8.70	2.60	7.80
60373	CASCAD	FRT HARVEST BERRIES ORG	3/10 OZ	2.90	8.70	2.60	7.80
60372	CASCAD	FRT RASPBERRIES ORG	3/10 OZ	2.90	8.70	2.60	7.80
60371	CASCAD	FRT STRAWBERRIES ORG	3/10 OZ	2.90	8.70	2.60	7.80
60394	CASCAD	JUCE SAMPLER (A,G,O,C,R)	1EA/12 OZ	2.74	13.70		
60380	CASCAD	JUICE APPLE CONC ORG	6/12 OZ	2.69	16.14		
60348	CASCAD	JUICE CRANBERRY CKTAIL ORG s	6/12 OZ	2.69	16.14		
60381	CASCAD	JUICE GRAPE CONC ORG	6/12 OZ	2.69	16.14		
60386	CASCAD	JUICE LEMONADE CONC ORG	6/12 OZ	2.69	16.14		
60382	CASCAD	JUICE ORANGE CONC ORG	6/12 OZ	2.69	16.14		
60383	CASCAD	JUICE RASPBERRY CONC ORG	6/12 OZ	2.69	16.14		
60364	CASCAD	BOX ASPARAGUS CUTS ORG	3/9 OZ	3.03	9.09	2.73	8.18
60417	CASCAD	BOX CHOPPED SPINACH ORG	3/10 OZ	2.25	6.75	2.00	6.00
60412	CASCAD	BOX FR GR BEAN/ALMD ORG	3/7.4 OZ	2.45	7.35	2.20	6.60
60347	CASCAD	BOX PETITE WHL GREEN BEANS ORG	3/8 OZ	2.21	6.63	1.99	5.97
60334	CASCAD	BOX SUGAR SNAP PEAS ORG	3/8 OZ	2.29	6.87	2.06	6.18
60414	CASCAD	BOX WINT SQUASH PUREE ORG	3/10 OZ	2.45	7.35	2.20	6.60
60357	CASCAD	POTATO FRENCH FRIES ORG	3/16 OZ	1.99	5.97		
60345	CASCAD	POTATO FRIES SHOESTRING ORG	3/16 OZ	1.99	5.97		
60365	CASCAD	POTATO FRIES STRAIGHT CUT ORG	3/16 OZ	1.99	5.97		
60363	CASCAD	POTATO SPUD PUPPIES ORG	3/16 OZ	1.99	5.97		
60346	CASCAD	POTATO WEDGES ORG	3/16 OZ	1.99	5.97		
60356	CASCAD	VEG BLEND CALIFORNIA ORG	3/10 OZ	1.60	4.80		
60361	CASCAD	VEG BLEND CHIN STRFRY ORG	3/10 OZ	2.29	6.87		
60354	CASCAD	VEG BLEND GARDENER'S ORG	3/10 OZ	1.60	4.80		
60377	CASCAD	VEG BROCCOLI CUTS ORG	3/16 OZ	1.95	5.85		
60376	CASCAD	VEG GARDEN PEAS ORG	3/16 OZ	2.22	6.66		
60378	CASCAD	VEG GREEN BEANS ORG	3/16 OZ	1.95	5.85		
60374	CASCAD	VEG MIXED VEGGIES ORG	3/16 OZ	1.95	5.85	1.75	5.25
60355	CASCAD	VEG PEAS & CARROTS ORG	3/10 OZ	1.60	4.80		
60375	CASCAD	VEG SWEET CORN ORG	3/16 OZ	1.95	5.85		
<b>CELENTANO</b>							
60187	CELENT	EGGPLANT PARM vegan	3/10 OZ	3.39	10.17		
65013	CELENT	EGGPLANT ROLLETTES vegan	3/10 OZ	3.39	10.17	2.99	8.97
65010	CELENT	MANICOTTI SPIN/BROC vegan	3/10 OZ	3.39	10.17		

STOCK # BRAND ITEM DESCRIPTION SIZE PRICE EXT SALE PRICE EXT

**CHAMPLAIN VALLEY FARMS**

60618	CHAMPLN	BLUEBERRIES ORG	5#	5.75	28.75		
60609	CHAMPLN	RASPBERRIES ORG	5#	4.15	20.75		
60603	CHAMPLN	CORN ORG	5#	1.89	9.45		
60604	CHAMPLN	GREEN BEANS ORG	5#	1.89	9.45		
60605	CHAMPLN	PEAS ORG	5#	2.09	10.45	1.89	9.45

**CHEBE**

61031	CHEBE	BREAD STICKS w/cheese WF/GF	4/12 OZ	3.93	15.72		
61035	CHEBE	DOUGH FOR ROLLS WF/GF	4/12 OZ	3.93	15.72		
61033	CHEBE	ONTHEGO PIZZA CRUSTS WF/GF	4/10 OZ	3.63	14.52		
61034	CHEBE	SANDWICH BUNS WF/GF 4pk	4/12 OZ	3.93	15.72		

**CIBO**

60331	CIBO	PESTO ARTICHOKE/LEMON	6 OZ	3.89	3.89		
60332	CIBO	PESTO CLASSIC BASIL	6 OZ	3.89	3.89		
60333	CIBO	PESTO OLIVE & GARLIC	4.8 OZ	3.89	3.89		
60330	CIBO	PESTO RSTD RED PEPPER	6 OZ	3.89	3.89		
60329	CIBO	PESTO SUNDRIED TOMATO	6 OZ	3.89	3.89		

**DAVID GLASS**

62103	D GLASS	16 slice CARROT CAKE	4/10 IN	22.87	91.48	17.15	68.60
62105	D GLASS	16 slice CHEESECAKE CARMEL APP	4/10 IN	25.30	101.20	18.98	75.92
62102	D GLASS	16 slice CHEESECAKE CHOC CVRD	4/10 IN	23.81	95.24	17.96	71.44
62101	D GLASS	16 slice CHEESECAKE NY	4/10 IN	21.65	86.60	16.24	64.96
62106	D GLASS	16 slice CHEESECAKE PUMPKIN	4/10 IN	21.65	86.60	16.24	64.96
62104	D GLASS	16 slice ESPRESSO WALNUT TORTE	4/10 IN	24.56	98.24	18.42	73.68
62100	D GLASS	16 slice TRUFFLE CHOC CAKE	4/10 IN	21.65	86.60	16.24	64.96

62081	D GLASS	CHEESECAKE CHOC COVERED 6in	6/15 OZ	8.29	49.74	7.46	44.77
62084	D GLASS	CHEESECAKE KEY LIME 6in	6/15 OZ	8.29	49.74	7.46	44.77
62080	D GLASS	CHEESECAKE NEW YORK 6in	6/15 OZ	7.19	43.14	6.47	38.83
62083	D GLASS	CHEESECAKE PUMPKIN 6in	6/15 OZ	7.57	45.42	6.81	40.88
62079	D GLASS	CHOC TRUFFLE CAKE REDU FAT 6in	6/15 OZ	7.19	43.14	6.47	38.83
62078	D GLASS	CHOCOLATE TRUFFLE CAKE 6in	6/15 OZ	7.19	43.14	6.47	38.83
62085	D GLASS	MOUSSE CAKE MILK CHOC 6in	6/15 OZ	8.85	53.10	7.97	47.79
62086	D GLASS	SINGLE SLICE CHOC TRUFFLE CAKE	24/2.5 OZ	1.50	36.00	1.35	32.40

**DANCING DEER BAKERY**

61197	DANCING	BROWNIE CARAMEL PECAN 4pk	10 OZ	2.86	2.86	2.56	2.56
61198	DANCING	BROWNIE CHOC CHUNK 4pk	10 OZ	2.86	2.86	2.56	2.56
61190	DANCING	COOKIES CHERRY ALMD GING s 9pk	10.5 OZ	2.80	2.80		
61187	DANCING	COOKIES CHOC TANGERINE s 9pk	10.5 OZ	2.80	2.80		
61191	DANCING	COOKIES MANGO COCONUT MAC s 9pk	10.5 OZ	2.89	2.89		
61189	DANCING	COOKIES MAPLE OATMEAL s 9pk	10.5 OZ	2.80	2.80		
61186	DANCING	COOKIES MOLASSES CLOVE s 9pk	10.5 OZ	2.80	2.80		
61192	DANCING	COOKIES MOUNTAIN s 7pk	8.7 OZ	2.80	2.80		
61188	DANCING	COOKIES SUGAR CANE LIME s 9pk	10.5 OZ	2.80	2.80		
61194	DANCING	SINGLE COOKIE CHOC TANGERINES	32/3 OZ	.81	25.92	.73	23.36
61193	DANCING	SINGLE COOKIE MOLASSES CLOVES	32/3 OZ	.81	25.92	.73	23.36

**DIVERSIFIED AVOCADO PRODUCTS**

63019	DAP	GUACAMOLE SOUTHWESTERN	16 OZ	2.64	2.64	2.34	2.34
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**DIVINA**

60905	DIVINA	TOMATOES RSTD W/HERBS frozen	64 OZ	21.15	21.15	18.99	18.99
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**DUCKTRAP RIVER FISH FARM**

60281	DUCKTRAP	PATE SMKD ATLANTIC SALMON	6 OZ	4.89	4.89		
60282	DUCKTRAP	PATE SMKD TROUT low-fat	6 OZ	4.54	4.54		
60293	DUCKTRAP	SMKD ATLANTIC SALMON trim	16 OZ	6.45	6.45		
60283	DUCKTRAP	SMKD TROUT FILLET 2pc	1# R/W	13.10	13.10		
60284	DUCKTRAP	SMKD/SLCD ATL SALMON vac	4 OZ	4.69	4.69		
62015	DUCKTRAP	SMOKED CLAMS	1#	12.86	12.86	11.56	11.56
62019	DUCKTRAP	SMOKED CLAMS	6 OZ	5.22	5.22	4.62	4.62
62014	DUCKTRAP	SMOKED MUSSELS	1#	11.43	11.43	10.29	10.29
62016	DUCKTRAP	SMOKED MUSSELS	6 OZ	4.69	4.69	4.19	4.19
62018	DUCKTRAP	SMOKED SCALLOPS	6 OZ	5.79	5.79	5.19	5.19
62017	DUCKTRAP	SMOKED SHRIMP	6 OZ	5.79	5.79	5.19	5.19

**DU FOUR PASTRY**

60743	DUFOUR	APPETIZER MUSHROOM PATE	EACH	7.79	7.79		
60744	DUFOUR	APPETIZER STILTON W/CRANBERRY	EACH	8.19	8.19		
60742	DUFOUR	APPETIZER 4 CHEESE & RST GAR	EACH	7.79	7.79		
60740	DUFOUR	PUFF PASTRY all butter UNBL	14 OZ	7.65	7.65	6.85	6.85

**ECOFISH**

60671	ECOFISH	BAY SCALLOPS W/JAPANESE GLAZES	3/9 OZ	5.85	17.55		
60670	ECOFISH	HALIBUT WILD W/CHERMOULA MAR	3/9 OZ	12.50	37.50		
65120	ECOFISH	MAHI MAHI skin on 6oz	5# rw	5.83	29.15	5.25	26.25
60668	ECOFISH	MAHIMAHI WILD W/CARIB MARINADE	3/9 OZ	5.97	17.91		
65121	ECOFISH	SALMON KETA skin on 6oz	5# rw	6.99	34.95	6.29	31.46
60667	ECOFISH	SALMON WILD W/ASIAN MARINADE	3/9 OZ	5.25	15.75		
60688	ECOFISH	SHRIMP WHITE ORG RAW medium	3/8 OZ	6.25	18.75	5.55	16.65
60669	ECOFISH	TUNA WILD W/SPICE SALT MARINAD	3/9 OZ	7.71	23.13		
61130	ECOFISH	WILD ALASKAN SALMON 20/4oz	5#	10.95	54.75		
61132	ECOFISH	WILD ALBACORE TUNA 20/4oz	5#	15.75	78.75		
61131	ECOFISH	WILD S. AMER MAHIMAHI 20/4oz	5#	12.95	64.75	11.65	58.25

DESSERTS BY DAVID GLASS

The Ultimate Pumpkin Cheesecake



Redolent of crisp autumn fragrances, The Ultimate Pumpkin Cheesecake is made only during the last three months of the year and in limited quantities. We mix the finest natural pumpkin purée and a few spices with our cheesecake batter to make a cake you never dreamed could exist. Garnish this luscious cake with fresh whipped cream laced with Cognac.

Ingredients: Cream cheese, pumpkin puree, sugar, graham cookie crumbs (non-hydrogenated), whole eggs, sour cream, cornstarch, dark brown sugar, unsalted butter, cinnamon, vanilla, cloves, ground ginger, invert sugar.

Chocolate Truffle Cake

The Ultimate Chocolate Truffle Cake was conceived and perfected in France. It is chocolate in its most sublime form: the truffle. All at once, you taste the slight bitterness of chocolate and the lushness of butter so that your body tingles with pleasure. According to The New York Times, it is "...considered by many chocolate lovers to be the ultimate dessert."

Ingredients: bittersweet chocolate, unsalted butter, sugar, whole eggs, cocoa powder, invert sugar, soy lecithin.



## SOUPS' ON!

Few foods comfort and nourish us as completely as hot, fresh soup.

Using authentic vegetarian and vegan recipes from the **Moosewood Restaurant** and award-winning cookbook series, they make **Moosewood soups** the old-fashioned way, starting from scratch with the freshest organic vegetables. They know that fresh, raw vegetables deliver the satisfying flavors and firm textures that frozen and dried foods just can't match, so they rinse, peel and chop fresh, certified organic ingredients like onions, garlic, potatoes, carrots and celery for all their soups.

But vegetables alone won't make a great soup, so they combine them with an inventive blend of organic herbs and spices, and add concentrated flavors such as organic sundried tomatoes, shitake mushrooms, and tamari soy sauce. Working in small batches, they slow simmer each soup at just the right temperature for the many layers of flavor to emerge.

With nine varieties to choose from—including five vegan options that range from **Hearty Mushroom Barley Soup** and **Mediterranean Tomato & Rice** to the warm spices of **Texas Two Bean Chili** and **Tibetan Curry Lentil**—there's a **Moosewood** soup for every mood. And because they buy our ingredients from small regional farmers whenever possible, you'll know you're supporting family farms with every delicious bowl.

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>ENVIRO KIDZ</b>							
60342	EKIDZ	WAFFLES ORG GORILLA BANANA	4/8.25 OZ	2.85	11.40	2.55	10.20
<b>EVER SO HUMBLE</b>							
63034	EVER SO	CUTIE PIE JUMBLE BERRY s vg	5 INCH	3.43	3.43	3.09	3.09
63032	EVER SO	CUTIE PIE NEW ENGLAND APPLE s	5 INCH	3.43	3.43	3.09	3.09
63033	EVER SO	CUTIE PIE WILD BLUEBERRY s vg	5 INCH	3.43	3.43	3.09	3.09
63028	EVER SO	PIE CHERRY s vg	10 INCH	14.50	14.50	13.05	13.05
63029	EVER SO	PIE JUMBLE BERRY s vg	10 INCH	14.50	14.50	13.05	13.05
63026	EVER SO	PIE NEW ENGLAND APPLE s vg	10 INCH	14.50	14.50	13.05	13.05
60112	EVER SO	PIE SQUMPKIN s	10 INCH	14.50	14.50	13.05	13.05
63031	EVER SO	PIE SQUMPKIN VEGAN s vg	10 INCH	14.50	14.50	13.05	13.05
63030	EVER SO	PIE STRAWBERRY RHUBARB s vg	10 INCH	14.50	14.50	13.05	13.05
63027	EVER SO	PIE WILD BLUEBERRY s vg	10 INCH	14.50	14.50	13.05	13.05
60057	EVER SO	PIE CHERRY s vg	8 INCH	10.80	10.80	9.72	9.72
60098	EVER SO	PIE JUMBLE BERRY s vg	8 INCH	10.80	10.80	9.72	9.72
60109	EVER SO	PIE LUSCIOUS LEMON s	8 INCH	10.80	10.80	9.72	9.72
60114	EVER SO	PIE MINCE s vg	8 INCH	10.80	10.80	9.72	9.72
60055	EVER SO	PIE NEW ENGLAND APPLE s vg	8 INCH	10.80	10.80	9.72	9.72
60110	EVER SO	PIE SQUMPKIN s	8 INCH	10.80	10.80	9.72	9.72
60113	EVER SO	PIE SQUMPKIN VEGAN s vg	8 INCH	10.80	10.80	9.72	9.72
60108	EVER SO	PIE STRAWBERRY RHUBARB s vg	8 INCH	10.80	10.80	9.72	9.72
60056	EVER SO	PIE WILD BLUEBERRY s vg	8 INCH	10.80	10.80	9.72	9.72
63035	EVER SO	RASPBERRY HEART 3 pack vg	EACH	10.00	10.00		
<b>EVER BETTER EATING</b>							
60912	EVERBTR	PIZZA DOUGH 12in BAVARIAN 6 gr	2/16 OZ	1.13	2.26		
60913	EVERBTR	PIZZA DOUGH 12in SOURDOUGH	2/16 OZ	1.13	2.26		
<b>EVERGREEN WHEATGRASS</b>							
60132	EVERGR	WHEATGRASS JUICE ORG	20/6 OZ	.64	12.80	.58	11.60
<b>FAIRFIELD FARM KITCHEN</b>							
61153	FAIRFLD	CAJUN CHICKEN TETRAZZINI ORG	3/10 OZ	3.70	11.10		
61149	FAIRFLD	CHICKEN CACCIATORE ORG	3/10 OZ	3.70	11.10		
61152	FAIRFLD	CHICKEN MASALA ORG	3/9.5 OZ	3.70	11.10		
61148	FAIRFLD	CHICKEN W/HONEY BBQ SAUCE ORG	3/9 OZ	3.70	11.10		
61145	FAIRFLD	ITALIAN BEEF MEATBALLS ORG	3/8 OZ	5.06	15.18		
61144	FAIRFLD	MACARONI & MEAT SAUCE ORG	3/10 OZ	2.84	8.52		
61154	FAIRFLD	MEATLOAF & GRAVY W/VEG ORG	3/10 OZ	3.70	11.10	3.30	9.90
61155	FAIRFLD	PENNE W/SAUCE & MEATBALLS ORG	3/10 OZ	3.70	11.10	3.30	9.90
61147	FAIRFLD	THAI CHICKEN CURRY ORG	3/10 OZ	3.70	11.10	3.30	9.90
<b>FIELD ROAST</b>							
61127	FIELDRST	CUTLETS COCONUT BREADED	48/3.8 OZ	1.35	64.80	.99	47.52
<b>FILLO FACTORY</b>							
60156	FILLOFACT	DOUGH SPELT ORG	16 OZ	3.48	3.48	2.78	2.78
60157	FILLOFACT	DOUGH WW ORG	16 OZ	2.64	2.64	2.11	2.11
60164	FILLOFACT	DOUGH/NATURAL (13x18)	16 OZ	2.40	2.40	1.92	1.92
60167	FILLOFACT	PASTRY SHELL/LG 3in	6 PCS	3.04	3.04	2.43	2.43
60166	FILLOFACT	PASTRY SHELL/MIN 1.5in	15 PCS	2.29	2.29	1.83	1.83
60159	FILLOFACT	APPETIZER ASSTD VEGAN	10 OZ	4.05	4.05	3.24	3.24
60158	FILLOFACT	APPETIZER ASSTD VEGE	10 OZ	4.05	4.05	3.24	3.24
60161	FILLOFACT	APPETIZER CHEESE BLEND/HERB	12 OZ	4.05	4.05	3.24	3.24
60162	FILLOFACT	APPETIZER MINI ASST 4 flavors	40 PCS	11.50	11.50	9.20	9.20
60160	FILLOFACT	APPETIZER POTATO PUFF	10 OZ	4.05	4.05	3.24	3.24
60163	FILLOFACT	APPETIZER SPINACH/CHEESE	12 OZ	4.05	4.05	3.24	3.24
60176	FILLOFACT	ORGANIC ASST PASTRIES	10 OZ	3.82	3.82	3.06	3.06
60169	FILLOFACT	PIE BROCCOLI & CHEDDAR	24 OZ	4.50	4.50	3.60	3.60
60168	FILLOFACT	PIE SPINACH & CHEESE	24 OZ	4.50	4.50	3.60	3.60
60175	FILLOFACT	APPLE STRUDEL ORG	22 OZ	4.75	4.75	3.80	3.80
60155	FILLOFACT	APPLE TURNOVER Vegan/YstFree	12 OZ	4.05	4.05	3.24	3.24
<b>FOOD FOR LIFE</b>							
61080	FOODLIFE	BREAD 7GRAIN SPRTD WHT ORG	3/24 OZ	3.35	10.05		
61010	FOODLIFE	BREAD BROWN RICE WF/GF	3/24 OZ	3.83	11.49		
61011	FOODLIFE	BREAD CINN RSN 7 GRAIN ORG	3/24 OZ	3.88	11.64		
61012	FOODLIFE	BREAD EZEKIAL SESAME ORG	3/24 OZ	3.35	10.05		
61075	FOODLIFE	BREAD EZEKIEL 4:9 SPRTD ORG	3/24 OZ	3.35	10.05		
61074	FOODLIFE	BREAD GENESIS SPRT GRAIN/SEED	3/24 OZ	3.88	11.64	3.28	9.84
61078	FOODLIFE	BREAD RICE/PECAN WF/GF	3/24 OZ	3.83	11.49		
61076	FOODLIFE	BUNS BURGER SPRTD WHT ORG	3/6ROLLS	2.79	8.37	2.49	7.47
61081	FOODLIFE	ENGLISH MUFFINS ORG 7 grain	3/16 OZ	2.95	8.85		
61082	FOODLIFE	POCKET BREAD EZEKIEL 4:9	12/10 OZ	1.86	22.32	1.66	19.92
61077	FOODLIFE	ROLLS HOTDOG SPRTD WHT ORG	3/6ROLLS	2.75	8.25		
61085	FOODLIFE	TORTILLA EZEKIEL YF ORG	12/12 OZ	2.25	27.00		
<b>FRENCH MEADOW BAKERY</b>							
60661	FRNCHMD	BAGEL SPELT WF ORG	3/17 OZ	3.40	10.20	3.05	9.15
60664	FRNCHMD	BAGEL SPRTD EZEKIAL ORG	3/17 OZ	3.00	9.00		
60662	FRNCHMD	BAGEL SPRTD WHT/RAISIN/CIN	3/17 OZ	3.40	10.20		
60655	FRNCHMD	BREAD EUROPEAN WF RYE ORG	2/16 OZ	2.69	5.38		
60650	FRNCHMD	BREAD SPELT WF ORG	3/24 OZ	4.15	12.45	3.75	11.25

**GAGNE'S ROBINHOOD MEETINGHOUSE**

60208	GAGNE'S	BISCUITS 72-LYER CRM CHS s 6pk	16 OZ	4.79	4.79		
60279	GAGNE'S	BISCUITS CRM CHS Food Service	120 CT	.57	68.40		
60209	GAGNE'S	BISCUITS FIVE HERB PARM s 6pk	16 OZ	5.71	5.71		

**GARDENBURGER**

60681	GARBRG	BURGER BLACKBEAN	3/10 OZ	3.29	9.87		
60687	GARBRG	BURGER CLASSIC	3/10 OZ	3.29	9.87	2.96	8.88
60696	GARBRG	BURGER FLAME GRILL	3/10 OZ	3.29	9.87	2.96	8.88
60680	GARBRG	BURGER ORIGINAL	3/10 OZ	3.29	9.87		
60686	GARBRG	BURGER SAVORY MUSHROOM	3/10 OZ	3.29	9.87		
60684	GARBRG	BURGER SUNDRD TOMATO BASIL	3/10 OZ	3.29	9.87		
60683	GARBRG	BURGER VEGAN Fat/Free	3/10 OZ	3.29	9.87	2.96	8.88
60682	GARBRG	BURGER VEGGIE MEDLEY	3/10 OZ	3.29	9.87	2.96	8.88
60685	GARBRG	RIBLETS MEATLESS	3/10 OZ	3.42	10.26		

**GILLIAN'S**

60324	GILLIAN	PIE CRUST WF/GF	6/2 PK	3.15	18.90		
60323	GILLIAN	PIZZA DOUGH WF/GF s	4/16 OZ	3.15	12.60		
60320	GILLIAN	ROLL FRENCH WF/GF s	3/6ROLLS	3.95	11.85		
60321	GILLIAN	ROLL ONION WF/GF s	3/6ROLLS	4.14	12.42	3.74	11.22
60322	GILLIAN	ROLLS CINN/RAISIN WF/GF	3/6ROLLS	4.27	12.81		
60327	GILLIAN	PIZZA CHEESE WF/GF	4/10 INCH	8.27	33.08		

**GOOD WIVES**

65005	GOODWIVE	EMPANADA BLACK BEAN	7.2 OZ	6.91	6.91	5.99	5.99
65006	GOODWIVE	MINI FLATBREAD CARMLIZED ONION	8.8 OZ	7.81	7.81	7.01	7.01
65014	GOODWIVE	MINI FLATBREAD SPIN/GOAT CHS	8.8 OZ	6.55	6.55	5.85	5.85
65003	GOODWIVE	MINI PUFF PASTRY BLUE CHEESE	7.2 OZ	6.55	6.55	5.90	5.90
65001	GOODWIVE	MINI PUFF PASTRY BRIE EN CROUT	9.1 OZ	7.99	7.99	7.19	7.19
65004	GOODWIVE	MINI PUFF PASTRY CRAB	7.2 OZ	7.27	7.27		
65002	GOODWIVE	MINI PUFF PASTRY SPIN PESTO	7.2 OZ	6.73	6.73	5.73	5.73
65000	GOODWIVE	MINI QUICHE ASPARAGUS	10 OZ	6.91	6.91		
62075	GOODWIVE	MINI QUICHE RST LEEK & FENNEL	9.3 OZ	8.90	8.90	8.00	8.00
65026	GOODWIVE	MINI QUICHE SHITAKE SPINACH	10 OZ	8.73	8.73		
65015	GOODWIVE	MINI QUICHE SHRIMP NEWBURG	10 OZ	7.27	7.27	6.47	6.47
65016	GOODWIVE	MINI QUICHE SPINACH/GARLIC	10 OZ	6.91	6.91	6.22	6.22
65009	GOODWIVE	PROFITEROLE MUSHROOM	7.2 OZ	7.09	7.09	6.38	6.38
65027	GOODWIVE	PROFITEROLES A LA PROVENCAL	7.2 OZ	7.99	7.99	6.99	6.99
62073	GOODWIVE	PUFF PASTRY DIAMND OLIVE TAPND	6.1 OZ	7.90	7.90	7.10	7.10
62077	GOODWIVE	STILTON & CRAN RELISH en CROUT	8.3 OZ	8.50	8.50	7.65	7.65
62074	GOODWIVE	TARTLET CHS RST CORN&POBL CHIL	9.3 OZ	7.40	7.40	6.65	6.65
62076	GOODWIVE	TARTLET CHS SPINACH & GARLIC	9.3 OZ	6.90	6.90	6.20	6.20
65008	GOODWIVE	THAI SCALLOP FILLO CUPS	7 OZ	8.92	8.92	7.92	7.92
65028	GOODWIVE	TORTILLA TRMPT CHILE CON QUESO	9.1 OZ	7.09	7.09		

**GRAINAISANCE**

60170	GRAINAIS	MOCHI PLAIN WF/GF/DF	12.5 OZ	3.06	3.06		
60171	GRAINAIS	MOCHI RAISIN CINNAMON WF/GF/DF	12.5 OZ	3.06	3.06		
8788	GRAINAIS	AMAZAKE ALMOND SHAKE	16 OZ	2.79	2.79		
61087	GRAINAIS	AMAZAKE GIMME GREEN	16 OZ	2.79	2.79		
8791	GRAINAIS	AMAZAKE HAZELNUT	16 OZ	2.79	2.79		
61088	GRAINAIS	AMAZAKE VANILLA PECAN PIE	16 OZ	2.79	2.79		

**HEALTH IS WEALTH**

60801	HEALTHWE	CHICKEN-FREE NUGGETS bulk bag	5#	4.05	20.25	3.65	18.25
60803	HEALTHWE	CHICKEN-FREE PATTIES	3/10.5 OZ	3.60	10.80	3.20	9.60
60807	HEALTHWE	CHICKEN NUGGETS ww(16pc)	3/12 OZ	4.15	12.45		
60808	HEALTHWE	CHICKEN TENDERS ww (10 pcs)	3/10 OZ	4.05	12.15	3.65	10.95
60817	HEALTHWE	MUNCHIEE PARTY PAK PIZZA 40pcs	20 OZ	4.49	4.49		
60820	HEALTHWE	POTSTICKER VEGETABLE	3/6.4 OZ	2.99	8.97		
60822	HEALTHWE	SPRING ROLLS	3/6.4 OZ	2.99	8.97		

**HILLSIDE PIZZA**

62069	HILLSIDE	PIZZA CHEESE 13 in	3/24 OZ	10.00	30.00		
62072	HILLSIDE	PIZZA CRUST 13 in	3/14 OZ	3.93	11.79		
62070	HILLSIDE	PIZZA PESTO SAUCE 13 in	3/20 OZ	11.43	34.29		
62071	HILLSIDE	PIZZA SNDRD TOMATO PESTO 13 in	3/20 OZ	11.43	34.29		

**HOT MAMA'S**

60213	HOTMAMA	HUMMUS GARLIC ORG	8 OZ	2.00	2.00		
60220	HOTMAMA	HUMMUS GARLIC ORG	16 OZ	3.35	3.35		
60217	HOTMAMA	HUMMUS LEMON PEPPERCORN	8 OZ	2.00	2.00		
60212	HOTMAMA	HUMMUS ORIGINAL ORG	8 OZ	2.00	2.00		
60219	HOTMAMA	HUMMUS ORIGINAL ORG	16 OZ	3.35	3.35		
60218	HOTMAMA	HUMMUS ROASTED GARLIC ORG	16 OZ	3.35	3.35		

**IAN'S ALL NATURAL**

60735	IAN'S	KIDS CHICKEN NUGGET MEAL s	3/7 OZ	2.59	7.77		
60736	IAN'S	KIDS FISH STICK MEAL s	3/8.5 OZ	2.59	7.77		
60734	IAN'S	KIDS PIZZA MEAL s	3/7 OZ	2.59	7.77		
60724	IAN'S	CHICK POT PIE FULLY COOKED	3/9.5 OZ	3.65	10.95		
60701	IAN'S	CHICKEN BUFFALO TENDERS	3/8 OZ	3.69	11.07		
60700	IAN'S	CHICKEN NUGGETS	3/8 OZ	3.69	11.07		
60739	IAN'S	CHICKEN NUGGETS ALLERGEN FREE	3/8 OZ	3.99	11.97	3.59	10.77



**Hungarian Vegetable Noodle Soup**

Fresh cabbage and garden vegetables with egg noodles in a hearty, traditional sweet paprika and dill seasoned broth.

*Ingredients:* Filtered water, onions\*, tomatoes\* (tomatoes\*, tomato juice\*, calcium chloride, citric acid), cabbage\*, carrots\*, celery\*, pasta\* (semolina wheat\*, egg white\*), tomato puree\* (tomatoes\*), red wine\*, green bell peppers\*, vegetable base\* (sautéed vegetables\* (carrots\*, onions\*, celery\*), sea salt, sugar\*, canola oil\*, carrot powder\*, rosemary extract, potato flour\*, onion powder\*, black pepper\*), garlic\*, potato starch\*, canola oil\*, reduced sodium sea salt, paprika\*, cider vinegar\*, reduced sodium soy sauce\* (water, soybeans\*, salt, alcohol), spices\*



**Tibetan Curried Lentil Soup**

A spicy exotic creation of golden Pardina lentils with carrots, red potatoes and green peppers.

*Ingredients:* Filtered water, tomatoes\* (tomatoes\*, tomato juice\*, calcium chloride, citric acid), onions\*, red potatoes\*, lentils\*, carrots\*, green bell peppers\*, tomato puree\* (tomatoes\*), spices\*, reduced sodium soy sauce\* (water, soybeans\*, salt, alcohol), canola oil\*, garlic, extra virgin olive oil\*, reduced sodium sea salt, orange juice concentrate\*, turmeric\*.

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## Savannah Sweet Potato Bisque

A velvety blend featuring fresh sweet potatoes, tangy Cheddar cheese and red bell peppers.

*Ingredients: Filtered water, sweet potatoes\*, onions\*, red potatoes\*, red bell peppers\*, Neufchatel cream cheese\*(cultured, pasteurized milk\* and cream\*, salt, carob bean gum), cheddar cheese\*(cultured milk\*, sea salt, vegetable enzymes), celery\*, canola oil\*, vegetable base\*(sautéed vegetables\* {carrots\*, onions\*, celery\*}, sea salt, sugar\*, canola oil\*, carrot powder\*, rosemary extract, potato flour\*, onion powder\*, black pepper\*), reduced sodium sea salt, spices\*.*



## Creamy Broccoli & Cheese Soup

A velvety puree of fresh potatoes, broccoli, neufchatel and cheddar cheese, garlic & basil.

*Ingredients: Filtered water, broccoli\*, red potatoes\*, whole milk\*, onions\*, Neufchatel cream cheese\*(cultured, pasteurized milk\* and cream\*, salt, carob bean gum), cheddar cheese\*(cultured milk\*, salt, enzymes), carrots\*, unbleached bread flour\*(wheat flour\*), vegetable base\*(sautéed vegetables\* {carrots\*, onions\*, celery\*} sea salt, sugar\*, canola oil\*, carrot powder\*, rosemary extract, potato flour\*, onion powder\*, black pepper\*), butter\*(pasteurized sweet cream\*, salt), canola oil\*, roasted garlic\*, spices\*, reduced sodium sea salt, basil\*, lemon juice concentrate\*, mustard\*(apple cider vinegar\*, mustard seed\*, salt, turmeric\*, spices\*)*

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>IAN'S ALL NATURAL - CONT.</b>							
60715	IAN'S	CHICKEN NUGGETS bulk	10#	5.95	59.50	5.35	53.50
60702	IAN'S	CHICKEN PATTIES	3/7 OZ	3.69	11.07		
60704	IAN'S	FISH FILLETS	3/7 OZ	2.94	8.82		
60741	IAN'S	FISH STICKS ALLERGEN FREE	3/8 OZ	3.99	11.97		
60703	IAN'S	FISH STICKS CRUNCHY	3/8 OZ	2.94	8.82		
60721	IAN'S	MEATBALLS ITALIAN	3/12 OZ	4.95	14.85		
60713	IAN'S	ALPHA TOTS	3/12 OZ	2.20	6.60	1.98	5.94
60709	IAN'S	ONION RINGS	3/12 OZ	2.85	8.55		
60705	IAN'S	SWEET POTATO FRIES	3/16 OZ	2.59	7.77		
<b>JIMTOWN</b>							
61247	JIMTOWN	DIP ARTICHOKE OLIVE CAPER	7 OZ	3.75	3.75		
61248	JIMTOWN	DIP CHOPPED OLIVE	7 OZ	3.75	3.75		
61249	JIMTOWN	DIP FIG OLIVE	7 OZ	3.75	3.75		
61250	JIMTOWN	DIP ROASTED VEGETABLE	7 OZ	3.75	3.75		
61251	JIMTOWN	DIP SPICY OLIVE	7 OZ	3.75	3.75	3.35	3.35
<b>LAZY CHEF</b>							
61217	LAZYCHEF	PESTO ALMOND ASIAGO	6.5 OZ	3.45	3.45	3.05	3.05
61219	LAZYCHEF	PESTO ARTICHOKE PEPPERCORN	6.5 OZ	3.45	3.45	3.05	3.05
60206	LAZYCHEF	PESTO GARLIC + TST PECAN	6.25 OZ	3.45	3.45		
61221	LAZYCHEF	PESTO RST RED PEPPER	6.5 OZ	3.45	3.45	3.05	3.05
61220	LAZYCHEF	PESTO SUNDRIED TOM MOZZARELLA	6.5 OZ	3.45	3.45	3.05	3.05
60205	LAZYCHEF	PESTO TRADITIONAL	6.5 OZ	3.45	3.45		
60211	LAZYCHEF	SAUCE ALFREDO	6.5 OZ	3.45	3.45		
61218	LAZYCHEF	SAUCE ROMESCO TOM ALMOND	6.5 OZ	3.45	3.45	3.05	3.05
<b>LEONA'S</b>							
61094	LEONAS	MASA PREPARED frozen	80 OZ	2.99	2.99	1.69	1.69
<b>LIFESTREAM</b>							
60602	LIFESTRM	TSTR WAFFLES BUCKWHT WILDBRRY	3/11 OZ	2.95	8.85		
60600	LIFESTRM	TSTR WAFFLES FLAX PLUS	3/11 OZ	2.95	8.85	2.65	7.95
<b>LIGHTLIFE</b>							
5435	LIGHTLIF	FAKIN' BACON bulk	4 X 1.5#	10.75	43.00		
62041	LIGHTLIF	HAND HELD BREAKFAST WRAP	3/6 OZ	1.96	5.88		
62043	LIGHTLIF	HAND HELD MEXICAN WRAP	3/6 OZ	1.96	5.88		
62042	LIGHTLIF	HAND HELD PRETZEL DOG	3/5 OZ	1.96	5.88	1.76	5.28
62044	LIGHTLIF	HAND HELD RANCHERO WRAP	3/6 OZ	1.96	5.88		
5455	LIGHTLIF	LEAN LINKS BREAKFAST frozen	6 OZ	2.20	2.20		
60426	LIGHTLIF	SMART BRAT GERMAN STYLE	8 OZ	2.90	2.90		
60419	LIGHTLIF	SMART BREAKFAST PATTIES	8 OZ	2.22	2.22		
60420	LIGHTLIF	SMART BURGER 4pk	10 OZ	2.59	2.59		
60136	LIGHTLIF	SMART GROUND MEATLESS	12 OZ	2.70	2.70		
60422	LIGHTLIF	SMART MEATLESS MEATBALL	10 OZ	2.59	2.59		
60134	LIGHTLIF	SMART MENU CHICKEN STRIPS	6 OZ	2.85	2.85		
5438	LIGHTLIF	SOY RICE TEMPEH ORG	5X2#	6.60	33.00		
<b>LING LING</b>							
60676	LINGLING	POTSTICKER CHICKEN	3/15 OZ	4.11	12.33	3.29	9.87
60677	LINGLING	POTSTICKER VEGETABLE	3/15 OZ	4.11	12.33	3.29	9.87
60678	LINGLING	SHUMAI DUMPLING CHICKEN	3/10.5 OZ	4.11	12.33	3.29	9.87
60674	LINGLING	SPRING ROLL CHICKEN	3/11 OZ	4.11	12.33	3.29	9.87
60675	LINGLING	SPRING ROLL VEGETABLE VEGAN	3/11 OZ	4.11	12.33	3.299	8.760565
<b>LIZ LOVELY</b>							
62020	LIZ LOVE	COOKIES COWBOY Vg s	12/2 PK	2.69	32.28		
62021	LIZ LOVE	COOKIES COWGIRL Vg	12/2 PK	2.69	32.28		
62023	LIZ LOVE	COOKIES GINGER SNAPDRAGON Vg s	12/2 PK	2.69	32.28		
62022	LIZ LOVE	COOKIES PNT BUTR CLASSIC Vg s	12/2 PK	2.69	32.28		
<b>MARIA &amp; RICARDO'S</b>							
60577	MARIA&R	LOW CARB TORTILLA 10in WHL WHT	10/12 CT	4.16	41.60	2.98	29.80
60576	MARIA&R	TORT ASST WHT/GAR/TOM/SP/C+L	5/12 CT	3.09	15.45		
60575	MARIA&R	TORTILLA 6in CORN Retail pk	5/16 CT	1.35	6.75		
60570	MARIA&R	TORTILLA 8in WHITE Retail pk	10/10 CT	1.69	16.90		
60571	MARIA&R	TORTILLA 8in WH-WHT Retail pk	10/10 CT	1.80	18.00		
60560	MARIA&R	TORTILLAS 10in CHILE	10/12 CT	3.38	33.80	2.98	29.80
60572	MARIA&R	TORTILLAS 10in CILANTRO/LEMON	10/12 CT	3.38	33.80	2.98	29.80
60574	MARIA&R	TORTILLAS 10in GARLIC & HERB	10/12 CT	3.38	33.80		
62039	MARIA&R	TORTILLAS 10in JALAPENO	10/12 CT	3.38	33.80	2.98	29.80
62040	MARIA&R	TORTILLAS 10in RST RED PEPPER	10/12 CT	3.38	33.80		
60561	MARIA&R	TORTILLAS 10in SPINACH	10/12 CT	3.38	33.80		
60562	MARIA&R	TORTILLAS 10in TOMATO	10/12 CT	3.38	33.80		
60568	MARIA&R	TORTILLAS 10in WHITE FLR	10/12 CT	2.69	26.90		
60569	MARIA&R	TORTILLAS 10in WHL WHT	10/12 CT	2.85	28.50		
60563	MARIA&R	TORTILLAS ORG 12in WHITE	10/12 CT	4.15	41.50		
60564	MARIA&R	TORTILLAS ORG 12in WHL WHT	10/12 CT	4.85	48.50		
60565	MARIA&R	TORTILLAS ORG 8in WHITE retail	10/10 CT	2.53	25.30	2.13	21.30
<b>MEDITERRANEAN DELIGHTS</b>							
60145	MEDDEL	ORG HUMMUS LEMON PEPPER	8 OZ	3.29	3.29	2.89	2.89
60143	MEDDEL	ORG HUMMUS ORIGINAL	8 OZ	3.29	3.29	2.89	2.89
60144	MEDDEL	ORG HUMMUS ROASTED GARLIC	8 OZ	3.29	3.29	2.89	2.89

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>MIMI'S GOURMET</b>							
62068	MIMI	CHILI 3 BEAN & RICE ORG	3/11.5OZ	3.60	10.80	3.20	9.60
62066	MIMI	CHILI BLACK BEAN & CORN Org	3/10.5OZ	3.60	10.80	3.20	9.60
62067	MIMI	CHILI WHITE BEAN & JALAPNO ORG	3/10.5OZ	3.60	10.80	3.20	9.60
<b>MOON HILL FARM</b>							
60508	MOONHILL	MAINE WILD BLUEBERRIES ORGANIC	16 OZ	5.15	5.15		
<b>MOOSEWOOD KITCHEN</b>							
62095	MOOSEWD	BISQUE SAVANNAH SWT POTATO ORG	2/8 LB	2.40	38.40	2.16	34.56
62093	MOOSEWD	CHILI TEXAS TWO BEAN ORG	2/8 LB	2.40	38.40	2.16	34.56
62094	MOOSEWD	CHOWDR CRMY POTATO & CORN ORG	2/8 LB	2.40	38.40	2.16	34.56
62089	MOOSEWD	SOUP CREAMY BROC & CHEESE ORG	2/8 LB	2.40	38.40	2.16	34.56
62091	MOOSEWD	SOUP HEARTY MUSHRM BARLEY ORG	2/8 LB	2.40	38.40	2.16	34.56
62096	MOOSEWD	SOUP HUNGARIAN VEG NOODLE ORG	2/8 LB	2.40	38.40	2.16	34.56
62090	MOOSEWD	SOUP MEDITERRAN TOM&RICE ORG	2/8 LB	2.40	38.40	2.16	34.56
62097	MOOSEWD	SOUP TIBETAN CURRIED LENTL ORG	2/8 LB	2.40	38.40	2.16	34.56
62092	MOOSEWD	SOUP TUSCN WHT BEAN & VEG ORG	2/8 LB	2.40	38.40	2.16	34.56
<b>MT. OLIVE</b>							
62002	MTOLIVE	FALAFEL PATTIES	3/16 OZ	5.14	15.42	4.37	13.11
62005	MTOLIVE	FALAFEL PATTIES BULK	10#	5.14	51.40	3.99	39.90
62007	MTOLIVE	FALAFEL PATTIES PREFRIED BULK	10#	5.43	54.30	3.99	39.90
62001	MTOLIVE	FALAFEL STICKS	3/16 OZ	5.14	15.42	4.37	13.11
62004	MTOLIVE	FALAFEL STICKS BULK	10#	5.14	51.40	4.37	43.69
62003	MTOLIVE	FALAFEL STICKS PREFRIED	3/7 OZ	3.14	9.42	2.67	8.01
62006	MTOLIVE	FALAFEL STICKS PREFRIED BULK	10#	5.43	54.30	3.99	39.90
<b>MURRAY'S</b>							
61028	MURRAY	BULK CHICKEN BREAST BNLS/SKNLS	10# RW	4.56	45.60		
61021	MURRAY	CHICKEN BREAST BNLS/SKINLESS	1# R/W	5.09	5.09		
61022	MURRAY	CHICKEN BREAST SPLIT	1-2# R/W	3.16	6.32		
61024	MURRAY	CHICKEN LEGS	1# R/W	1.79	1.79		
61239	MURRAY	CHICKEN SAUSAGE CAJUN	1#	5.09	5.09	4.59	4.59
61238	MURRAY	CHICKEN SAUSAGE HOT ITALIAN	1#	5.09	5.09		
61237	MURRAY	CHICKEN SAUSAGE SD TOMATO	1#	5.09	5.09	4.59	4.59
61240	MURRAY	CHICKEN SAUSAGE SPIN GARLIC	1#	5.09	5.09		
61236	MURRAY	CHICKEN SAUSAGE SWT ITALIAN	1#	5.09	5.09		
61026	MURRAY	CHICKEN THIGHS	1# R/W	1.79	1.79		
61020	MURRAY	CHICKEN WHOLE	3-4# R/W	2.10	8.40		
61023	MURRAY	CHICKEN WINGS	1.5# R/W	2.19	3.29		
<b>NATE'S MEATLESS</b>							
65020	NATES	MEATBALLS MEATLESS CLASSIC	3/12 OZ	4.15	12.45	3.32	9.96
65022	NATES	MEATBALLS MEATLESS ITALIAN	3/12 OZ	4.15	12.45	3.32	9.96
65021	NATES	MEATBALLS MEATLESS MUSHROOM	3/12 OZ	4.15	12.45	3.32	9.96
<b>NATURAL FEAST</b>							
62013	NATFEAST	PIE APPLE CRANBERRY WF/GF Vg	8 INCH	9.61	9.61	7.69	7.69
62008	NATFEAST	PIE APPLE STREUSEL WF/GF Vg	8 INCH	9.61	9.61	7.69	7.69
62009	NATFEAST	PIE BLUEBRY STREUSEL WF/GF Vg	8 INCH	9.61	9.61	7.69	7.69
62010	NATFEAST	PIE CHOC MOUSSE WF/GF Vg	8 INCH	9.99	9.99	7.99	7.99
62012	NATFEAST	PIE PUMPKIN WF/GF Vg	8 INCH	9.61	9.61	7.69	7.69
62011	NATFEAST	PIE SHELLS WF/GF Vg 2/pack	8 INCH	4.11	4.11	3.29	3.29
<b>NATIVE KAJALII FOODS</b>							
61243	NATIVE K	GUACAMOLE FIRE ROASTED	15 OZ	5.08	5.08		
61244	NATIVE K	SALSA AVO MANGO	15 OZ	5.08	5.08	4.57	4.57
61242	NATIVE K	SALSA FIRE RST GREEN TOMATO	15 OZ	5.08	5.08	4.57	4.57
61241	NATIVE K	SALSA FIRE RST RED TOMATO	15 OZ	3.79	3.79		
61245	NATIVE K	SALSA PAPAYA MANGO	15 OZ	5.08	5.08		
<b>NATURAL SEA</b>							
60185	NATSEA	FISH STICKS WW	6/8 OZ	4.55	27.30		
<b>NATURE'S PATH</b>							
60580	NATSPATH	MANNA BREAD CARROT/RSN ORG	14 OZ	3.29	3.29		
60581	NATSPATH	MANNA BREAD FRUIT & NUT ORG	14 OZ	3.38	3.38		
60584	NATSPATH	MANNA BREAD MILLET RICE ORG	14 OZ	3.29	3.29	2.89	2.89
60583	NATSPATH	MANNA BREAD MULTIGRAIN ORG	14 OZ	3.29	3.29		
<b>NEZINSCOTT FARM</b>							
91003	NEZINSCT	COTTAGE CHEESE DRY CURD ORG	16 OZ	7.14	7.14		
91005	NEZINSCT	FETA ORG cows milk crumbles	8 OZ	5.71	5.71		
91004	NEZINSCT	LA VACHE ORG soft cows cheese	8 OZ	5.71	5.71	4.99	4.99
60315	NEZINSCT	BEEF GROUND ORG	1#R/W	4.99	4.99		
60325	NEZINSCT	BEEF PATTIES ORG 4/pkg	1#	5.71	5.71		
60318	NEZINSCT	BEEF POT ROAST ORG boneless	3# R/W	6.89	20.67		
60316	NEZINSCT	BEEF STEW MEAT ORG	1#R/W	4.99	4.99		
60317	NEZINSCT	STEAK BOX ORG 1ea 5 types	4-5# R/W	11.28	56.40	10.08	50.40
60319	NEZINSCT	PORK CHOPS ORG	1# R/W	9.29	9.29		
<b>NORTH COUNTRY SMOKEHOUSE</b>							
60922	NORTHCOU	BONELESS SMKD TURKEY BREAST	4# R/W	6.79	27.16		
60920	NORTHCOU	FRUITWOOD SMOKED BACON	16 OZ	6.55	6.55		
<b>OH-NATURAL</b>							
61185	OH NAT	SOUP CRM MUSHRM w/swiss s nv	3/20.1 OZ	5.99	17.97	5.49	16.47
61184	OH NAT	SOUP MINESTRONE w/swiss nv	3/20.1 OZ	5.99	17.97	5.49	16.47



## Creamy Potato & Corn Chowder

A classic recipe of red potatoes and sweet corn simmered in a rich full-bodied fresh herb cream base.

*Ingredients:* Corn\*, filtered water, red potatoes\*, whole milk\*, onions\*, carrots\*, celery\*, Neufchatel cream cheese\*(cultured, pasteurized milk\* and cream\*, salt, carob bean gum), vegetable base\*(sautéed vegetables\* {carrots\*, onions\*, celery\*}, sea salt, sugar\*, canola oil\*, carrot powder\*, rosemary extract, potato flour\*, onion powder\*, black pepper\*), canola oil\*, garlic\*, spices\*, reduced sodium sea salt.

## Hearty Mushroom Barley Soup

Flavorful shiitake and crimini mushrooms simmered with fresh vegetables, barley and rosemary.

*Ingredients:* Filtered water, cooked hulled barley\*, crimini mushrooms\*, onions\*, soy sauce\*(water, soybeans\*, sea salt, alcohol), carrots\*, celery\*, leeks\*, sherry wine, canola oil\*, garlic\*, shiitake mushrooms\*, rosemary\*, spices\*.

## Texas Two Bean Chili

Fresh vegetables and red and black beans in a thick, spicy sauce seasoned with chipotle peppers and cilantro.

*Ingredients:* Diced tomatoes\* (tomatoes\*, tomato juice\*, calcium chloride, citric acid), filtered water, cooked red beans\*, cooked black beans\*, onions\*, celery\*, green bell peppers\*, corn\*, tomato paste\*(tomatoes\*), vegetable base\*(sautéed vegetables\* {carrots\*, onions\*, celery\*}, sea salt, sugar\*, canola oil\*, carrot powder\*, rosemary extract, potato flour\*, onion powder\*, black pepper\*), canola oil\*, molasses\*, spices\*, garlic\*, mustard\*(apple cider vinegar\*, mustard seed\*, salt, turmeric\*, spices\*), soy sauce\*(water, soybeans\*, salt, alcohol), potato starch\*, cider vinegar\*, cilantro\*, reduced sodium sea salt, chipotle powder\*.

(continued on page 64)



## Mediterranean Tomato & Rice Soup

Ripe tomatoes with wild rice, roasted garlic, extra-virgin olive oil, rosemary and basil.

*Ingredients: Filtered water, tomato puree\*(tomatoes\*), cooked wild rice\*, onions\*, diced tomatoes\*(tomatoes\*, tomato juice\*, calcium chloride, citric acid), cooked white rice\*, red wine\*, garlic\*, basil\*, extra virgin olive oil\*, reduced sodium sea salt, rosemary\*, lemon juice concentrate\*, spices\*.*

## Tuscan White Bean & Vegetable Soup

Fresh vegetables and white beans seasoned in an aromatic, flavorful sun-dried tomato and herb broth.

*Ingredients: Filtered water, cooked navy white beans\*, red potatoes\*, tomatoes\*(tomatoes\*, tomato juice\*, calcium chloride, citric acid), onions\*, carrots\*, red bell peppers\*, celery\*, vegetable base\*(sautéed vegetables\* {carrots\*, onions\*, celery\*}, sea salt, sugar\*, canola oil\*, carrot powder\*, rosemary extract, potato flour\*, onion powder\*, black pepper\*), spices\*, garlic\*, dried tomatoes\*, extra virgin olive oil\*, lemon juice concentrate\*.*

\* certified organic



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>OMEGA FOODS</b>							
60269	OMEGAFDS	SALMONBURGER 4patties	3/3.2 OZ	5.41	16.23		
<b>ORGANIC PRAIRIE</b>							
60288	ORG PRAI	BACON HRDWOOD SMKD ORG	8 OZ	5.19	5.19		
60289	ORG PRAI	BEEF GRND PATTIES ORG 2/5.3oz	10.6 OZ	5.79	5.79	4.59	4.59
60290	ORG PRAI	PORK SAUSAGE BRKFST LINK ORG c	8 OZ	4.67	4.67		
60292	ORG PRAI	PORK SAUSAGE ITALIAN MLD ORG	12 OZ	5.69	5.69		
<b>ORGANIC VALLEY</b>							
60287	ORG VLY	CHICKEN WHOLE ORG	5# R/W	3.47	17.35		
60666	ORG VLY	TURKEY ORG	10-14# R/W	3.59	43.08		
<b>PERFECT ADDITION</b>							
60621	PERFECT	BEEF STOCK CONCENTRATE	8 OZ	2.99	2.99	2.69	2.69
60622	PERFECT	CHICKEN STOCK CONCENTRATE	8 OZ	2.79	2.79	2.49	2.49
60623	PERFECT	FISH STOCK CONCENTRATE	8 OZ	2.79	2.79		
60620	PERFECT	VEGETABLE STOCK CONCENTRATE	8 OZ	2.79	2.79		
<b>PUTNEY PASTA</b>							
60089	PUTNEY	MEAL TORTELLONI SQUASH ALFREDO	14 OZ	3.89	3.89	3.11	3.11
60016	PUTNEY	FAMILY RAVIOLI CHEESE	16 OZ	2.99	2.99	2.39	2.39
60015	PUTNEY	FAMILY TORTELLINI CHEESE	16 OZ	2.99	2.99	2.39	2.39
60008	PUTNEY	RAVIOLI BLK BEAN/HABNRO n/f	9 OZ	2.79	2.79	2.23	2.23
60022	PUTNEY	RAVIOLI BUTTRNUT SQUASH/MAPLE	9 OZ	2.79	2.79	2.23	2.23
60010	PUTNEY	RAVIOLI CREAMY GORGONZOLA	9 OZ	3.59	3.59	2.87	2.87
60020	PUTNEY	RAVIOLI FOUR FORMAGGIO STRIPED	9 OZ	3.59	3.59	2.87	2.87
60019	PUTNEY	RAVIOLI PESTO & ASIAGO STRIPED	9 OZ	3.59	3.59	2.87	2.87
60005	PUTNEY	RAVIOLI SPINACH & FETA	9 OZ	2.79	2.79	2.23	2.23
60012	PUTNEY	TORTELLINI 3 CHS/TRI-COLOR	5#	3.99	19.95	3.19	15.96
60014	PUTNEY	TORTELLINI MUSHRM & GRUYERE	9 OZ	2.79	2.79	2.23	2.23
60001	PUTNEY	TORTELLINI SPNCH/MOZZ/WALNUT	9 OZ	2.79	2.79	2.23	2.23
60000	PUTNEY	TORTELLINI TRI-COLOR	9 OZ	2.79	2.79	2.23	2.23
60003	PUTNEY	TORTELLONI PARMESAN & PEPCRN	9 OZ	2.79	2.79	2.23	2.23
60002	PUTNEY	TORTELLONI SUNDRIED TOMATO	9 OZ	2.79	2.79	2.23	2.23
<b>QUORN</b>							
60553	QUORN	BEEF STYLE GROUND	3/12 OZ	3.90	11.70		
61140	QUORN	BEEF STYLE HOT DOGS	3/12 OZ	3.90	11.70		
60551	QUORN	CHICKEN STYLE CUTLETS HERB/GAR	3/7 OZ	3.90	11.70		
61141	QUORN	CHICKEN STYLE CUTLETS NAKED	3/9.7 OZ	3.90	11.70		
60559	QUORN	CHICKEN STYLE NUGGETS	3/10.6 OZ	3.90	11.70		
60556	QUORN	CHICKEN STYLE PATTIES 4pk	3/10.6 OZ	3.90	11.70		
60558	QUORN	CHICKEN STYLE TENDERS	3/12 OZ	3.90	11.70		
<b>RHAPSODY</b>							
62034	RHAPSDY	TEMPEH PLAIN ORG	8 OZ	1.83	1.83		
62035	RHAPSDY	TEMPEH PLAIN ORG bulk pack	3 LB	7.86	7.86	7.06	7.06
62036	RHAPSDY	AMAZAKE EXOTIC VANILLA	16 OZ	2.29	2.29		
62038	RHAPSDY	AMAZAKE FRESH GINGER	16 OZ	2.79	2.79	2.49	2.49
62037	RHAPSDY	AMAZAKE ROASTED ALMOND	16 OZ	2.79	2.79		
<b>RUSTIC CRUST</b>							
61223	RUSTIC	FLATBREAD 12in CHEESE & HERB	3/12 IN	6.93	20.79		
61224	RUSTIC	FLATBREAD 12in CHEESE & TOMATO	3/12 IN	6.93	20.79		
61222	RUSTIC	FLATBREAD 12in PESTO & RST PEP	3/12 IN	6.93	20.79		
60914	RUSTIC	PIZZA CRUST 12in CHEESY HERB	4 EA	2.87	11.48		
60911	RUSTIC	PIZZA CRUST 12in SOURDOUGH	4 EA	2.65	10.60		
60910	RUSTIC	PIZZA CRUST 12in TUSCAN 6 grai	4 EA	2.65	10.60		
61225	RUSTIC	PIZZA CRUST 12in WHOLE GRAIN	4 EA	2.65	10.60		
60909	RUSTIC	PIZZA CRUST 7in ITAL HERB 2pk	4/3.5 OZ	2.65	10.60		
<b>SEAFOOD</b>							
60505	SEAFOOD	SHRIMP BLACK TIGER 21-25ct	4#	8.75	35.00	7.75	31.00
<b>SEAPOINT</b>							
61150	SEAPOINT	EDAMAME ORG SOYBEANS IN PODS	14 OZ	2.85	2.85		
61151	SEAPOINT	EDAMAME ORG SOYBEANS SHELLED	14 OZ	2.85	2.85		
<b>SHEFFIELD SEITAN</b>							
3377	SHEFLD	SEITAN BURGERS bags	3/18 OZ	4.40	13.20		
3375	SHEFLD	SEITAN BURGERS tubs	3/12 OZ	3.22	9.66		
3379	SHEFLD	SEITAN BURGERS tubs	6/6 OZ	1.69	10.14		
3373	SHEFLD	SEITAN pieces FOODSERVICE bag	2#	8.30	8.30		
3376	SHEFLD	SEITAN PIECES tubs	3/16 OZ	4.38	13.14		
3378	SHEFLD	SEITAN PIECES tubs	6/8 OZ	2.28	13.68		
3374	SHEFLD	SEITAN POUNDER bags	3/16 OZ	3.75	11.25		
<b>STONWOOD FARM</b>							
61067	STONEWD	temp o/s TURKEY GRD DARK MEAT	1#	3.80	3.80		
61062	STONEWD	TURKEY BREST BONELESS	2-4# R/W	4.70	14.10		
61059	STONEWD	TURKEY BREST BONELESS	4-5# R/W	4.70	18.80	4.20	16.80
61068	STONEWD	TURKEY BREST COB SMOKED BNLS	4-5# R/W	8.30	33.20	7.30	29.20
61061	STONEWD	TURKEY GROUND	1#	3.70	3.70		
61069	STONEWD	TURKEY GROUND	5#	3.60	18.00	3.20	16.00
61063	STONEWD	TURKEY SAUSAGE CAJUN	1#	3.80	3.80		
61066	STONEWD	TURKEY SAUSAGE HOT ITALIAN	1#	3.80	3.80		
61060	STONEWD	TURKEY SAUSAGE MILD	1#	3.80	3.80		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
61065	STONEWD	TURKEY SAUSAGE SWEET ITALIAN	1#	3.80	3.80		
61056	STONEWD	TURKEY WHOLE large	22-23# R/W2.06		47.38		
61057	STONEWD	TURKEY WHOLE medium	18-19# R/W2.06		39.14		
61058	STONEWD	TURKEY WHOLE small	14-15# R/W2.06		30.90		
<b>TAST IT!</b>							
60310	TASTEIT	TIRAMISU 4 servings	12 OZ	7.49	7.49		
<b>TRIDENT SEAFOOD</b>							
60841	TRIDENT	SWORDFISH STEAKS 4oz	5# R/W	8.50	42.50		
<b>VAN'S WAFFLES</b>							
60961	VANS	WAFFLE BELGIAN 7-GRAIN	3/7.5 OZ	2.37	7.11		
60972	VANS	WAFFLE BUCKWHT BLBRY/RASP GF s	3/9.5 OZ	2.49	7.47	2.24	6.72
60977	VANS	WAFFLE MINI HOMESTYLE	3/7.5 OZ	2.55	7.65		
60974	VANS	WAFFLE MULTI-GRAIN	3/8 OZ	2.53	7.59		
60958	VANS	WAFFLE SOY FLAX ORG d/f y/f	3/9 OZ	2.54	7.62	2.24	6.72
60971	VANS	WAFFLE WF BLUEBERRY	3/9.5 OZ	2.56	7.68		
60976	VANS	WAFFLE WF ORIGINAL	3/9 OZ	2.69	8.07		
60973	VANS	WAFFLES FLAX	3/9 OZ	2.45	7.35		
<b>VEAT</b>							
60967	VEAT	VEG SOY CHICKEN BREAST	3/7 OZ	3.79	11.37		
60965	VEAT	VEG SOY CHICKEN GOURMET BITE	3/7 OZ	3.79	11.37		
60966	VEAT	VEG SOY CHICKEN NUGGETS	3/8 OZ	3.79	11.37		
<b>VERMONT PRETZEL</b>							
60120	VERMTPRE	PRETZEL APPLE STUFFED s	4/4.6 OZ	1.88	7.52		
60117	VERMTPRE	PRETZEL HERB CHS STUFFED	4/6.5 OZ	1.88	7.52	1.68	6.72
60115	VERMTPRE	PRETZEL PESTO STUFFED	4/6.5 OZ	1.88	7.52		
60116	VERMTPRE	PRETZEL PIZZA STUFFED	4/6.5 OZ	1.88	7.52		
<b>VERMONT MYSTIC PIE COMPANY</b>							
62051	VT PIE	PIE BLUEBERRY 9inch s	EACH	8.57	8.57		
62050	VT PIE	PIE VERMONT APPLE 9inch s	EACH	8.57	8.57	7.57	7.57
62059	VT PIE	PIE SHELLS 2 shells	6/2 PK	5.71	34.26	4.57	27.42
<b>WHEN PIGS FLY</b>							
60636	WHENPIGS	BREAD SLICED 6-GRAIN/PUMP SD	3/1.25#	2.70	8.10		
60638	WHENPIGS	BREAD SLICED CINN RAISIN	3/1.25#	2.70	8.10		
60635	WHENPIGS	BREAD SLICED OAT/ HONEY	3/1.25#	2.70	8.10		
60637	WHENPIGS	BREAD SLICED SOURDOUGH	3/1.25#	1.89	5.67		
60639	WHENPIGS	BREAD SLICED TUSCAN WHEAT	3/1.25#	1.89	5.67		
60641	WHENPIGS	BREAD WW LOW CARB SAND	3/1.25#	2.70	8.10	2.40	7.20
60630	WHENPIGS	BREAD-TO-BAKE 6-GRAIN PMKSEED	3/1#	2.00	6.00	1.80	5.40
60634	WHENPIGS	BREAD-TO-BAKE CINNAMON/RAISIN	3/1#	2.00	6.00	1.80	5.40
60631	WHENPIGS	BREAD-TO-BAKE N.Y. RYE	3/1#	1.60	4.80	1.44	4.32
60632	WHENPIGS	BREAD-TO-BAKE SOURDOUGH	3/1#	1.60	4.80	1.40	4.20
60633	WHENPIGS	BREAD-TO-BAKE TUSCAN WHEAT	3/1#	1.60	4.80	1.40	4.20
<b>WHOLLY HEALTHY</b>							
60226	WHOLLY	PIE APPLE unbaked 8in	28 OZ	5.67	5.67	5.09	5.09
60227	WHOLLY	PIE BLUEBERRY unbaked 8in	28 OZ	6.65	6.65		
60228	WHOLLY	PIE CHERRY unbaked 8in	28 OZ	6.65	6.65	5.95	5.95
<b>WOLFE'S NECK FARM</b>							
60547	WOLFNECK	PORK BRATWURST 4/pkg	1# R/W	5.45	5.45		
60539	WOLFNECK	PORK BREAKFAST LINK	1# R/W	5.88	5.88		
60537	WOLFNECK	PORK CHOPS CENTER CUT 2/pk	1# R/W	6.79	6.79		
60536	WOLFNECK	PORK GROUND	1# R/W	4.29	4.29		
60540	WOLFNECK	SAUSAGE ITALIAN GARLIC 4/pk	1# R/W	5.45	5.45	4.85	4.85
60548	WOLFNECK	SAUSAGE ITALIAN HOT 4/pk	1# R/W	5.45	5.45	4.85	4.85
60549	WOLFNECK	SAUSAGE ITALIAN SWEET 4/pk	1# R/W	5.45	5.45	4.85	4.85
<b>YANKEE FARMERS MARKET</b>							
61226	YANKEE	BUFFALO GROUND	1#	4.93	4.93		
61227	YANKEE	BUFFALO PATTIES 4oz	1#	5.21	5.21		
61234	YANKEE	BUFFALO RIBS BACK 8-10 pc	3# R/W	4.79	14.37		
61233	YANKEE	BUFFALO RIBS SHORT 6-8pc	2# R/W	5.00	10.00		
61228	YANKEE	BUFFALO SAUSAGE	1#	6.64	6.64		
61235	YANKEE	BUFFALO STEW MEAT	1#	6.43	6.43		
<b>YUCATAN</b>							
65119	YUCATAN	AVOCADO HALVES IQF	3 #	10.50	10.50		
65114	YUCATAN	AVOCADO PULP CHUNKY pouch	32 OZ	5.95	5.95	5.35	5.35
65117	YUCATAN	GUACAMOLE CHUNKY ORG tub	16 OZ	4.70	4.70		
65115	YUCATAN	GUACAMOLE MILD ORIGINAL tub	16 OZ	3.47	3.47	3.07	3.07
65118	YUCATAN	GUACAMOLE PARTY TUB	32 OZ	5.98	5.98	4.98	4.98
65116	YUCATAN	GUACAMOLE ZESTY tub	16 OZ	3.47	3.47		



Just in time for the  
Holidays!



## Pie Shells

Ready, Set, Fill - includes  
2 pie crusts in heavy tins.  
This all butter crust is  
made with pure grade AA  
Cabot Creamery Butter  
and certified organic King  
Arthur flour - no oils, no  
trans fats or GMO's found  
in these pie shells!

They are produced in small  
batches to give you that  
totally home-made taste  
and texture with recipes on  
the box! How much easier  
could this be?

Packaged in crush resis-  
tant boxes to reduce pie  
shell breakage.

Ingredients: certified organic unbro-  
mated, unbleached organic King  
Arthur Flour, unsalted Cabot butter,  
water, kosher salt.

# GROCERY - ETHNIC FOODS



STOCK # BRAND ITEM DESCRIPTION SIZE PRICE EXT SALE PRICE EXT

## GROCERY - ETHNIC FOODS

### ASIAN / JAPANESE FOODS

#### ASIAN BULK ITEMS

4414	BULK	BAMBOO SHOOTS SLICED	104 OZ	4.95	4.95		
1280	BULK	BREAD CRUMBS JAPANESE unblchd	1#	1.65	1.65		
1279	BULK	BREAD CRUMBS JAPANESE unblchd	25#	1.35	33.75		
20109	LEEKUMKE	CHILI SAUCE SWEET Thai plst tu	4LB 14OZ	11.70	11.70		
2612	NATIVE	COCONUT MILK ORG	96 OZ	9.95	9.95	8.95	8.95
1485	WEICHUAN	HOISIN SAUCE s	60 OZ	6.50	6.50		
20108	LEEKUMKE	OYSTER FLAVORED SAUCE choy sun	5 LB TIN	9.60	9.60	8.60	8.60
4015	MYRONS	PONZU SAUCE	5GALLON	81.30	81.30		
10101	MYRONS	PREMIUM TERIYAKI SAUCE	2/64 OZ	12.90	25.80		
4011	MYRONS	PREMIUM TERIYAKI SAUCE	5GALLON	81.30	81.30		
20115	YU YEE	RED CHILI WHOLE DRIED bag	5 LB	13.60	13.60		
06003	KOKUHO	ROSE RICE	8/5#	.96	38.40		
06000	KOKUHO	ROSE RICE	4/10#	.92	36.80		
03506	KOKUHO	ROSE RICE KRAFT	20# **	.86	17.20		
28586	NISHIKI	SUSHI PREMIUM RICE	10#	.92	9.20	.78	7.82
3118	NISHIKI	SUSHI RICE WHITE	5#	.96	4.80	.82	4.08
3116	NISHIKI	SUSHI RICE WHITE	20#	.86	17.20		
3186	LUNDBERG	SUSHI RICE WHITE ORG	25# **	1.49	37.25		
8017	SAN-J	SHOYU ORG	5GAL	73.60	73.60		
20111	PEARLRIV	SOY SAUCE MUSHROOM dark	60.86 OZ	5.20	5.20		
1084	NEWYORK	SOY SAUCE no pres	5 GAL	38.50	38.50		
1419	PEARLRIV	SOY SAUCE SUPERIOR jug	60.86 OZ	3.99	3.99		
10103	MYRONS	SZECHUAN SAUCE	2/64 OZ	12.90	25.80	11.60	23.20
4010	MYRONS	SZECHUAN STIR FRY SAUCE	5GALLON	81.30	81.30		
1085	BULK	TAMARI OISHII	4.7GAL	52.00	52.00		
2131	CALOIL	TAMARI OISHII	3LTR	9.90	9.90		
31066	SAN-J	TAMARI PORTION PACKS	250/25 OZ	15.00	15.00		
8018	SAN-J	TAMARI w/f ORG	5GAL	106.75	106.75	96.75	96.75
20118	YU YEE	RICE COOKING WINE Michiu gls	1 GAL	8.96	8.96	6.96	6.96
3239	MARUKAN	VINEGAR RICE	GAL	9.19	9.19		
5850	MARUKAN	VINEGAR SEASONED RICE s	GAL	11.99	11.99		
6383	EDEN	VINEGAR UME PLUM	GAL	22.10	22.10		
4017	MYRONS	YAKITORI SAUCE	5GALLON	81.30	81.30	73.10	73.10

#### RETAIL SIZE

##### BREAD CRUMBS - PANKO

30514	KIKKOMAN	PANKO BREAD CRUMBS unbleached	8 OZ	1.55	1.55		
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##### COOKING SAUCES, TOPPINGS & INGREDIENTS

20669	LEEKUMKE	BARBECUE SAUCE KOREAN s	13 OZ	2.04	2.04		
4401	LAN CHI	BARBECUE SAUCE n/v	7 OZ	2.39	2.39	1.99	1.99
1510	LEEKUMKE	BLACK BEAN GARLIC SAUCE s	8 OZ	2.29	2.29	1.99	1.99
4403	LAN CHI	BLACK BEAN SAUCE w/chili	8 OZ	2.29	2.29		
3852	KIKKOMAN	BLACK BEAN SAUCE w/GARLIC	8.7 OZ	2.39	2.39		
1892	YANGJIANG	BLACK BEANS (ferm) w/GING	17 OZ	1.49	1.49		
31270	ROLAND	CHILI MANGO SAUCE s	6.7 OZ	1.70	1.70		
31269	ROLAND	CHILI PINEAPPLE SAUCE s	6.7 OZ	1.70	1.70		
1189	UNION	CHILI SAUCE sambal style vietn	8 OZ	1.65	1.65		
3856	KIKKOMAN	CHILI SAUCE sweet thai s	9 OZ	2.39	2.39		
0170	LEEKUMKE	CHILI SCE SRIRACHA thai/thick	18 OZ	2.49	2.49	2.24	2.24
20670	LEEKUMKE	COCONUT FLAVORED CURRY SAUCE	8.3 OZ	2.75	2.75	2.45	2.45
1508	WANJASN	DUMPLING SAUCE	10 OZ	2.50	2.50		
1488	WEICHUAN	DUMPLING SAUCE Hot s	6.5 OZ	1.89	1.89		
1487	WEICHUAN	DUMPLING SAUCE s	6.5 OZ	1.89	1.89		
1187	DRAGON	FISH SAUCE FOR SPRING ROLLS s	250 ML	2.25	2.25	2.00	2.00
1523	TIPAROS	FISH SAUCE plastic btl	23 OZ	1.59	1.59		
1505	GOLDENBY	FISH SAUCE s	24 OZ	1.72	1.72		
4298	ROLAND	HOISIN SAUCE s	12.7 OZ	2.29	2.29	1.99	1.99
1484	WEICHUAN	HOISIN SAUCE s	8 OZ	1.85	1.85		
3854	KIKKOMAN	HOISIN SAUCE s	9.3 OZ	2.39	2.39		
3832	LEEKUMKE	HONEY GARLIC SAUCE	8 OZ	2.24	2.24		
1191	KOONCHN	LEMON SAUCE s	15 OZ	3.29	3.29		
6253	KAME	MUSTARD CHINESE HOT jar	7.25 OZ	1.50	1.50		
32046	ROLAND	MUSTARD KOBE STYLE tube	1.52 OZ	1.02	1.02	.89	.89
3834	LEEKUMKE	ORANGE SAUCE & GLAZE s	8.3 OZ	2.79	2.79		
1506	LEEKUMKE	OYSTER FLAVORED SAUCE s	18 OZ	2.99	2.99		
0164	MAESRI	PAD-THAI SAUCE pste s	9 OZ	1.69	1.69		
1190	KOONCHN	PLUM SAUCE s	15 OZ	2.75	2.75		
3853	KIKKOMAN	PLUM SAUCE s	9.2 OZ	2.39	2.39		
9126	MARUKAN	PONZU SAUCE CITRUS	12 OZ	3.25	3.25		
9123	MARUKAN	PONZU SAUCE s	12 OZ	3.25	3.25		
4001	MYRONS	PONZU SAUCE/VEGETABLES	10 OZ	3.20	3.20	2.40	2.40

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
0165	KIMLAN	SATAY PASTE (chin/shrmp) s n/v	4.5 OZ	1.49	1.49		
3833	LEEKUMKE	SATAY SAUCE s	7.8 OZ	3.69	3.69		
1192	MAESRI	SPRING ROLL SAUCE Thai s	10.2OZ	1.59	1.59		
8021	SAN-J	SWEET & SOUR (TANGY) SAUCE	10 OZ	2.88	2.88	2.58	2.58
2522	AMOY	SWEET & SOUR SAUCE s	13.1 OZ	2.59	2.59		
0178	MAESRI	SWEET CHILI SAUCE s	10.2 OZ	1.49	1.49		
2690	MAESRI	SWEET CHILI SAUCE s	24 OZ	2.80	2.80		
<b>20188</b>	<b>MORINAGA</b>	<b>SWEETENED RED BEANS s</b>	<b>18.34 OZ</b>	<b>4.43</b>	<b>4.43</b>	<b>3.99</b>	<b>3.99</b>
8022	SAN-J	SZECHUAN SAUCE	10 OZ	2.88	2.88	2.58	2.58
4004	MYRONS	SZECHUAN SAUCE s	10 OZ	3.20	3.20	2.40	2.40
0175	CTF	TAMARIND CONCENTRATE	14 OZ	2.79	2.79		
4371	TAMICON	TAMARIND CONCENTRATE	8 OZ	1.85	1.85		
8024	SAN-J	TERIYAKI SAUCE	10 OZ	2.88	2.88	2.58	2.58
20167	WANJASN	TERIYAKI SAUCE ORG	10 OZ	2.25	2.25		
3839	LEEKUMKE	TERIYAKI SAUCE s	8.8 OZ	2.15	2.15		
4002	MYRONS	TERIYAKI SAUCE/ALL PURPOSE	10 OZ	3.20	3.20	2.40	2.40
32047	DYNASTY	THAI HOT CHILI MAYONNAISE	12 OZ	2.86	2.86		
8020	SAN-J	THAI PEANUT SAUCE	10 OZ	2.88	2.88		
4003	MYRONS	TSUKEYAKI SAUCE/SEAFOOD	10 OZ	3.20	3.20	2.40	2.40
1507	LEEKUMKE	VEGGIE STIR-FRY SAUCE s	18 OZ	2.95	2.95		
4000	MYRONS	YAKITORI SAUCE/POULTRY	10 OZ	3.20	3.20	2.40	2.40
<b>COOKING PASTES</b>							
5769	UNION	BEAN PASTE red	8 OZ	1.65	1.65	1.45	1.45
0189	MAESRI	CHILI PASTE W/BASIL	7 OZ	1.49	1.49		
4404	LAN CHI	CHILI PASTE W/GARLIC	8 OZ	2.33	2.33		
5757	LAN CHI	CHILI PASTE W/SOYBEAN	8 OZ	2.29	2.29		
12039	HSINTUNG	CHILI W/GARLIC	7 OZ	1.99	1.99		
4102	MAESRI	CURRY PASTE GREEN Thai n/v	4 OZ	1.09	1.09		
4104	MAESRI	CURRY PASTE RED Thailand n/v	4 OZ	1.09	1.09		
4106	MAESRI	CURRY PASTE YELLOW karee	4 OZ	1.09	1.09		
4099	MAESRI	CURRY PST CHU CHEE med	4 OZ	1.09	1.09		
4103	MAESRI	CURRY PST MASAMAN mld/swt s	4 OZ	1.09	1.09		
31020	LEEKUMKE	SHRIMP PASTE jar	8 OZ	2.99	2.99		
<b>COCONUT MILK &amp; POWDERS</b>							
5759	CHAOTHA	COCONUT CREAM POWDER	13 OZ	3.69	3.69		
5763	CHAOTHA	COCONUT CREAM POWDER	2 OZ	.93	.93		
5765	CHAOTHA	COCONUT CREAM POWDER	5.6 OZ	1.89	1.89		
9011	BLUMTN	COCONUT MILK	13.5 OZ	1.09	1.09		
1549	NATVALUE	COCONUT MILK LITE	14 OZ	1.19	1.19		
2523	NATIVE	COCONUT MILK LITE ORG	13.5 OZ	1.67	1.67		
2521	NATIVE	COCONUT MILK ORG	13.5 OZ	1.67	1.67		
20641	SWAD	COCONUT POWDER (fine flaked)	16 OZ	1.60	1.60		
9012	BLUMTN	COCONUT CREAMED DRY	6 OZ	.78	.78		
<b>HERBS &amp; SEASONINGS</b>							
5588	ASIANBOY	ANATTO POWDER - jar	3.5 OZ	1.95	1.95		
0198	URASHIMA	BONITO FLAKES	5PK/ .88 OZ	3.75	3.75		
7205	SUSHISON	BONITO FLAKES	5PAK	5.85	5.85		
2379	DYNASTY	CHINESE 5 SPICE	2 OZ	1.55	1.55		
2437	RETAIL	DAY-LILY FLOWERS DRIED	6 OZ	1.35	1.35	.99	.99
20626	JFC	FURIKAKE KATSUO FUMI	10/1.5 OZ	2.29	22.90		
20627	JFC	FURIKAKE NORI FUMI	10/1.5 OZ	2.29	22.90		
6015	JFC	FURIKAKE WASABI FUMI s	1.7 OZ	2.66	2.66		
6036	JFC	FURIKAKE YASAI FUMI s	1.7 OZ	2.66	2.66		
5589	ASIANBOY	GALANGA POWDER - jar	3.5 OZ	1.95	1.95		
3138	EMPERKIT	GOMASHIO ORG	3.5 OZ	3.65	3.65	3.25	3.25
6397	EDEN	GOMASIO GARLIC ORG	3.5 OZ	1.99	1.99		
6396	EDEN	GOMASIO ORG	3.5 OZ	1.99	1.99		
6398	EDEN	GOMASIO SEAWEED ORG	3.5 OZ	2.09	2.09		
5768	THAI	GREEN PEPPERCORN IN BRINE	8 OZ	2.09	2.09	1.89	1.89
4283	ROLAND	LEMONGRASS SLICED jar	7 OZ	1.97	1.97	1.67	1.67
1866	OMASCOT	SESAME SEEDS BLACK	8 OZ	1.29	1.29		
20614	JFC	SESAME SEEDS RSTD SHIROGOMA	12/8 OZ	3.00	36.00		
3040	CKBRND	SWEET BASIL SEEDS	2 OZ	.79	.79	.69	.69
4307	ROLAND	WASABI PASTE IN TUBE sorbitol	1.52 OZ	1.22	1.22		
3163	SUSHISON	WASABI POWDER	2.5 OZ	5.27	5.27		
3168	SUSHISON	WASABI POWDER 100% GENUINE	1.5 OZ	5.25	5.25		
2537	HIME	WASABI POWDER natural	.88 OZ	1.82	1.82		
<b>NOODLES &amp; RICE STICKS</b>							
<b>20189</b>	<b>HAVISTA</b>	<b>BLACK RICE NOODLES</b>	<b>13.4 OZ</b>	<b>1.85</b>	<b>1.85</b>	<b>1.65</b>	<b>1.65</b>
7220	ORGPLAN	LOMEIN NOODLE SPINACH ORG	8 OZ	1.79	1.79		
7221	ORGPLAN	LOMEIN NOODLES ORG	8 OZ	1.79	1.79		
20512	DYNASTY	MAIFUN RICE STICKS	12/6.75 OZ	1.29	15.48		
0568	HOFAN	NOODLES ASIAN FLAT 1/4 med	12 OZ	1.04	1.04		
0570	HANG	NOODLES ASIAN FLAT 1/8 Narrow	13 OZ	1.44	1.44		
0572	TAI SAN	NOODLES ASIAN FLAT 5/16 Wide	10 OZ	1.13	1.13		
0566	AMOY	NOODLES BEAN STRIP 1/8 (nest)	8.8 OZ	1.29	1.29	1.14	1.14
4354	ROLAND	NOODLES BEAN THREAD	8/2 OZ	.39	3.29		
3223	SINBO	NOODLES BEAN THREAD VERMIC	17.6 OZ	1.99	1.99		
0199	KAME	NOODLES EGG wheat (4 nests)	8 OZ	1.67	1.67		

# MORINAGA

Sweetened Red Beans (mashed)  
*Ogura-an*



Sweetened red beans, is a Japanese delicacy used for many desserts! Tastes delicious atop ice cream or shaved ice or with cookies. Beans are mashed with syrup and require no cooking. This is the most common and popular type of red bean paste eaten in Chinese confections. Can be eaten on it's own or in sweet soups.

Ingredients: water, sugar, red beans, salt, vitamin C (as antioxidant), citric acid.

## RECIPE



Red Bean Paste Pancakes  
Serves 8 to 10

- 2 cups all-purpose flour**
- 3/4 cup boiling water, or as needed**
- 3 tbs sesame oil, or as needed**
- 1 cup sweet red bean paste #20188**
- 2 tbs vegetable oil, for frying, or as needed**
- 2 tbs confect-ioner's (icing) sugar, optional**

(continued on page 60)

# RECIPES



## Red Bean Paste Pancakes

continued

Sift the flour into a bowl. Add 1/2 cup boiling water to the flour and begin stirring immediately. Knead the warm dough until it is smooth dough, adding as much of the remaining 1/4 cup of water as is necessary.

Cover the dough and let it rest for 30 minutes.

Turn the rested dough out onto a floured surface. Cut in half. Use a lightly floured rolling pin to roll each half out until it is 1/4-inch thick. Use a cookie cutter to cut out 3-inch circles of dough.

Brush 1/2 teaspoon of sesame oil over the top of 2 dough circles. Lay one on top of each other, so that the oiled sides are together. (Don't worry if one of the edges hangs over the other). Roll out the dough to form 1 6-inch pancake. Repeat this process with the remainder of the 3-inch dough circles. Use a damp towel to cover the prepared pancakes and keep them from drying out while preparing the remainder.

Heat a heavy frying pan over low heat. Add one of the paired pancakes and cook until browned on both sides (about 3 minutes altogether; the second side will cook more quickly than the first side). Remove from the pan and pull the pancakes apart. Continue with the remainder of the pancakes. Cool.

STOCK # BRAND ITEM DESCRIPTION SIZE PRICE EXT SALE PRICE EXT

### ASIAN / JAPANESE FOODS - CONTINUED

#### NOODLES & RICE STICKS - CONT.

4562	ROLAND	NOODLES ORG LO MEIN	12.8 OZ	1.39	1.39	1.19	1.19
4571	ROLAND	NOODLES ORG SOBA	12.8 OZ	1.39	1.39	1.19	1.19
4563	ROLAND	NOODLES ORG UDON	12.8 OZ	1.39	1.39	1.19	1.19
9087	ANNIECH	RICE NOODLE PAD THAI	8 OZ	2.19	2.19		
9084	ANNIECH	RICE NOODLE THAI BASIL	8 OZ	2.19	2.19		
<b>20190</b>	<b>THOUSND</b>	<b>RICE STICK NESTS</b>	<b>17.6 OZ</b>	<b>.89</b>	<b>.89</b>	<b>.79</b>	<b>.79</b>
4502	ERAWAN	RICE STICKS (angel hair)	16 OZ	1.59	1.59	1.39	1.39
4525	ERAWAN	RICE STICKS white LARGE 1/4	16 OZ	1.19	1.19	.99	.99
6450	ERAWAN	RICE STICKS white MEDIUM 3/16	16 OZ	1.19	1.19	.99	.99
0233	ELEPHANT	RICE VERMICELLI med	14 OZ	.89	.89	.79	.79
20544	DYNASTY	SAIFUN BEAN THREAD NOODLES	12/7.75 OZ	2.14	25.68		
6360	EDEN	SOBA 100% BUCKWHEAT Japan	8 OZ	3.86	3.86		
6359	EDEN	SOBA 30% BUCKWHEAT ORG	8 OZ	2.39	2.39		
1867	SOBAYA	SOBA 40% BUCKWHEAT	16 OZ	2.59	2.59	2.29	2.29
6325	EDEN	SOBA BUCKWHEAT 40%	8.8 OZ	2.44	2.44		
7218	ORGPLAN	SOBA NOODLES ORG	8 OZ	1.79	1.79		
20520	HAKUBAKU	SOBA NOODLES ORG	12/9.5 OZ	2.14	25.68		
0515	BUTRFLY	SOMEN very fine	14 OZ	.98	.98		
6372	EDEN	UDON BROWN RICE 75% WHEAT ORG	8.8 OZ	2.25	2.25		
1868	SOBAYA	UDON NAT WHEAT	16 OZ	2.34	2.34	2.04	2.04
20524	HAKUBAKU	UDON NOODLES ORG	12/9.5 OZ	2.14	25.68		
7222	ORGPLAN	UDON TRADITIONAL ORG	8 OZ	1.79	1.79		
6361	EDEN	UDON TRADITIONAL ORG	8 OZ	2.39	2.39	2.09	2.09

#### NORI & WRAPPING SHEETS

0576	ASIANBOY	RICE WRAPPING PAPER 6in (16cm)	10.5 OZ	1.99	1.99		
0578	ASIANBOY	RICE WRAPPING PAPER 8in rd 22m	12 OZ	1.99	1.99		
0197	REDROSE	RICE WRAPPING PAPER small tria	12 OZ	1.99	1.99		
6335	EDEN	SUSHI NORI 50 shts toasted	4.4 OZ	20.75	20.75		
6334	EDEN	SUSHI NORI 7 shts flat toasted	.6 OZ	3.99	3.99		
3174	EMERCOVE	SUSHI NORI ORG 10 sheets Tstd	1 OZ	2.99	2.99	2.39	2.39
3148	EMERCOVE	SUSHI NORI ORG 50 sheets Tstd	4.4 OZ	11.95	11.95	9.56	9.56
3628	MECOAST	SUSHI NORI ORG 7 shts tstd	.6 OZ	2.81	2.81	2.51	2.51
3666	MECOAST	SUSHI NORI RAW ORG 7 sheet	.6 OZ	2.81	2.81	2.51	2.51
9142	NAGAI	SUSHI NORI tstd 10 sheets	1 OZ	2.69	2.69		

#### OIL

1075	OMASCOT	BLACK SESAME OIL	16 OZ	4.25	4.25		
20580	DYNASTY	CHILI OIL HOT	12/5.5 OZ	2.00	24.00		
20610	DYNASTY	SESAME OIL	12/5 OZ	3.09	37.08		
20612	DYNASTY	SESAME OIL	12/12 OZ	5.24	62.88		

#### PICKLED & MARINATED

3134	SUSHISON	PICKLED SUSHI GINGER	6 OZ	5.35	5.35		
30493	GINGERPE	SUSHI GINGER NATURAL	6.7 OZ	1.67	1.67	1.25	1.25
3135	EMPERKIT	SUSHI CUCUMBER	1.76 OZ	3.99	3.99		
7251	EMPERKIT	SUSHI DAIKON	1.76 OZ	3.19	3.19		
3133	SUSHISON	SUSHI GINGER	35 OZ	21.60	21.60		
6291	EDEN	UMEBOSHI PASTE	7 OZ	6.29	6.29		
1860	SUSHISON	UMEBOSHI PASTE pickled	6 OZ	6.89	6.89	6.19	6.19
3146	EMPERKIT	UMEBOSHI PLUMS ORG	6 OZ	11.25	11.25		

#### PREPARED FOODS

4412	COMPAN	GLUTEN BRAISED Seitan s	10 OZ	2.00	2.00		
4410	COMPAN	GLUTEN CURRY BRAISED s	10 OZ	2.00	2.00		
7198	SPAA	GREEN CURRY & JASMINE RICE	11.64 OZ	2.87	2.87	2.57	2.57
32071	SPAA	PAD THAI NOODLE MEAL	9.9 OZ	2.87	2.87	2.57	2.57
7196	SPAA	PEANUT CURRY & JASMINE RICE	11.64 OZ	2.87	2.87	2.57	2.57
7199	SPAA	RED CURRY & JASMINE RICE	11.64 OZ	2.87	2.87	2.57	2.57
32073	SPAA	RICE NOODLE BOWL MUSHROOM	2.43 OZ	1.27	1.27		
32075	SPAA	RICE NOODLE BOWL SPRING ONION	2.43 OZ	1.27	1.27		
32072	SPAA	RICE NOODLE BOWL THAI GARLIC	2.43 OZ	1.27	1.27		
32074	SPAA	RICE NOODLE BOWL THAI TOM YUM s	2.43 OZ	1.27	1.27		
21007	SPAA	STIR FRY MEAL GARLIC BASIL	9.9 OZ	2.85	2.85	2.57	2.57
21006	SPAA	STIR FRY MEAL PAD THAI	9.9 OZ	2.85	2.85	2.57	2.57
21008	SPAA	STIR FRY MEAL PEANUT SATAY	9.9 OZ	2.85	2.85	2.57	2.57
21009	SPAA	STIR FRY MEAL SWEET SOUR	9.9 OZ	2.85	2.85	2.57	2.57

#### RICE

1608	ABI	BAMBOO RICE	2#	6.99	6.99		
1265	VALUEN	BLACK RICE CHINESE	1#	2.59	2.59		
20556	NISHIKI	BROWN RICE	12/2#	1.86	22.32		
20553	HIME	BROWN RICE MEDIUM ORG	12/2#	3.57	42.84		
20557	NISHIKI	WHITE RICE	12/2#	1.86	22.32		

#### SNACKS

3630	NICE CH	CAKE BAR BLACK SESAME s	3.5 OZ	1.22	1.22		
3620	NICE CH	CAKE BAR PEANUT s	3.5 OZ	1.22	1.22		
3626	NICE CH	CAKE BAR WHITE SESAME s	3.5 OZ	1.22	1.22		
3592	BRILLANT	CHIPS SHRIMP s	30/2.5 OZ	1.95	58.50		
3589	BRILLANT	CHIPS WASABI SHRIMP s	30/2.5 OZ	1.95	58.50		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
21002	FENGSHUI	RICE CRACKERS NORI	12/3.5 OZ	1.29	15.48		
21001	FENGSHUI	RICE CRACKERS ORIGINAL	12/3.5 OZ	1.29	15.48		
21003	FENGSHUI	RICE CRACKERS WASABI	12/3.5 OZ	1.29	15.48		
21004	FENGSHUI	WASABI PEAS	12/4.4 OZ	1.40	16.80		
1736	KANGETSU	RICE CRACKERS SEVEN BITS s	8 OZ	3.43	3.43		
30238	MITOKU	RICE CRACKERS HARVEST MOON	5/3.5 OZ	4.91	24.55		
30240	MITOKU	SNACKS QUINOA/BLK SESAME WF	24/2.1 OZ	3.39	81.36		
30239	MITOKU	SNACKS RICE/BLK SESAME WF	24/2.1 OZ	3.05	73.20		
32005	SPAA	RICE CRACKERS CHILI MIX hot	12/3.52 OZ	1.79	21.48		
32003	SPAA	RICE CRACKERS ORIGINAL MIX med	12/3.52 OZ	1.79	21.48		
32002	SPAA	RICE CRACKERS SESAME MIX mild	12/3.52 OZ	1.79	21.48		
32004	SPAA	RICE CRACKERS WASABI MIX spicy	12/3.52 OZ	1.79	21.48		
02831	HAPI	SEAWEED WRAP	12/2 OZ	1.29	15.48		
02837	HAPI	SOY BITS	12/3 OZ	1.29	15.48	1.08	12.96
3178	EMERCOVE	SPICY NORI SNACKS ORG	48CT	3.09	3.09	2.47	2.47
3631	TONG SAN	WHITE CRISPY SESAME CANDY s	8 OZ	2.19	2.19		

### SOUPS, BROTHS & BOUILLON

7240	SUSHISON	SHITAKE DASHI broth	10 OZ	9.55	9.55		
1658	KIKKOMAN	SOUP BASE SOBA TSUYU	10 OZ	3.19	3.19		
1659	KIKKOMAN	SOUP BASE SOMEN TSUYU	10 OZ	3.19	3.19		
5585	MAESRI	SOUP CURRY GREEN s	14 OZ	1.69	1.69	1.49	1.49
5586	MAESRI	SOUP CURRY MASAMAN YELLOW s	14 OZ	1.69	1.69	1.49	1.49
5587	MAESRI	SOUP CURRY RED s	14 OZ	1.69	1.69	1.49	1.49
5639	MAESRI	SOUP TOM KHA coconut s	14 OZ	1.69	1.69	1.49	1.49

### SOY SAUCES & TAMARI

3127	MISOMAST	MISO TAMARI ORG	10 OZ	5.19	5.19		
20501	KIKKOMAN	SOY SAUCE MILDER	12/8.5 OZ	3.33	39.96		
01414	KIKKOMAN	SOY SAUCE MILDER Imp.	33.8 OZ	7.39	7.39		
20164	WANJASN	SOY SAUCE ORG	10 OZ	1.99	1.99		
01415	KIKKOMAN	SOY SAUCE ORGANIC	33.8 OZ	8.77	8.77		
20110	KIKKOMAN	SOY SAUCE ORGANIC	10 OZ	2.75	2.75		
20160	KIKKOMAN	SOY SAUCE ORGANIC	15 OZ	3.59	3.59		
2677	PEARLRIV	SOY SAUCE SUPERIOR LIGHT	16.9 OZ	1.39	1.39		
2674	PEARLRIV	SOY SAUCE SUPERIOR MUSH dark	16.9 OZ	1.59	1.59		
0144	PREMJJA	TAMARI GARLIC SESAME SAUCE	10 OZ	3.89	3.89		
0143	PREMJJA	TAMARI GINGER SAUCE ORG	10 OZ	3.89	3.89		
8016	SAN-J	TAMARI Gold Label ORG wht/free	20 OZ	4.75	4.75	4.25	4.25
8012	SAN-J	TAMARI REDUCED SODIUM lite	10 OZ	2.69	2.69		
8014	SAN-J	TAMARI REDUCED SODIUM lite	20 OZ	4.35	4.35		
20207	WANJASN	TAMARI SAUCE	10 OZ	1.39	1.39	1.19	1.19
21010	WANJASN	TAMARI SAUCE	16.9 OZ	2.19	2.19	1.97	1.97
20161	KIKKOMAN	TAMARI SOY SAUCE	6/10 OZ	2.35	14.10		
8013	SAN-J	TAMARI SOY SAUCE	10 OZ	2.06	2.06		
20165	WANJASN	TAMARI SOY SAUCE ORG	10 OZ	2.13	2.13		
20166	WANJASN	TAMARI SOY SAUCE WF ORG	10 OZ	2.25	2.25	1.99	1.99

### SWEETENERS

21005	MR NUMBR1	PALM SUGAR sm discs	22.9 OZ	3.85	3.85		
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### VEGETABLES

4352	ROLAND	BABY CORN whole/water/dry wg	7 OZ	1.09	1.09		
4353	ROLAND	BAMBOO SHOOTS sliced	8 OZ	.84	.84		
20502	DYNASTY	BAMBOO SHOOTS SLICED	12/8 OZ	.78	9.36		
32036	ROLAND	BEAN SPROUTS in water	15 OZ	1.05	1.05		
32039	ROLAND	MUSHROOMS ABALONE	14 OZ	1.40	1.40		
4361	ROLAND	MUSHROOMS BROKEN STRAW	15 OZ	1.09	1.09		
32040	ROLAND	MUSHROOMS GOLDEN	15 OZ	1.64	1.64		
32041	ROLAND	MUSHROOMS OYSTER	14 OZ	1.40	1.40	1.25	1.25
32037	ROLAND	MUSHROOMS WHOLE STRAW small	15 OZ	1.48	1.48		
4464	KAME	VEGGIES MXD STIRFRY	15 OZ	1.55	1.55		
20500	DYNASTY	WATER CHESTNUTS SLICED	12/8 OZ	.63	7.56		
4370	ROLAND	WATER CHESTNUTS sliced	8 OZ	.69	.69		

### VINEGARS & COOKING WINES

1861	EMPERKIT	BROWN RICE VINEGAR ORG	10 OZ	4.59	4.59		
6331	EDEN	MIRIN	10.5 OZ	5.25	5.25	4.75	4.75
20586	KIKKOMAN	MIRIN AJI SWEET	12/10 OZ	3.21	38.52		
26337	KIKKOMAN	MIRIN MANJYO AJI s	17 OZ	3.95	3.95	3.55	3.55
0174	MICHIU	RICE COOKING WINE	750 ML	2.99	2.99		
3010	YU YEE	RICE COOKING WINE Chinese dark	750ML	2.89	2.89		
8002	YU YEE	RICE COOKING WINE clear	25 OZ	2.49	2.49		
9120	MARUKAN	RICE VINEGAR	12 OZ	1.99	1.99		
9122	MARUKAN	RICE VINEGAR	24 OZ	3.19	3.19		
9127	MARUKAN	RICE VINEGAR ORG	12 OZ	3.09	3.09		
9125	MARUKAN	SEASONED RICE VINEGAR Lite s	12 OZ	1.99	1.99		
9129	MARUKAN	SEASONED RICE VINEGAR ORG s	12 OZ	2.99	2.99		
03224	MARUKAN	SEASONED RICE VINEGAR s	12 OZ	1.99	1.99		
03227	MARUKAN	SEASONED RICE VINEGAR s	24 OZ	3.19	3.19		
6342	EDEN	UME PLUM VINEGAR	10 OZ	2.65	2.65		
9124	CHNKIANG	VINEGAR BLACK CHINKIANG	19 OZ	1.44	1.44		

# RECIPES



## Red Bean Paste Pancakes

continued

Heat 2 tablespoons oil over medium-high heat. Spread 2 to 3 teaspoons of red bean paste over the white (unbrowned) surface of the pancakes, staying away from the edges. Gently roll the pancake over loosely 2 to 3 times, and flatten to form a flattened roll.

(A quick and easy alternative is to fold the pancake in half, so that it forms a half-moon shape).

Brown the pancakes in the pan, on both sides. Dust with the confectioner's sugar if using. The pancake can either be eaten whole or cut into 3 - 4 slices for serving.



# HAVISTA

Product of China

## Black Rice Noodles



All natural, no preservatives, no artificial colors. Made with black rice powder with corn starch. Easy to prepare (method on the back of package). Delicious and nutritious. Can be used in any noodle and pasta dish! Perfect for health conscious individuals!

Ingredients: black rice, water, corn starch.

# THOUSAND SWALLOW BRAND

## Kongmoon Rice Stick Nests

These are authentic delicately wrapped nests of rice sticks.

Ingredients: rice flour & water.



### CARIBBEAN FOODS

#### BEVERAGES

20673	BRIXTON	SORREL DRINK (hibiscus) s	12 OZ	3.07	3.07	2.76	2.76
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#### COOKING SAUCES

5866	NAT ISLE	BBQ SAUCE MELLOW CARIBBEAN	12 OZ	3.99	3.99	3.59	3.59
5865	NAT ISLE	BBQ SAUCE SPICY s	12 OZ	3.55	3.55	2.99	2.99
5871	NAT ISLE	CARIBBEAN JERK SEASONING	9 OZ	3.86	3.86		
20672	BRIXTON	JAMAICAN JERK RUB	16 OZ	6.23	6.23	5.60	5.60
20671	BRIXTON	JAMAICAN PINEAPPLE SAUCE s	16 OZ	3.83	3.83	3.45	3.45
9005	WALKWD	JERK SEASON PASTE s	10 OZ	3.39	3.39		
32014	PICKAPEP	JERK SEASONING	10 OZ	1.93	1.93	1.73	1.73
5862	NAT ISLE	HOT SAUCE MANGO	12 OZ	4.29	4.29	3.79	3.79
5859	NAT ISLE	MANGO PEPPER SAUCE	12 OZ	4.64	4.64	3.94	3.94
5869	NAT ISLE	TROPICAL HOT SAUCE	12 OZ	4.29	4.29		

#### CHUTNEY

5868	NAT ISLE	CHUTNEY MANGO PAPAYA	9 OZ	3.86	3.86		
5864	NAT ISLE	CHUTNEY TROPICAL FRUIT	9 OZ	3.86	3.86	3.46	3.46
5867	NAT ISLE	CHUTNEY TROPICAL FRUIT SPICY	9 OZ	3.93	3.93	3.34	3.34

#### CONDIMENTS

5860	NAT ISLE	DRESSING CARIBBEAN RANCH	12 OZ	3.50	3.50	2.98	2.98
5863	NAT ISLE	DRESSING CARIBBEAN s	12 OZ	3.50	3.50	2.98	2.98
5873	NAT ISLE	MUSTARD FRUIT & HONEY	9 OZ	3.71	3.71	3.15	3.15
5861	NAT ISLE	MUSTARD SWEET MANGO KISSED	9 OZ	3.43	3.43	2.92	2.92

#### SPICES

9013	BLUMTN	JAMAICAN CURRY POWDER	4 OZ	1.59	1.59	1.39	1.39
9014	BLUMTN	JAMAICAN HOT CURRY POWDER	4 OZ	1.59	1.59	1.39	1.39
9009	BLUMTN	JERK SEASONING POWDER	6 OZ	2.35	2.35	1.99	1.99

### INDIAN FOODS

#### BULK INDIAN

3401	BULK	CHANA DALL-INDIAN YEL SPL PEA	11#	1.45	15.95		
1246	BULK	CHAPPATHI FLOUR atta	20# **	.60	12.00		
3403	BULK	MOONGDALL split green IND MUNG	11#	1.63	17.93		
3402	BULK	MOONGDALL WASHED YELLOW	11#	1.63	17.93		
3407	BULK	TOORDAL KON YEL SPLIT LENTIL	11#	2.57	28.27		

#### RETAIL SIZE

##### BEANS, PACKAGED

81015	SWAD	CHANA DAL	32 OZ	2.65	2.65		
81016	SWAD	MASOOR DAL	32 OZ	2.75	2.75		
81026	SWAD	MOONG DAL WASHED yellow	32 OZ	2.99	2.99		
81021	SWAD	MOONG DAL WHOLE green	32 OZ	2.99	2.99		
81020	SWAD	MOONG SPLIT green (CHILKA)	32 OZ	2.99	2.99		
81023	SWAD	TOOR DAL PLAIN	32 OZ	2.99	2.99		

##### CHUTNEY, PICKLES & RELISH

2700	NATINDIA	CHUTNEY goosebry/saffron/clove	12.34 OZ	3.00	3.00	2.40	2.40
2745	NATINDIA	CHUTNEY lemon/chili/fenugreek	12.34 OZ	3.00	3.00	2.40	2.40
20175	GEETA	CHUTNEY LIME & CHILI s	11 OZ	3.19	3.19	2.87	2.87
5429	GEETA	CHUTNEY MANGO s	10.5 OZ	3.19	3.19		
2726	NATINDIA	CHUTNEY mango/raisin/chili	12.34 OZ	3.00	3.00		
5454	GEETA	CHUTNEY ONION s	10.5 OZ	3.19	3.19		
5554	GEETA	CHUTNEY PAPAYA ORANGE s	10.5 OZ	3.19	3.19		
5468	GEETA	CHUTNEY PINEAPPLE s	11.29 OZ	3.19	3.19		
5469	GEETA	CHUTNEY TAMARIND s	11.29 OZ	3.19	3.19		
4130	PATAK	CHUTNEY/HOT MANGO s	10 OZ	3.45	3.45		
4132	PATAK	CHUTNEY/MAJOR GREY s	12 OZ	3.45	3.45		
4133	PATAK	CHUTNEY/SWEET MANGO s	12 OZ	3.45	3.45		
20179	GEETA	PICKLE CHILI	10 OZ	3.19	3.19	2.87	2.87
5491	ROSEBUD	PICKLE MALAY VEGETABLE	6.5 OZ	5.00	5.00		
4150	PATAK	RELISH/BRINJAL EGGPLANT s	10 OZ	3.29	3.29		
4151	PATAK	RELISH/GARLIC s	10 OZ	3.29	3.29		
4152	PATAK	RELISH/SPICY CHILI	10 OZ	3.29	3.29		
4153	PATAK	RELISH/SPICY LIME Hot	10 OZ	3.29	3.29		
4155	PATAK	RELISH/SPICY LIME medium	10 OZ	3.29	3.29		
4154	PATAK	RELISH/SPICY MANGO Hot	10 OZ	3.29	3.29		
4156	PATAK	RELISH/SPICY MANGO mild	10 OZ	3.29	3.29		
4157	PATAK	RELISH/SPICY MIXED PICKLE	10 OZ	3.29	3.29		

**COOKING & DIPPING SAUCES**

20184	GEETA	CURRY SAUCE AACHARI	12.4 OZ	3.19	3.19		
20153	LOYD G	CURRY SAUCE BALTI	15 OZ	3.87	3.87		
5552	GEETA	CURRY SAUCE BENGALI	7 OZ	3.19	3.19		
20183	GEETA	CURRY SAUCE CHETTINAD	12.4 OZ	3.19	3.19		
5471	GEETA	CURRY SAUCE DELHI	12.3 OZ	3.19	3.19		
5475	GEETA	CURRY SAUCE GOAN	12 OZ	3.19	3.19		
20154	LOYD G	CURRY SAUCE KORMA	15 OZ	3.87	3.87		
20155	LOYD G	CURRY SAUCE MADRAS	15 OZ	3.87	3.87	3.47	3.47
20182	GEETA	CURRY SAUCE MAKHANI	12.4 OZ	3.19	3.19		
5467	GEETA	CURRY SAUCE MANGALOREAN	7 OZ	3.19	3.19		
5476	GEETA	CURRY SAUCE MUMBAI	12 OZ	3.19	3.19		
20156	LOYD G	CURRY SAUCE TIKKA MASALA	15 OZ	3.87	3.87		
4138	PATAK	CURRY SAUCE/KORMA Mild s	10 OZ	2.49	2.49		
4140	PATAK	CURRY SAUCE/MADRAS Hot p s	10 OZ	2.49	2.49		
4143	PATAK	CURRY SAUCE/ROGAN JOSH Hot s	10 OZ	2.49	2.49		
4142	PATAK	CURRY SAUCE/VINDALOO Hot p s	10 OZ	2.49	2.49		
2675	NATINDIA	DIP SAUCE chili/garlic/lemn s.	10.58 OZ	3.00	3.00	2.40	2.40
2682	NATINDIA	DIP SAUCE mang/chili/cilIntro s	10.58 OZ	3.00	3.00		
2688	NATINDIA	DIP SAUCE mango/saff/ginger s	10.58 OZ	3.00	3.00	2.40	2.40
2689	NATINDIA	DIP SAUCE tamamd/date/chili s	10.58 OZ	3.00	3.00		
20145	GEETA	SAUCE & SPICE DHANSAK	12.3 OZ	3.71	3.71		
20142	GEETA	SAUCE & SPICE JALFREZI s	12.3 OZ	3.71	3.71		
20144	GEETA	SAUCE & SPICE PUDINA TIKKA s	12.3 OZ	3.71	3.71		
20143	GEETA	SAUCE & SPICE SAAG	12.3 OZ	3.71	3.71		
3574	TAJ	SAUCE BOMBAY CURRY	16 OZ	2.81	2.81		
3572	TAJ	SAUCE CALCUTTA MASALA	16 OZ	2.81	2.81		
4144	PATAK	SAUCE RICH TOMATO ONION mild s	14.5 OZ	2.99	2.99		
4145	PATAK	SAUCE SWT PEPPER COCONUT mild s	14.5 OZ	2.99	2.99		
4141	PATAK	SAUCE TANGY LEMN/CILANT med s	15 OZ	2.99	2.99		

**COOKING PASTES**

5477	GEETA	PASTE HARA MASALA	7 OZ	3.19	3.19		
20180	GEETA	PASTE KASHMIRI	7 OZ	3.19	3.19		
5479	GEETA	PASTE SHAKUTI	7 OZ	3.19	3.19		
20181	GEETA	PASTE TANDOORI	7 OZ	3.19	3.19		
4158	PATAK	SPICE PASTE/BIRYANI	10 OZ	3.39	3.39		
4160	PATAK	SPICE PASTE/CURRY Mild	10 OZ	3.39	3.39		
4161	PATAK	SPICE PASTE/CURRY VINDALOO-hot	10 OZ	3.39	3.39		
4163	PATAK	SPICE PASTE/GARAM MASALA s	10 OZ	3.39	3.39		
4159	PATAK	SPICE PASTE/TANDOORI No Color	11 OZ	3.39	3.39		

**CRACKERS & PAPADUMS**

4116	LIJJAT	PAPPADUM GARLIC	10/200GR	1.15	11.50		
81058	LIJJAT	PAPPADUM GREEN CHILE	10/200GR	1.15	11.50		
4117	LIJJAT	PAPPADUM PLAIN	10/200GR	1.15	11.50		
81064	LIJJAT	PAPPADUM PUNJABI	10/200GR	1.15	11.50		

**DESSERTS**

20107	SWAD	GULABJAMUN dessert balls s	16 OZ	3.64	3.64	3.24	3.24
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**FLOURS**

81022	SWAD	FLOUR BESAN (GRAM) chickpea	2 LB	2.44	2.44	2.14	2.14
81019	SWAD	FLOUR CHAPPATI	5 LB	3.39	3.39		

**HERBS & SEASONINGS**

3193	ARORA	BHINDI MASALA okra spice blend	.5 OZ	2.29	2.29	1.69	1.69
3192	ARORA	RAJMAH kidney bean spice blend	1.2 OZ	2.29	2.29	1.69	1.69
3194	ARORA	TANDOORI CHICKEN spice blend	1.3 OZ	2.29	2.29	1.69	1.69
20106	ARORA OG	ORG GOAN FISH	.9 OZ	2.86	2.86	1.99	1.99
3147	LAXMI	CURRY POWDER MILD	100 GR	1.55	1.55		
3162	LAXMI	temp n/a GARAM MASALA	100 GR	1.55	1.55		
3182	LAXMI	MEAT MASALA	100 GR	1.55	1.55		
4108	RAJAH	CURRY POWDER hot	3.53 OZ	2.21	2.21	1.99	1.99
4107	RAJAH	CURRY POWDER mild	3.53 OZ	2.21	2.21		
4101	RAJAH	GARAM MASALA POWDER	3.53 OZ	2.21	2.21		
20644	SWAD	CARDAMON GREEN	7 OZ	3.44	3.44		
20645	SWAD	CARDAMON SEED	7 OZ	2.25	2.25		
20655	SWAD	CHILE POWDER	14 OZ	2.75	2.75	2.45	2.45
20646	SWAD	CHILI RED WHOLE	7 OZ	2.25	2.25	1.95	1.95
20647	SWAD	CINNAMON STICKS	7 OZ	2.25	2.25	1.95	1.95
20648	SWAD	CLOVES WHOLE	7 OZ	3.65	3.65	3.25	3.25
20657	SWAD	CORIANDER POWDER	14 OZ	2.25	2.25	1.99	1.99
20658	SWAD	CUMIN POWDER	14 OZ	3.65	3.65	3.25	3.25
20649	SWAD	CUMIN SEED	14 OZ	3.75	3.75	3.35	3.35
20650	SWAD	FENNEL SEED	14 OZ	2.75	2.75		
20651	SWAD	FENNEL SEED ROASTED	7 OZ	1.75	1.75		
20652	SWAD	FENUGREEK WHOLE	14 OZ	2.50	2.50		
20659	SWAD	GARAM MASALA	7 OZ	1.87	1.87		
20660	SWAD	MADRAS CURRY POWDER	7 OZ	1.65	1.65		
20653	SWAD	MUSTARD SEED	14 OZ	1.99	1.99		
20654	SWAD	POPPY SEED	7 OZ	3.37	3.37		
20656	SWAD	SESAME SEED	14 OZ	1.74	1.74		

**RECIPES**



**ROASTED TERIYAKI ROOT VEGETABLES**

And Cranberry Teriyaki sauce for Turkey

*(Did you know that the 'Yaki' in teriyaki is to roast over open fire in Japanese? The teri comes from the verb "terimasu" which means to shine.)*

- Slice and blanch an assortment of root vegetables: Winter Squash, carrots, parsnip, turnip etc.
- Toss to coat with butter
- Grill on a salamander, char grill or roast in 550 oven until browned.
- Brush or toss with **Myron's Premium Teriyaki Sauce #4002**
- Finish to caramelize sauce under the broiler or in the oven a la minute.

**CRANBERRY TERIYAKI SAUCE FOR ROAST TURKEY**

- Combine 2 C. **Myron's Premium Teriyaki # 4002** with 1 C. Cranberry Jelly.
- Heat while whisking to incorporate thoroughly.
- Reduce if necessary to syrup viscosity
- Baste turkey portion during last 10 Min. of baking.
- Serve on side in soufflé



## Salmon



**EcoFish Salmon** are caught by local family fishers in the icy cold pristine waters of Alaska. We chose Alaskan Salmon because they are abundant, their habitat is intact, and the fishery is very well managed. Salmon that return to the rivers are abundant because the rivers are clean and healthy and able to sustain salmon eggs and young salmon. Salmon is a lean source of protein with naturally occurring, heart healthy Omega 3 oils. As with all of our products, our salmon is all natural, meaning it contains none of the artificial ingredients or preservatives that can be found in seafood today. The new pre-portioned 6 oz foodservice pack is ideal for your favorite salmon recipe.

STOCK # BRAND ITEM DESCRIPTION SIZE PRICE EXT SALE PRICE EXT

### INDIAN FOODS - CONTINUED

#### HERBS & SEASONINGS - CONT.

2668	NATINDIA	SIMMER SAUCE card/anise/utmeg	2 OZ	2.19	2.19	1.59	1.59
2662	NATINDIA	SIMMER SAUCE cashew/coriander	2 OZ	2.19	2.19	1.59	1.59
2673	NATINDIA	SIMMER SAUCE chili/gar/fenugrk	2 OZ	2.19	2.19	1.59	1.59
2653	NATINDIA	SIMMER SAUCE mint/rose/bayleaf	2 OZ	2.19	2.19	1.59	1.59
2664	NATINDIA	SIMMER SAUCE pistach/saff/cash	2 OZ	2.19	2.19	1.59	1.59
2652	NATINDIA	SIMMER SAUCE pom/mango/ginger	2 OZ	2.19	2.19		

#### GHEE

9546	SWAD	GHEE CLARIFIED BUTTER	16 OZ	5.15	5.15		
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#### PREPARED FOODS

20122	PATELS	ALOO MUTTER peas w/ tomatoes	9.5 OZ	1.75	1.75		
20127	PATELS	BAIGAN BHARTÁ eggplnt w/tom on	9.5 OZ	1.75	1.75		
20126	PATELS	CHANNA MASALA chk pea w/tom sc	9.5 OZ	1.75	1.75		
20117	PATELS	DAL MAKHANI lentil w/tom crm sc	9.5 OZ	1.75	1.75		
20119	PATELS	DAL TADKA lentil w/onion tom cu	9.5 OZ	1.75	1.75		
20116	PATELS	MUTTER PANEER peas w/spcy chs	9.5 OZ	1.75	1.75		
20114	PATELS	PALAK PANEER spinach w/ cheese	9.5 OZ	1.75	1.75		
20113	PATELS	PANEER JALFREZE chs w/onion pe	9.5 OZ	1.75	1.75		
20112	PATELS	PANEER MAKHANI w/cashw crm sce	9.5 OZ	1.75	1.75		
20128	PATELS	PEAS PULAV basm rice w/pea &cu	8.25 OZ	1.75	1.75		

#### SNACKS & SNACK MIXES

20205	SHAMIANA	BHEL SNACK MIX mild	10/14 OZ	2.29	22.90		
20200	SHAMIANA	BOMBAY SNACK MIX med hot	10/14 OZ	2.29	22.90		
20204	SHAMIANA	CHEVDA SNACK MIX med	10/14 OZ	2.29	22.90		
20203	SHAMIANA	HOT SNACK MIX	10/14 OZ	2.29	22.90		
20201	SHAMIANA	MADRAS SNACK MIX med hot	10/14 OZ	2.29	22.90		
20206	SHAMIANA	MANGLORI SNACK MIX med hot	10/14 OZ	2.29	22.90		
20202	SHAMIANA	PUNJABI SNACK MIX med hot	10/14 OZ	2.29	22.90		

### MEDITERRANEAN FOODS

#### BULK MEDITERRANEAN

4201	BIG ALPH	DOLMA RICE STFFED (60-70ea)	70 OZ	7.50	7.50		
10215	GLADYS	PRESERVED LEMONS Spain	6.61#	11.25	11.25	9.95	9.95

#### RETAIL SIZE

##### COOKING SAUCES

2050	MARCOPOL	AJVAR/SAUCE RSTD PEPPER Hot	19 OZ	2.65	2.65		
2051	MARCOPOL	AJVAR/SAUCE RSTD PEPPER Mild	19 OZ	2.65	2.65		
30655	EL MANAR	HARISSA can	5 OZ	1.32	1.32		
20662	NOMADES	temp n/a HARISSA TRADITIONELLE	180 GR	3.86	3.86		
31090	MEDITAL	PESTO BASIL	6.35 OZ	3.17	3.17		
3705	CORTAS	POMEGRANATE CONC/MOLASSES	10 OZ	2.99	2.99	2.69	2.69
20668	NOMADES	TAGINE SAUCE CITRON CORIANDER	280 GR	5.14	5.14		
20667	NOMADES	TAGINE SAUCE PRUNE & GINGER s	290 GR	5.14	5.14		
20666	NOMADES	TAGINE SAUCE TOM & CINN	280 GR	5.14	5.14		

##### DESSERTS

20185	MATIZ	APRICOT BREAD w/Almonds Spain	8.8 OZ	4.88	4.88	4.39	4.39
20186	MATIZ	DATE BREAD w/Walnuts Spain	8.8 OZ	4.38	4.38	3.94	3.94
20187	MATIZ	temp n/a FIG BREAD w/Walnuts S	8.4 OZ	3.35	3.35		
7374	LAWRENCE	WALNUT BAKLAVA	4.5 OZ	2.51	2.51		

##### DIPS & SPREADS

9630	PELPNSE	APPETIZ KALAMATA OLIVE SPREAD	7.5 OZ	3.49	3.49	2.97	2.97
9624	PELPNSE	APPETIZER BABAGANOUSH	7.5 OZ	3.49	3.49	2.97	2.97
9640	PELPNSE	APPETIZER SWEET PEPPER SPREAD	6 OZ	3.49	3.49		
4560	BELARIA	BLACK OLIVE SPREAD	6.5 OZ	3.79	3.79		
5858	MARCOPOL	BRUSCHETTA RED PEPPER	19.3 OZ	2.65	2.65	2.35	2.35
6452	FAMOSO	BRUSCHETTA SPREAD OLIVE VERDE	10 OZ	3.65	3.65	3.25	3.25
6455	FAMOSO	BRUSCHETTA SPREAD SD TOM	10 OZ	3.65	3.65		
5852	MARCOPOL	CAPONATA EGGPLANT APPETIZER	19.3 OZ	2.65	2.65		
20664	NOMADES	CHUTNEY FIG & ORANGE BLOSSOM s	280 GR	5.14	5.14		
3925	MTVIKOS	FASOULIA WHITE BEAN SPREAD	7 OZ	3.47	3.47		
30424	MTVIKOS	FIGS GLAZED & ROASTED jar	8 OZ	4.18	4.18		
3499	GLADYS	MEMBRILLO QUINCE PASTÉ 100%	11.6 OZ	5.10	5.10		
20665	NOMADES	temp n/a MESSLALA CHUNKY OLIVE	180 GR	5.14	5.14		
30426	MTVIKOS	SPREAD APRICOT & ALMOND jar	7.5 OZ	4.18	4.18	3.76	3.76
4087	DALMATIA	SPREAD DRIED FIG & ORANGÉ s	8.1 OZ	3.59	3.59		
4086	DALMATIA	SPREAD DRIED FIG s	8.1 OZ	3.59	3.59		
1518	MTVIKOS	SPREAD FIG HAZELNUT	8.8 OZ	4.47	4.47		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
30425	MTVIKOS	SPREAD FIGS & HAZELNUTS jar	7.8 OZ	4.18	4.18		
30423	MTVIKOS	SWEET OLIVE JAM jar	7.6 OZ	4.18	4.18	3.76	3.76
4089	DALMATIA	TAPENADE BLACK OLIVE	6.7 OZ	3.59	3.59		
31087	MEDITAL	TAPENADE BLK OLIVE	6.35 OZ	3.17	3.17		
4088	DALMATIA	TAPENADE GREEN OLIVE	6.7 OZ	3.59	3.59	3.19	3.19
31088	MEDITAL	TAPENADE GRN OLIVE	6.35 OZ	3.17	3.17		
31089	MEDITAL	TAPENADE RST EGGPLANT	6.35 OZ	3.17	3.17		
31091	MEDITAL	TAPENADE RST RED PEPPER	6.35 OZ	3.17	3.17		
31092	MEDITAL	TAPENADE SUNDRIED TOMATO	6.35 OZ	3.17	3.17		
31093	MEDITAL	TAPENADE TOM & EGGPLANT	6.35 OZ	3.17	3.17		
4550	BONAVIT	VEG PATE w/GARLIC	4.4 OZ	3.65	3.65	3.25	3.25
4553	BONAVIT	VEG PATE w/HERBS	4.4 OZ	3.65	3.65	3.25	3.25
4552	BONAVIT	VEG PATE w/MUSHROOM	4.4 OZ	3.65	3.65	3.25	3.25
20661	NOMADES	ZAALOUK AUBERGINE MIX	280 GR	5.14	5.14	4.59	4.59

### PICKLED & MARINATED

30114	LAROSSA	ANTIPASTO IN SUNFLOWER OIL	35 OZ	6.89	6.89	5.99	5.99
4199	ALMA	GRAPE LEAVES IN BRINE IMP	8 OZ	3.20	3.20		
20663	NOMADES	MECHOUIA PEPPER IN GARLIC	270 GR	5.14	5.14	4.59	4.59
30117	LAROSSA	MUSHROOMS CUT IN SUNFLWR OIL	10.6 OZ	2.71	2.71	1.99	1.99
7399	ZORBA	PEPPERONCINI MILD	15 OZ	3.06	3.06		
30119	LAROSSA	PEPPERS RTSD IN WATER	14.5 OZ	4.89	4.89	3.99	3.99
31266	ROLAND	PRESEVED LEMONS	13 OZ	3.51	3.51		
5851	MARCOPOL	TOMATO PEPPERS	22 OZ	1.55	1.55	1.35	1.35

### PREPARED FOODS

30145	DIVINA	DOLMA can	7 OZ	2.48	2.48		
4198	ALMA	DOLMA Rice stuff Grape leaves	13 OZ	3.28	3.28		
9620	PELPNSE	DOLMAS W/PINENUTS	10 OZ	3.49	3.49		
3621	PALACIOS	CHORIZO MILD Spanish	7.9 OZ	4.29	4.29		
8035	CASBAH	COUSCS RSTD GAR/OLVOIL ORG	7 OZ	2.09	2.09		
3924	MTVIKOS	GIGANDES BEAN SALAD	12 OZ	4.35	4.35	3.85	3.85
3923	MTVIKOS	GIGANDES BEANS BAKED tom/dill	12 OZ	4.25	4.25	3.75	3.75

### RICE

0217	BERETTA	CARNAROLI RICE Italy	16 OZ	1.71	1.71	1.51	1.51
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### SEASONINGS

20174	NOMADES	MIXED SPICES CHAMOULA	60 GR	3.43	3.43	2.99	2.99
20173	NOMADES	MIXED SPICES CHICKEN TAGINE	60 GR	3.43	3.43		
20172	NOMADES	MIXED SPICES FISH TAGINE	60 GR	3.43	3.43	2.99	2.99
20171	NOMADES	MIXED SPICES LAMB TAGINE	60 GR	3.43	3.43	2.99	2.99

### VEGETABLES

4723	SPANGAR	PEPPERS PIQUILLO jar	10.2 OZ	4.60	4.60		
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## MEXICAN / LATIN FOODS

### BULK MEXICAN

8301	JUANITAS	HOMINY foodservice	105 OZ	3.95	3.95	2.95	2.95
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### RETAIL SIZE

#### BAKING MIXES

6069	LOS CHIL	BLUE CORN PANCK/WAFFLE MIX	16 OZ	3.89	3.89	3.49	3.49
6125	LOS CHIL	BLUE CORN TORTILLA MIX	8 OZ	1.89	1.89	1.69	1.69
5640	LEONAS	CORNBREAD MIX GREEN CHILE	9 OZ	3.29	3.29	1.69	1.69
6120	LOS CHIL	MIX BLUE CORNBREAD W/ RED CHIL	10 OZ	3.09	3.09	2.69	2.69

#### BEVERAGE MIXES - BAKING CHOCOLATE

5224	IBARRA	MEXICAN CHOC DRINK MIX/BARS s	18 OZ	3.09	3.09		
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#### CRACKERS & TACO SHELLS

4339	LITTLEBE	TACO SHELLS	12/12CT	2.19	26.28		
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#### COOKING SAUCES & INGREDIENTS

9001	SANMAR	CHIPOTLE in ADOBO s	7 OZ	1.69	1.69		
9006	SANMAR	CHIPOTLE SAUCE s	7 OZ	.89	.89		
3545	HATCH	ENCHIL SAUCE GR CHILE w/ gar	15 OZ	2.49	2.49		
8462	HATCH	ENCHIL SAUCE GRN CHIL med	15 OZ	2.49	2.49		
8463	HATCH	ENCHIL SAUCE RED med	15 OZ	2.49	2.49		
3561	HATCH	ENCHIL SAUCE RED mild	15 OZ	2.49	2.49		
3557	HATCH	ENCHIL SAUCE TEX-MEX med	15 OZ	2.49	2.49		
3218	TERRASOL	GLAZE CHIPOTLE HONEY	6 OZ	4.70	4.70		
3222	TERRASOL	GLAZE RST JALAPENO	6 OZ	4.70	4.70		
9022	DONAMARI	MOLE ADOBO s	8.25 OZ	2.69	2.69		
9021	DONAMARI	MOLE PIPIAN	8.25 OZ	2.69	2.69		
9020	DONAMARI	MOLE VERDE	8.25 OZ	2.69	2.69		

# RECIPES



## ORANGE SOY GLAZED SALMON

For Glaze combine ingredients and set aside:

- 1/4 tsp grated orange rind
- 1 Tbsp orange juice
- 1 Tbsp Soy Sauce
- 1/4 tsp finely chopped fresh ginger
- 1/4 tsp finely chopped fresh garlic
- 2 Tbsp Water
- 1/2 tsp corn starch

Lightly salt and pepper Salmon fillet. Heat 2 tsp vegetable oil in small non stick sauté pan over medium-high heat. Place fillet in skin side up and brown for 3 minutes. Flip the fish and cook for an additional 2-3 minutes. Remove fish from pan and take pan off heat. Quickly add sauce to pan and stir constantly until reduced by 1/2 and thickened. This will only take about 30 seconds. If needed you can reduce it over very low heat. Spoon glaze over the Salmon and serve immediately.





## MahiMahi



**EcoFish Mahimahi** comes from the South American handline fishery (hook-and-line), where local villagers fish in small open day boats. Handline is very selective, thereby avoiding the otherwise common by-catch (catching of untargeted species) of shark and sea turtles. Also known as Dorado, these fish are widespread and abundant because they are efficient reproducers and grow very rapidly. Mahimahi is naturally low fat and a good source of protein. Mahimahi has a delicate, almost sweet flavor and is ideal for a variety of preparations including the recipe on page 67.

STOCK # BRAND ITEM DESCRIPTION SIZE PRICE EXT SALE PRICE EXT

### MEXICAN / LATIN FOODS - CONTINUED

#### COOKING SAUCES & INGREDIENTS - CONT.

4862	COMIDA	RANCHERO RED SAUCE	12 OZ	3.39	3.39		
3538	HATCH	SAUCE FOR SPAN RICE mild	15 OZ	2.49	2.49		
3537	HATCH	SAUCE HUEVO RANCHERO	15 OZ	2.49	2.49		
3224	TERRASOL	STEAK SAUCE CITRUS SPICE	12 OZ	3.75	3.75	2.95	2.95
4861	COMIDA	VIVA VERDE SAUCE	12 OZ	3.39	3.39		
3207	TERRASOL	HOT SAUCE PEQUIN	5 OZ	3.41	3.41		
3205	TERRASOL	HOT SAUCE SERRANO PRICKLY PEAR	5 OZ	3.41	3.41		

#### COOKING PASTES

3197	TERRASOL	CHILE PASTE ANCHO	6 OZ	4.50	4.50		
3198	TERRASOL	CHILE PASTE CHIPOTLE	6 OZ	4.50	4.50		
3199	TERRASOL	CHILE PASTE RST JALAPENO	6 OZ	4.50	4.50		
3200	TERRASOL	CHILE PASTE RST POBLANO	6 OZ	4.50	4.50		

#### CONDIMENTS, DRESSINGS

3214	TERRASOL	DRESSING POBLANO PUMPKIN SEED	12 OZ	3.75	3.75	3.19	3.19
3212	TERRASOL	DRESSING RANCHO ADOBO s	12 OZ	3.75	3.75	3.19	3.19

#### CONDIMENTS, SALSA

9028	HERDEZ	SALSA CASERA MED glass	16 OZ	2.34	2.34		
8464	SADIES	SALSA NOT SO HOT	16 OZ	3.25	3.25		
9026	HERDEZ	SALSA VERDE glass	16 OZ	2.34	2.34		

#### CONDIMENTS, OTHERS

3216	TERRASOL	MUSTARD TANGY HABANERO HNY	6 OZ	3.55	3.55		
3208	TERRASOL	KETCHUP CHIPOTLE	12 OZ	3.75	3.75	3.35	3.35

#### DIPS & SPREADS

3201	TERRASOL	SPREAD CHIPOTLE SABROSA	12 OZ	3.75	3.75	3.19	3.19
3202	TERRASOL	SPREAD RST RED PEPP SABROSA	12 OZ	3.75	3.75	3.19	3.19

#### GRAINS & POPCORN

6066	LOS CHIL	BLUE CORN MEAL	12 OZ	2.17	2.17	1.97	1.97
9035	MASECA	MASA HARINA	4.45#	2.89	2.89		
9036	MASECA	TAMALE MIX	4.45#	2.79	2.79	2.49	2.49
6074	LOS CHIL	POPCORN BLUE KERNELS	12 OZ	2.70	2.70		
6075	LOS CHIL	POPCORN FIESTA KERNELS	12 OZ	2.69	2.69		
5971	D'ALLAS	POSOLE GIANT WHITE CORN	12 OZ	2.95	2.95	2.65	2.65
6138	LOS CHIL	WHITE CORN POSOLE	12 OZ	2.19	2.19	1.97	1.97

#### HERBS & SEASONINGS

9479	CHILEDAY	CHILE PODS ANCHO	2 OZ BAG	1.79	1.79		
9476	CHILEDAY	CHILE PODS CHILE de ARBOL	.75 OZ BAG	1.79	1.79	1.59	1.59
9475	CHILEDAY	CHILE PODS HABANERO	.5 OZ BAG	1.79	1.79	1.59	1.59
9473	CHILEDAY	CHILE PODS JAPONE	.75 OZ BAG	1.79	1.79	1.59	1.59
9480	CHILEDAY	CHILE PODS NEW MEXICO	2 OZ BAG	1.79	1.79	1.59	1.59
9472	CHILEDAY	temp n/a CHILE PODS PEQUIN	.5 OZ BAG	1.79	1.79		
9477	CHILEDAY	CHILE PODS SMKD JALAPENO	1.25 OZ	1.79	1.79	1.59	1.59
9484	CHILEDAY	CHILE POWDER CHIPOTLE	1 OZ JAR	2.29	2.29	1.99	1.99
9481	CHILEDAY	CHILE POWDER HABANERO	1 OZ JAR	2.79	2.79	2.49	2.49
9471	CHILEDAY	CHILE POWDER JALEPENO	1 OZ JAR	2.29	2.29	1.99	1.99
9483	CHILEDAY	CHILE POWDER RED AMAZON	1 OZ JAR	2.29	2.29	1.99	1.99
9482	CHILEDAY	temp n/a CHILE POWDER SMKD HAB	1 OZ JAR	2.79	2.79		
5953	D'ALLAS	EPAZOTE GROUND	12 OZ	9.10	9.10	7.90	7.90
6128	LOS CHIL	CHILE CRUSHED GREEN	1 OZ	3.79	3.79		
6055	LOS CHIL	CHILE CRUSHED PEQUIN	3 OZ	2.19	2.19	1.89	1.89
6133	LOS CHIL	CHILE CRUSHED PEQUIN	1 OZ	1.65	1.65		
6048	LOS CHIL	CHILE PODS ANCHO	2 OZ	3.79	3.79		
6084	LOS CHIL	CHILE PODS ANCHO	1 OZ	1.65	1.65		
6049	LOS CHIL	CHILE PODS CHIPOTLE	3 OZ	4.27	4.27		
6131	LOS CHIL	CHILE PODS CHIPOTLE MORA	1 OZ	1.65	1.65		
6129	LOS CHIL	CHILE PODS DE ARBOL	.50 OZ	1.65	1.65		
6126	LOS CHIL	CHILE PODS GREEN	.75 OZ	4.36	4.36	3.86	3.86
6136	LOS CHIL	CHILE PODS GUAJILLO	2 OZ	2.30	2.30		
6051	LOS CHIL	CHILE PODS HABANERO	.5 OZ	3.29	3.29		
6053	LOS CHIL	CHILE PODS NEGRO	2 OZ	3.45	3.45		
6047	LOS CHIL	CHILE PODS NEW MEXICAN	3 OZ	2.69	2.69		
6054	LOS CHIL	CHILE POWDER ANCHO	3 OZ	3.65	3.65	3.10	3.10
6085	LOS CHIL	CHILE POWDER ANCHO	1 OZ	1.65	1.65		
6052	LOS CHIL	CHILE POWDER CHIPOTLE	3 OZ	3.85	3.85	3.27	3.27
6086	LOS CHIL	CHILE POWDER CHIPOTLE	1 OZ	1.65	1.65		
6056	LOS CHIL	CHILE POWDER DE ARBOL	2 OZ	2.69	2.69	2.39	2.39
6127	LOS CHIL	CHILE POWDER GREEN	1 OZ	3.79	3.79	3.39	3.39
6057	LOS CHIL	CHILE POWDER HABANERO	1 OZ	4.27	4.27		
6045	LOS CHIL	CHILE POWDER MOLIDO HOT	6 OZ	2.69	2.69	2.29	2.29
6046	LOS CHIL	CHILE POWDER MOLIDO MILD	6 OZ	2.69	2.69	2.29	2.29
6067	LOS CHIL	CORN HUSKS	6 OZ	3.75	3.75		
6062	LOS CHIL	EPAZOTE	.5 OZ	1.97	1.97	1.67	1.67
6063	LOS CHIL	MEXICAN OREGANO	.5 OZ	1.89	1.89	1.59	1.59
9010	BLUMTN	ADOBO SEASONING POWDER	10 OZ	2.35	2.35		
32144	LOS CHIL	CHILE SALT	2 OZ	2.49	2.49		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
6083	LOS CHIL	DIP CHA-CHA CHIPOTLE	1 OZ	1.65	1.65	1.45	1.45
6090	LOS CHIL	DIP GUACAMOLE OLE!	1 OZ	1.65	1.65	1.45	1.45
6079	LOS CHIL	DIP MIX ARRIBA VERDE!	1 OZ	1.65	1.65	1.45	1.45
6061	LOS CHIL	MIX BUFFALO WING	2 OZ	3.19	3.19	2.69	2.69
6082	LOS CHIL	MIX BUFFALO WING	1 OZ	1.65	1.65	1.35	1.35
6077	LOS CHIL	MIX CARNE ADOVADA	4 OZ	3.19	3.19	2.69	2.69
6088	LOS CHIL	MIX CHIPOTLE SALSA	1 OZ	1.65	1.65	1.45	1.45
6089	LOS CHIL	MIX FAJITA MARINADE	1 OZ	1.65	1.65		
6091	LOS CHIL	MIX JAMAICAN JERK	1 OZ	1.65	1.65	1.35	1.35
6059	LOS CHIL	MIX RED ENCHILADA	4 OZ	3.19	3.19		
6099	LOS CHIL	MIX TACO & BURRITO	1 OZ	1.65	1.65		
6087	LOS CHIL	RUB & MIX CHIPOTLE	1 OZ	1.65	1.65		
6097	LOS CHIL	RUB BEEF SMOKED CHIPOTLE	1 OZ	1.65	1.65	1.35	1.35
6081	LOS CHIL	RUB BLACKENING AY CARBON!	1 OZ	1.65	1.65	1.35	1.35
6060	LOS CHIL	RUB GREEN CHILI	2 OZ	3.19	3.19		
6094	LOS CHIL	RUB PUEBLO CHICKEN	1 OZ	1.65	1.65		
6095	LOS CHIL	SALSA ROJA MIX	1 OZ	1.65	1.65	1.35	1.35
6096	LOS CHIL	SALSA SANTA FE MIX red & green	1 OZ	1.65	1.65	1.35	1.35
6093	LOS CHIL	SPICE BLEND POSOLE	1 OZ	1.65	1.65	1.35	1.35

### PREPARED FOODS

8300	JUANITAS	HOMINY	29 OZ	1.65	1.65	1.45	1.45
20169	TAMBO	CARIBBEAN RICE PELAU	6 OZ	2.29	2.29		
20168	TAMBO	CUBAN BLACK BEANS & RICE	6 OZ	2.29	2.29		
20170	TAMBO	JAMAICAN RICE & BEANS	6 OZ	2.29	2.29		
6068	LOS CHIL	MIX BL CRN ENCHIL CHIK SOUP	5 OZ	5.39	5.39	4.79	4.79
6065	LOS CHIL	POSOLE DINNER KIT beef bouilln	13 OZ	4.85	4.85		

### VEGETABLES

9007	SANMAR	CACTUS in BRINE s	28 OZ	2.19	2.19		
3530	HATCH	CHILES GREEN CHPPED mild	4 OZ	1.24	1.24		
3534	HATCH	CHILES GREEN DICED hot	4 OZ	1.24	1.24		
3539	HATCH	CHILES GREEN DICED mild	4 OZ	1.24	1.24		
3535	HATCH	CHILES GREEN WHOLE mild	4 OZ	1.24	1.24		
33097	HATCH	DICED TOMATOES & GREEN CHILES	10 OZ	1.03	1.03		
6565	NATVALUE	CHILES GREEN DICED canned	4 OZ	1.05	1.05		
6566	NATVALUE	CHILES GREEN WHOLE canned	4 OZ	1.09	1.09		
9033	SANMAR	JALAPENO PEPPERS NACHO SLICED	7 OZ CAN	.89	.89		
9032	SANMAR	JALAPENO PEPPERS WHOLE	7 OZ CAN	.87	.87		
3531	HATCH	JALAPENOS NACHO SLICE can	4 OZ	.75	.75		
8468	HATCH	JALAPENOS NACHO SLICE glass	12 OZ	1.69	1.69		
9004	LAPREF	JALAPENOS SLICED	11 OZ	1.54	1.54		
9003	LAPREF	JALAPENOS WHOLE	11 OZ	1.29	1.29		
9029	SANMAR	SERRANO PEPPERS	7 OZ CAN	.87	.87		
9000	LAPREF	TOMATILLOS green tomato	11 OZ	1.69	1.69		

### MIDDLE EASTERN FOODS

#### DESSERTS

4517	KARNAK	HALVA vanilla s	16 OZ	3.25	3.25	2.85	2.85
4516	ALKANATR	HALVA w/PISTACHIO s	16 OZ	3.55	3.55		
3989	CAMEL	HALVAH BARS COATED	20/3 OZ	1.39	27.80	1.24	24.80
3990	CAMEL	HALVAH BARS DELUXE	20/3 OZ	1.39	27.80		
3992	CAMEL	HALVAH BARS MARBLE	20/3 OZ	1.39	27.80		
3991	CAMEL	HALVAH BARS VANILLA	20/3 OZ	1.39	27.80		
1180	JOYVA	HALVAH PACS MARBLE s/p	12/8 OZ	2.05	24.60		
1181	JOYVA	HALVAH PACS VANILLA s/p	12/8 OZ	2.05	24.60		

#### COOKING SAUCES

3815	AVVIO	SAUCE GARLIC & HONEY s	9.3 OZ	2.39	2.39		
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#### DIPS & SPREADS

3816	AVVIO	SPREAD GARLIC & FRESH LEMON	8.1 OZ	2.39	2.39		
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#### NUT & SEED BUTTERS

1170	JOYVA	SESAME TAHINI	12/15 OZ	2.95	35.40		
7285	TOHUM	SESAME TAHINI ORG	10 OZ	5.95	5.95	5.35	5.35
7337	ONCEAG	SESAME TAHINI ORG roasted	16 OZ	3.49	3.49		
8435	OSKRI	SESAME TAHINI RAW	9.6 OZ	4.25	4.25		
1172	ONCEAG	SESAME TAHINI roasted	16 OZ	3.25	3.25		
4667	SITTOOS	TAHINI PASTE sesame (sq. jar)	64 OZ	7.44	7.44		
4665	SITTOOS	TAHINI PASTE sesame (sq. jar)	16 OZ	2.24	2.24		
4666	SITTOOS	TAHINI PASTE sesame (sq. jar)	32 OZ	3.84	3.84	3.44	3.44
8437	OSKRI	DATE SPREAD	12 OZ	4.25	4.25		

# RECIPES



## CREOLE MAHI

Creole Sauce:

- 1/3 Cup very thinly sliced onion**
- 1/3 cup thinly sliced bell peppers**
- 1/3 cup thinly sliced celery cut on the diagonal**
- 1 cup chopped canned tomatoes (do not drain)**
- Pinch of salt and pepper**
- 1/4 tsp Thyme (dry or fresh)**

In a small nonstick sauté pan heat 2 tsp vegetable oil over medium-high heat. Add onion, sauté for 1 minute. Add celery and bell pepper and sauté for another 3 minutes until just crisp-tender. Add pinch of salt and pepper, thyme, and tomato. Mix well. Lower heat to medium - cover and simmer for 2 minutes. Remove sauce from pan and set aside.

Sprinkle Mahi with salt and pepper. Wipe out the pan and add 1-2 tsp of vegetable oil. Heat to med-high. Add Mahi skin side up, sear until golden 2-3 minutes. Flip the fish and immediately cut down the heat to med-low. Return the Creole sauce to the pan (add 1 Tbsp water if sauce is too thick), cover immediately and simmer for 3 minutes. Serve immediately. Sprinkle with chopped parsley.





## GROCERY BY CATEGORY

### BABY PRODUCTS

0910	EARTHBS	CEREAL BROWN RICE ORG	8 OZ	2.65	2.65		
0911	EARTHBS	CEREAL MIXED GRAINS ORG	8 OZ	2.65	2.65		
0917	EARTHBS	TEETHING BISCUIT BARLEY WF ORG	4.6 OZ	2.19	2.19		
0916	EARTHBS	TEETHING BISCUIT ORIGNL ORG	4.6 OZ	2.19	2.19		

### BAKING PRODUCTS

41118	INDIA TR	DECORATING SUGAR BLUE BAT	3.5 OZ	3.67	3.67	3.30	3.30
41119	INDIA TR	DECORATING SUGAR GREEN NAT	3.5 OZ	3.67	3.67	3.30	3.30
41117	INDIA TR	DECORATING SUGAR RED NAT	3.5 OZ	3.67	3.67	3.30	3.30
41116	INDIA TR	DECORATING SUGAR WHITE NAT	3.5 OZ	3.67	3.67	3.30	3.30
41120	INDIA TR	DECORATING SUGAR YELLOW NAT	3.5 OZ	3.67	3.67	3.30	3.30
41121	INDIA TR	NAT COLORS SET red/yellow/blue	2.25 OZ	13.59	13.59	12.24	12.24
5060	LETS DO	SPRINKLEZ CARNIVAL ORG s	1 OZ	1.31	1.31		
5046	LETS DO	SPRINKLEZ CHOCOLATEY ORG s	1 OZ	1.31	1.31		
5050	LETS DO	SPRINKLEZ CONFETTI ORG s	1 OZ	1.31	1.31		
6344	EDEN	AGAR AGAR FLAKES (Kanten)	1 OZ	5.05	5.05		
0228	BAKING	BAKEWELL CREAM	8 OZ	3.55	3.55		
1239	RUMFORD	BAKING POWDER non-alum	10 OZ	1.99	1.99		
2169	BAKING	BAKING SODA box	2#	1.40	1.40		
3011	SAF	INSTANT YEAST jar	4 OZ	5.35	5.35		
1242	SAF	INSTANT YEAST/BRICK BAG	16OZ	2.84	2.84		
6345	EDEN	KUZU ROOT STARCH ORGANIC	3.5 OZ	4.75	4.75		
1268	RUMFORD	CORNSTARCH non-gmo	12 OZ	1.69	1.69		
4523	LONGEVITY	CONDENSED MILK s	14 OZ	2.09	2.09		
33067	HEAVENLY	CONDENSED MILK SWEETENED ORG	14 OZ	2.59	2.59	1.96	1.96
9002	BLUMTN	BURNT SUGAR syrup	6 OZ	1.63	1.63		
4293	ROLAND	CHESTNUT PUREE	16 OZ	4.79	4.79		
1591	FIORDIFR	CHESTNUT PUREE ORG fruit swt	11.64 OZ	3.80	3.80		
33048	GINGERPE	CRYSTALLIZED GINGER ORG	4 OZ	2.20	2.20		
1843	GINGERPE	MINCED GINGER	6.7 OZ	1.63	1.63		
32034	LETS DO	TAPIOCA GRANULES ORG	6 OZ	2.15	2.15		
1057	BAKING	TAPIOCA PEARLS LARGE bag	14 OZ	1.09	1.09		
32033	LETS DO	TAPIOCA PEARLS ORG	6 OZ	2.15	2.15		
1058	BAKING	TAPIOCA PEARLS SMALL bag	14 OZ	1.09	1.09		
32035	LETS DO	TAPIOCA STARCH ORG	6 OZ	2.15	2.15		
2760	THAI	TAPIOCA STARCH retail pkg	14 OZ	1.59	1.59	1.39	1.39
30065	BA	ROSE PETALS s	1.8 OZ	4.38	4.38		
2543	FEARN	LECITHIN LIQUID	16 OZ	3.47	3.47	3.07	3.07
5581	GOLDRUSH	SAN FRAN SOURDOUGH STARTER	.5 OZ	1.99	1.99		
31302	LOVENBAK	ALMOND PASTE s	10 OZ	6.75	6.75	5.99	5.99
31304	LOVENBAK	HAZELNUT PRALINE s	11 OZ	8.59	8.59	7.69	7.69
31303	LOVENBAK	MARZIPAN s	11 OZ	5.59	5.59	4.99	4.99
31305	LOVENBAK	PISTACHIO NUT PASTE s	11 OZ	6.35	6.35	5.69	5.69
31306	LOVENBAK	SCHMEAR CHOCOLATE FILLING s	12 OZ	3.45	3.45	3.05	3.05
8055	POMONA	temp n/a UNIVERSAL PECTIN	1 OZ	2.35	2.35		
<b>80562</b>	<b>POMONA</b>	<b>UNIVERSAL PECTIN bulk pack</b>	<b>2 OZ</b>	<b>4.35</b>	<b>4.35</b>		
1123	RAPUNZEL	RIZE BAKING YEAST ORG	40 PKTS	.99	39.60	.89	35.60
30399	SPECTRM	SHORTENING ORG	24 OZ	5.19	5.19		
8598	ENER-G	EGG REPLACER	16 OZ	4.89	4.89		
30305	DEB EL	JUST WHITES canister	8 OZ	8.99	8.99		
<b>BAKING CHOCOLATE, COCOA &amp; CAROB</b>							
30284	CHATFLDS	CAROB POWDER canister	16 OZ	3.39	3.39		
30459	DAGOBA	CACAO NIBS RST ORG	6 OZ	5.14	5.14	4.37	4.37
30534	DAGOBA	CACAO POWDER ORG FT	8 OZ	5.94	5.94	5.34	5.34
30458	DAGOBA	CHOCO DROPS ORG 73% DARK FT	8 OZ	5.71	5.71		
8372	EQUALX	COCOA BAKING ORG	8 OZ	4.99	4.99		
30466	GHIRARD	CHOC BAKING BAR 70% XTRA BTR s	4 OZ	1.77	1.77		
30464	GHIRARD	CHOC BAKING BAR BITTERSWEET s	4 OZ	1.77	1.77		
30465	GHIRARD	CHOC BAKING BAR MILK s	4 OZ	1.77	1.77		
30461	GHIRARD	CHOC BAKING BAR SEMISWEET s	4 OZ	1.77	1.77		
30463	GHIRARD	CHOC BAKING BAR UNSWEETENED	4 OZ	1.77	1.77		
30462	GHIRARD	CHOC BAKING BAR WHITE s	4 OZ	1.77	1.77		
4476	GHIRARD	CHOCOLATE CHIPS 60% BITTERSWEET	11.5 OZ	3.45	3.45		
4477	GHIRARD	CHOCOLATE CHIPS MILK	11.5 OZ	3.45	3.45	3.10	3.10
4478	GHIRARD	CHOCOLATE CHIPS SEMISWEET	11.5 OZ	3.45	3.45	3.10	3.10
30469	GHIRARD	CHOCOLATE CHIPS WHITE s	11 OZ	3.45	3.45		
30467	GHIRARD	COCOA SWEET BAKING s	16 OZ	3.47	3.47		
30468	GHIRARD	COCOA UNSWEETENED BAKING	10 OZ	4.14	4.14		
30360	GREENBLK	BAKING BAR 72% DARK CHOC ORG	10/5.3 OZ	3.93	39.30	3.14	31.44
2921	GREENBLK	COCOA POWDER ORG	4.4 OZ	3.50	3.50	2.80	2.80
4608	RAPUNZEL	CHOC DOLLOPS BITTERSWEET ORG s	9 OZ	3.95	3.95		
4609	RAPUNZEL	CHOC DOLLOPS SEMISWEET ORG s	9 OZ	3.95	3.95		
4607	RAPUNZEL	CHOC MORSELS SEMISWEET ORG s	10 OZ	3.92	3.92		
1985	RAPUNZEL	COCOA POWDER ORG	7.1 OZ	4.75	4.75		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
5261	SCHARFEN	HOMECHIEF BAR BITTERSWT 70% s	9.7 OZ	8.99	8.99	7.99	7.99
5263	SCHARFEN	HOMECHIEF BAR SEMISWEET 62% s	9.7 OZ	8.99	8.99	7.99	7.99
5260	SCHARFEN	HOMECHIEF BAR UNSWT 99% s	9.7 OZ	8.99	8.99	7.99	7.99
2807	SUNSPIRE	CAROB CHIPS UNSWEET 2000ct	10 OZ	3.29	3.29	2.89	2.89
2800	SUNSPIRE	CHIP CAROB MALT SWT Vegan	10 OZ	3.29	3.29		
2812	SUNSPIRE	CHIP CHOC MALT SWTD D/F	10 OZ	3.29	3.29		
2810	SUNSPIRE	CHIP DARK CHOC ORG 1000ct	9 OZ	3.85	3.85	3.45	3.45
2811	SUNSPIRE	SUNDROPS CHOCOLATE	10 OZ	3.59	3.59	2.99	2.99
<b>BAKING EXTRACTS &amp; FLAVORINGS</b>							
4515	CEDAR	ORANGE BLOSSOM WATER	9 OZ	2.20	2.20		
4514	CEDAR	ROSE WATER	9 OZ	2.15	2.15		
1798	GINGERPE	GINGER JUICE naturally pressed	5 OZ	2.75	2.75		
1560	NIELSN M	VANILLA POWDER jar	2.5 OZ	11.90	11.90		
41077	SIMPLYOG	ALMOND EXTRACT ORG	4 OZ	4.56	4.56	4.10	4.10
41078	SIMPLYOG	ALMOND EXTRACT ORG	2 OZ	3.53	3.53	3.18	3.18
41079	SIMPLYOG	LEMON FLAVOR ORG	2 OZ	3.31	3.31	2.98	2.98
41080	SIMPLYOG	ORANGE FLAVOR ORG	2 OZ	3.31	3.31	2.98	2.98
41081	SIMPLYOG	PEPPERMINT FLAVOR ORG	2 OZ	3.31	3.31	2.98	2.98
41082	SIMPLYOG	PEPPERMINT FLAVOR ORG	4 OZ	6.86	6.86	6.17	6.17
41122	SIMPLYOG	VANILLA EXTRACT ORG	4 OZ	10.00	10.00		
<b>BAKING MIXES</b>							
3372	ARROW	ALL PUR BAKING MIX WF	28 OZ	4.85	4.85		
3370	ARROW	BREAD MIX MULTIGRAIN ORG	19 OZ	2.79	2.79		
3354	ARROW	CORN BREAD MIX	32 OZ	3.20	3.20	2.88	2.88
32008	BROWN	CREPE MIX	24 OZ	2.33	2.33	2.03	2.03
31021	CHEBE	MIX ALL PURPOSE BREAD DF WF/GF	7.5 OZ	2.15	2.15	1.94	1.94
6107	CHEBE	MIX BREAD WF/GF	7.5 OZ	2.15	2.15		
6112	CHEBE	MIX BREADSTICK GAR/ONION WF/GF	7.5 OZ	2.15	2.15		
6110	CHEBE	MIX CINNAMON ROLL UP WF/GF/DF	7.5 OZ	2.15	2.15		
31022	CHEBE	MIX FOCACCIA WF/GF	7.5 OZ	2.15	2.15		
6109	CHEBE	MIX PIZZA CRUST WF/GF/DF	7.5 OZ	2.15	2.15		
6627	CHERRYBR	CAKE MIX CHOCOLATE Vg s	19 OZ	3.69	3.69		
6629	CHERRYBR	CAKE MIX YELLOW Vg s	20 OZ	3.69	3.69		
32027	CHERRYBR	CHOC CHIP BROWNIE MIX Vg s	16 OZ	3.79	3.79		
6631	CHERRYBR	COOKIE MIX CHOC CHIP Vg s	15 OZ	3.69	3.69		
6632	CHERRYBR	COOKIE MIX SUGAR Vg s	13 OZ	3.69	3.69	3.29	3.29
6634	CHERRYBR	FROSTING MIX CHOCOLATE Vg s GF	10 OZ	3.04	3.04		
6635	CHERRYBR	FROSTING MIX VANILLA Vg s GF	9 OZ	3.04	3.04		
30276	CHERRYBR	WF/GF CAKE MIX CHOC s	16 OZ	3.99	3.99	3.59	3.59
30277	CHERRYBR	WF/GF COOKIE MIX CHOC CHIP s	14.2 OZ	3.99	3.99	3.59	3.59
30278	CHERRYBR	WF/GF COOKIE MIX SUGAR s	13.1 OZ	3.99	3.99	3.59	3.59
<b>33253</b>	<b>COTTAGE</b>	<b>CAKE MIX OLD FASHION FUDGE ORG</b>	<b>28.6 OZ</b>	<b>5.79</b>	<b>5.79</b>	<b>5.21</b>	<b>5.21</b>
3154	DWD&RGR	CAKE MIX DARK VANILLA WF/GF s	14 OZ	4.39	4.39		
3152	DWD&RGR	CAKE MIX DUTCH CHOC WF/GF s	14 OZ	4.39	4.39		
3153	DWD&RGR	CAKE MIX GOLDEN LEMON WF/GF s	14 OZ	4.39	4.39		
7712	FIDDLERS	GINGERBREAD MIX	15 OZ	3.00	3.00	2.55	2.55
7721	FIDDLERS	MUFFIN MIX BRAN DF ORG	15 OZ	3.00	3.00	2.70	2.70
32085	GOODBAKE	BROWNIE MIX CHOC FUDGE s vg	17 OZ	4.66	4.66	4.19	4.19
32089	GOODBAKE	CAKE MIX CHOCOLATE s vg	15 OZ	4.66	4.66	3.99	3.99
32084	GOODBAKE	COOKIE MIX CHOC CHIP s vg	14.5 OZ	4.99	4.99		
32087	GOODBAKE	COOKIE MIX OATMEAL SPICE s vg	16 OZ	4.29	4.29	3.99	3.99
32088	GOODBAKE	FROSTING MIX CHOC GANACHE s vg	18 OZ	4.99	4.99	4.29	4.29
32086	GOODBAKE	MUFFIN MIX MULTIGRAIN s vg	17 OZ	3.94	3.94	3.14	3.14
7435	HERON	BREAD MIX HI-FIBRE ORG GF	500 GR	6.28	6.28		
7434	HERON	CAKE & BREAD MIX ORG WF/GF/DF	500 GR	6.95	6.95		
41057	KINGARTH	BISCOTTI MIX CHOC-CHOC CHIP s	15 OZ	3.50	3.50		
41056	KINGARTH	BISCOTTI MIX CLASSIC ALMOND s	15 OZ	3.50	3.50		
41058	KINGARTH	BREAD MIX ALASKAN SOURDOUGH	19 OZ	3.57	3.57		
41059	KINGARTH	BREAD MIX WH GRAIN HONEY OAT	18.25 OZ	3.57	3.57		
41060	KINGARTH	BREAD MIX WH GRAIN MAPLE WW	20 OZ	3.57	3.57		
41055	KINGARTH	BROWNIE MIX WHOLE GRAIN s	16 OZ	5.65	5.65		
41035	KINGARTH	CAKE MIX CHOC INDULGENCE s	21 OZ	9.95	9.95		
41034	KINGARTH	CAKE MIX CHOCOLATE LAVA s	14 OZ	4.79	4.79		
41033	KINGARTH	CAKE MIX LEMON BUTTERMILK s	25 OZ	7.07	7.07		
41045	KINGARTH	MUFFIN MIX CRANBERRY ORANGE s	20 OZ	4.21	4.21		
41047	KINGARTH	MUFFIN MIX LEMON POPPY s	20 OZ	4.21	4.21		
41048	KINGARTH	MUFFIN MIX MOM'S PUMPKIN PIE s	22 OZ	5.35	5.35		
41044	KINGARTH	MUFFIN MIX SINFUL CINNAMON KIT	33 OZ	7.10	7.10		
41049	KINGARTH	MUFFIN MIX VT MAPLE WALNUT s	18 OZ	4.21	4.21		
41043	KINGARTH	MUFFIN MIX WH GRAIN BTRMILK BR	16 OZ	4.21	4.21		
41042	KINGARTH	MUFFIN WHOLEGRAIN APP CINN s	16 OZ	4.21	4.21		
41036	KINGARTH	SCONE MIX APRICOT SOUR CREAM s	12 OZ	4.79	4.79		
41037	KINGARTH	SCONE MIX CHERRY ALMOND s	14 OZ	4.79	4.79		
41041	KINGARTH	SCONE MIX CINNAMON FILLED s	21 OZ	5.64	5.64		
41038	KINGARTH	SCONE MIX GINGER PUMPKIN s	14 OZ	4.21	4.21		
41039	KINGARTH	SCONE MIX VERMONT MAPLE OAT s	14 OZ	4.21	4.21		
41040	KINGARTH	SCONE MIX WW PRALINE PUMP SEED	16 OZ	4.80	4.80		



Made in Vermont

**Cottage Hill Farm** sits on 24 peaceful, secluded acres in scenic Pittsford, Vermont, just northwest of the world-famous Killington ski area and adjacent to the Green Mountain National Forest. Visitors recognize the farm by its original, rambling 18th-century yellow farmhouse, traditional red outbuildings and abundant flower gardens.

The farm originally was established as a small dairy farm in 1795. Past farmers also raised contented Merino sheep, as well as grapes and hops, in the farm's lush, rolling pastures.

Today, the farm is owned and run by La Verne and George Lesznik, who purchased it in 2000. Their vision for the farm is to develop and distribute the finest available organic baking mixes and preserves, and to share a bit of Cottage Hill Farm's magic with others.

### English Cream Tea Scones

Makes 14 scones

Serve **Cottage Hill Farm's** elegant, satisfying English Cream Tea Scones with breakfast, brunch, or tea and coffee...and await the compliments! Simply add wet ingredients—we recommend organic dairy products and oils for optimal results. Top with jam or whipped cream for a truly decadent treat.

*Ingredients: King Arthur Organic flour, organic sugar, non-aluminum leavening, organic buttermilk blend.*

(continued on page 72)

Cottage Hill Farm  
Vermont



## Farmhouse Buttermilk Pancakes

Whether they're served up silver-dollar-style or as big as the harvest moon, Cottage Hill Farm's Farmhouse Buttermilk Pancakes serve a hungry family. Simply add wet ingredients-we recommend organic dairy products and oils for optimal results. And don't forget to top with real Vermont maple syrup!

*Ingredients: King Arthur Organic flour, organic buttermilk blend, organic sugar, non-aluminum leavening, kosher sea salt.*



## Old Fashioned Fudge Cake

Cottage Hill Farm's dense and decadent Old-Fashioned Fudge Cake tastes great topped with ice cream, whipped cream or all on its own. Simply add wet ingredients-we recommend organic dairy products and oils for optimal results. Makes a wonderful gift on it's own or as a part of a gift basket.

*Ingredients: organic sugar, King Arthur Organic flour, organic Dutch Cocoa, organic buttermilk blend, non-aluminum leavening, kosher sea salt, organic vanilla.*

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>BAKING MIXES - CONT.</b>							
33196	LOLLIPOP	MONKEY BREAD BANANA CHO CHIP	25 OZ	4.29	4.29	3.86	3.86
33197	LOLLIPOP	MONKEY BREAD CINN CHIP	25 OZ	4.29	4.29	3.86	3.86
6132	MORGANS	MUFFIN MIX BLUEBERRY ORG	6/12 OZ	2.99	17.94		
6140	MORGANS	MUFFIN MIX MAPLE CORN ORG	6/12 OZ	2.03	12.18		
1186	MORGANS	MUFFIN MIX ORANGE BRAN ORG	5#	.87	4.35		
30595	NAMASTE	MIX BLONDIES WF/GF s	32 OZ	4.89	4.89		
33022	NAMASTE	MIX BREAD WF/GF	16 OZ	4.20	4.20		
30596	NAMASTE	MIX BROWNIES WF/GF s	32 OZ	4.89	4.89		
30598	NAMASTE	MIX CHOCOLATE CAKE WF/GF s	29 OZ	4.84	4.84	4.34	4.34
30601	NAMASTE	MIX COOKIES WF/GF s	22 OZ	4.39	4.39		
30603	NAMASTE	MIX MUFFINS SUGAR FREE WF/GF	14 OZ	3.52	3.52		
30602	NAMASTE	MIX MUFFINS WF/GF s	16 OZ	3.55	3.55		
30604	NAMASTE	MIX PIZZA CRUST WF/GF	25 OZ	4.99	4.99	4.49	4.49
30597	NAMASTE	MIX SPICE CAKE WF/GF s	26 OZ	4.84	4.84	4.34	4.34
30599	NAMASTE	MIX VANILLA CAKE WF/GF s	27 OZ	4.84	4.84	4.34	4.34
1640	NOPUDGE	FUDGE BROWNIE MIX F/F	13.7 OZ	2.99	2.99		
1641	NOPUDGE	RASPBRY BROWNIE MIX F/F	13.7 OZ	2.99	2.99		
7364	PAMELAS	BROWNIE MIX CHOC WF/GF	16 OZ	4.67	4.67		
30638	PEMBERT	MUFFIN MIX BLUEBERRY LEMON s	16 OZ	3.45	3.45		
<b>BAKING SALTS</b>							
30455	ATLANTID	FLUER DE SEL France	12 OZ	13.57	13.57	12.17	12.17
30454	ATLANTID	FLUER DE SEL France (bags)	4.4 OZ	6.61	6.61	5.91	5.91
30456	ATLANTID	SEA SALT COARSE GREY France	12 OZ	4.21	4.21		
8297	ATLANTID	SEA SALT GREY COARSE bag	2.2 #	5.20	5.20		
4472	CAMARGUE	FLEUR DE SEL French Sea Salt	125 GR	5.99	5.99		
5959	D'ALLAS	SEA SALT PINK	40 OZ	27.27	27.27		
71003	DAVES	6 SEA SALT MIX multi shaker	3.7 OZ	4.29	4.29	3.79	3.79
30326	EDEN	SEA SALT FRENCH FINE	14 OZ	3.75	3.75		
30327	EDEN	SEA SALT PORTUGUESE FINE	16 OZ	2.39	2.39		
40001	FLOR	SEA SALT FLOR DE SAL	8/5.3OZ	9.98	79.84		
31128	LA BALNE	SEA SALT COARSE France	12/26 OZ	2.38	28.56	2.08	24.96
31127	LA BALNE	SEA SALT FINE France	12/26 OZ	2.38	28.56	2.08	24.96
6340	LIMA	ATLANTIC FINE SEA SALT bag	35.3OZ	4.13	4.13		
6343	LIMA	ATLANTIC SEA SALT	17.6 OZ	2.25	2.25		
6341	LIMA	ATLANTIC SEA SALT SHAKER	7.05 OZ	3.14	3.14		
6616	MAINESEA	MAINE SEA SALT jar	6 OZ	3.69	3.69		
6617	MAINESEA	SEA SALT MAINE bag	8 OZ	3.36	3.36	2.96	2.96
6622	MAINESEA	SEA SALT SMOKED ALDERWOOD	3 OZ	5.19	5.19		
6623	MAINESEA	SEA SALT SMOKED APPLEWOOD	3 OZ	5.19	5.19		
6618	MAINESEA	SEA SALT SMOKED HICKORY	3 OZ	5.19	5.19		
6619	MAINESEA	SEA SALT SMOKED MESQUITE	3 OZ	5.19	5.19	4.59	4.59
2163	MALDON	CRYSTAL SEA SALT	12/8.8 OZ	3.66	43.92		
41152	PACIFSALT	SEA SALT SHAKER COARSE ORG	16 OZ	3.99	3.99	3.59	3.59
41151	PACIFSALT	SEA SALT SHAKER FINE ORG	16 OZ	3.99	3.99	3.59	3.59
1245	ROLAND	SEA SALT CANNISTER COARSE	12/26 OZ	1.97	23.64		
1244	ROLAND	SEA SALT CANNISTER FINE	12/26 OZ	1.97	23.64		
30316	TIDMANS	ROCK SALT COARSE	500 G	2.82	2.82	2.52	2.52
30317	TIDMANS	SEA SALT FINE	500 G	2.82	2.82		
80151	VICTORIA	GIFT SET chipotle/red pepper	SET	13.57	13.57	12.17	12.17
80150	VICTORIA	GIFT SET SALT Anglesey/Celtic	SET	13.57	13.57		
30333	VICTORIA	SEA SALT ANGLESEY Wales	5.6 OZ	5.71	5.71		
30335	VICTORIA	SEA SALT CELTIC grey Brittany	8 OZ	4.75	4.75		
30334	VICTORIA	SEA SALT JURASSIC pink Utah	10 OZ	5.14	5.14		
30332	VICTORIA	SEA SALT TRAPANI Sicily	10 OZ	4.75	4.75		
<b>BEANS CANNED, ORGANIC</b>							
6326	EDEN	BEANS ADUKI ORG	15 OZ	1.37	1.37		
6427	EDEN	BEANS BLACK ORG	15 OZ	1.37	1.37		
6424	EDEN	BEANS BLACK SOY ORG	15 OZ	1.37	1.37	1.17	1.17
6428	EDEN	BEANS BUTTER ORG	15 OZ	1.37	1.37	1.17	1.17
6422	EDEN	BEANS CANNELLINI ORG	15 OZ	1.37	1.37		
6421	EDEN	BEANS GARBANZO ORG	15 OZ	1.37	1.37		
6419	EDEN	BEANS GREAT NORTHERN ORG	15 OZ	1.37	1.37		
6418	EDEN	BEANS KIDNEY ORG	15 OZ	1.37	1.37		
6432	EDEN	BEANS NAVY ORG	15 OZ	1.37	1.37	1.17	1.17
6431	EDEN	BEANS PINTO ORG	15 OZ	1.37	1.37		
6429	EDEN	BEANS SMALL RED ORG	15 OZ	1.37	1.37		
6426	EDEN	BLACK EYED PEAS ORG	15 OZ	1.37	1.37	1.17	1.17
1888	ROLAND	FLAGEOLETS GREEN	14 OZ	1.69	1.69		
5512	WESTBRAE	BEANS BLACK ORG	25 OZ	1.79	1.79		
5511	WESTBRAE	BEANS GARBANZO ORG	25 OZ	1.79	1.79		
5514	WESTBRAE	BEANS KIDNEY ORG	25 OZ	1.79	1.79		
5513	WESTBRAE	BEANS PINTO ORG	25 OZ	1.79	1.79		
5522	WESTBRAE	ORG BLACK BEANS	15 OZ	1.30	1.30	1.15	1.15
5526	WESTBRAE	ORG CHILI BEANS F/F	15 OZ	1.30	1.30	1.15	1.15
5521	WESTBRAE	ORG GARBANZO BEANS L/F	15 OZ	1.30	1.30	1.15	1.15
5523	WESTBRAE	ORG GR NORTHN BEAN F/F	15 OZ	1.30	1.30	1.15	1.15
5524	WESTBRAE	ORG KIDNEY BEANS F/F	15 OZ	1.30	1.30	1.15	1.15
5525	WESTBRAE	ORG PINTO BEANS F/F	15 OZ	1.30	1.30	1.15	1.15
5518	WESTBRAE	ORG RED BEANS F/F	15 OZ	1.30	1.30	1.15	1.15

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
5528	WESTBRAE	ORG SALAD BEANS L/F	15 OZ	1.30	1.30	1.15	1.15
5527	WESTBRAE	ORG SOYBEANS HI PROTEIN	15 OZ	1.30	1.30	1.15	1.15
<b>BEANS, BAKED</b>							
4799	AMYS	BEANS BAKED VEGETARIAN ORG	15 OZ	1.69	1.69	1.49	1.49
3596	BELLE	BEANS BAKED JACOBS CATTLE veg	15 OZ	1.54	1.54		
3598	BELLE	BEANS BAKED SOLDIER veg	15 OZ	1.54	1.54		
3597	BELLE	BEANS BAKED YELLOW EYE veg	15 OZ	1.54	1.54		
6312	EDEN	BEANS BAKED/SORGHM/MUST ORG	15 OZ	1.74	1.74		
5492	HEINZ	BEANS W/TOMATO SAUCE	415 GR	1.46	1.46		
4373	WESTBRAE	BEANS BAKED ORIGINAL FAT FR	15 OZ	1.90	1.90	1.70	1.70
<b>BEANS, REFRIED</b>							
3359	EDEN	REFRIED BEANS BLACK ORG	16 OZ	1.46	1.46		
3366	EDEN	REFRIED BEANS BLK SOY/BLK ORG	15 OZ	1.46	1.46		
3360	EDEN	REFRIED BEANS KIDNEY ORG	15 OZ	1.46	1.46		
3361	EDEN	REFRIED BEANS PINTO ORG	16 OZ	1.46	1.46		
9017	LAPREF	REFRIED BEANS VEGETARIAN	16 OZ	1.24	1.24		
4327	LITTLEBE	REFRIED BEANS FAT FR GR CHILES	16 OZ	1.59	1.59	1.39	1.39
4325	LITTLEBE	REFRIED BEANS FAT FR REGULAR	16 OZ	1.59	1.59	1.39	1.39
6575	NATVALUE	REFRIED BLACK BEANS ORG	16 OZ	1.59	1.59		
6576	NATVALUE	REFRIED PINTO BEANS ORG	16 OZ	1.52	1.52		
<b>BEANS, DRIED &amp; PACKAGED</b>							
5941	D'ALLAS	BEANS BABY BUTTER	12 OZ	2.35	2.35		
5990	D'ALLAS	BEANS BLACK TURTLE	12 OZ	2.25	2.25	2.00	2.00
5944	D'ALLAS	BEANS CANNELLINI	12 OZ	2.13	2.13		
5946	D'ALLAS	BEANS CRANBERRY (BERLOTTI)	12 OZ	1.99	1.99		
5947	D'ALLAS	BEANS FAVA	12 OZ	3.59	3.59		
5948	D'ALLAS	BEANS FERMENTED BLACK	12 OZ	2.67	2.67		
5949	D'ALLAS	BEANS FLAGEOLET	12 OZ	2.69	2.69		
5950	D'ALLAS	BEANS FRENCH NAVY	12 OZ	2.10	2.10		
5951	D'ALLAS	BEANS GIANT PERU LIMA	12 OZ	2.75	2.75	2.45	2.45
5956	D'ALLAS	BEANS RICE	12 OZ	2.79	2.79		
5958	D'ALLAS	BEANS SPLIT MUNG	12 OZ	2.17	2.17	1.87	1.87
5960	D'ALLAS	CHANA DAL	12 OZ	1.99	1.99		
5940	D'ALLAS	LENTILS AUTUMN BLEND	12 OZ	2.39	2.39		
5965	D'ALLAS	LENTILS BLACK BELUGA	12 OZ	2.20	2.20		
5993	D'ALLAS	LENTILS FRENCH GREEN	12 OZ	2.15	2.15		
5967	D'ALLAS	LENTILS IVORY WHITE	12 OZ	2.19	2.19	1.97	1.97
5992	D'ALLAS	LENTILS PETITE GOLDEN	12 OZ	1.98	1.98		
6002	D'ALLAS	LENTILS RED CHIEF	12 OZ	2.07	2.07	1.87	1.87
5994	D'ALLAS	LENTILS SPANISH PARDINA	12 OZ	2.05	2.05		
8158	TIMELESS	CHICKPEAS BLACK KABULI ORG	14 OZ	3.19	3.19		
8150	TIMELESS	LENTILS BLACK BELUGA ORG	16 OZ	2.99	2.99		
8153	TIMELESS	LENTILS DU PUY STYLE ORG	16 OZ	2.89	2.89		
8151	TIMELESS	LENTILS GREEN ORG	16 OZ	2.89	2.89		
8152	TIMELESS	LENTILS HARVEST GOLD ORG	16 OZ	2.89	2.89		
8155	TIMELESS	LENTILS PARDINA ORG	16 OZ	2.89	2.89		
8154	TIMELESS	LENTILS PETITE CRIMSON ORG	16 OZ	2.89	2.89		
8156	TIMELESS	PEAS YELLOW SPLIT ORG	16 OZ	2.89	2.89		
3173	A-1	SOUP MIX	24/16 OZ	.94	22.56	.84	20.16
<b>BEVERAGES, JUICE</b>							
5082	AFTRFALL	CRAN COD CRANBERRY	12/32 OZ	2.39	28.68		
3196	AFTRFALL	CAPE MEETS RASPBERRY	12/32 OZ	2.29	27.48		
5112	AFTRFALL	GEORGIA PEACH	12/32 OZ	2.29	27.48		
5232	AFTRFALL	MAINE COAST BLUEBERRY	12/32 OZ	2.29	27.48		
5016	AFTRFALL	MANGO MONTAGE	12/32 OZ	2.29	27.48		
30506	AMY&BRI	COCONUT JUICE PULP FREE	12/17.5 OZ	1.35	16.20	1.15	13.80
6600	AMY&BRI	COCONUT JUICE W/PULP	12/17.5 OZ	1.35	16.20	1.15	13.80
32048	AMY&BRI	COCONUT JUICE WITH LIME	12/17.5 OZ	1.35	16.20	1.15	13.80
20148	BELVOIR	CRUSH APPLE & BLACKBERRY	12/10.8 OZ	1.98	23.76	1.68	20.16
20147	BELVOIR	CRUSH APPLE & QUINCE	12/10.8 OZ	1.98	23.76	1.68	20.16
20149	BELVOIR	CRUSH PEAR & RED CURRANT	12/10.8 OZ	1.98	23.76	1.68	20.16
20146	BELVOIR	CRUSH RHUBARB & GINGER	12/10.8 OZ	1.98	23.76	1.68	20.16
0303	BIONAT	NECTAR APPLE ORG	6/25.4 OZ	2.39	14.34		
0300	BIONAT	NECTAR APRICOT ORG	6/25.4 OZ	2.39	14.34		
0301	BIONAT	NECTAR PEACH ORG	6/25.4 OZ	2.39	14.34		
0302	BIONAT	NECTAR PEAR ORG	6/25.4 OZ	2.39	14.34		
0304	BIONAT	NECTAR PLUM ORG	6/25.4 OZ	2.39	14.34		
0324	BIONAT	NECTAR SICILIAN LEMON ORG	6/25.4 OZ	2.39	14.34	1.99	11.94
0305	BIONAT	NECTAR BILBERRY ORG	6/25.4 OZ	2.89	17.34		
0306	BIONAT	NECTAR CARROT-APPLE ORG	6/25.4 OZ	2.89	17.34	2.59	15.54
0325	BIONAT	NECTAR SOUR CHERRY ORG	6/25.4 OZ	2.89	17.34		
0326	BIONAT	NECTAR STRAWBERRY ORG	6/25.4 OZ	2.89	17.34		
0327	BIONAT	NECTAR WILD BERRY ORG	6/25.4 OZ	2.89	17.34		
2870	BIOTTA	BEEF ROOT JUICE ORG	6/16.9 OZ	3.77	22.62		
2875	BIOTTA	BREUSS VEGETABLE JUICE	6/16.9 OZ	3.77	22.62		
2872	BIOTTA	CARROT JUICE ORG	6/16.9 OZ	3.77	22.62	3.37	20.22
33021	BIOTTA	CELERY JUICE ORG	6/16.9 OZ	3.77	22.62		
2871	BIOTTA	SAUERKRAUT JUICE ORG	6/16.9 OZ	3.77	22.62	3.37	20.22
2873	BIOTTA	VEGE COCTAIL JUICE ORG	6/16.9 OZ	3.77	22.62		



## Organic Sea Salt

Salt has been more precious to man than gold. People along the Mediterranean and Red Sea discovered that when seawater was evaporated by the sun and wind, salt was left behind. This was the start of salt manufacture and the same method of solar evaporation is used today, in the production of **New Zealand Organic Sea Salt**.

This high quality solar dried sea salt is taken from the clean oceans that surround New Zealand. It is these clean waters that enable this salt to start its organic journey. It takes up to 13 months to concentrate and dry the salt by wind and sun.

Salt is a natural occurring chemical created by nature and is a composite of natural trace elements, therefore difficult to understand why this isn't naturally considered *Organic*. This salt is tested much the same way that fruit, vegetables and grains are tested for pesticides and foreign pollutants. The ocean water is tested, while the salt is drying (13 months) and again when it is packed. It is this testing process that enables this salt to be certified for organic input as pure to its natural state without impurities and still retaining all of the natural trace elements.

Most salts can't even begin this process as the ocean water in most of the world is polluted and has to be altered to remove impurities.

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## Organic Sea Salt

continued

This organic all natural solar dried New Zealand Sea Salt has been fine crushed and adds excellent flavoring to any fine meal. Used by the best Chefs around the world to flavor foods before and after cooking. Our Organic All Natural Solar Dried Sea Salt preserves the natural sodium chloride and minerals that support good health.



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>BEVERAGES, JUICE - CONT.</b>							
31200	CALVALLS	CLEMENTINE JUICE ORG Spain	6/1 LTR	3.99	23.94		
31201	CALVALLS	TOMATO JUICE ORG Spain	6/1 LTR	2.55	15.30		
6322	EDEN	APPLE JUICE ORGANIC	6/64 OZ	4.45	26.70		
30241	GINGERPE	GINGER SOOTHER	24/12 OZ	1.30	31.20		
5029	GNUDSEN	APPLE JUICE ORG	12/32 OZ	1.99	23.88		
5033	GNUDSEN	CONCORD GRAPE ORGANIC	12/32 OZ	3.27	39.24	2.87	34.44
5022	GNUDSEN	HIBISCUS COOLER	12/32 OZ	2.09	25.08		
6233	GNUDSEN	JUST CRANBERRY	12/32 OZ	5.49	65.88	4.89	58.68
5031	GNUDSEN	JUST POMEGRANATE	12/32 OZ	5.55	66.60	4.95	59.40
5025	GNUDSEN	KIWI STRAWBERRY	12/32 OZ	2.39	28.68		
4221	GNUDSEN	MORNING BLEND	12/32 OZ	2.33	27.96		
4227	GNUDSEN	RECHARGE LEMON	12/32 OZ	1.79	21.48		
4223	GNUDSEN	RECHARGE TROPICAL	12/32 OZ	1.79	21.48		
5041	GNUDSEN	TOMATO JUICE ORG	12/32 OZ	2.49	29.88		
4234	GNUDSEN	VERY VEGGIE spicy	12/32 OZ	2.19	26.28		
30314	GNUDSEN	VITA BLUEBERRY BLEND	12/32 OZ	2.99	35.88		
30313	GNUDSEN	VITA CRANBERRY BLEND	12/32 OZ	2.99	35.88	2.69	32.28
30315	GNUDSEN	VITA POMEGRANATE BLEND	12/32 OZ	2.99	35.88	2.69	32.28
6278	GNUDSEN	VERY VEGGIE	24/8 OZ	.72	17.28		
5006	GNUDSEN	ORG APPLE JUICE	4/GAL	7.85	31.40		
3398	LAKEWOOD	POMEGRANATE BLEND ORG HH	12/12.5 OZ	1.63	19.56		
30321	LAKEWOOD	CARROT ORG	12/32 OZ	3.61	43.32	2.95	35.40
30318	LAKEWOOD	LEMONADE CRANBERRY ORG	12/32 OZ	2.47	29.64		
30319	LAKEWOOD	LEMONADE ORG	12/32 OZ	2.47	29.64		
30320	LAKEWOOD	ORANGE CARROT ORG	12/32 OZ	3.52	42.24	2.99	35.88
30322	LAKEWOOD	PINA COLADA BLEND ORG	12/32 OZ	3.85	46.20	2.99	35.88
30323	LAKEWOOD	PURE PINEAPPLE ORG	12/32 OZ	4.40	52.80		
30560	LUVLI	JUICE SMASHING TOMATO	12/10 OZ	1.69	20.28	1.49	17.88
30561	LUVLI	JUICE SPICY TOMATO	12/10 OZ	1.69	20.28	1.49	17.88
30562	LUVLI	JUICE ZINGY CARROT	12/10 OZ	1.69	20.28	1.49	17.88
30491	PALDO	ALOE VERA DRINK s	17.6 OZ	1.59	1.59		
30490	PALDO	ALOE VERA DRINK s	52.9 OZ	3.35	3.35		
2294	REEDS	JUICE CRAN RASP GINGER	12/16 OZ	1.15	13.80		
2297	REEDS	JUICE LEMON GUAVA GINGER	12/16 OZ	1.15	13.80		
2295	REEDS	JUICE PINEAPPLE ORANGE GINGER	12/16 OZ	1.15	13.80		
3390	SUMMER	CONCORD GRAPE	12/12.5 OZ	1.00	12.00		
3389	SUMMER	CRANBERRY	12/12.5 OZ	1.00	12.00		
3392	SUMMER	MANGO	12/12.5 OZ	1.00	12.00	.89	10.68
3394	SUMMER	ORANGE MANGO	12/12.5 OZ	1.00	12.00		
3397	SUMMER	ORANGE STRAWBERRY BANANA	12/12.5 OZ	1.00	12.00		
3399	SUMMER	PINA COLADA	12/12.5 OZ	1.00	12.00	.79	9.48
5307	VOLCANO	BLOOD ORANGE JUICE ORG	6/25.3 OZ	3.49	20.94	2.99	17.94
5306	VOLCANO	TANGERINE JUICE ORG s	6/25.3 OZ	3.59	21.54	3.19	19.14
32051	ZICO	COCONUT WATER MANGO	12/11 OZ	1.19	14.28		
32052	ZICO	COCONUT WATER NATURAL	12/11 OZ	1.19	14.28		
32053	ZICO	COCONUT WATER PASSION/ORNG	12/11 OZ	1.19	14.28		
<b>BEVERAGES, JUICE CONCENTRATES</b>							
6230	GNUDSEN	CRANBERRY CONCENTRATE	8 OZ	6.85	6.85		
4205	SANTACRZ	LEMON JUICE 100% ORG	16 OZ	2.89	2.89	2.59	2.59
4210	SANTACRZ	LIME JUICE 100% ORG	16 OZ	2.89	2.89	2.59	2.59
6387	EDEN	APPLE JUICE CONCENTRATE ORG	7.5 OZ	4.99	4.99		
6388	EDEN	CHERRY JUICE CONCENTRATE ORG	7.5 OZ	11.15	11.15		
5309	VOLCANO	LEMON JUICE ORG squeeze bottle	12/200 ML	1.28	15.36	1.09	13.06
5303	VOLCANO	LIME JUICE ORG squeeze bottle	12/200 ML	1.39	16.68	1.18	14.18
<b>BEVERAGES, JUICE ASEPTICS</b>							
2889	APLEVE	JUICE APPLE	9/3/8.45OZ	.59	15.93		
33227	HANSEN	JUICE SLAM APPLE w/vitamins	40/6.75 OZ	.42	16.80	.32	12.80
33228	HANSEN	JUICE SLAM BERRY w/vitamins	40/6.75 OZ	.42	16.80	.32	12.80
33229	HANSEN	JUICE SLAM STRAW BANANA w/vits	40/6.75 OZ	.42	16.80	.32	12.80
33230	HANSEN	JUICE SLAM TROPICAL w/vitamins	40/6.75 OZ	.42	16.80	.32	12.80
33231	HANSEN	JUNIOR JUICE APPLE	44/4.23 OZ	.29	12.76	.22	9.68
33232	HANSEN	JUNIOR JUICE FRUIT PUNCH	44/4.23 OZ	.29	12.76	.22	9.68
33233	HANSEN	JUNIOR JUICE MIXED FRUIT	44/4.23 OZ	.29	12.76	.22	9.68
5020	GNUDSEN	BOX APPLE ORG	27/8 OZ	.67	18.09		
31096	GNUDSEN	BOX GRAPE	27/8 OZ	.67	18.09		
5021	GNUDSEN	BOX PEAR ORG	27/8 OZ	.67	18.09		
5002	SANTACRZ	BOX GRAPE ORG	27/8 OZ	.67	18.09		
5011	SANTACRZ	BOX LEMONADE ORG	27/8 OZ	.67	18.09		
5010	SANTACRZ	BOX ORANGE ORG	27/8 OZ	.67	18.09		
5019	SANTACRZ	BOX TROPICAL PUNCH ORG	27/8 OZ	.67	18.09		
<b>BEVERGES, SPARKLING</b>							
30122	BELVOIR	GINGER BEER ORG s	24/250 ML	1.52	36.48		
20150	BELVOIR	SPARKLING LEMONADE ORG s	12/25 OZ	3.22	38.64	2.74	32.88
6376	BLUSKY	ORG BLK CHERRY CHERISH	24/12 OZ	.63	15.12	.50	12.00
6375	BLUSKY	ORG GINGER GALE	24/12 OZ	.63	15.12	.50	12.00
6377	BLUSKY	ORG NEW CENTURY COLA	24/12 OZ	.63	15.12	.50	12.00
6399	BLUSKY	ORG ORANGE DIVINE	24/12 OZ	.63	15.12	.50	12.00

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
6395	BLUSKY	SODA BLACK CHERRY fr	24/12 OZ	.50	12.00	.40	9.60
6400	BLUSKY	SODA CHERRY VANILLA CREME fr	24/12 OZ	.50	12.00	.40	9.60
6405	BLUSKY	SODA COLA NATURAL fr	24/12 OZ	.50	12.00	.40	9.60
6407	BLUSKY	SODA DR. BECKER fr	24/12 OZ	.50	12.00	.40	9.60
6409	BLUSKY	SODA GRAPE fr	24/12 OZ	.50	12.00	.40	9.60
6413	BLUSKY	SODA JAMAICAN GINGER ALE fr	24/12 OZ	.50	12.00	.40	9.60
6415	BLUSKY	SODA LEMON LIME fr	24/12 OZ	.50	12.00	.40	9.60
6423	BLUSKY	SODA ORANGE CREAM	24/12 OZ	.50	12.00	.40	9.60
6425	BLUSKY	SODA RASPBERRY fr	24/12 OZ	.50	12.00	.40	9.60
6430	BLUSKY	SODA ROOT BEER NATURAL fr	24/12 OZ	.50	12.00	.40	9.60
30229	BLUSKY	TEA SODA GREEN IMPERIAL LIME s	24/12 OZ	.50	12.00	.40	9.60
30228	BLUSKY	TEA SODA GREEN PEACH MIST s	24/12 OZ	.50	12.00	.40	9.60
30231	BLUSKY	TEA SODA RED RASPBERRY s	24/12 OZ	.50	12.00	.40	9.60
30230	BLUSKY	TEA SODA WHITE POMEGRANATE s	24/12 OZ	.50	12.00	.40	9.60
80101	FENTIMAN	CURIOSITY COLA	12/275ML	1.55	18.60		
30613	FENTIMAN	DANDELION & BURDOCK	12/275ML	1.55	18.60		
3414	FENTIMAN	GINGER BEER s	12/275ML	1.55	18.60		
3417	FENTIMAN	SEVILLE ORANGE JIGGER	12/275ML	1.55	18.60		
3415	FENTIMAN	VICTORIAN LEMONADE	12/275ML	1.55	18.60		
4597	FIZZYLIZ	SPARKLING CONCORD GRAPE	6/4/12 OZ	1.16	27.84		
4569	FIZZYLIZ	SPARKLING CRANBERRY	6/4/12 OZ	1.16	27.84		
4598	FIZZYLIZ	SPARKLING FUJI APPLE	6/4/12 OZ	1.16	27.84		
4568	FIZZYLIZ	SPARKLING GRAPEFRUIT	6/4/12 OZ	1.16	27.84		
4566	FIZZYLIZ	SPARKLING ORANGE	6/4/12 OZ	1.16	27.84		
30196	FIZZYLIZ	SPARKLING PASSIONFRUIT	6/4/12 OZ	1.16	27.84		
4567	FIZZYLIZ	SPARKLING PINEAPPLE	6/4/12 OZ	1.16	27.84		
30195	FIZZYLIZ	SPARKLING RASP LEMON	6/4/12 OZ	1.16	27.84		
1341	GINGERPE	GINGER BEER s	24/12 OZ	1.14	27.36		
6800	GUS	SODA CRANBERRY LIME s	6/4/12 OZ	.89	21.36	.79	18.96
6798	GUS	SODA DRY CRIMSON GRAPE s	6/4/12 OZ	.89	21.36	.79	18.96
6797	GUS	SODA DRY MEYER LEMON s	6/4/12 OZ	.89	21.36	.79	18.96
33056	GUS	SODA DRY POMEGRANATE	6/4/12 OZ	.89	21.36	.79	18.96
6796	GUS	SODA DRY VALENCIA ORANGE s	6/4/12 OZ	.89	21.36	.79	18.96
6795	GUS	SODA EXTRA DRY GINGER ALE s	6/4/12 OZ	.89	21.36	.79	18.96
6799	GUS	SODA STAR RUBY GRAPEFRUIT s	6/4/12 OZ	.89	21.36	.79	18.96
8381	JOURNEY	BOREALIS BIRCH BEER	24/12 OZ	1.09	26.16	.93	22.32
8383	JOURNEY	SHENANDOAH SASSERS RTBEER	24/12 OZ	1.09	26.16	.98	23.52
8384	JOURNEY	TWISTED BEAN VANILLA BREW	24/12 OZ	1.09	26.16		
6200	KNUDSEN	SPRITZER BLACK CHERRY	24/12 OZ	.74	17.76		
6205	KNUDSEN	SPRITZER BOYSENBERRY	24/12 OZ	.74	17.76		
6210	KNUDSEN	SPRITZER CRANBERRY	24/12 OZ	.74	17.76		
6215	KNUDSEN	SPRITZER GRAPE	24/12 OZ	.74	17.76		
6216	KNUDSEN	SPRITZER JAMAICAN LEMONADE	24/12 OZ	.74	17.76		
6220	KNUDSEN	SPRITZER LEMON LIME	24/12 OZ	.74	17.76		
6225	KNUDSEN	SPRITZER MANDARIN LIME	24/12 OZ	.74	17.76		
6196	KNUDSEN	SPRITZER MANGO FANDANGO	24/12 OZ	.74	17.76		
6240	KNUDSEN	SPRITZER RED RASPBERRY	24/12 OZ	.74	17.76		
6255	KNUDSEN	SPRITZER STRAWBERRY	24/12 OZ	.74	17.76		
6245	KNUDSEN	SPRITZER TANGERINE	24/12 OZ	.74	17.76		
3751	KRISTALL	SOFT DRINK APPLE s	24/12 OZ	.79	18.96		
3752	KRISTALL	SOFT DRINK BLACK CURRANT s	24/12 OZ	.79	18.96		
3762	KRISTALL	SOFT DRINK CRANBERRY	24/12 OZ	.79	18.96		
3753	KRISTALL	SOFT DRINK LEMON/LIME SPRITZ	24/12 OZ	.79	18.96		
3755	KRISTALL	SOFT DRINK LINGONBERRY s	24/12 OZ	.79	18.96		
3754	KRISTALL	SOFT DRINK ORANGE s	24/12 OZ	.79	18.96		
3757	KRISTALL	SOFT DRINK PEAR s	24/12 OZ	.79	18.96		
3763	KRISTALL	SOFT DRINK POMEGRANATE	24/12 OZ	.79	18.96		
3761	KRISTALL	SOFT DRINK RASPBERRY s	24/12 OZ	.79	18.96		
8289	MAINERT	4 PK ROOTBEER ORG s	6/4 12 OZ	1.08	25.92		
8290	MAINERT	4 PK SARSAPARILLA ORG s	6/4 12 OZ	1.08	25.92		
7398	MAINERT	GINGER BEER ORG s	24/12 OZ	.97	23.92		
7404	MAINERT	ROOT BEER ORG s	24/12 OZ	.97	23.92		
7407	MAINERT	SARSAPARILLA ORG s	24/12 OZ	.97	23.92		
2296	REEDS	EXTRA GINGER BREW	24/12 OZ	1.05	25.20	.95	22.80
2298	REEDS	ORIGINAL GINGER BREW	24/12 OZ	1.05	25.20	.95	22.80
5401	REGATTA	GINGER BEER s	24/12 OZ	.88	21.12		
32106	RIEME	LIMONADE GRAPEFRUIT s France	24/330ML	1.23	29.52		
32109	RIEME	LIMONADE GRAPEFRUIT s France	12/750ML	2.90	34.80	2.47	29.64
32107	RIEME	LIMONADE LEMON s France	12/750ML	2.90	34.80		
32108	RIEME	LIMONADE LEMON s France	24/330ML	1.23	29.52		
2691	SANPELLE	ARANCIATA cans s	24/11.5 OZ	.62	14.88	.52	12.48
2692	SANPELLE	LIMONATA cans s	24/11.5 OZ	.62	14.88	.52	12.48
2696	SANPELLE	ARANCIATA(orange) s glass	24/6.5 OZ	.61	14.64		
2697	SANPELLE	CHINOTTO (citrus) s glass	24/6.5 OZ	.61	14.64		
2698	SANPELLE	LIMONATA(lemon) s glass	24/6.5 OZ	.61	14.64		
4208	SANTACRZ	SPARKLING LEMONADE ORG s	12/750 ML	2.09	25.08	1.88	22.56
30411	STIRRING	CLUB SODA 4PK	6/4/6.3 OZ	.81	19.44		
30412	STIRRING	GINGER ALE 4PK	6/4/6.3 OZ	.81	19.44		
30410	STIRRING	TONIC WATER 4PK	6/4/6.3 OZ	.81	19.44		



# THE MAGIC IN THE MIXES



**W**E'VE PUT ALL THE PURITY, INTEGRITY AND NATURAL ingredients of our flour into our premium line of gourmet mixes. Perfect for the season, our whole grain Golden Harvest Pumpkin pancake mix has the perfect blend of holiday flavors and spices to welcome families to the breakfast table.

*Our whole-grain pancake and waffle mixes are now available in attractive multi-serve canisters. Along with our traditional buttermilk.*

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GOLDEN HARVEST PUMPKIN  
CHOCOLATE FUDGE  
BUTTERMILK**



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**Wings of Nature & Fresh Harvest Products** are committed to connecting people and nature through food by helping people take charge of their own health and wellness in a variety of ways, including: offering a wide selection of delicious, 100% natural, 100% nutritious foods; by using only the finest natural ingredients in every product - 100% free of artificial colors, artificial flavors and preservatives; by offering the best product grown without artificial pesticides or chemicals to keep our food pure and to protect our environment, our families, and ourselves; and, by supporting small organic family farms and their commitment to keeping our lands and waters free and clear of harmful substances.

**Coffee**

**Wings of Nature's Organic Coffees** are shade grown and farmer protected. Their brewmaster selects the organic beans; then, under the direction of **Fresh Harvest**, custom roasts by hand, in small batches; then blending the coffees to our specifications. In addition to our blends we offer Single Estate coffees of unparalleled quality. Their Certified Organic Coffee farmers use compost fertilizer made from the mulch of coffee cherries, cattle manure and residues from inter-planted crops (bananas, sugar cane, and cocoa among others) to produce a deep, rich level of topsoil; which gives the coffee plant the essential nutrients, providing a richer fuller taste.

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>BEVERGES, SPARKLING - CONT.</b>							
6681	SWITCH	4 PK APRICOT PEACH	6/4 12OZ	.98		23.52	
6682	SWITCH	4 PK BLACK CHERRY	6/4 12OZ	.98		23.52	
31126	SWITCH	4 PK CRANBERRY GINGER	6/4 12OZ	.98		23.52	
6683	SWITCH	4 PK FRUIT BERRY	6/4 12OZ	.98		23.52	
6685	SWITCH	4 PK GRAPE	6/4 12OZ	.98		23.52	
31264	SWITCH	4 PK GRAPEFRUIT CITRUS	6/4 12OZ	.98		23.52	
6705	SWITCH	4 PK LEMONADE	6/4 12OZ	.98		23.52	
31265	SWITCH	4 PK ORANGE MANGO	6/4 12OZ	.98		23.52	
6679	SWITCH	4 PK ORANGE TANGERINE	6/4 12OZ	.98		23.52	
6684	SWITCH	4 PK TROPICAL PUNCH	6/4 12OZ	.98		23.52	
6680	SWITCH	4 PK WATERMELON STRAWBERRY	6/4 12OZ	.98		23.52	
6736	SWITCH	cans APRICOT PEACH	24/12 OZ	.68		16.32	
6739	SWITCH	cans BLACK CHERRY	24/12 OZ	.68		16.32	
6735	SWITCH	cans LEMONADE	24/12 OZ	.68		16.32	
4837	SWITCH	TROPICAL PUNCH	12/12 OZ	.98		11.76	
30030	THORNCFT	HEALTHY THIRST CARNIVAL SPIRIT	12/11.2 OZ	1.90	22.80		1.69 20.28
30031	THORNCFT	HEALTHY THIRST CRAN HIBISCUS	12/11.2 OZ	1.90	22.80		1.69 20.28
30032	THORNCFT	HEALTHY THIRST DETOX	12/11.2 OZ	1.90	22.80		1.69 20.28
30033	THORNCFT	HEALTHY THIRST ELDERFLOWER	12/11.2 OZ	1.90	22.80		1.69 20.28
30034	THORNCFT	HEALTHY THIRST KOMBUCHA	12/11.2 OZ	1.90	22.80		1.69 20.28
30035	THORNCFT	HEALTHY THIRST PINK GINGER	12/11.2 OZ	1.90	22.80		1.69 20.28
2735	TOMMY	BUBBLING BLK RASPBRY SODA s	24/12 OZ	.68	16.32		.61 14.64
2737	TOMMY	CLEARLY CREAM SODA s	24/12 OZ	.68	16.32		.61 14.64
2736	TOMMY	LUCIOUS LEMON-LIME SODA s	24/12 OZ	.68	16.32		.61 14.64
2738	TOMMY	OPTIMAL ORANGE +C SODA s	24/12 OZ	.68	16.32		.61 14.64
2739	TOMMY	ROOTBEER SODA s	24/12 OZ	.68	16.32		.61 14.64
1753	VERSWT	CTRY APPLE JACK s	24/12 OZ	.89	21.36		
1754	VERSWT	MANGO MOONSHINE s	24/12 OZ	.89	21.36		
1757	VERSWT	MAPLE SELTZER	24/12 OZ	.89	21.36		
1756	VERSWT	MAPLE SODA	24/12 OZ	.89	21.36		
1755	VERSWT	RASP-RHUBARB RAMBLE s	24/12 OZ	.89	21.36		
1758	VERSWT	TANGERINE CRM TWISTER s	24/12 OZ	.89	21.36		
6440	VIRGILS	ROOT BEER bottles	24/12 OZ	1.27	30.48		
<b>BEVERAGES, NON-ALCOHOLIC</b>							
2801	ARIEL	CABERNET SAUVIGNON	6.35 OZ	1.75	1.75		1.35 1.35
2803	ARIEL	CHARDONNAY	6.35 OZ	1.75	1.75		1.35 1.35
2853	ARIEL	BRUT CUVÉE sparkling wine	750 ML	6.08	6.08		5.47 5.47
2845	ARIEL	BLANC	750ML	4.37	4.37		
2848	ARIEL	CABERNET SAVIGNON	750ML	6.26	6.26		
2849	ARIEL	CHARDONNAY	750ML	6.26	6.26		5.56 5.56
2850	ARIEL	MERLOT	750ML	6.26	6.26		5.56 5.56
2846	ARIEL	ROUGE	750ML	4.25	4.25		
2847	ARIEL	WHITE ZINFANDEL	750ML	4.37	4.37		
2581	BOTTLGRN	CRAN ORANGE PRESSE s	12/750ML	2.45	29.40		2.20 26.40
2603	BOTTLGRN	ELDERFLOWER PRESSE s	24/250ML	1.22	29.28		1.10 26.40
2606	BOTTLGRN	ELDERFLOWER PRESSE s	12/750ML	2.45	29.40		2.20 26.40
2604	BOTTLGRN	LEMONGRASS SPRING s	12/750ML	2.45	29.40		2.20 26.40
3663	CARLSON	SPARKLING MCINTOSH CIDER	12/25.4 OZ	2.59	31.08		
3664	CARLSON	SPARKLING MCINTOSH CIDER	24/12 OZ	.87	20.88		.78 18.72
4322	ROLAND	SPARKLING APPLE/BLACKCURRANT s	12/25.4 OZ	3.49	41.88		2.97 35.60
<b>BEVERAGES, NON-DAIRY &amp; DAIRY</b>							
3426	BETMILK	SOY PLAIN dry mix	25.9 OZ	9.15	9.15		8.15 8.15
3428	BETMILK	SOY VANILLA dry mix	22.4 OZ	9.15	9.15		
0412	BLUDIAM	ALMOND BREEZE ORIG	12/32 OZ	2.35	28.20		2.10 25.20
0413	BLUDIAM	ALMOND BREEZE VANILLA	12/32 OZ	2.35	28.20		2.10 25.20
6349	EDENSOY	BLEND ORIGINAL (Rice/Soy) ORG	12/32 OZ	2.45	29.40		2.20 26.40
6316	EDENSOY	EXTRA ORG SOY MILK	12/32 OZ	2.39	28.68		2.14 25.68
6317	EDENSOY	EXTRA VANILLA SOY MILK ORG	12/32 OZ	2.55	30.60		
3327	EDENSOY	EXTRA VANILLA SOY MILK ORG	27/8.45 OZ	.77	20.79		.69 18.63
6337	EDENSOY	ORG SOY MILK	12/32 OZ	2.19	26.28		
3314	EDENSOY	ORIGINAL ORGANIC SOY MILK	27/8.45 OZ	.67	18.09		
6357	EDENSOY	VANILLA SOY MILK ORG	12/32 OZ	2.39	28.68		
1289	MEYEN	GOAT MILK POWDERED	12 OZ	8.44	8.44		7.44 7.44
7376	RICEDREA	ENRICHED ORIGINAL BEV ORG	12/32 OZ	2.59	31.08		
7377	RICEDREA	ENRICHED VANILLA BEVERAGE	12/32 OZ	2.59	31.08		
7382	RICEDREA	NONDAIRY ORIGINAL	12/32 OZ	2.59	31.08		
7384	RICEDREA	NONDAIRY VANILLA	12/32 OZ	2.59	31.08		
3324	WESTBRAE	RICE DRINK	12/32 OZ	1.59	19.08		
3325	WESTBRAE	RICE DRINK VANILLA	12/32 OZ	1.59	19.08		
3310	WESTSOY	(FAM) DRINK L/F VANILLA	12/32 OZ	1.54	18.48		1.34 16.08
3309	WESTSOY	(FAM) DRINK L/FAT PLAIN	12/32 OZ	1.54	18.48		1.34 16.08
3316	WESTSOY	LITE PLAIN	12/32 OZ	1.99	23.88		1.79 21.48
3302	WESTSOY	ORIGINAL ORG	12/32 OZ	1.99	23.88		1.79 21.48
4304	WESTSOY	PLUS PLAIN	12/32 OZ	1.99	23.88		1.79 21.48
4306	WESTSOY	PLUS VANILLA	12/32 OZ	1.99	23.88		1.79 21.48
3305	WESTSOY	UNSWEETENED ORG	12/32OZ	1.99	23.88		1.79 21.48

**BEVERAGES, READY TO DRINK TEA, COFFEE & HERBAL DRINKS**

33234	BLUSKY	BLUE ENERGY	12/8.3 OZ	1.55	18.60	1.40	16.74
33235	BLUSKY	JUICED ENERGY	12/8.3 OZ	1.55	18.60	1.40	16.74
31114	GURU	ENERGY DRINK	24/8.3 OZ	1.69	40.56	1.44	34.56
3441	HONEST	TEA ASSAM s	12/16 OZ	1.12	13.44		
3437	HONEST	TEA BLACK FOREST BERRY	12/16 OZ	1.12	13.44		
3446	HONEST	TEA COMMUNITY GREEN ORG s	12/16 OZ	1.12	13.44		
3449	HONEST	TEA GREEN DRAGON ORG s	12/16 OZ	1.12	13.44		
3440	HONEST	TEA KASHMIRI CHAI s	12/16 OZ	1.12	13.44		
3436	HONEST	TEA LORI'S LMN w/blk tea ORG s	12/16 OZ	1.12	13.44		
3452	HONEST	TEA MANGO WHITE s	12/16 OZ	1.12	13.44		
3443	HONEST	TEA MOROCCAN MINT	12/16 OZ	1.12	13.44		
3447	HONEST	TEA PEACH OOLONG ORG s	12/16 OZ	1.12	13.44		
3453	HONEST	TEA PEARFECT WHITE s	12/16 OZ	1.12	13.44		
3584	INKOS	WHITE TEA BLUEBERRY fr	12/16 OZ	1.50	18.00	1.35	16.20
3585	INKOS	WHITE TEA HONEYDEW fr	12/16 OZ	1.50	18.00	1.35	16.20
3579	INKOS	WHITE TEA MINT UNSWEETENED	12/16 OZ	1.50	18.00	1.35	16.20
3573	INKOS	WHITE TEA ORIGINAL fr	12/16 OZ	1.50	18.00	1.35	16.20
3583	INKOS	WHITE TEA WHITE PEACH fr	12/16 OZ	1.50	18.00	1.35	16.20
2687	KOMBUCHA	WONDER DRINK ASIAN PEAR GINGER	16/8.5 OZ	1.79	28.64		
2686	KOMBUCHA	WONDER DRINK HIMALAYAN grm tea	16/8.5 OZ	1.79	28.64		
32090	KOMBUCHA	WONDER DRINK JASMINE GRAPE	16/8.5 OZ	1.79	28.64		
2685	KOMBUCHA	WONDER DRINK ORIENT oolong tea	16/8.5 OZ	1.79	28.64		
32091	KOMBUCHA	WONDER DRINK ROOIBOS PEACH	16/8.5 OZ	1.79	28.64		
30247	MASTER	ICED COFFEE DRINK CAFE LATTE	12/8 OZ	1.45	17.40	1.30	15.60
30248	MASTER	ICED COFFEE DRINK TIRAMISU	12/8 OZ	1.45	17.40	1.30	15.60
31252	VTEA	TEA MAPLE CRANBRY CORDYCEPS	12/16 OZ	2.09	25.08	1.78	21.32
31251	VTEA	TEA MAPLE LEMON REISHI	12/16 OZ	2.09	25.08	1.78	21.32
<b>BEVERAGE MIXES, POWDERED</b>							
32025	A LA SRCE	ICED TEA MIX GREEN w/HNY ORG s	19.2 OZ	5.05	5.05	3.95	3.95
32067	A LA SRCE	ICED TEA MIX ROOIBOS ORG s	19.2 OZ	5.05	5.05	3.95	3.95
32024	A LA SRCE	ICED TEA MIX w/VIT C ORG s	19.2 OZ	5.05	5.05	3.95	3.95
32026	A LA SRCE	LEMONADE MIX w/VIT C ORG s	20 OZ	5.05	5.05	3.95	3.95
33240	BESTFNDS	GIFT PAKT COCOA TRADITIONAL	2 SERV	1.60	1.60	1.44	1.44
33011	BESTFNDS	MIX COCOA CINNAMON TWIST	16 OZ	3.99	3.99		
33238	BESTFNDS	MIX COCOA CINNAMON TWIST	8 OZ	2.96	2.96	2.68	2.68
33012	BESTFNDS	MIX COCOA MARSHMALLOW CLOUD	16 OZ	3.99	3.99		
33239	BESTFNDS	MIX COCOA MARSHMALLOW CLOUD	8 OZ	2.96	2.96	2.68	2.68
33010	BESTFNDS	MIX COCOA RASP TRUFFLE	16 OZ	3.99	3.99		
33237	BESTFNDS	MIX COCOA RASP TRUFFLE	8 OZ	2.96	2.96	2.68	2.68
33009	BESTFNDS	MIX COCOA TRADITIONAL	16 OZ	3.99	3.99		
33236	BESTFNDS	MIX COCOA TRADITIONAL	8 OZ	2.96	2.96	2.68	2.68
33241	BESTFNDS	MIX COCOA TRADITIONAL foodserv	5#	4.71	23.55	4.24	21.20
7035	CTRYCOW	COCOA MIX HAZELNUT CREAM	9 OZ	3.21	3.21		
7036	CTRYCOW	COCOA MIX IRISH CREAM	9 OZ	3.21	3.21		
7034	CTRYCOW	COCOA MIX ORIGINAL	9 OZ	3.21	3.21		
7037	CTRYCOW	KIDS INST CHOC MILK MIX s	9 OZ	3.21	3.21		
30531	DAGOBA	HOT CHOC AUTHENTIC ORG FT s	12 OZ	6.96	6.96	5.92	5.92
30533	DAGOBA	HOT CHOC UNSWEETENED ORG FT	8 OZ	6.96	6.96	5.92	5.92
30532	DAGOBA	HOT CHOC XOCOLATL ORG FT s	12 OZ	6.96	6.96	5.92	5.92
8373	EQUALX	HOT COCOA ORG s	12 OZ	5.29	5.29		
30470	GHIRARD	HOT CHOC DOUBLE CHOCOLATE s	16 OZ	3.47	3.47		
30472	GHIRARD	HOT CHOC HAZELNUT s	16 OZ	3.47	3.47		
30471	GHIRARD	HOT CHOC MOCHA s	16 OZ	3.47	3.47		
30473	GHIRARD	HOT CHOC WHITE MOCHA s	16 OZ	3.47	3.47		
30474	GHIRARD	PACKET HOT CHOC DOUBLE CHOC s	12/1.85 OZ	.55	6.60	.49	5.88
30361	GREENBLK	HOT CHOC MIX MAYA GOLD ORG FT	5.3 OZ	4.14	4.14	3.31	3.31
30362	GREENBLK	HOT CHOCOLATE MIX ORG	5.3 OZ	4.14	4.14	3.31	3.31
7033	HERBPATC	DESSERT COCOA CHOC MOUSSE	7 OZ	2.69	2.69		
7030	HERBPATC	DESSERT COCOA CREME BRULEE	7 OZ	2.69	2.69		
7031	HERBPATC	DESSERT COCOA TIRAMISU	7 OZ	2.69	2.69		
41128	J CROW	MULLED CIDER MIX loose	10/1.06 OZ	.85	8.50	.77	7.70
41127	J CROW	MULLED CIDER MIX tea bags	10/10 CT	1.00	10.00	.90	9.00
4577	NANTUCKET	MULLING SPICE CROSS COUNTRY	5 OZ TIN	3.99	3.99		
5388	NANTUCKET	WINTER WARMER GIFT SET	EACH	12.66	12.66	9.99	9.99
8260	SCHOKING	DRINK MIX DULCE DE LECHE s	12 OZ TIN	9.19	9.19		
8263	SCHOKING	DRINK MIX GERMAN CHOC CAKE s	12 OZ TIN	9.19	9.19	8.19	8.19
8261	SCHOKING	DRINK MIX MOCHA CHOC s	12 OZ TIN	9.19	9.19		
8259	SCHOKING	DRINK MIX TRIPLE CHOC s	12 OZ TIN	9.19	9.19		
3799	STEVITA	DRINK MIX CHERRY (Tropical)	2.8 OZ	6.40	6.40		
3793	STEVITA	DRINK MIX GRAPE (Spring)	2.8 OZ	6.40	6.40		
3794	STEVITA	DRINK MIX LIME (Fresh)	2.8 OZ	6.40	6.40	5.70	5.70
3800	STEVITA	DRINK MIX ORANGE (Bright)	2.8 OZ	6.40	6.40	5.70	5.70
3797	STEVITA	DRINK/MILK MIX CHOCOLATE	4.2 OZ	3.49	3.49		
30268	YAMA	ICED GREEN TEA MIX RASPBERRY s	8 PKT	3.89	3.89	3.49	3.49
30267	YAMA	ICED GREEN TEA MIX SWEETENED s	12 PKT	3.89	3.89	3.49	3.49
30266	YAMA	ICED GREEN TEA MIX UNSWT	20 PKT	3.89	3.89	3.49	3.49



**Coffee**

Since pesticides are not used, the organic farmers introduce pest-rival species (ex. birds) and literally pour over their trees by hand to remove unwanted pests. Shade trees such as banana, plantain, mahogany, and other leguminous trees provide a canopy for the coffee tree. This canopy prevents the sun from bleaching nutrients from the topsoil. Shade trees also provide valuable inter-planting on the farm, which deters pests and prevents erosion.



**Latin Blend**

Grown in the higher elevations of central and South America this mild coffee is very aromatic with medium rather than overpowering acidity and a sweet after-taste. This gentle acidity is great for those who like to drink their coffee unsweetened and is enjoyable any time of day.

**African Blend**

Africa - the birthplace of the Arabica coffee tree produces the finest coffee available anywhere in the world.

African Blend combines these qualities to produce a flavor with a distinct wine like acidity.

The flavor is difficult to describe as it has a subtle nuttiness with overtones of berry and citrus fruits.



## Espresso Blend

A blend of full bodied coffees from three continents, roasted to a full French Roast then blended with a South American medium roasted coffee to provide a wonderful combination of sweetness and rich flavor with lots of crema.

This blend was created primarily for use in espresso machines but can also be used to brew an excellent cup. (Please note - coffee ground to a fine grind for use in an espresso machine may be bitter if used to brew coffee.)

## Signature Blend

This balanced blending of South American, African, and Indonesian coffees produces a cup that tastes better than coffee grown in a single geographical region. The blend is rich and full-bodied with excellent flavor and aroma.

If it is good enough to have our name on it - it better be good!

## Colombian Decaf

The renowned South American Coffee has a rich well balanced flavor with a distinctive pleasing aroma.

The Swiss Water decaffeination process used is totally chemical free.

Colombian Decaf is also the coffee used to flavor all of our decaf flavored coffee.

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>BEVERAGE RIMMERS</b>							
30401	STIRRING	RIMMER CHOC MARTINI natural	2.5 OZ	3.21		3.21	
30404	STIRRING	RIMMER MOJITO natural	3.5 OZ	3.21		3.21	
30405	STIRRING	RIMMER RUM natural	3.5 OZ	3.21		3.21	
<b>BEVERAGE MIXES, LIQUID</b>							
6794	BELVOIR	CORDIAL BLACKCURRANT ORG	12.5 OZ	5.33		5.33	
6793	BELVOIR	CORDIAL CRANBERRY ORG	12.5 OZ	5.33		5.33	
6791	BELVOIR	CORDIAL ELDERFLOWER ORG	12.5 OZ	4.99		4.99	
6792	BELVOIR	CORDIAL GINGER ORG	12.5 OZ	4.99		4.99	
5247	DAVES	MIX BLOODY MARY ORIGINAL	32 OZ	5.14	5.14	4.54	4.54
5248	DAVES	MIX INSANE BLOODY MARY	32 OZ	5.14	5.14		
5249	DAVES	MIX MARGARITA MANGO	32 OZ	4.57	4.57		
30408	STIRRING	ESSENCE BASIL MARTINI	12 OZ	8.86	8.86	6.86	6.86
30407	STIRRING	ESSENCE LAVENDER MARTINI	12 OZ	8.86	8.86	6.86	6.86
30406	STIRRING	ESSENCE ROSE MARTINI	12 OZ	8.86	8.86	6.86	6.86
30409	STIRRING	ESSENCE ROSEMARY MARTINI	12 OZ	8.86	8.86	6.86	6.86
35010	STIRRING	MIX APPLE MARTINI artificial c	6/32OZ	6.17	37.02		
34854	STIRRING	MIX BLOODY MARY ea	32 FL OZ	6.17	6.17	5.47	5.47
33077	STIRRING	MIX CHOC PEPPERMINTINI	32 OZ	6.17	6.17	5.47	5.47
34958	STIRRING	MIX CHOCOLATE MARTINI ea	32 FL OZ	6.17	6.17	5.47	5.47
34866	STIRRING	MIX COSMOPOLITAN ea	32 FL OZ	6.17	6.17	5.47	5.47
34621	STIRRING	MIX LEMON DROP s ea	32 FL OZ	6.17	6.17	5.47	5.47
34852	STIRRING	MIX MARGARITA MANGO ea	32 FL OZ	6.17	6.17	5.47	5.47
34853	STIRRING	MIX MARGARITA TRADITIONAL ea	32 FL OZ	6.17	6.17	5.47	5.47
34865	STIRRING	MIX MOJITO ea	32 FL OZ	6.17	6.17	5.47	5.47
35001	STIRRING	MIX POMEGRANATE MARTINI	32 FL OZ	6.17	6.17	5.47	5.47
33076	STIRRING	MIX SPICED APPLE MARTINI	32 OZ	6.17	6.17	5.47	5.47
34623	STIRRING	MIX TANGERINI ea	32 FL OZ	6.17	6.17	5.47	5.47
35002	STIRRING	MIX WATERMELON MARTINI	32 FL OZ	6.17	6.17	5.47	5.47
35003	STIRRING	MIX WILD BLUEBERRY MARTINI	32 FL OZ	6.17	6.17	5.47	5.47
31175	STIRRNG	AUTHENTIC GRENADINE	12 OZ	3.25	3.25		
30413	STIRRNG	BLOOD ORANGE BITTERS	12 OZ	3.25	3.25		
34911	STIRRNG	DIRTY MARTINI MIX ea	12 OZ	3.25	3.25		
31176	STIRRNG	KEY LIME JUICE CLARIFIED	12 OZ	3.25	3.25	2.85	2.85
30414	STIRRNG	SIMPLE SYRUP	12 OZ	3.25	3.25	2.85	2.85
31177	STIRRNG	TRIPLE SEC	12 OZ	3.25	3.25		
<b>BEVERAGES, WATER &amp; FLAVORED WATERS</b>							
6691	EX H2O	WATER MINERAL NO GAS W/HIPCLIP	24/330 ML	1.44	34.56		
1500	METROMNT	PEPPERMINT WATER	24/16.9 OZ	1.12	26.88	.89	21.36
32068	METROMNT	SPEARMINT WATER	24/16.9 OZ	1.12	26.88	.89	21.36
33095	TAU	STILL SPRING WATER glass	12/750 ML	1.95	23.40		
32049	TY NANT	SPRING WATER Icicle Bottle	24/500 ML	.75	18.00		
32050	TY NANT	SPRING WATER Icicle Bottle	12/1 LTR	1.27	15.24		
33098	WATER PLUS	WATER ORG ELECTROLYTE frt pnch	12/18 OZ	.96	11.52	.86	10.37
33099	WATER PLUS	WATER ORG EXTRA-C orang tang	12/18 OZ	.96	11.52	.86	10.37
33103	WATERPLUS	WATER DISTILLED electrol+minrl	24/25 OZ	.75	18.00	.68	16.20
33104	WATERPLUS	WATER DISTILLED electrol+minrl	12/1 LTR	1.00	12.00	.90	10.80
33100	WATERPLUS	WATER ORG ANTIOXIDANT acai bry	12/18 OZ	.96	11.52	.86	10.37
33102	WATERPLUS	WATER ORG ENERGY passnfrt citr	12/18 OZ	.96	11.52	.86	10.37
33101	WATERPLUS	WATER ORG VITAMIN dragnfrt kiw	12/18 OZ	.96	11.52	.86	10.37
4714	GEROLS	MINERAL WATER	12/33.8 OZ	1.57	18.84	1.37	16.44
30083	RAMLOSA	SPARKLING WATER CITRUS SWEDISH	24/11 OZ	1.04	24.96		
30084	RAMLOSA	SPARKLING WATER CITRUS SWEDISH	12/25 OZ	2.04	24.48		
30081	RAMLOSA	SPARKLING WATER SWEDISH	24/11 OZ	1.04	24.96		
30082	RAMLOSA	SPARKLING WATER SWEDISH	12/25 OZ	2.04	24.48		
7041	SANBENED	SPARKLING MINERAL WATER	20/16.9 OZ	1.02	20.40	.92	18.40
7042	SANBENED	SPARKLING MINERAL WATER	12/33.8 OZ	1.41	16.92	1.27	15.24
30129	SANFAUST	MINERAL/CALCIUM WATER	6/33.8 OZ	2.05	12.30	1.64	9.84
2694	SANPELLE	SPARKLING WATER	12/33 OZ	1.55	18.60		
2695	SANPELLE	SPARKLING WATER	24/8.25 OZ	.70	16.80	.63	15.12
30269	SARATOGA	SPARKLING WATER	12/28 OZ	1.44	17.28		
30270	SARATOGA	SPARKLING WATER	24/12 OZ	.73	17.52		
32092	SARATOGA	SPARKLING WATER LEMON LIME	24/12 OZ	.79	18.96		
33094	TAU	SPARKLING SPRING WATER glass	12/750 ML	1.95	23.40	1.75	21.00
2680	TY NANT	SPARKLING WATER blue bottle	12/25 OZ	2.74	32.88	2.44	29.28
2683	TY NANT	SPARKLING WATER blue bottle	24/11 OZ	1.52	36.48	1.32	31.68
<b>BREAD, BREAD CRUMBS, CROUTONS &amp; STUFFING MIXES</b>							
60251	ENER-G	LOAF BROWN RICE	3/16.7 OZ	4.05	12.15		
60252	ENER-G	LOAF TAPIOCA	3/17.4 OZ	4.19	12.57		
4360	GILLIAN	GILLIAN BREAD CRUMBS WF/GF	12 OZ	3.60	3.60	3.20	3.20
2383	IAN'S	BREADCRUMBS ITALIAN panko s	9 OZ	2.19	2.19		
2382	IAN'S	BREADCRUMBS ORIGINAL s	9 OZ	2.19	2.19		
2385	IAN'S	BREADCRUMBS WHL WHEAT panko s	9 OZ	2.19	2.19		
4170	OLIVIAS	CROUTONS BUTTER & GARLIC	5 OZ BX	2.40	2.40		
4169	OLIVIAS	CROUTONS GARLIC & HERB ORG	24/2 OZ	1.00	24.00		
4172	OLIVIAS	CROUTONS MULTI GRAIN w/GARLIC	5 OZ BX	2.40	2.40		
4171	OLIVIAS	CROUTONS PARMESAN/PEPPER	5 OZ BX	2.40	2.40		
4174	OLIVIAS	CROUTONS VT CHEDDAR & DILL	5 OZ BX	2.40	2.40		
41115	OLIVIAS	STUFFING TRADITIONAL	14 OZ	3.93	3.93	3.54	3.54

**BREAKFAST CEREALS & GRANOLAS**

3213	ARROW	CEREAL AMARANTH FLAKES ORG	12 OZ	3.50	3.50	3.15	3.15
3206	ARROW	CEREAL CORN FLAKES ORG	11 OZ	3.45	3.45	3.10	3.10
3337	ARROW	CEREAL CORN GRITS WHITE	24 OZ	3.10	3.10	2.79	2.79
3343	ARROW	CEREAL CORN GRITS YELLOW ORG	24 OZ	3.15	3.15	2.80	2.80
3455	ARROW	CEREAL KAMUT FLAKES ORG	12 OZ	3.45	3.45	3.10	3.10
3203	ARROW	CEREAL NATURE O's n/s ORG	10 OZ	2.70	2.70		
3209	ARROW	CEREAL SPELT FLAKES ORG	12 OZ	3.45	3.45		
3336	ARROW	HOT CEREAL BEAR MUSH	24 OZ	2.79	2.79		
3338	ARROW	HOT CEREAL SEVEN GRAIN ORG	22 OZ	3.09	3.09		
5682	ARROW	INST OATML ORG VARIETY PACK	10/1 OZ	3.79	3.79		
5680	ARROW	INST OATML ORG MAPL/APL/SPIC	10/1 OZ	3.79	3.79		
7079	BARBARAS	CEREAL GRAIN SHOP HIGH FIBER	16 OZ	3.95	3.95	3.55	3.55
7090	BARBARAS	CEREAL HONEY CRUNCH N OATS s	14 OZ	3.95	3.95	2.95	2.95
7168	BARBARAS	CEREAL PUFFINS	12 OZ	3.95	3.95	3.55	3.55
33014	BARBARAS	CEREAL PUFFINS CINNAMON	12 OZ	3.95	3.95	3.55	3.55
7179	BARBARAS	CEREAL SHRED OATS bite size	16 OZ	3.95	3.95	3.56	3.56
33013	BARBARAS	CEREAL SHRED OATS VAN ALMND	16 OZ	3.95	3.95		
7167	BARBARAS	CEREAL SHREDDED SPOONFUL	15.3 OZ	3.95	3.95		
7166	BARBARAS	CEREAL SHREDDED WHEAT	13 OZ	3.95	3.95		
7076	BARBARAS	CEREAL TOASTED O'S APPL/CIN	10 OZ	3.95	3.95	3.55	3.55
7075	BARBARAS	CEREAL TOASTED O'S HNY-NUT	10 OZ	3.95	3.95	3.55	3.55
7130	BARBARAS	CEREAL WILD PUFF FRTY PNCH ORG	10 OZ	3.89	3.89	3.49	3.49
30001	BEAR NKD	CEREAL TRIPLE BERRY CRNCH low	12 OZ	4.07	4.07		
30002	BEAR NKD	CEREAL VANILLA ALMND CRNCH low	12 OZ	4.07	4.07		
4411	BEAR NKD	GRANOLA APPLE CINNAMON	12/2 OZ	1.19	14.28		
34441	BEAR NKD	GRANOLA APPLE SPICE ea	12 OZ	4.07	4.07		
4415	BEAR NKD	GRANOLA BANANA NUT	12/2 OZ	1.19	14.28		
34440	BEAR NKD	GRANOLA BANANA NUT ea	12 OZ	4.07	4.07		
4408	BEAR NKD	GRANOLA FRUIT & NUT	12/2 OZ	1.19	14.28		
34443	BEAR NKD	GRANOLA FRUIT & NUT ea	12 OZ	4.07	4.07		
34442	BEAR NKD	GRANOLA HIGH PROTEIN	12 OZ	4.07	4.07		
4409	BEAR NKD	GRANOLA PEAK PROTEIN	12/2 OZ	1.19	14.28		
30018	BEAR NKD	HOT CEREAL ROLLED OATS ORG	30 OZ	3.70	3.70		
30019	BEAR NKD	HOT CEREAL WHL GRAIN MEDLY ORG	26 OZ	3.70	3.70		
30015	BEAR NKD	OATMEAL BANANA WALNUT 8pkg	11.3 OZ	4.00	4.00	3.60	3.60
30016	BEAR NKD	OATMEAL PEACH & NUT 8pkg	11.3 OZ	4.00	4.00	3.60	3.60
30017	BEAR NKD	OATMEAL TRIPLE BERRY 8pkg	11.3 OZ	4.00	4.00	3.60	3.60
30057	DORSET	MUESLI BLACKCURRANT CHERRY	16 OZ	4.14	4.14	3.73	3.73
1744	DORSET	MUESLI CRANBRY CHERRY ALM	17.6 OZ	4.15	4.15		
1743	DORSET	MUESLI DELUXE	35.2 OZ	5.05	5.05		
30567	DR MCDGL	BIG CUP HOT CEREAL CRAN MUESLI	6/3.1 OZ	1.48	8.88	1.26	7.55
30565	DR MCDGL	BIG CUP HOT CEREAL ORG APP/CIN	6/2.3 OZ	1.48	8.88	1.26	7.55
30564	DR MCDGL	BIG CUP HOT CEREAL ORG MAPLE	6/2.5 OZ	1.48	8.88	1.26	7.55
30566	DR MCDGL	BIG CUP HOT CEREAL PEACH RASP	6/3 OZ	1.48	8.88	1.26	7.55
30569	DR MCDGL	OATMEAL ORG APPLE CINN	8.5 OZ	3.73	3.73		
30568	DR MCDGL	OATMEAL ORG MAPLE SUGAR	10.7 OZ	3.73	3.73		
30570	DR MCDGL	OATMEAL ORG ORIGINAL	9.9 OZ	3.73	3.73		
7257	EKIDZ	ORG CER AMAZON FRST FLKS	14 OZ	3.69	3.69		
7258	EKIDZ	ORG CER GORILLA MNCH CRNCH	10 OZ	3.69	3.69		
7259	EKIDZ	ORG CER KOALA CRISP COCO	11.5 OZ	3.69	3.69		
7256	EKIDZ	ORG CER ORANGUTAN-O'S	13.25 OZ	3.69	3.69		
7260	EKIDZ	ORG CER PBTRR PANDA PFS	10.6 OZ	3.69	3.69		
3459	FAMILIA	SWISS CRUNCH Fik & Cluster	21 OZ	4.59	4.59		
3464	FAMILIA	SWISS MUESLI	21 OZ	4.59	4.59		
3462	FAMILIA	SWISS MUESLI no sugar	32 OZ	5.89	5.89		
3463	FAMILIA	SWISS MUESLI ORIGINAL	32 OZ	5.89	5.89		
7719	FIDDLERS	CEREAL 12 GRAIN ORG	24 OZ	3.55	3.55		
7715	FIDDLERS	CEREAL ISLAND CHOICE 7-GR ORG	24 OZ	3.35	3.35	2.85	2.85
7716	FIDDLERS	CEREAL OAT BRAN & BR RICE ORG	24 OZ	3.90	3.90		
7714	FIDDLERS	CEREAL PENOB PORRIDGE 4-GR ORG	24 OZ	3.35	3.35		
7710	FIDDLERS	IZZIES IRISH OATS/MILLET&AMOND	15 OZ	3.20	3.20	2.72	2.72
30557	GRANOATS	GRANOLA BERRIES JUBILEE ORG LF	8/13 OZ	3.49	27.92		
30559	GRANOATS	GRANOLA CHOC PEANUT CRISP ORG	8/13 OZ	3.49	27.92		
30558	GRANOATS	GRANOLA CINN APPLE CRISP ORG	8/13 OZ	3.49	27.92		
3410	GRANOATS	GRANOLA CLASSIC ORG	8/13 OZ	3.49	27.92		
3411	GRANOATS	GRANOLA CONSCIOUS RAISIN ORG	8/13 OZ	3.49	27.92		
3413	GRANOATS	GRANOLA CRANBERRY CHEW ORG	8/13 OZ	3.49	27.92		
3412	GRANOATS	GRANOLA MAINELY MAPLE ORG	8/13 OZ	3.49	27.92		
8004	KASHI	BRKFST PILAF 7 GRAIN & SESAME	19.5 OZ	2.89	2.89	2.59	2.59
7919	KASHI	CEREAL 7 WHOLE GRAIN NUGGETS	20 OZ	3.79	3.79	3.39	3.39
7993	KASHI	CEREAL GoLEAN CRUNCH	15 OZ	3.89	3.89	3.49	3.49
7991	KASHI	CEREAL GoLEAN SLIMMING	14.1 OZ	3.79	3.79	3.39	3.39
7910	KASHI	CEREAL ORG PROMISE STRAWBERRY	10.4 OZ	3.89	3.89	3.49	3.49
7990	KASHI	CEREAL PUFFED	7.5 OZ	2.85	2.85	2.55	2.55
7902	KASHI	CEREAL TO GOOD FRIENDS	13 OZ	3.79	3.79	3.39	3.39
3461	MCCANNNS	OATMEAL QUICK COOK box	16OZ	2.89	2.89		
3465	MCCANNNS	OATMEAL STEELCUT	16OZ	2.89	2.89		
3460	MCCANNNS	OATMEAL tin	28 OZ	5.59	5.59		



**French Roast**

A blend of our favorite coffees, ranging from the full bodied African and Indonesian coffees to the sweet flavors from Central and South America. These coffees are roasted to a dark roast to give a full body coffee with low acidity and a wonderfully strong aroma.

This roast is perfect for the diehard coffee lover.

**Colombian Supremo**

This classic South American coffee roasted to a medium roast, has a rich, well balanced, consistent flavor.

It has a medium body and acidity with a distinctive aroma.

If you are having trouble deciding which one to buy - you won't go wrong with this one! It has become the daily coffee of choice for many coffee lovers.

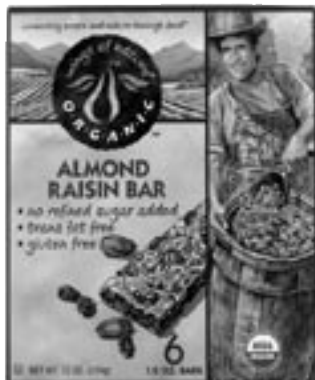
(continued on page 80)





## Snack Bars

**Wings of Nature's Fresh Harvest Bars** uses natural sweeteners such as agave syrup and brown rice syrup. These sweeteners have been chosen for the Health Bars because they are naturally sweeter than sugar and are low in calories. The health benefit of a low calorie sweetener is obvious since the focus of healthy eating today is on the lowering of the glycemic index which relates to control of diabetes and heart disease. Their sweeteners contain certain complex carbohydrates and nutrients which are absorbed more slowly by the body, and do not elevate blood sugar levels as much as other sweeteners.



## Almond Raisin Nut Bar

*Ingredients: sesame seeds, raisins, agave syrup, sunflower seeds, almonds, rice syrup, crisp brown rice, pumpkin seeds.*

STOCK # BRAND ITEM DESCRIPTION SIZE PRICE EXT SALE PRICE EXT

### BREAKFAST CEREALS & GRANOLAS - CONT.

7239	NATSPATH	ECO PAC CORN FLAKES ORG	26.4 OZ	6.49	6.49		
7231	NATSPATH	ECO PAC HERITAGE FLAKES ORG	32 OZ	7.60	7.60		
7238	NATSPATH	ECO PAC HERITAGE O'S ORG	32 OZ	7.60	7.60		
7234	NATSPATH	ECO PAC KAMUT KRISP ORG	26.4 OZ	7.60	7.60		
7235	NATSPATH	ECO PAC MILLET RICE FLAKES ORG	32 OZ	7.60	7.60		
7236	NATSPATH	ECO PAC MULTIGRN FLAKES ORG	32 OZ	7.60	7.60		
3275	SAVFORST	GRANOLA ORG ABSOLUTE NUTS	12 OZ	2.86	2.86	2.36	2.36
5283	SAVFORST	GRANOLA ORG CRAVIN CRANBRY	12 OZ	2.86	2.86		
3276	SAVFORST	GRANOLA ORG RASP RAZZ	12 OZ	2.86	2.86		
33137	VERTMORN	MULTIGRAIN CEREAL HOT ORG WF	24 OZ	3.59	3.59		
4863	VERTMORN	MULTIGRAIN HOT CEREAL ORG	24 OZ	3.59	3.59		
4864	VERTMORN	MULTIGRAIN HOT CEREAL ORG	8.8 OZ	2.15	2.15		

### BREAKFAST MIXES

3365	ARROW	PANC&WAF MIX BUCKWHT ORG	32 OZ	4.05	4.05	3.65	3.65
3356	ARROW	PANC&WAF MIX MULTIGRAI ORG	32 OZ	4.05	4.05	3.65	3.65
3355	ARROW	PANC&WAFFLE MIX BUTTERMILK	32 OZ	4.05	4.05	3.65	3.65
32028	CHERRYBR	PANCAKE/WAFFLE MIX Vg s	24 OZ	3.43	3.43		
32029	CHERRYBR	PANCAKE/WAFFLE MIX VVW Vg s	24 OZ	3.43	3.43		
<b>33251</b>	<b>COTTAGE</b>	<b>PANCAKE MIX BUTTERMILK ORG</b>	<b>19.6 OZ</b>	<b>4.99</b>	<b>4.99</b>	<b>4.49</b>	<b>4.49</b>
<b>33252</b>	<b>COTTAGE</b>	<b>SCONE MIX ENGLISH CREAM ORG</b>	<b>19.3 OZ</b>	<b>4.99</b>	<b>4.99</b>	<b>4.49</b>	<b>4.49</b>
30548	DANCING	PANCAKE MIX MEYER LEM BLUEBRY	16 OZ	4.43	4.43		
30545	DANCING	PANCAKE/WAFF MIX BUTTERMILK	16 OZ	4.29	4.29		
30546	DANCING	PANCAKE/WAFF MIX DBL CHOC CHIP	16 OZ	4.43	4.43		
30547	DANCING	PANCAKE/WAFF MIX PUMPKIN SPICE	16 OZ	4.43	4.43		
7711	FIDDLERS	FIDDLECAKES WF/DF ORG	24 OZ	3.55	3.55	3.02	3.02
7718	FIDDLERS	PANCAKE MIX OAT BARLEY ORG	24 OZ	3.90	3.90		

### 30367 HIGHLAND GIFT SET SM TREE W/PCAKE MIX

6509	HIGHLAND	PANCAKE MIX APPLE-CINNAMON	24 OZ	2.59	2.59		
6510	HIGHLAND	PANCAKE MIX BLUEBERRY	24 OZ	3.09	3.09		
6508	HIGHLAND	PANCAKE MIX BUTTERMILK	24 OZ	2.45	2.45		
6496	HIGHLAND	PANCAKE MIX MULTIGRAIN ORG	24 OZ	3.39	3.39		
41054	KINGARTH	PANCAKE MIX APPLE CINN	16 OZ	4.79	4.79		
41051	KINGARTH	PANCAKE MIX BLUBRY SOUR CREAM	24 OZ	8.50	8.50		
41052	KINGARTH	PANCAKE MIX GOLDEN HARVST PUMP	16 OZ	6.24	6.24		
41050	KINGARTH	PANCAKE MIX MULTI GRAIN BTRMIL	16 OZ	4.21	4.21		
41053	KINGARTH	PANCAKE MIX TENDER OATMEAL	16 OZ	4.21	4.21		
6130	MORGANS	BLUEBERRY GRIFFLE MIX OG	6/12 OZ	2.89	17.34		
6139	MORGANS	BUCKWHEAT GRIFFLE MIX DF/OG	24 OZ	2.80	2.80		
6135	MORGANS	BUTTERMILK GRIFFLE MIX OG	24 OZ	2.88	2.88		
6145	MORGANS	RICE CORN OAT GRIFFLE WF/DF/OR	24 OZ	2.82	2.82		
30600	NAMASTE	MIX WAFFLE/PANCAKE WF/GF	24 OZ	4.39	4.39	3.89	3.89

1235	NEWHOPE	BUCKWHEAT PANCAKE MIX	12/32 OZ	2.39	28.68	2.09	25.08
1233	NEWHOPE	BUTTERMILK PANCAKE MIX	12/32 OZ	2.15	25.80		
1576	NEWHOPE	PANCAKE MIX BUTTERMILK	5#	4.99	4.99		
1236	NEWHOPE	WHOLE WHEAT PANCAKE MIX s	12/32 OZ	2.10	25.20		
7366	PAMELAS	PANCAKE/BAKING MIX WF/GF	24 OZ	5.59	5.59		
30636	PEMBERT	PANCAKE MIX MAINE BLUEBERRY s	14 OZ	3.45	3.45		
30637	PEMBERT	PANCAKE MIX MAPLE BUTTERMILK s	14 OZ	3.45	3.45		
0234	PLOYES	UNBL WHEAT/BUCKWHT PANC MIX	3#	4.59	4.59		
0232	PLOYES	UNBL WHT/BUCKWHT PANCAK MIX	1.5#	3.14	3.14		
0236	PLOYES	VVW/BUCKWHEAT PANCAKE MIX	1.5#	3.59	3.59		

### CANDY & CONFECTIONS

30182	ART BAR	BAR DARK CHOC W/COCONUT s	24/1.6 OZ	1.65	39.60		
30186	ART BAR	BAR DARK CHOC W/COCONUT s	17/3.5 OZ	2.46	41.82		
30185	ART BAR	BAR DARK CHOCOLATE s	17/3.5 OZ	2.50	42.50		
30181	ART BAR	BAR DARK CHOCOLATE s	24/1.6 OZ	1.65	39.60	1.45	34.80
30180	ART BAR	BAR MILK CHOC W/HAZELNUTS s	24/1.6 OZ	1.65	39.60	1.45	34.80
30184	ART BAR	BAR MILK CHOC W/HAZELNUTS s	13/3.5 OZ	2.46	31.98		
30183	ART BAR	BAR MILK CHOC w/nut flour s	17/3.5 OZ	2.46	41.82		
2049	BIG MIKE	PEANUT BUTTER DELIGHTS	2.5 OZ	3.49	3.49	2.99	2.99
32009	BROWN	MAPLE CANDY 3 pieces	.75 OZ	1.06	1.06		
32011	BROWN	MAPLE CANDY 6 pieces	1.5 OZ	1.94	1.94	1.75	1.75
32010	BROWN	MAPLE CANDY LEAF	1.5 OZ	1.94	1.94	1.75	1.75
6528	BROWN	MAPLE CANDY SANTA	1.75 OZ	1.99	1.99	1.79	1.79
32013	BROWN	MAPLE GLAZED PECANS bag	5 OZ	6.16	6.16	5.54	5.54
32012	BROWN	MAPLE PECAN BRITTLE bag	4 OZ	3.70	3.70	3.33	3.33
2043	CANDYTRE	LICORICE BITES ORG	3.5 OZ	2.00	2.00	1.79	1.79
2042	CANDYTRE	LICORICE LACES ORG	3.5 OZ	2.00	2.00		
2045	CANDYTRE	LICORICE ROPES thick ORG	3.5 OZ	2.00	2.00		
30427	CANDYTRE	LICORICE VINE CHERRY GF ORG	2.6 OZ	2.00	2.00		
30428	CANDYTRE	LICORICE VINE STRWBRY GF ORG	3.5 OZ	2.00	2.00		
2044	CANDYTRE	LICORICE VINES thin ORG	3.5 OZ	2.00	2.00		
30580	CANDYTRE	LOLLIPOPS LEMON ORG corn malt	2.6 OZ	2.00	2.00	1.79	1.79
2041	CANDYTRE	LOLLIPOPS ORANGE ORG corn malt	2.6 OZ	2.00	2.00	1.79	1.79
30429	CANDYTRE	WF LICORICE BITES ORG	2.6 OZ	2.00	2.00	1.79	1.79
30431	CANDYTRE	WF LICORICE ROPES ORG	2.6 OZ	2.00	2.00	1.79	1.79
30430	CANDYTRE	WF LICORICE VINES ORG	2.6 OZ	2.00	2.00	1.79	1.79

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
30517	DAGOBA	BAR CHOC BRASILIA MILK ORG 37%	12/2 OZ	2.05	24.60	1.74	20.91
5297	DAGOBA	BAR CHOC CHAI MILK ORG 37%	12/2 OZ	2.05	24.60	1.74	20.91
30524	DAGOBA	BAR CHOC CONACADO DK ORG 73%	12/2 OZ	2.05	24.60	1.74	20.91
5294	DAGOBA	BAR CHOC DARK ORG 59% s	12/2 OZ	2.05	24.60	1.74	20.91
30522	DAGOBA	BAR CHOC ECLIPSE DARK ORG 87%	12/2 OZ	2.05	24.60	1.74	20.91
30518	DAGOBA	BAR CHOC HAZELNUT MILK ORG 37%	12/2 OZ	2.05	24.60	1.74	20.91
30516	DAGOBA	BAR CHOC LATTE MILK ORG 37%	12/2 OZ	2.05	24.60	1.65	19.80
5298	DAGOBA	BAR CHOC LAVENDER DARK ORG 59%	12/2 OZ	2.05	24.60	1.74	20.91
5299	DAGOBA	BAR CHOC LIME DARK W/MAC ORG	12/2 OZ	2.05	24.60	1.74	20.91
5293	DAGOBA	BAR CHOC MILK ORG 37% s	12/2 OZ	2.05	24.60	1.74	20.91
30521	DAGOBA	BAR CHOC MINT DARK ORG 59%	12/2 OZ	2.05	24.60	1.74	20.91
5296	DAGOBA	BAR CHOC MON CHERRI DK ORG 74%	12/2 OZ	2.05	24.60	1.74	20.91
5295	DAGOBA	BAR CHOC NEW MOON DK ORG 74% s	12/2 OZ	2.05	24.60	1.74	20.91
30520	DAGOBA	BAR CHOC ROSEBERRY DK ORG 59%	12/2 OZ	2.05	24.60	1.74	20.91
30523	DAGOBA	BAR CHOC XOCOLATL DARK ORG 74%	12/2 OZ	2.05	24.60	1.74	20.91
30526	DAGOBA	BAR LOS RIOS ECUADOR ORG 68%	12/2 OZ	2.77	33.24	2.35	28.25
30527	DAGOBA	BAR MILAGROS PERU ORG 68% FT	12/2 OZ	2.77	33.24	2.35	28.25
30525	DAGOBA	BAR PACUARE COSTA RICA ORG 68%	12/2 OZ	2.77	33.24	2.35	28.25
30460	DAGOBA	CHOC COFFEE BEANS ORG FT	4 OZ	6.50	6.50	5.53	5.53
30529	DAGOBA	MINI SQUARE LOS RIOS DARK ORG	40 CT	.55	22.00	.47	18.70
30530	DAGOBA	MINI SQUARE MILAGROS ORG FT	40 CT	.55	22.00	.47	18.70
30528	DAGOBA	MINI SQUARE PACURE DARK ORG	40 CT	.55	22.00	.47	18.70
5371	DIVINE	BARS DARK CHOC FAIR TRADE	10/3.5 OZ	1.82	18.20		
5372	DIVINE	BARS MILK CHOC FAIR TRADE	10/3.5 OZ	1.69	16.90	1.49	14.90
5373	DIVINE	BARS MILK CHOC HAZLNT FAIR TRD	10/3.5 OZ	1.82	18.20		
5374	DIVINE	BARS MINI DARK CHOC FAIR TRADE	30/1.5 OZ	.80	24.00	.72	21.60
5375	DIVINE	BARS MINI MILK CHOC FAIR TRADE	30/1.5 OZ	.80	24.00		
5370	DIVINE	BARS WHITE CHOC FAIR TRADE s	10/3.5 OZ	1.70	17.00	1.50	15.00
30512	EL ALMEN	TURRON ALMOND TORTA IMPERIAL s	7.05 OZ	5.55	5.55		
30511	EL ALMEN	TURRON BLANDO SOFT ALMOND s	7.05 OZ	4.75	4.75		
30513	EL ALMEN	TURRON CRUCNY ALMOND wrapped	3.5 OZ	2.98	2.98		
30510	EL ALMEN	TURRON CRUNCHY ALMOND s	7.05 OZ	4.75	4.75		
33120	EQUALX	BAR CHOC EXPRESSO BEAN ORG s	12/3.5 OZ	2.63	31.56	2.10	25.25
3860	EQUALX	BAR CHOC VERY DARK ORG s	12/3.5 OZ	2.63	31.56	2.10	25.25
3859	EQUALX	BAR DARK CHOC W/ALMONDS ORG s	12/3.5 OZ	2.63	31.56	2.10	25.25
33118	EQUALX	BAR DK CHOC W/COCOA NIBS ORG s	12/3.5 OZ	2.63	31.56	2.10	25.25
3858	EQUALX	BAR MILK CHOC ORG s	12/3.5 OZ	2.63	31.56	2.10	25.25
33119	EQUALX	BAR MINT CHOCOLATE ORG s	12/3.5 OZ	2.63	31.56	2.10	25.25
3642	FINNSKA	LICORICE SOFT ORGANIC	12/7 OZ	2.49	29.88	2.12	25.40
30484	GHIRARD	BABY BAR CRISP CHOCOLATE s	24/1.25 OZ	.71	17.04	.61	14.64
30481	GHIRARD	BABY BAR MILK CHOC ALMOND s	24/1.25 OZ	.71	17.04	.61	14.64
30480	GHIRARD	BABY BAR MILK CHOCOLATE s	24/1.25 OZ	.71	17.04	.61	14.64
30483	GHIRARD	BABY BAR MINT CHOCOLATEs	24/1.25 OZ	.71	17.04	.61	14.64
30477	GHIRARD	BARS 60% DARK CHOCOLATE s	12/3 OZ	1.44	17.28		
30478	GHIRARD	BARS CHOCOLATE MINTs	12/3 OZ	1.44	17.28		
30476	GHIRARD	BARS MILK CHOCOLATE ALMOND s	12/3 OZ	1.44	17.28	1.22	14.64
30475	GHIRARD	BARS MILK CHOCOLATE s	12/3 OZ	1.44	17.28		
30479	GHIRARD	BARS MILK W/CARAMEL s p h	12/3 OZ	1.44	17.28		
31104	GHIRARD	DARK BAR ESPRESSO ESCAPE	12/3.5 OZ	1.99	23.88		
31103	GHIRARD	DARK BAR TWILIGHT DELIGHT 72%	12/3.5 OZ	1.99	23.88		
30486	GHIRARD	SQUARES 60% DARK CHOCOLATE s	120 CT	.26	31.20		
30487	GHIRARD	SQUARES DK CHOC w/WHITE MINTs	120 CT	.26	31.20		
30489	GHIRARD	SQUARES MILK CHOC ALMOND s	120 CT	.26	31.20		
30488	GHIRARD	SQUARES MILK CHOC w/CARAMEL s	120 CT	.26	31.20		
30485	GHIRARD	SQUARES MILK CHOCOLATE s	120 CT	.26	31.20		
1813	GINGERPE	GINGER CHEWS	3 OZ BAG	1.49	1.49		
1825	GINGERPE	GINGER CHEWS	12/2 OZ PK	.72	8.64		
1807	GINGERPE	GINGER CHEWS CANDY	4.5 OZ TIN	2.65	2.65		
1819	GINGERPE	GINGER CHEWS PEANUT	3 OZ BAG	1.49	1.49		
1814	GINGERPE	GINGER CHEWS SPICY APPLE	3 OZ BAG	1.49	1.49		
1812	GINGERPE	GINGER CRYST CANDY	3.5 OZ BAG	1.49	1.49		
1803	GINGERPE	GINGER DELIGHT s	8.5 OZ	4.85	4.85		
1822	GINGERPE	GIN-GINS CANDY indiv wrapped	3 OZ BAG	.99	.99		
31263	GOLDIES	CAROB BAR MINT	12/3 OZ	2.30	27.60		
31132	GOLDIES	CAROB BAR PLAIN	12/3 OZ	2.30	27.60	2.07	24.84
31133	GOLDIES	CAROB BAR RICE CRUNCH	12/3 OZ	2.30	27.60		
2933	GREENBLK	BARS ALMOND MILK CHOC ORG s	10/100GR	2.39	23.90	1.91	19.12
2934	GREENBLK	BARS CARAMEL MILK CHOC ORG s	10/100GR	2.39	23.90	1.91	19.12
2910	GREENBLK	BARS DARK CHOCOLATE ORG s	10/100GR	2.39	23.90	1.91	19.12
2907	GREENBLK	BARS ESPRESSO DARK ORG s	10/100GR	2.39	23.90	1.91	19.12
30337	GREENBLK	BARS GINGER DARK CHOC ORG	10/100GR	2.39	23.90	1.91	19.12
2913	GREENBLK	BARS HZLNUT/CURRNT DK CH ORG s	10/100GR	2.39	23.90	1.91	19.12
2912	GREENBLK	BARS MAYA GOLD DRK CHOC ORG s	10/100GR	2.39	23.90	1.91	19.12
2911	GREENBLK	BARS MILK CHOCOLATE ORG s	10/100GR	2.39	23.90	1.91	19.12
2920	GREENBLK	BARS MINT DARK CHOC ORG s	10/100GR	2.39	23.90	1.91	19.12
2922	GREENBLK	BARS WHITE CHOCOLATE ORG s	10/100GR	2.39	23.90	1.91	19.12
30091	GREENBLK	IMPULSE BAR DARK CHOC ORG s	20/1.2 OZ	1.21	24.20	.97	19.36
30093	GREENBLK	IMPULSE BAR MAYA GOLD ORG s	20/1.2 OZ	1.21	24.20	.97	19.36
30092	GREENBLK	IMPULSE BAR MILK CHOC ORG s	20/1.2 OZ	1.21	24.20	.97	19.36
6541	GREENBLK	MINI DARK CHOC SQUARES ORG s	250 CT	.19	47.50	.17	42.50
6543	GREENBLK	MINI MILK CHOC SQUARES ORG s	250 CT	.19	47.50	.17	42.50
6544	GREENBLK	MINI MINT CHOC SQUARES ORG s	250 CT	.19	47.50	.17	42.50



## Cranberry Crunch Nut Bars

Ingredients: peanuts, raisins, sesame seeds, agave syrup, almonds, rice syrup, crisp brown rice, cranberries (cranberries, apple juice concentrate, sunflower oil), pumpkin seeds, cranberry flavor.

## Nutty & Sweet Bars

Ingredients: raisins, peanuts, sunflower seeds, agave syrup, almonds, Brazilian nuts, walnuts, crisp brown rice, rice syrup, pumpkin seeds.

## Apple Cinnamon Bars

Ingredients: rolled oats, raisins, agave syrup, peanuts, apples, almonds, rice syrup, crisp brown rice, cinnamon.

## Coffee Bars



The rich flavor of coffee comes from the mixture of real organic coffee beans, nuts and raisins blended with organic agave syrup and organic brown rice syrup sweeteners.

## Espresso Bar

Ingredients: sun dried raisin, Brazil nuts, cocoa mall, sunflower seeds, agave syrup, crisp brown rice, walnuts, brown rice syrup, roasted coffee beans, espresso flavor.

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## Cappuccino Bars

Ingredients: sun dried raisins, dry roasted peanuts, agave syrup, sun-flower seeds, crisp brown rice, Brazil nuts, dry roasted almonds, brown rice syrup, roasted coffee beans, cinnamon, cappuccino flavor.

## Café Mocha Bar

Ingredients: dates, dry roasted peanuts, agave syrup, coconut, dry roasted almonds, crisp brown rice, brown rice syrup, roasted coffee beans, mocha flavor.

## Raspberry Decaf Bars

Ingredients: sun dried raisins, dry roasted peanuts, agave syrup, coconut, crisp brown rice, Brazil nuts, dry roasted almonds, brown rice syrup, orasted decaffeinated coffee beans, raspberries, coffee flavor.



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>CANDY &amp; CONFECTIONS - CONT.</b>							
6486	HIGHLAND	MAPLE CANDY 5pcs	1.25 OZ	2.45	2.45		
6499	HIGHLAND	MAPLE CANDY LEAF	1.85 OZ	2.65	2.65		
3804	HONEYACR	CORDIAL MINT PATTY Dairy-Free	2# BOX	19.50	19.50	17.50	17.50
3808	HONEYACR	GUMMYS ASSORTED FLAVORS	5.25 OZ	1.99	1.99		
5018	LETSDO	BLACK LICORICE BEARS ORG	3.5 OZ	2.10	2.10		
0146	LETSDO	GUMMI BEAR CLASSIC VEG ORG	3.5 OZ	2.10	2.10		
0161	LETSDO	GUMMI BEAR SUPER SOUR ORG	3.5 OZ	2.10	2.10		
0147	LETSDO	GUMMI BEARS JELLY ORG Vegan	3.5 OZ	2.10	2.10	1.89	1.89
5040	LETSDO	GUMMI FRUIT FEET ORG	3.5 OZ	2.10	2.10	1.79	1.79
5045	LETSDO	GUMMI GINGER GUYS ORG	3.5 OZ	2.10	2.10		
2977	LINDT	BITTERSWT HAZELNUT s	12/3.5OZ	1.79	21.48		
2968	LINDT	EXCELLENCE 70% COCOA DARK s	12/3.5 OZ	1.79	21.48		
2969	LINDT	EXCELLENCE 85% COCOA DARK s	12/3.5 OZ	1.79	21.48		
2961	LINDT	EXCELLENCE MILK EXTRA CREAMY	12/3.5 OZ	1.79	21.48		
33168	LINDT	LINDOR TRUFFLE 60% DARK	60 CNT	.26	15.60		
2958	LINDT	LINDOR TRUFFLE DARK CHOCOLATE	60 CNT	.26	15.60		
2955	LINDT	LINDOR TRUFFLE HAZEL MILK CHOC	60 CNT	.26	15.60		
2956	LINDT	LINDOR TRUFFLE MILK CHOCOLATE	60 CNT	.26	15.60		
2957	LINDT	LINDOR TRUFFLE MINT DARK CHOC	60 CNT	.26	15.60		
2962	LINDT	LINDOR TRUFFLE PEANUT BUTTER s	60 CNT	.26	15.60		
2963	LINDT	LINDOR TRUFFLE RASPBERRY	60 CNT	.26	15.60		
2960	LINDT	LINDOR TRUFFLE WHITE CHOCOLATE	60 CNT	.26	15.60		
2959	LINDT	LINDOR TRUFFLES 6 BOX COMBO	6 BOX	.25	90.00		
2965	LINDT	ORANGE FILLED MILK BARS s	12/3.5 OZ	1.79	21.48		
2966	LINDT	RASPBERRY MILK BAR s	12/3.5 OZ	1.79	21.48		
2980	LINDT	SWISS BITTERSWEET	12/3.5OZ	1.79	21.48		
2964	LINDT	SWISS MILK BAR s	12/3.5OZ	1.79	21.48		
2970	LINDT	SWISS WHITE BAR s	12/3.5OZ	1.79	21.48	1.49	17.88
8233	MAISIEJ	ALMONDS CAPPUCCHINO MILK CHOC s	6 OZ	5.89	5.89	4.71	4.71
8235	MAISIEJ	ALMONDS DARK CHOC s	6 OZ	5.89	5.89	4.71	4.71
8231	MAISIEJ	ALMONDS TOFFEE MILK CHOC s	6 OZ	5.89	5.89	4.71	4.71
8232	MAISIEJ	ALMONDS TRUFFLE DK CHOC s	6 OZ	5.89	5.89	4.71	4.71
3140	MITOKU	CANDY GINGER	1.76 OZ	2.09	2.09		
3145	MITOKU	CANDY PEPPERMINT	1.76 OZ	2.09	2.09		
3141	MITOKU	CANDY SOUR PLUM	1.76 OZ	2.09	2.09		
3143	MITOKU	CANDY VANILLA	1.76 OZ	2.09	2.09		
6665	NEWMAN	BAR DK CHOC ORG	12/2.8 OZ	1.95	23.40	1.75	21.00
6664	NEWMAN	BAR DK ESPRESSO ORG	12/2.8 OZ	1.95	23.40	1.75	21.00
6661	NEWMAN	BAR MILK CHOC ORG	12/2.8 OZ	1.95	23.40	1.75	21.00
6660	NEWMAN	BAR MILK CHOC/RICE CRISP ORG	12/2.8 OZ	1.95	23.40	1.75	21.00
6662	NEWMAN	BAR MILK TOFFEE CRUNCH ORG	12/2.8 OZ	1.95	23.40	1.75	21.00
31095	NEWMAN	CUPS CARAMEL DARK CHOC ORG s	24/1.2 OZ	1.13	27.12		
31094	NEWMAN	CUPS CARAMEL MILK CHOC ORG s	24/1.2 OZ	1.13	27.12		
6670	NEWMAN	CUPS PEPPERMINT ORG	24/1.2 OZ	1.13	27.12		
6668	NEWMAN	CUPS PNUBTTR DK CHOC ORG	24/1.2 OZ	1.13	27.12		
6669	NEWMAN	CUPS PNUBTTR MILK CHOC ORG	24/1.2 OZ	1.13	27.12		
1369	PANDA	BAR LICORICE	36/1.13 OZ	.44	15.84		
1367	PANDA	BAR RASPBERRY	36/1.13 OZ	.44	15.84		
1363	PANDA	CHEW LICORICE BLACK	12/7 OZ	1.99	23.88		
1368	PANDA	CHEW RASPBERRY	7 OZ	1.99	1.99		
1408	PANDA	CHEWS HERB/LICORICE	7 OZ	1.99	1.99		
8504	PEELU	GUM CINNAMON	12/20PC	1.40	16.80	1.20	14.40
8511	PEELU	GUM CINNAMON	100PC	5.39	5.39		
8502	PEELU	GUM PEPPERMINT	12/20PC	1.40	16.80	1.20	14.40
8505	PEELU	GUM PEPPERMINT	100PC	5.39	5.39		
8503	PEELU	GUM SPEARMINT	12/20PC	1.40	16.80	1.20	14.40
8506	PEELU	GUM SPEARMINT	100PC	5.39	5.39		
4604	RAPUNZEL	LADYBUG TRUFFLES ORG s 8CT	12/1.4 OZ	2.15	25.80		
3822	RAPUNZEL	LADYBUG TRUFFLES ORG	200CT DISP	.27	54.00		
8025	RUNRAB	LICORICE BLACK box	5 OZ	2.49	2.49	2.24	2.24
8026	RUNRAB	LICORICE BLACK CHERRY box	5 OZ	2.49	2.49	2.24	2.24
8028	RUNRAB	LICORICE CITRUS LEMN W/ HNY bx	5 OZ	2.49	2.49	2.24	2.24
8027	RUNRAB	LICORICE RASPBERRY box	5 OZ	2.49	2.49	2.24	2.24
33154	SENCHA	GREEN TEA MINT DELICATE PEAR	9/1 OZ	2.55	22.95	2.30	20.66
33155	SENCHA	GREEN TEA MINT LIVELY LEMONGRS	9/1 OZ	2.55	22.95	2.30	20.66
33153	SENCHA	GREEN TEA MINT ORIGINAL	9/1 OZ	2.55	22.95	2.30	20.66
33156	SENCHA	GREEN TEA MINT VARIETY 3ea flv	9/1 OZ	2.55	22.95	2.30	20.66
5529	SIMPKINS	HARD CANDY BLK CURRANT TIN s	6/7 OZ	1.90	11.40		
5519	SIMPKINS	HARD CANDY BUTTRSCOTCH TIN s	6/7 OZ	1.90	11.40		
5536	SIMPKINS	HARD CANDY CHOC MINT TIN s	6/6.1 OZ	2.30	13.80		
5541	SIMPKINS	HARD CANDY CITRUS LEMON TIN s	6/7 OZ	1.90	11.40		
5419	SIMPKINS	HARD CANDY GRAPEFRT GINSENG s	6/7 OZ	2.29	13.74		
5420	SIMPKINS	HARD CANDY LEM HNY CHAMOMILE s	6/7 OZ	2.29	13.74		
5417	SIMPKINS	HARD CANDY MANDRIN LIME GINGRS	6/7 OZ	2.29	13.74		
3994	STASH	HONEY STICKS CHAI	20 CT	2.99	2.99		
3986	STASH	HONEY STICKS CINNAMON	20 CT	2.99	2.99		
3993	STASH	HONEY STICKS LEMON	20 CT	2.99	2.99		
3995	STASH	HONEY STICKS ORIGINAL	20 CT	2.99	2.99		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
2916	SUNNY	HONEYSTIKS asst flvrs	30/10PKG	1.34	40.20	1.19	35.70
2806	SUNSPIRE	SUNDROPS SNACK SIZE	12/1.19OZ	.75	9.00	.65	7.80
0421	SWAN'S	HONEY STRAWS ASSORTED FLAVORS	150 CNT	.16	24.00	.14	21.00
31273	SWEET BO	FRUIT GUMS BLACKBERRY ORG	12/5.3 OZ	3.35	40.20		
31275	SWEET BO	FRUIT GUMS RASPBERRY ORG	12/5.3 OZ	3.35	40.20		
31282	SWEET BO	HARD CANDY ASSORTED GRAPES	12/5.3 OZ	3.35	40.20		
31278	SWEET BO	HARD CANDY CHOC NUT FILLED	12/5.3 OZ	3.35	40.20		
31277	SWEET BO	HARD CANDY CHOC PEPP PILLOWS	12/5.3 OZ	3.35	40.20		
31289	SWEET BO	HARD CANDY CINN & CLOVE	12/5.3 OZ	3.35	40.20		
31283	SWEET BO	HARD CANDY FRUIT MIX	12/5.3 OZ	3.35	40.20		
31290	SWEET BO	HARD CANDY GINGER & ORANGE	12/5.3 OZ	3.35	40.20		
31279	SWEET BO	HARD CANDY GINGERBREAD SPICE	12/5.3 OZ	3.35	40.20		
31291	SWEET BO	HARD CANDY GREEN TEA	12/5.3 OZ	3.35	40.20		
31276	SWEET BO	HARD CANDY HANGOVER DROPS	24/1.4 OZ	2.08	49.92		
31280	SWEET BO	HARD CANDY HANGOVER DROPS	12/5.3 OZ	3.35	40.20		
31281	SWEET BO	HARD CANDY HONEY BEES	12/5.3 OZ	3.35	40.20		
31292	SWEET BO	HARD CANDY LAVENDER	12/5.3 OZ	3.35	40.20		
31293	SWEET BO	HARD CANDY LIQUORICE & ANISE	12/5.3 OZ	3.35	40.20		
31284	SWEET BO	HARD CANDY MANGO	12/5.3 OZ	3.35	40.20		
31285	SWEET BO	HARD CANDY ORANGE LEMON SLICES	12/5.3 OZ	3.35	40.20		
31286	SWEET BO	HARD CANDY PEAR	12/5.3 OZ	3.35	40.20		
31294	SWEET BO	HARD CANDY PEPPERMINT	12/5.3 OZ	3.35	40.20		
31287	SWEET BO	HARD CANDY RASPBERRY	12/5.3 OZ	3.35	40.20		
31295	SWEET BO	HARD CANDY ROSE	12/5.3 OZ	3.35	40.20		
31288	SWEET BO	HARD CANDY WILD STRAWBERRY	12/5.3 OZ	3.35	40.20		
31272	SWEET BO	JELLIES ANIMAL SHAPED ORG	12/5.3 OZ	3.35	40.20		
31274	SWEET BO	JELLY BEARS LIQUORICE ORG	12/5.3 OZ	3.35	40.20		
1654	TERRANST	BAR CHOC 73% INTENSE DK ORG	12/3.5 OZ	2.36	28.32	1.89	22.66
1652	TERRANST	BAR CHOC DARK RAISIN PECAN ORG	12/3.5 OZ	2.36	28.32	1.89	22.66
1650	TERRANST	BAR CHOC DARK TRUFFLE ORG	12/3.5 OZ	2.36	28.32	1.89	22.66
1653	TERRANST	BAR CHOC MILK RAISIN PECAN ORG	12/3.5 OZ	2.36	28.32	1.89	22.66
1651	TERRANST	BAR CHOC MILK TRUFFLE ORG	12/3.5 OZ	2.36	28.32	1.89	22.66
1665	TERRANST	BAR CHOC RICE MILK ORG DF s	12/3.5 OZ	2.36	28.32	1.89	22.66
41027	TERRANST	BAR CHOC RICE MILK WALMDS ORG	12/3.5 OZ	2.36	28.32	1.89	22.66
41028	TERRANST	BAR CHOC RICE MILK WDARK ORG	12/3.5 OZ	2.36	28.32	1.89	22.66
1666	TERRANST	BAR CHOC YOGRT MILK STRBRY ORG	12/3.5 OZ	2.36	28.32	1.89	22.66
1668	TERRANST	BAR CHOC YOGURT DARK RASP ORG	12/3.5 OZ	2.36	28.32	1.89	22.66
1667	TERRANST	BAR CHOC YOGURT MILK ORNGE ORG	12/3.5 OZ	2.36	28.32	1.89	22.66
31009	THOMPSON	BAR DARK CHOC 70% ORG	24/1 OZ	.65	15.60		
31007	THOMPSON	BAR DARK COCOA 50% ORG	24/1 OZ	.66	15.84		
31010	THOMPSON	BAR MILK CHOC ALMOND ORG	24/1 OZ	.65	15.60		
31011	THOMPSON	BAR MILK CHOC CARAMEL ORG	24/1 OZ	.65	15.60		
31008	THOMPSON	BAR MILK CHOC TRUFFLE ORG	24/1 OZ	.65	15.60		
31005	THOMPSON	CHOC GOLD COINS ORG mesh bag	30/1 OZ	.93	27.90		
31006	THOMPSON	CHOC SPORTS BALLS mesh bag	30/1 OZ	.74	22.20		
31013	THOMPSON	NUGGETS DARK CHOCOLATE ORG	3.2 OZ BAG2.36	2.36			
31012	THOMPSON	NUGGETS MILK CHOCOLATE ORG	3.2 OZ BAG2.36	2.36			
7029	TORRON	TORRONE AL NOCCIOLA SOFT nougt	150 GR	4.25	4.25	3.75	3.75
30505	VEGANSWT	MARSHMALLOWS VEGAN s	10 OZ	2.97	2.97		
4188	VERMINTS	MINTS GINGERMINT s	6/1.41 OZ	2.39	14.34	1.89	11.34
4187	VERMINTS	MINTS JONS PEPPERMINT s	6/1.41 OZ	2.39	14.34	1.89	11.34
4189	VERMINTS	MINTS WINTERMINT s	6/1.41 OZ	2.39	14.34	1.89	11.34
4191	VERMINTS	PASTILLES CAFE EXPRESS	6/1.41 OZ	2.39	14.34	1.89	11.34
4190	VERMINTS	PASTILLES CHAI s	6/1.41 OZ	2.39	14.34	1.89	11.34
31065	VERMT NF	BARS CRISP MLK CHOC NUT FREE s	24/1.5 OZ	1.19	28.56		
31063	VERMT NF	BARS DARK CHOC NUT FREE s	24/1.5 OZ	1.19	28.56		
31064	VERMT NF	BARS MILK CHOC NUT FREE s	24/1.5 OZ	1.19	28.56		
41134	VIVANI	CHOC BAR 85% DARK ORG s	10/3.5 OZ	1.97	19.70	1.28	12.80
41130	VIVANI	CHOC BAR DARK ORG s	10/3.5 OZ	1.97	19.70	1.28	12.80
41137	VIVANI	CHOC BAR DARK W/EXPRESSO ORG s	10/3.5 OZ	1.97	19.70	1.28	12.80
41135	VIVANI	CHOC BAR DARK W/GRN TEA ORG s	10/3.5 OZ	1.97	19.70	1.28	12.80
41136	VIVANI	CHOC BAR DARK W/LEMON ORG s	10/3.5 OZ	1.97	19.70	1.28	12.80
41133	VIVANI	CHOC BAR DARK W/ORANGE ORG s	10/3.5 OZ	1.97	19.70	1.28	12.80
41131	VIVANI	CHOC BAR MILK ORG s	10/3.5 OZ	1.97	19.70	1.28	12.80
41132	VIVANI	CHOC BAR MILK W/HAZELNUT ORG s	10/3.5 OZ	1.97	19.70	1.28	12.80
3470	WHAGURU	CHEW CASHEW ALMOND	24/1.18 OZ	.69	16.56		
3475	WHAGURU	CHEW GINGER ALMOND	24/1.18 OZ	.69	16.56		
3472	WHAGURU	CHEW PEANUT CASHEW	24/1.18 OZ	.69	16.56		
3474	WHAGURU	CHEW SESAME ALMOND	24/1.18 OZ	.69	16.56		
<b>CHIPS, PRETZELS &amp; PUFFS</b>							
7201	BARBARAS	POTATO CHIP YOGURT/ONION snack	24/1 OZ	.69	16.56	.55	13.25
7177	BARBARAS	PUFFS CHEESE BAKES	12/5.5 OZ	1.99	23.88		
33015	BARBARAS	PUFFS CHEESE ORIGINAL crunchy	12/7 OZ	1.99	23.88		
7202	BARBARAS	PUFFS CHEESE ORIGINAL snack	24/1 OZ	.69	16.56	.55	13.25
7176	BARBARAS	PUFFS JALAPENO CHEESE crunchy	12/7 OZ	1.99	23.88		
7180	BARBARAS	PUFFS WHITE CHEDDAR BAKES	12/5.5 OZ	1.99	23.88	1.79	21.48
9501	CHILEDAY	PRETZEL NUGGETS HONEY MUSTARD	15/11 OZ	2.28	34.20	1.98	29.70
9485	CHILEDAY	PRETZEL NUGGETS SIMPLY SALTED	15/10 OZ	2.28	34.20	1.88	28.20
6353	EDEN	CHIPS SEA VEGETABLE	10/2.1 OZ	2.24	22.40		
6355	EDEN	CHIPS WASABI Hot n' Spicy	10/2.1 OZ	2.45	24.50		



Product of Germany

## The ART of Organic Chocolate

Vivani organic chocolate is pure sensual pleasure. Vivani chocolates were first introduced at the **BioFach 2000** (the world's largest organic trade fair), and chocolate enthusiasts have celebrated them ever since. Their range of chocolates are produced in the family factory of Ludwig Weinrich and marketed by their subsidiary **EcoFinia GmbH**.

The Weinrich family enjoys over a century of knowledge and experience in producing the finest chocolate creations. In the spirit of this traditional craftsmanship, Vivani's product range was developed. By using only the finest organically grown ingredients, refined recipes, detailed knowledge, modern production equipment, and strict quality control, Vivani always guarantees top quality products.



## 85% Dark Chocolate Bar

The highlight for all gourmets and lovers of sophisticated dark chocolate.

Ingredients: cocoa mass\*, cocoa butter\*, raw cane sugar\*.  
Cocoa solids: 85% minimum.

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## Dark Chocolate Bar

A pleasure for gourmets and lovers of fine dark chocolate.

Ingredients: cocoa mass\*, raw cane sugar\*, cocoa butter\*  
Cocoa solids: 72% minimum.

## Dark Chocolate with Espresso

Made from the same quality chocolate as our Fine Dark chocolate bar (see above) with the addition of real delicate espresso-café.

Ingredients: cocoa mass\*, raw cane sugar\*, cocoa butter\*, espresso-café\*  
Cocoa solids: 68% minimum.

## Dark Chocolate with Green Tea

Made from the same quality chocolate as our Fine Dark chocolate bar (see above) with the addition of the finest quality Matcha (green tea powder).

Ingredients: cocoa mass\*, raw cane sugar\*, cocoa butter\*, green tea\*  
Cocoa solids: 70% minimum.

## Dark Chocolate with Lemon

Fine Dark chocolate bar, refined with lemon essential oil. A treat for the taste-buds.

Ingredients: cocoa mass\*, raw cane sugar\*, cocoa butter\*, lemon essential oil\*  
Cocoa solids: 70% minimum.

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STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>CHIPS, PRETZELS &amp; PUFFS - CONT.</b>							
5913	GARDEAT	CHIPS CORN REDHOT BLUES ORG	12/9 OZ	2.50	30.00	2.15	25.80
5912	GARDEAT	CHIPS CORN SES BLUES ORG	12/7.5 OZ	2.48	29.76		
5914	GARDEAT	CHIPS CORN SES BLUES ORG	24/11.5 OZ	.64	15.36	.58	13.92
41021	GARDEAT	CHIPS CORN WHITE ORG FIESTA	10/22 OZ	3.79	37.90		
5910	GARDEAT	CHIPS TORT BLK BEAN ORG	12/7.5 OZ	2.46	29.52	2.16	25.92
3726	GOODHLTH	APPLE CHIPS CINNAMON	12/3 OZ	1.89	22.68		
3704	GOODHLTH	BISTRO CHIPS BLUE CHEESE	12/6 OZ	2.33	27.96	1.98	23.77
0313	GREENMT	GRINGO TORTILLA STRIPS	12/8 OZ	1.55	18.60		
4262	HARRYS	SOUROUGH PRETZELS W/S	12/12 OZ	2.29	27.48	2.06	24.72
7363	KETTLE	POTATO CHIPS HONEY DIJON	24/2 OZ	.90	21.60	.79	18.96
30656	KETTLE	POTATO CHIPS KRINKLE SALT/ PEP	9/16OZ	4.29	38.61		
7361	KETTLE	POTATO CHIPS KRINKLE SALT/PEP	24/2 OZ	.93	22.32		
7324	KETTLE	POTATO CHIPS NY CHEDDAR	24/2 OZ	.90	21.60		
7320	KETTLE	POTATO CHIPS NY CHEDDAR	15/5 OZ	1.99	29.85	1.69	25.35
7140	KETTLE	POTATO CHIPS SEASALT/VIN	24/2 OZ	.90	21.60		
7319	KETTLE	POTATO CHIPS SEASALT/VIN	15/5 OZ	1.99	29.85	1.69	25.35
7144	KETTLE	POTATO CHIPS w/s	24/2 OZ	.90	21.60		
2187	KETTLE	POTATO CHIPS w/s	15/5 OZ	1.99	29.85	1.69	25.35
7360	KETTLE	POTATO CHIPS YOG/GRN ONION	24/2 OZ	.90	21.60		
4302	LITTLEBE	CHEDDAR PUFFS LITE	12/5.5 OZ	1.89	22.68	1.49	17.88
4301	LITTLEBE	POPCORN WHITE CHEDDAR ORG	12/4 OZ	1.59	19.08	1.39	16.68
4341	LITTLEBE	TORTILLA BLUE CHIPS W/S	12/16 OZ	3.24	38.88		
4343	LITTLEBE	TORTILLA WHITE CHIPS W/S	12/16 OZ	2.62	31.44		
4348	LITTLEBE	TORTILLA YELLOW CHIPS W/S	12/16 OZ	2.62	31.44		
1878	LUNDBERG	RICE CHIP SNTA FE BBQ WF/GF s	12/6 OZ	2.09	25.08		
1879	LUNDBERG	RICE CHIPS ORIG SEA SALT WF/GF	12/6 OZ	2.09	25.08		
1877	LUNDBERG	RICE CHIPS PICO DE GALLO WF/GF	12/6 OZ	2.09	25.08		
1880	LUNDBERG	RICE CHIPS SES SEAWEEED WF/GF s	12/6 OZ	2.09	25.08		
4998	MADHOUSE	CHIPS CREAMY FRENCH ONION	32/1.5 OZ	.70	22.40		
5066	MADHOUSE	CHIPS CREAMY FRENCH ONION	12/5 OZ	1.52	18.24	1.32	15.84
4995	MADHOUSE	CHIPS MESQUITE BBQ s	32/1.5 OZ	.70	22.40		
5064	MADHOUSE	CHIPS MESQUITE BBQ s	12/5 OZ	1.52	18.24	1.32	15.84
4997	MADHOUSE	CHIPS SEA SALT & VINEGAR	32/1.5 OZ	.70	22.40		
5065	MADHOUSE	CHIPS SEA SALT & VINEGAR	12/5 OZ	1.52	18.24	1.32	15.84
4993	MADHOUSE	CHIPS SEA SALT ALL AMERICAN	32/1.5 OZ	.70	22.40		
5063	MADHOUSE	CHIPS SEA SALT ALL AMERICAN	12/5 OZ	1.52	18.24	1.32	15.84
30133	MADHOUSE	TORTILLA CHIPS BLUE CORN	12/8 OZ	1.96	23.52		
30134	MADHOUSE	TORTILLA CHIPS WHITE CORN	12/8 OZ	1.96	23.52	1.76	21.12
31195	MEXISNAX	TORTILLA CHIP NACHO CHEESE	12/9 OZ	2.65	31.80	2.25	27.00
31191	MEXISNAX	TORTILLA CHIP PICO DE GALLO	12/9 OZ	2.65	31.80	2.25	27.00
31196	MEXISNAX	TORTILLA CHIP SALSA PICANTE	12/9 OZ	2.65	31.80	2.15	27.00
31193	MEXISNAX	TORTILLA CHIP SALTED	12/9 OZ	2.65	31.80	2.25	27.00
31192	MEXISNAX	TORTILLA CHIP SESAME	12/9 OZ	2.65	31.80	2.25	27.00
31194	MEXISNAX	TORTILLA CHIP TAMARI	12/9 OZ	2.65	31.80	2.25	27.00
1850	MIGUELS	TORTILLA CHIPS BLUE salted	12/8 OZ	2.08	24.96		
1854	MIGUELS	TORTILLA CHIPS WHITE salt	12/7 OZ	1.69	20.28		
7288	ROBERTS	PIRATE BOOTY WF/GF	12/4 OZ	1.89	22.68		
7292	ROBERTS	PIRATE BOOTY WF/GF	24/1 OZ	.68	16.32		
3733	SOLEA	POLENTA CHIPS ORIGINAL WF/GF	12/5 OZ	1.99	23.88	1.69	20.30
3711	SOLEA	POTATO CHIPS OLIVE OIL	12/5 OZ	2.49	29.88	2.09	25.08
3715	SOLEA	POTATO CHIPS OLIVE OIL PEPPER	12/5 OZ	2.49	29.88	2.09	25.08
3713	SOLEA	POTATO CHIPS OLIVE OIL RSMRY	12/5 OZ	2.49	29.88		
3730	SOLEA	PRETZELS PNUT BTR FILLED s	12/5.5 OZ	1.82	21.84		
6019	STACYS	PITA CINNAMON/SUGAR	24/1.5 OZ	.69	16.56	.62	14.88
6017	STACYS	PITA PARM/GARLIC/HERB	24/1.5 OZ	.69	16.56	.62	14.88
6012	STACYS	PITA PARM/GARLIC/HERB	12/6 OZ	1.79	21.48		
6026	STACYS	PITA PESTO/SUNDRIED TOMATO	24/1.5 OZ	.69	16.56		
6113	STACYS	PITA PESTO/SUNDRIED TOMATO	12/6 OZ	1.79	21.48		
6016	STACYS	PITA SIMPLY NAKED seasalt	12/6 OZ	1.79	21.48		
6018	STACYS	PITA SIMPLY NAKED seasalt	24/1.5 OZ	.69	16.56		
6022	STACYS	PITA TEXARKANA HOT	12/6 OZ	1.79	21.48		
6020	STACYS	SOY THIN CRISPS SWEET BBQ	12/3.5 OZ	1.79	21.48		
6021	STACYS	SOY THIN CRISPS WHT CHEDDAR	12/3.5 OZ	1.79	21.48		
7394	TERRA	CHIPS BLUE snack size	24/1 OZ	.69	16.56	.62	14.88
7392	TERRA	CHIPS ORIGINAL snack size	24/1 OZ	.72	17.28		
4398	TERRA	CHIPS RED BLISS GAR/PARM	12/5 OZ	2.36	28.32		
4400	TERRA	CHIPS RED BLISS HERB	12/5 OZ	2.39	28.68	2.09	25.08
4391	TERRA	CHIPS SWT POTATO PLAIN	12/6 OZ	2.48	29.76		
4393	TERRA	CHIPS YUKON GOLD	12/5 OZ	2.05	24.60		
31046	WHITE MT	KETTLE CORN	9/7.5 OZ	2.84	25.56		
33172	WILDGRDN	PITA CHIPS CHILI PEPPER	12/6 OZ	1.84	22.08	1.66	19.87
33173	WILDGRDN	PITA CHIPS CINN SUGAR	12/6 OZ	1.84	22.08	1.66	19.87
33171	WILDGRDN	PITA CHIPS RST GARLIC	12/6 OZ	1.84	22.08	1.66	19.87
33174	WILDGRDN	PITA CHIPS TRAD single serve	50/1.3 OZ	.61	30.50	.55	27.45
33170	WILDGRDN	PITA CHIPS TRADITIONAL	12/6 OZ	1.84	22.08	1.66	19.87

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>COFFEE</b>							
2756	AUDUBON	BREAKFAST BLEND ORG ground	12 OZ	7.07	7.07		
2742	AUDUBON	BREAKFAST BLEND ORG whl bean	12 OZ	7.07	7.07		
2757	AUDUBON	DECAF BRKFAST BLND ORG grnd	12 OZ	8.21	8.21	6.90	6.90
2743	AUDUBON	DECAF BRKFAST BLND ORG whl bn	12 OZ	8.21	8.21		
2744	AUDUBON	FRENCH ROAST ORG ground	12 OZ	7.07	7.07		
2740	AUDUBON	FRENCH ROAST ORG whl bean	12 OZ	7.07	7.07		
2755	AUDUBON	RAINFOREST BLEND ORG ground	12 OZ	7.07	7.07	6.27	6.27
2741	AUDUBON	RAINFOREST BLEND ORG whl bean	12 OZ	7.07	7.07	6.27	6.27
4128	DANESI	ESPRESSO DECAF GRND CAN Italy	8.75 OZ	5.95	5.95		
4127	DANESI	ESPRESSO GROUND CAN Italy	8.75 OZ	5.45	5.45		
8382	EQUALX	ORG BREAKFAST BLEND bean	12 OZ	6.15	6.15		
8380	EQUALX	ORG BREAKFAST BLEND ground	12 OZ	6.15	6.15		
31057	EQUALX	ORG CAFE NICA bean	12 OZ	6.15	6.15		
31060	EQUALX	ORG CAFE NICA ground	12 OZ	6.15	6.15		
31059	EQUALX	ORG COLUMBIAN bean	12 OZ	6.15	6.15		
31062	EQUALX	ORG COLUMBIAN ground	12 OZ	6.15	6.15		
8387	EQUALX	ORG DECAF CO2 ground	12 OZ	7.60	7.60		
31058	EQUALX	ORG ETHIOPIAN bean	12 OZ	6.15	6.15		
31061	EQUALX	ORG ETHIOPIAN ground	12 OZ	6.15	6.15		
8386	EQUALX	ORG FRENCH ROAST bean	10 OZ	6.15	6.15		
8385	EQUALX	ORG FRENCH ROAST ground	10 OZ	6.15	6.15		
31055	EQUALX	ORG MIND BODY SOUL bean	12 OZ	6.15	6.15		
31056	EQUALX	ORG MIND BODY SOUL ground	12 OZ	6.15	6.15		
30382	LARRYS	BOLIVIAN ORG FT	1#	7.17	7.17		
30383	LARRYS	COLUMBIAN ORG FT	1#	7.17	7.17		
30388	LARRYS	COSTA LITTLE RICKY ORG FT	1#	7.17	7.17	6.47	6.47
30389	LARRYS	COWBOY BLEND ORG FT	1#	7.24	7.24		
30396	LARRYS	DECAF ESPRESSO ORG FT	1#	8.37	8.37	7.47	7.47
30435	LARRYS	DECAF MEXICAN ORG	1#	8.13	8.13		
30397	LARRYS	DECAF TWILIGHT BLEND ORG FT	1#	8.37	8.37	7.47	7.47
30390	LARRYS	EL SALVADOR DALI ORG FT	1#	7.17	7.17		
30381	LARRYS	ESPRESSO ORG FT	1#	7.17	7.17	6.47	6.47
30387	LARRYS	ETHIOPIAN ORG FT	1#	7.17	7.17		
30391	LARRYS	FRANK SUMATRA ORG FT	1#	7.24	7.24		
30392	LARRYS	FRENCHY FRENCH ROAST ORG FT	1#	7.17	7.17		
30384	LARRYS	GUATAMALAN ORG FT	1#	7.17	7.17	6.47	6.47
30393	LARRYS	LOUIE SUPREMO ORG FT	1#	7.17	7.17		
30394	LARRYS	MALIBAR XXX ORG FT	1#	7.24	7.24	6.44	6.44
30395	LARRYS	MOCHA JAVA ORG FT	1#	7.24	7.24		
30385	LARRYS	PERUVIAN ORG FT	1#	7.17	7.17		
30386	LARRYS	TIMOR ORG FT	1#	7.17	7.17		
2618	MEDAGLIA	ESPRESSO GROUND can	11 OZ	6.55	6.55	5.85	5.85
30022	MEDAGLIA	ESPRESSO GROUND DECAF can	11 OZ	6.90	6.90		
2616	MEDAGLIA	INSTANT ESPRESSO POWDER	2 OZ	3.88	3.88		
30233	MTHAGAN	ORG FREEZE DRIED DECAF	3.53 OZ	6.47	6.47		
30232	MTHAGAN	ORG FREEZE DRIED INSTANT	3.53 OZ	6.49	6.49		
30234	MTHAGAN	ORG INSTANT CAPPUCCINO pkts	10 PKTS	3.45	3.45		
2721	ORGCOF	BRKFAST BLEND FAIR TRADE grnd	12 OZ	6.43	6.43	5.79	5.79
2732	ORGCOF	DECAF FRENCH RST whole bean	12 OZ	7.86	7.86	6.96	6.96
2729	ORGCOF	DECAF GORILLA whole bean	12 OZ	7.86	7.86		
2720	ORGCOF	FRENCH RST FAIR TRADE ground	12 OZ	6.43	6.43		
2728	ORGCOF	FRENCH RST FAIR TRADE whl bean	12 OZ	6.43	6.43		
2731	ORGCOF	HURRICANE ESPRESSO whole bean	12 OZ	6.43	6.43		
2723	ORGCOF	JAVA LOVE ground	12 OZ	6.43	6.43	5.73	5.73
2734	ORGCOF	STELLAR BREW whole bean	12 OZ	6.43	6.43		
2724	ORGCOF	SUMATRA MANDHELING whole bean	12 OZ	6.43	6.43	5.73	5.73
6708	ORGCOF	TRIAL SIZE SAMPLER ORG	12/2 OZ	1.22	14.64	1.09	13.08
2722	ORGCOF	ZEN BLEND ground	12 OZ	6.43	6.43	5.73	5.73
2733	ORGCOF	ZEN BLEND whole bean	12 OZ	6.43	6.43		
<b>33141</b>	<b>VTCOFFEE</b>	<b>CAFE ALTA GRACIA med ORG FT</b>	<b>14 OZ</b>	<b>7.14</b>	<b>7.14</b>	<b>5.72</b>	<b>5.72</b>
<b>33138</b>	<b>VTCOFFEE</b>	<b>DARK ROAST ORG FT</b>	<b>16 OZ</b>	<b>7.86</b>	<b>7.86</b>	<b>6.29</b>	<b>6.29</b>
<b>33140</b>	<b>VTCOFFEE</b>	<b>DECAF ORG FT</b>	<b>16 OZ</b>	<b>9.29</b>	<b>9.29</b>	<b>7.44</b>	<b>7.44</b>
<b>33139</b>	<b>VTCOFFEE</b>	<b>MILD ROAST ORG FT</b>	<b>16 OZ</b>	<b>7.86</b>	<b>7.86</b>	<b>6.29</b>	<b>6.29</b>
<b>33142</b>	<b>VTCOFFEE</b>	<b>TRES MARIPOSA med/dark ORG FT</b>	<b>14 OZ</b>	<b>7.14</b>	<b>7.14</b>	<b>5.72</b>	<b>5.72</b>
41068	WICKED	BIG HOUSE OG FT light/dk blend	12 OZ	5.79	5.79	5.19	5.19
41070	WICKED	COSTA RICA OG FT SOLAR DRIED	12 OZ	5.99	5.99	5.39	5.39
41071	WICKED	EL SALVADOR MIRAMAR OG FT	12 OZ	5.71	5.71	5.11	5.11
41072	WICKED	ETHIOPIA YIRGACHEFFE OG FT	12 OZ	5.99	5.99	5.39	5.39
41069	WICKED	JOHNNY BEEZER'S OG FT mild	12 OZ	5.79	5.79	5.19	5.19
41073	WICKED	MEXICO CHIAPAS OG FT	12 OZ	5.71	5.71	5.11	5.11
41074	WICKED	NEW GUINEA YHA HAUKA OG FT	12 OZ	5.71	5.71	5.11	5.11
41075	WICKED	PERU CHANCHAMAYO OG FT	12 OZ	5.71	5.71	5.11	5.11
41067	WICKED	ROGUE WAVE OG FT dk/light blnd	12 OZ	5.79	5.79	5.19	5.19
41076	WICKED	SUMATRA GAYOLAND OG FT	12 OZ	5.99	5.99	5.39	5.39
41066	WICKED	WICKED FRENCH OG FT dark	12 OZ	5.79	5.79	5.19	5.19
<b>41176</b>	<b>WINGS</b>	<b>AFRICAN BLEND whole bean ORG</b>	<b>12 OZ</b>	<b>5.72</b>	<b>5.72</b>	<b>4.29</b>	<b>4.29</b>
<b>41171</b>	<b>WINGS</b>	<b>COLUMBIAN DECAF whole bean ORG</b>	<b>12 OZ</b>	<b>5.72</b>	<b>5.72</b>	<b>4.29</b>	<b>4.29</b>
<b>41170</b>	<b>WINGS</b>	<b>COLUMBIAN whole bean ORG</b>	<b>12 OZ</b>	<b>5.72</b>	<b>5.72</b>	<b>4.29</b>	<b>4.29</b>
<b>41172</b>	<b>WINGS</b>	<b>ESPRESSO BLEND whole bean ORG</b>	<b>12 OZ</b>	<b>5.72</b>	<b>5.72</b>	<b>4.29</b>	<b>4.29</b>

# FRENCH



COFFEE ROASTED  
FOR FRIENDS®



100% ORGANIC



## Dark Chocolate with Orange

Fine Dark chocolate bar, refined with orange essential oil. A treat for the taste-buds.

*Ingredients: cocoa mass\*, raw cane sugar\*, cocoa butter\*, orange essential oil\*. Cocoa solids: 70% minimum.*

## Milk Chocolate

A milk chocolate with an excellent hint of cocoa. A smooth, creamy, mouth-watering temptation...

*Ingredients: raw cane sugar\*, whole milk powder\*, cocoa mass\*, cocoa butter\*, soy lecithin\* (emulsifier), bourbon vanilla\*. Cocoa solids: 32% minimum. Milk solids: 26%.*

## Milk Chocolate with Hazelnuts

The finest milk chocolate with freshly roasted chopped hazelnuts. For the lip-smacking, crunchy, nutty experience.

*Ingredients: raw cane sugar\*, whole milk powder\*, cocoa mass\*, cocoa butter\*, hazelnuts\* (10%), soy lecithin\* (emulsifier), bourbon vanilla\*. Cocoa solids: 33% minimum. Milk solids: 24%.*



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
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### COFFEE - CONT.

41173	WINGS	ESPRESSO DECAF whole bean ORG	12 OZ	5.72	5.72	4.29	4.29
41169	WINGS	FRENCH ROAST whole bean ORG	12 OZ	5.72	5.72	4.29	4.29
41178	WINGS	LATIN BLEND whole bean ORG	12 OZ	5.72	5.72	4.29	4.29
41174	WINGS	SIGNATURE BLEND whole bean ORG	12 OZ	5.72	5.72	4.29	4.29
41175	WINGS	SIGNATURE DECAF whole bean ORG	12 OZ	5.72	5.72	4.29	4.29

### COFFEE SUBSTITUTES

1275	CAFIX	COFFEE SUB GRAIN BVRG CAN	6/7.05 OZ	4.95	29.70		
8530	KAFFREE	KAFFREE ROMA	7 OZ	6.64	6.64		
41001	TEECCINO	HERBAL ALMOND AMARETTO	8.5 OZ	6.50	6.50		
41002	TEECCINO	HERBAL CHOCOLATE MINT	8.5 OZ	6.50	6.50		
41003	TEECCINO	HERBAL HAZELNUT	8.5 OZ	6.50	6.50		
41004	TEECCINO	HERBAL JAVA	8.5 OZ	6.03	6.03		
41005	TEECCINO	HERBAL MOCHA	8.5 OZ	6.50	6.50		
41006	TEECCINO	HERBAL ORIGINAL	8.5 OZ	6.03	6.03		
41007	TEECCINO	HERBAL VANILLA NUT	8.5 OZ	6.50	6.50		
41008	TEECCINO	MAYA CAFFE ORG	8.5 OZ	7.20	7.20		
41009	TEECCINO	MAYA CHAI ORG	8.5 OZ	7.20	7.20		
41010	TEECCINO	MAYA MOCHA ORG	8.5 OZ	7.20	7.20		

### CONDIMENTS, BOUILLON, BROTH POWDERS, CLAM JUICE & GRVY MIXES

4377	BARHAR	CLAM JUICE	8 OZ	1.65	1.65		
9244	BRAGG	LIQUID AMINOS	16 OZ	3.80	3.80		
9246	BRAGG	LIQUID AMINOS	32 OZ	6.45	6.45		
31076	MAYACAMA	GRAVY MIX BROWN GF V	.65 OZ	.91	.91		
31078	MAYACAMA	GRAVY MIX SAVORY HERB GF V	.8 OZ	.91	.91		
31077	MAYACAMA	GRAVY MIX TURKEY GF V	.7 OZ	.91	.91		
31073	MAYACAMA	SAUCE MIX HOLLANDAISE GF LF	1 OZ	1.32	1.32		
1617	MORGA	VEG. CUBES N/S ORG 8 cubes	2.24 OZ	3.99	3.99		
1619	MORGA	VEG. CUBES W/S 8 cubes	2.8 OZ	3.99	3.99		
30585	PACIFIC	GRAVY BEEF NATL FLAVORED	16 OZ	2.09	2.09	1.59	1.59
1970	RAPUNZEL	VEGE BOUILLON no salt ORG	12/3 OZ	2.25	27.00	1.99	23.88
1969	RAPUNZEL	VEGE BOUILLON w/herbs ORG	12/3 OZ	2.36	28.32	2.12	25.44
1968	RAPUNZEL	VEGE BOUILLON w/salt ORG	12/3 OZ	2.25	27.00	1.99	23.88
1966	RAPUNZEL	VEGE SOUP BROTH ORG jar	4.41 OZ	4.05	4.05	3.65	3.65
5685	ROADSEND	GRAVY MIX GOLDEN GF DF ORG	12/1 OZ	.70	8.40		
5687	ROADSEND	GRAVY MIX SAVORY HERB GF DF OG	12/1 OZ	.70	8.40		
5686	ROADSEND	GRAVY MIX SHIITAKE GF DF ORG	12/1 OZ	.70	8.40		
0141	SIMPLYOG	GRAVY MIX BROWN ORG	.9 OZ	.90	.90		
0140	SIMPLYOG	GRAVY MIX ROASTED CHICKEN ORG	.9 OZ	.90	.90		
0139	SIMPLYOG	GRAVY MIX ROASTED TURKEY ORG	.9 OZ	.90	.90		
0142	SIMPLYOG	SAUCE MIX WILD MUSHROOM ORG	.9 OZ	.90	.90		

### CONDIMENTS, COOKING SAUCES & MARINADES - BBQ

30296	AMER SPN	BBQ SAUCE CHERRY s	15 OZ	4.75	4.75		
30297	AMER SPN	BBQ SAUCE ORIGINAL	13.5 OZ	3.95	3.95		
30295	AMER SPN	BBQ SAUCE PINEAPPLE CHILI s	14.5 OZ	4.65	4.65		
30338	ANNIENA	SAUCE CHIPOTLE BBQ ORG	12 OZ	2.33	2.33		
4239	ANNIENA	SAUCE ORIGINAL BBQ ORG	12 OZ	2.33	2.33		
4241	ANNIENA	SAUCE SMOKEY MAPLE BBQ ORG	12 OZ	2.33	2.33		
31171	BILARDO	BBQ SAUCE VINEGAR	18 OZ	3.64	3.64		
31170	COWTOWN	BBQ SAUCE ORIGINAL s	18 OZ	3.87	3.87	3.47	3.47
30358	DONNAS	BBQ SAUCE HONEY MUSTARD ORG s	12 OZ	3.55	3.55	2.85	2.85
30359	DONNAS	BBQ SAUCE ONION ORG s	12 OZ	3.55	3.55	2.85	2.85
30265	HICK	APPLE PLUM BBQ SAUCE	16 OZ	3.35	3.35		
31134	HICK	MANGO CHIPOTLE GRILLING SAUCEs	17.5 OZ	3.35	3.35		
30264	HICK	MAPLE BOURBON GRILLING SAUCE	17 OZ	3.35	3.35		
40100	LIP LICK	BBQ SAUCE BOLD & SPICY	19 OZ	2.86	2.86	1.99	1.99
40101	LIP LICK	BBQ SAUCE SWEET & SMOKY	19 OZ	2.86	2.86	1.99	1.99
0867	PEMBERT	MAPLE BBQ SAUCE	14.25 OZ	4.07	4.07	3.57	3.57
30342	TEXAS	BBQ SAUCE STAMPEDE s	18 OZ	3.60	3.60	2.99	2.99

### CONDIMENTS, COOKING SAUCES & MARINADES

30293	AMER SPN	GRILLING SAUCE APPLE CIDER s	14 OZ	4.65	4.65	4.19	4.19
30292	AMER SPN	GRILLING SAUCE CHILI LIME	12.5 OZ	4.57	4.57	4.07	4.07
30290	AMER SPN	GRILLING SAUCE TANGY GINGER	14 OZ	4.57	4.57	4.07	4.07
31017	AMER SPN	ROASTING SAUCE PUMPKN CHIPOTLE	14.5 OZ	4.65	4.65		
4554	AMORE	ANCHOVY PASTE tube	1.58 OZ	1.49	1.49		
4555	AMORE	GARLIC PASTE tube p	3.15 OZ	2.96	2.96		
4556	AMORE	HOT PEPPER PASTE tube	3.15 OZ	2.96	2.96		
4558	AMORE	ITALIAN TOMATO PASTE tube	4.5 OZ	1.99	1.99		
4557	AMORE	PESTO PASTE tube	2.8 OZ	2.86	2.86		
4559	AMORE	SUNDRIED TOMATO PASTE	2.8 OZ	3.96	3.96		
30339	ANNIENA	MARINADE TERIYAKI ORG	10 OZ	2.79	2.79		
32127	APPALACH	GRILL SAUCE APPLEWOOD s	12 OZ	3.59	3.59		
32133	APPALACH	GRILL SAUCE POMEGRNT CHIPOTLE	15 OZ	4.65	4.65	4.15	4.15
32132	APPALACH	GRILL SAUCE TAMARIND LIME s	14 OZ	4.65	4.65	4.15	4.15
41155	APPALACH	SAUCE CRANBERRY LIME s	8 OZ	3.00	3.00	2.70	2.70
30626	BARHAR	LOBSTER NEWBERG	10.5 OZ	4.46	4.46	3.99	3.99
30627	BARHAR	NEWBERG SAUCE	10.5 OZ	2.19	2.19	1.97	1.97

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
33105	BARTS	BASIL IN SUNFLOWER OIL ORG	3 OZ	3.34	3.34		
33106	BARTS	CHILLI IN SUNFLOWER OIL ORG	3 OZ	3.34	3.34		
33107	BARTS	GARLIC IN SUNFLOWER OIL ORG	3 OZ	3.34	3.34		
33108	BARTS	GINGER IN SUNFLOWER OIL ORG	3 OZ	3.34	3.34		
33109	BARTS	LEMONGRASS IN SUNFLWR OIL ORG	3 OZ	3.34	3.34		
30336	BUBBIE J	BRISKET MAGIC	25.5 OZ	4.06	4.06	3.66	3.66
3904	FITCH	GLAZE HOT PEPPER MEDIUM ORG	9.8 OZ	4.49	4.49	3.49	3.49
3903	FITCH	GLAZE SPICY MILD ORG honey	9.8 OZ	4.49	4.49	3.49	3.49
31117	FORBIDN	STEAK SAUCE SMOKY FIVE NUT	10 OZ	3.35	3.35		
31116	FORBIDN	STEAK SAUCE TAMARIND PEPPER s	10 OZ	3.35	3.35	2.99	2.99
31115	FORBIDN	STEAK SAUCE WASABI s	10 OZ	3.35	3.35		
1795	GINGERPE	SAUCE GINGER HICKORY s	12.7 OZ	3.87	3.87	3.47	3.47
1846	GINGERPE	SAUCE GINGER JERK s	12.7 OZ	3.87	3.87	3.47	3.47
1796	GINGERPE	SAUCE GINGER LEMONGRASS s	12.7 OZ	3.87	3.87	3.47	3.47
1794	GINGERPE	SAUCE GINGER LIME s	12.7 OZ	3.87	3.87	3.47	3.47
1797	GINGERPE	SAUCE GINGER PEANUT s	12.7 OZ	3.87	3.87	3.47	3.47
1791	GINGERPE	SAUCE GINGER WASABI	12.7 OZ	3.87	3.87	3.47	3.47
1847	GINGERPE	SAUCE SWEET CHILI GINGER s	12.7 OZ	3.87	3.87	3.47	3.47
1811	GINGERPE	SAUCE VINGR/MAR GINGER SESAME	12.7 OZ	3.87	3.87	3.47	3.47
30263	HICK	APRICOT GINGER TERIYAKI	18 OZ	3.35	3.35		
5506	HP	HP BROWN SAUCE	9 OZ	2.89	2.89		
31260	KANGHI	MISO OMNISAUCE CURRY ORG	12 OZ	4.50	4.50		
31261	KANGHI	MISO OMNISAUCE GINGER ORG	12 OZ	4.50	4.50		
31262	KANGHI	MISO OMNISAUCE HNY LIME ORG	12 OZ	4.50	4.50		
30110	LULU	GRILLING GLAZE BALSAMIC PEPPER	8.45 OZ	6.60	6.60	5.61	5.61
30109	LULU	GRILLING GLAZE LOQUAT CHILI	8.45 OZ	6.60	6.60	5.61	5.61
4900	LULU	GRILLING SAUCE FIG BALSAMIC	8.45 OZ	6.60	6.60	5.61	5.61
4901	LULU	GRILLING SAUCE MUSTARD & HERBS	8.45 OZ	6.60	6.60	5.61	5.61
4913	LULU	MARINADE MEYER LEMON/ROSEMARY	6 OZ	6.10	6.10	5.19	5.19
30111	LULU	SAUCE SWT PEPPER STEMPERATA	12.6 OZ	6.60	6.60	5.61	5.61
4008	MYRONS	MAGIC 20 GAUGE SAUCE	10 OZ	3.20	3.20	2.40	2.40
30125	OLIVE ET	ROMESCO SAUCE	160 GM	6.85	6.85		
30642	PEMBERT	GLAZE SESAME ASIAN	14.25 OZ	3.86	3.86	3.46	3.46
30640	PEMBERT	SAUCE CASHAW GINGER	11.25 OZ	4.15	4.15		
30641	PEMBERT	SAUCE INDONESIAN SATAY	11.25 OZ	4.15	4.15		
3672	ROLAND	SAUCE CHIPOTLE s sqze bottle	12 OZ	5.48	5.48		
3676	ROLAND	SAUCE CRANBRY HRSERADISH s sqz	12 OZ	5.48	5.48		
3685	ROLAND	SAUCE KALAMATA FETA s sqze btl	12 OZ	6.38	6.38	5.68	5.68
3686	ROLAND	SAUCE RST YELLOW PEPR s sqze b	12 OZ	6.38	6.38	5.68	5.68
5495	ROSEBUD	MINT SAUCE s	6 OZ	4.85	4.85		
6942	TRACKLE	CUMBERLAND SAUCE	9 OZ	4.29	4.29		
6941	TRACKLE	REAL MINT SAUCE	9 OZ	4.29	4.29	3.79	3.79
32069	U B	EVERYTHING SAUCE NOT SO SPICY	16 OZ	3.76	3.76		
32070	U B	EVERYTHING SAUCE SPICY	16 OZ	3.76	3.76		
3997	ULT SEAS	SAUCE VEGGIE HOT AFRICAN	12 OZ	4.99	4.99	3.99	3.99
3996	ULT SEAS	SAUCE VEGGIE MILD AFRICAN	12 OZ	4.99	4.99	3.99	3.99
5464	WATKINS	ANCHOVY SAUCE	5.6 OZ	4.26	4.26		
5465	WATKINS	MUSHROOM KETCHUP liquid	5.6 OZ	3.75	3.75	3.35	3.35
<b>CONDIMENTS, COOKING SAUCES - HOT</b>							
31149	BITE ME	HOT SAUCE CHIPOTLE	5 OZ	2.41	2.41		
5619	BOULDRH	HOT SAUCE HARRY'S HABANERO	5 OZ	3.25	3.25		
5618	BOULDRH	HOT SAUCE SMOKEY SERRANO	5 OZ	3.25	3.25		
7405	CHACHI	HOT SAUCE ORG	5 OZ	4.65	4.65	4.15	4.15
4748	CHOLULA	HOT SAUCE	5 OZ	2.53	2.53		
4229	DADDYS	TABLE HOT SAUCE EXTRA GARLIC	5 OZ	2.34	2.34	1.89	1.89
4228	DADDYS	TABLE HOT SAUCE EXTRA HEAT	5 OZ	2.34	2.34	1.89	1.89
4275	DADDYS	TABLE HOT SAUCE MILD	5 OZ	2.34	2.34	1.89	1.89
5228	DAVES	COOL CAYENNE SAUCE med	5 OZ	2.86	2.86		
5226	DAVES	CRAZY CARIBBEAN SAUCE hot	5 OZ	2.86	2.86		
5221	DAVES	GINGER PEACH HOT SAUCE med	5 OZ	2.86	2.86		
5279	DAVES	HOT SAUCE SAMPLER MINIS	4 PK	4.40	4.40		
5220	DAVES	HURTIN HABANERO SAUCE hot	5 OZ	2.86	2.86		
5222	DAVES	HURTIN JALAPENO SAUCE med	5 OZ	2.86	2.86		
5217	DAVES	INSANITY SAUCE hottest	5 OZ	3.65	3.65		
5227	DAVES	JAMMIN JERK SAUCE hot	5 OZ	2.86	2.86		
5258	DAVES	RST GARLIC HOT SAUCE med	5 OZ	2.86	2.86	2.56	2.56
5257	DAVES	RST RED PEP CHIPOTLE SAUCE med	5 OZ	2.86	2.86	2.56	2.56
5259	DAVES	SCOTCH BONNET HOT SAUCE med s	5 OZ	2.86	2.86	2.56	2.56
5219	DAVES	TEMPORARY INSANITY SAUCE hot	5 OZ	3.39	3.39		
5218	DAVES	TOTAL INSANITY SAUCE very hot	5 OZ	3.65	3.65	3.25	3.25
5251	DAVES	ULTIMATE INSANITY SCE hottest	5 OZ	4.72	4.72		
6723	DESERT	PEPPER SAUCE HABANERO	5 OZ	1.89	1.89	1.69	1.69
30209	GREENES	SAUCE ATOMIC HABANERO very hot	5 OZ	3.91	3.91		
30208	GREENES	SAUCE DRAGONS FIRE very hot	5 OZ	3.91	3.91		
30207	GREENES	SAUCE HOPI JALA/HORSRDISH mild	5 OZ	3.91	3.91		
30205	GREENES	SAUCE SW SMKY RD PEPP mild/med	5 OZ	3.91	3.91	3.51	3.51
30206	GREENES	SAUCE TEXAS CHIPOTLE	5 OZ	3.91	3.91		
8309	JUMP UP	HOT SAUCE CHIPOTLE	5 OZ	2.86	2.86		
8307	JUMP UP	HOT SAUCE ORIGINAL	5 OZ	2.86	2.86		
8308	JUMP UP	HOT SAUCE PASSION FRUIT	5 OZ	2.86	2.86		

# BART DELICATESSEN

Bart Delicatessen range from the UK.  
Unique "wet" spices grown organically  
and sourced carefully from all  
over the globe.

Inspire your pallet today!



## French Basil in Sunflower Oil #33105

This green leaf paste has a typical  
basil aroma with a warm and peppery  
flavor.

## Hot Chilli in Sunflower Oil #33106

A red paste containing chilli seeds  
with a pungent smell of chilli and a  
hot and fiery taste.

## Garlic in Sunflower Oil #33107

With a uniform yellow/light brown  
color and a typically mild, clean  
garlic flavor with no aftertaste.

## Ginger in Sunflower Oil #33108

This has a pale yellow/straw color  
with a pleasant, fiery typical ginger  
taste.

## Lemongrass in Sunflower Oil #33109

Pale yellow in color with a clean  
lemony flavor, yet with a hint of spice

Imported by Chelsea Market Baskets Wholesale  
www.cmb-wholesale.com



# Chocolate

*it is healthier than people think*

Enjoying chocolate can be a "wickedly delicious" experience! The experience of that moment has positive health benefits too!

Prophylaxis and vascular protection as the results of the latest scientific research verify: Dark chocolate is healthy!

Cacao contains a great variety of bio-active substances that are valuable for the body -

**CATECHINS** protect the heart. Catechins belong to the flavonoid family - a group of biological pigments. They have strong antioxidant capabilities, which have more of an effect than Vitamin C and E. Catechins may help to protect against heart disease and cancer.

Catechins effectively catch free radicals and prevent deposits in the blood vessel walls\*, regulate the blood pressure\*\*, and stimulate the immune system.

The positive medicinal effects of Catechins are also found in green tea and red wine.

*Catechin content in mg:*

*Dark chocolate (100 g)=  
53.3 mg*

*Milk chocolate (100 g)= 15.9 mg*

*Green tea (1 cup)ca.= 25.8 mg*

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>CONDIMENTS, COOKING SAUCES - HOT - CONT.</b>							
30441	MELINDA	HOT SAUCE	5 OZ	2.02	2.02		
30444	MELINDA	HOT SAUCE AMARILLO	5 OZ	2.02	2.02	1.82	1.82
30439	MELINDA	HOT SAUCE CHIPOTLE	5 OZ	2.87	2.87	2.57	2.57
30442	MELINDA	HOT SAUCE EXTRA	5 OZ	2.02	2.02	1.82	1.82
30445	MELINDA	HOT SAUCE GARLIC	5 OZ	2.02	2.02		
30440	MELINDA	HOT SAUCE XXXTRA HOT	5 OZ	2.02	2.02		
30443	MELINDA	HOT SAUCE XXXTRA RESERVE	5 OZ	2.47	2.47		
31161	PAIN IS	DIVA HOT SAUCE HONEY CAYENNE	6.75 OZ	3.87	3.87	2.97	2.97
31162	PAIN IS	DIVA HOT SAUCE JALAP HARISSA	6.75 OZ	3.87	3.87	2.97	2.97
31159	PAIN IS	DIVA MINI SAUCE HONEY CAYENNE	3.75 OZ	2.83	2.83	2.53	2.53
31160	PAIN IS	DIVA MINI SAUCE JALAP HARISSA	3.75 OZ	2.83	2.83	2.53	2.53
31156	PAIN IS	HOT SAUCE GARLIC STYLE	6.75 OZ	3.87	3.87	2.90	2.90
31157	PAIN IS	HOT SAUCE JAMAICAN JERK	7.5 OZ	3.87	3.87	2.90	2.90
31158	PAIN IS	HOT SAUCE LOUISIANA STYLE	6.75 OZ	3.87	3.87	2.99	2.99
31152	PAIN IS	HOT SAUCE PAIN 100%	6.5 OZ	3.87	3.87	2.99	2.99
31150	PAIN IS	HOT SAUCE PAIN 85%	6.5 OZ	3.60	3.60	3.20	3.20
31151	PAIN IS	HOT SAUCE PAIN 95%	6.5 OZ	3.60	3.60	3.20	3.20
31153	PAIN IS	MINI HOT SAUCE GARLIC STYLE	3.75 OZ	2.83	2.83	2.53	2.53
31154	PAIN IS	MINI HOT SAUCE JAMAICAN JERK	3.75 OZ	2.83	2.83	2.53	2.53
31155	PAIN IS	MINI HOT SAUCE LOUISIANA STYLE	3.75 OZ	2.83	2.83	2.53	2.53
9016	PICKAPEP	RED PEPPER SAUCE s	3 OZ	2.09	2.09		
4364	PICKAPEP	SAUCE ORIGINAL s	5 OZ	2.09	2.09		
30341	TEXAS	HOT SAUCE HEAT WAVE hot	6 OZ	3.36	3.36		
4717	VERMTPEP	SAUCE CARROT CAYENNE R	8 OZ	3.36	3.36		
4836	VERMTPEP	SAUCE CHOCOLATE CHIPOTLE s	8 OZ	3.36	3.36		
4718	VERMTPEP	SAUCE HEMPIN JALAPENO X	8 OZ	3.36	3.36		
4719	VERMTPEP	SAUCE PEACH/GING/HABANERO	8 OZ	3.36	3.36		
4716	VERMTPEP	SAUCE RANCHO ANCHO PG	8 OZ	3.36	3.36		
1194	VITARROZ	LOUISIANA RED PEPPER SAUCE	6 OZ	.79	.79		
0137	WIZARD	HOT STUFF SAUCE ORIG ORG	5 OZ	2.55	2.55		
<b>CONDIMENTS, COOKING SAUCES - WORCESTERSHIRE</b>							
4232	ANNIENA	WORCESTERSHIRE SAUCE ORG	6.25 OZ	2.33	2.33		
1093	WANJASN	WORCESTERSHIRE SAUCE veg s	20 OZ	2.98	2.98		
1081	WANJASN	WORCESTERSHIRE SAUCE veg s	10 OZ	1.59	1.59	1.39	1.39
0138	WIZARD	WORCESTERSHIRE SAUCE veg ORG	5 OZ	2.55	2.55	2.25	2.25
0145	WIZARD	WORCESTERSHIRE SAUCE veg ORG	10 OZ	3.89	3.89		
<b>CONDIMENTS, DIPS &amp; SPREADS</b>							
32129	APPALACH	DIP/SPREAD CHIPOTLE BLEU CHEES	12 OZ	3.95	3.95	3.55	3.55
32130	APPALACH	DIP/SPREAD SD TOM/HORSERADISH	12 OZ	3.95	3.95	3.55	3.55
4384	BARHAR	SEAFOOD DIP CLAM	4.5 OZ	2.15	2.15	1.94	1.94
6717	DESERT	DIP SPICY BLACK BEAN	16 OZ	3.42	3.42		
7023	ELPASO	DIP OAXACAN PINTO BEAN	16 OZ	2.99	2.99	1.99	1.99
31139	FIESTA	ARTICHOKE SPINACH DIP	15.5 OZ	4.33	4.33		
31140	FIESTA	JALAPENO DIP	15.5 OZ	4.63	4.63	3.93	3.93
8556	LEGERE	SPREAD NUTRI YEAST/MUSTARD	6 OZ	3.39	3.39		
4915	LULU	GARLIC AIOLI mayo	8 OZ	6.20	6.20	5.27	5.27
4907	LULU	TAPENADE OLIVE	6 OZ	7.35	7.35	6.25	6.25
4937	LULU	TAPENADE SD TOMATO & PORCINI	6 OZ	7.35	7.35	6.25	6.25
4906	LULU	TAPENADE TRUFFLED ARTICHOKE	6 OZ	7.35	7.35	6.25	6.25
3643	MAGGIE	BLOOD PLUM PASTE s cup	3.5 OZ	3.29	3.29	2.89	2.89
3647	MAGGIE	CABERNET PASTE s cup	3.5 OZ	3.29	3.29		
3640	MAGGIE	FIG PASTE s cup	3.5 OZ	3.29	3.29		
3639	MAGGIE	QUINCE PASTE s cup	3.5 OZ	3.29	3.29		
<b>41157</b>	<b>MARMITE</b>	<b>YEAST EXTRACT</b>	<b>4.4 OZ</b>	<b>4.04</b>	<b>4.04</b>	<b>3.64</b>	<b>3.64</b>
31248	NATSEA	COCKTAIL SAUCE ORG	8 OZ	2.61	2.61		
31249	NATSEA	TARTAR SAUCE ORG	8 OZ	2.61	2.61		
8113	OLDCAPE	SEAFOOD COCKTAIL SAUCE s	9 OZ	1.59	1.59		
5675	ROADSEND	chREESE NACHO DIP DF mild ORG	11 OZ	2.35	2.35	1.88	1.88
5676	ROADSEND	chREESE NACHO DIP DF spicy ORG	11 OZ	2.35	2.35	1.88	1.88
0148	SIMPLYOG	DIP MIX CREAMY DILL ORG	.7 OZ	1.09	1.09		
0149	SIMPLYOG	DIP MIX FRENCH ONION ORG	1.1 OZ	1.09	1.09		
0151	SIMPLYOG	DIP MIX GUACAMOLE ORG s	.8 OZ	1.09	1.09		
0152	SIMPLYOG	DIP MIX RANCH ORG	1.5 OZ	1.09	1.09	.98	.98
7109	WILDGRDN	HUMMUS BLACK OLIVE	12 OZ	2.29	2.29	1.95	1.95
7111	WILDGRDN	HUMMUS CHILI PEPPER	12 OZ	2.29	2.29	1.95	1.95
7108	WILDGRDN	HUMMUS FIRE RST PEPPER	13.4 OZ	2.29	2.29	1.95	1.95
7104	WILDGRDN	HUMMUS JALAPENO	12 OZ	2.29	2.29	1.95	1.95
7107	WILDGRDN	HUMMUS RST GARLIC	12 OZ	2.29	2.29	1.95	1.95
7105	WILDGRDN	HUMMUS SUNDRIED TOMATO	12 OZ	2.29	2.29	1.95	1.95
7106	WILDGRDN	HUMMUS TRADITIONAL	12 OZ	2.29	2.29	1.95	1.95
7110	WILDGRDN	HUMMUS TWO SWEET PEPPERS	12 OZ	2.29	2.29	1.95	1.95
33169	WILDGRDN	SINGLE SERVE HUMMUS	30/2.4 OZ	.61	18.30	.55	16.47
<b>CONDIMENTS, OLIVES</b>							
4186	ALMA	CALAMATA OLIVES	10 OZ	3.49	3.49	2.99	2.99
4183	ALMA	CALAMATA OLIVES PITTED	10 OZ	3.79	3.79		
4184	ALMA	GREEK BLACK OLIVES	10 OZ	2.59	2.59		
4185	ALMA	GREEN CRACKED OLIVES	10 OZ	2.59	2.59		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
30149	BARNIER	POUCH OLIVES GREEN W/HERBS	6/4.4 OZ	1.86	11.16	1.66	9.96
30148	BARNIER	POUCH OLIVES MIX	6/4.4 OZ	1.86	11.16	1.66	9.96
30151	BARNIER	POUCH OLIVES NICOISE	6/4.4 OZ	1.86	11.16	1.66	9.96
30150	BARNIER	POUCH OLIVES PICHOLINE	6/4.4 OZ	1.86	11.16	1.66	9.96
30135	DIVINA	OLIVES CRACKED GREEN	7.5 OZ	2.94	2.94		
30136	DIVINA	OLIVES GREEK MIX	6.36 OZ	3.04	3.04		
30137	DIVINA	OLIVES KALAMATA	7 OZ	3.70	3.70		
30138	DIVINA	OLIVES KALAMATA ORG	7 OZ	4.56	4.56	4.06	4.06
30139	DIVINA	OLIVES KALAMATA PITTED	6 OZ	4.11	4.11	3.71	3.71
30140	DIVINA	OLIVES KALAMATA PITTED ORG	7 OZ	4.85	4.85		
6645	DIVINA	OLIVES STUFFED BLUE CHEESE	7.7 OZ	4.75	4.75		
30141	DIVINA	OLIVES STUFFED CITRUS	7.7 OZ	4.19	4.19	3.69	3.69
6646	DIVINA	OLIVES STUFFED FETA	7.7 OZ	4.75	4.75		
6633	DIVINA	OLIVES STUFFED GARLIC	7.7 OZ	4.19	4.19		
30142	DIVINA	OLIVES STUFFED JALAPENOS	7.7 OZ	4.19	4.19		
30143	DIVINA	OLIVES STUFFED PEPPERS	7.7 OZ	4.19	4.19		
30144	DIVINA	OLIVES STUFFED SD TOMATOES	7.8 OZ	4.75	4.75	4.25	4.25
33046	ELEONA	OLIVES CHALKIDIKI W/LMD o oil	10 OZ	6.45	6.45		
33045	ELEONA	OLIVES CHALKIDIKI W/GARL o oil	10 OZ	6.45	6.45		
33043	ELEONA	OLIVES CHALKIDIKI W/LEM o oil	10 OZ	6.45	6.45		
33047	ELEONA	OLIVES CHALKIDIKI W/RD PEPR o	10 OZ	6.45	6.45		
4815	MEDORG	ORG OLIVES GREEN W/ALMONDS	9 OZ	3.78	3.78	3.38	3.38
4814	MEDORG	ORG OLIVES GREEN W/PEPPERS	9 OZ	3.78	3.78	3.38	3.38
4801	MEDORG	ORG OLIVES GRN MANZAN W/LEMON	9 OZ	2.85	2.85	2.28	2.28
4811	MEDORG	ORG OLIVES KALAMATA PITTED	8.1 OZ	4.99	4.99		
4812	MEDORG	ORG OLIVES KALAMATA UNPITTED	8.5 OZ	4.39	4.39	3.51	3.51
4810	MEDORG	ORG OLIVES NATURAL BLACK	9 OZ	3.09	3.09	2.47	2.47
6573	NATVALUE	BLACK OLIVES CHOPPED	4.25 OZ	.99	.99		
6574	NATVALUE	BLACK OLIVES SLICED	2.25 OZ	.99	.99		
30121	OLIVE ET	OLIVES LIMERO C lime & cardamon	260 GM	6.29	6.29	5.59	5.59
30123	OLIVE ET	OLIVES MOORISH cumn/corrian/car	260 GM	6.29	6.29	5.59	5.59
5893	OLIVICO	OLIVES BLACK BOTIJA DRIED ORG	15.7 OZ	4.99	4.99	4.49	4.49
9635	PELPNSE	OLIVES COUNTRY MIX	7.5 OZ	3.13	3.13	2.66	2.66
0457	SANTABAR	ESTATE OLIVES CAPER STUFFED	4.25 OZ	3.84	3.84		
0432	SANTABAR	OLIVES BLACK LG PITTED	6 OZ CAN	2.19	2.19		
0433	SANTABAR	OLIVES GREEN TREE RIPE PITTED	6 OZ CAN	2.90	2.90	2.60	2.60
0441	SANTABAR	OLIVES ORG STUFFED GARLIC	5 OZ	3.10	3.10		
0440	SANTABAR	OLIVES ORG STUFFED JALAPENO	5 OZ	2.99	2.99		
0447	SANTABAR	OLIVES PITTED ITALIAN	4.25 OZ	2.85	2.85		
0445	SANTABAR	OLIVES PITTED COUNTRY	4.25 OZ	2.85	2.85		
0443	SANTABAR	OLIVES STUFFED ALMOND	5 OZ	3.85	3.85	3.45	3.45
0425	SANTABAR	OLIVES STUFFED ANCHOVY	5 OZ	3.85	3.85		
0424	SANTABAR	OLIVES STUFFED CHIPOTLE	5 OZ	3.85	3.85		
0442	SANTABAR	OLIVES STUFFED JALAPENO/GAR	5 OZ	3.85	3.85		
0437	SANTABAR	OLIVES STUFFED MARTINI PIMINT	5 OZ	3.05	3.05		
0427	SANTABAR	OLIVES STUFFED ONION	5 OZ	3.85	3.85		
<b>CONDIMENTS, PICKLED &amp; MARINATED</b>							
0730	BELLE	PICKLED DILLY BEANS	6 OZ	2.94	2.94		
0732	BELLE	PICKLED FIDDLEHEADS	6 OZ	3.05	3.05		
4406	COSMOS	CHOPPED GARLIC IN WATER	8 OZ	1.26	1.26		
4407	COSMOS	CHOPPED GARLIC IN WATER	32 OZ	2.35	2.35		
4405	COSMOS	MARINATED ARTICHOKEs	6 OZ	1.24	1.24	1.12	1.12
4491	DELICIAS	GARLIC CLOVES pickled	3.5 OZ	1.89	1.89		
4489	DELICIAS	GARLIC CLOVES pickled	15.8 OZ	5.24	5.24	4.64	4.64
4494	DELICIAS	GREEN PEPPERCORN IN BRINE	3.5 OZ	1.89	1.89	1.69	1.69
30147	DIVINA	GREEN PEPPERS STUFFED W/FETA	6.35 OZ	4.46	4.46		
30146	DIVINA	RED PEPPERS STUFFED W/FETA	6.35 OZ	4.46	4.46		
5243	MASPORTE	ARTICHOKEs/Olive Oil/ spain	6 OZ	2.29	2.29	1.99	1.99
30009	MASPORTE	GARLIC SWEET WHITE	9.9 OZ	3.05	3.05	2.75	2.75
4805	MEDORG	ORG SUNDRIED TOMATO w/OLIVOIL	8.5 OZ	4.99	4.99		
4582	MEZZETTA	HOT CHERRY PEPPERS	16 OZ	2.75	2.75		
4594	MEZZETTA	RSTD BELL PEPPERS jar	15 OZ	3.99	3.99		
4585	MEZZETTA	SUNDRIED TOMATO/Olivoil Calif	8 OZ	4.75	4.75		
4592	MEZZETTA	SWT CHERRY PEPPERS jar	16 OZ	2.84	2.84		
32042	ROLAND	HEARTS OF PALM MARINATED jar	7.3 OZ	1.82	1.82	1.62	1.62
31271	ROLAND	SWEET ONIONS IN BALSAMIC	12 OZ	3.19	3.19		
0429	SANTABAR	MARTINI ONIONS in VERMOUTH	8 OZ	2.19	2.19		
<b>CONDIMENTS, PICKLED &amp; MARINATED - CAPERS</b>							
4487	DELICIAS	CAPERBERRY dry wgt	4.25 OZ	2.79	2.79		
4729	MASPORTE	CAPERBERRIES 15-18mm Spain	8.5 OZ	2.49	2.49		
4731	MASPORTE	CAPERS 0-7mm Spain	3.5 OZ	1.95	1.95		
4802	MEDORG	ORG WILD CAPERS capotes	3.5 OZ	2.65	2.65		
9642	PELPNSE	CAPERS WILD GREEK large	2.5 OZ	2.59	2.59		
4545	ROLAND	CAPERS capotes	3.52 OZ	1.59	1.59		
4546	ROLAND	CAPERS nonpareille-tiny	3 OZ	1.95	1.95		
4486	ROLAND	CAPERS non-pareillies	16 OZ	4.49	4.49		
3627	ROLAND	CAPERS ORGANIC non pareillies	3.75 OZ	2.29	2.29		
<b>CONDIMENTS, PICKLES, RELISH &amp; SAUERKRAUT</b>							
4055	CASCAD	BREAD & BUTTER CHIPS ORG	24 OZ	3.61	3.61		
4052	CASCAD	KOSHER DILLS ORG	24 OZ	3.61	3.61		



## Chocolate

**PHENYLETHYLAMINE** has a stimulating euphoric effect, a mood enhancer.

**VITAMIN E** is an antioxidant. It protects the body's cells against free radicals.

**COPPER** is a trace element and acts as a catalyst in the formation of hemoglobin.

**ENDORPHINS** make us happy. These so called "hormones of happiness" are released when eating chocolate. They stimulate the natural opiates in our bodies, resulting in a feeling of calmness and a positive mood.

**TANNINS** protect against tooth decay. They prevent cavities.

**OXALIC ACID** decreases the production of acid in the saliva which has a similar effect.

Chocolate a miracle cure!

The greater the content of cacao found in chocolate, the less sugar is used! More cocoa equates to increased health benefits.



Product of Great Britain



**Marmite** is dark brown-colored savory spread made from the yeast that is a by-product of the brewing industry. It has a very strong, slightly salty flavor. It is definitely a love-it-or-hate-it type of food.

It comes in small bulb-shaped glass jars with a distinctive yellow lid.

*Ingredients: yeast extract, salt, carrot and onion extracts, spice extracts, enriched with nicotinamide, thiamin hydrochloride, riboflavin, folic acid and cyanocobalamin (vitamin B12).*

### Marmite Trivia & Oddities

Children in Britain are generally fed it from the time they are weaned, and most never grow out of it. It has a high B-vitamin content, as well as riboflavin and niacin-and as such is very healthy. (The vitamin-B complex helps prevent anemia.)



Pippa MacGregor sent this lovely snapshot of her son Kyle, age 16 months, after he got into the Marmite jar. She writes, "As you can see, he loves it!"

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
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### CONDIMENTS, PICKLES, RELISH & SAUERKRAUT - CONT.

4051	CASCAD	PICKLES BABY DILL ORG	16.9 OZ	3.61	3.61	3.21	3.21
3603	HUGO	CORNICHONS gherkin	7.05 OZ	2.54	2.54		
5833	MARCOPOLO	temp n/a PICKLES BABY DILLS	19 OZ	1.45	1.45		
6902	MASPORTE	GHERKINS	10.2 OZ	2.84	2.84		
32079	RICKPICK	PICKLES BEE N BEEZ	16 OZ	6.14	6.14	5.54	5.54
32081	RICKPICK	PICKLES GT 1000s green tomato	16 OZ	6.14	6.14	5.54	5.54
30492	RICKPICK	PICKLES KOOL GHERKS	25 OZ	6.14	6.14	5.54	5.54
32080	RICKPICK	PICKLES MEAN BEANS	16 OZ	6.14	6.14	5.54	5.54
32083	RICKPICK	PICKLES PEPI PEP PEPS peppers	16 OZ	6.14	6.14	5.54	5.54
32077	RICKPICK	PICKLES PHAT BEETS	16 OZ	6.14	6.14	5.54	5.54
32082	RICKPICK	PICKLES SLICES OF LIFE dills	16 OZ	6.14	6.14	5.54	5.54
32078	RICKPICK	PICKLES SPEARS OF INFLUENCE	16 OZ	6.14	6.14	5.54	5.54
32076	RICKPICK	PICKLES WINDY CITY WASABEANS	16 OZ	6.14	6.14	5.54	5.54
33085	AMER SPN	RELISH RED PEPPER	9 OZ	3.99	3.99	3.59	3.59
4056	CASCAD	SWEET PICKLE RELISH ORG	12.6 OZ	2.93	2.93		
5489	ROSEBUD	RELISH RED PEPPER	7 OZ	5.40	5.40		
6328	EDEN	SAUERKRAUT ORGANIC jar	32 OZ	3.29	3.29		

### CONDIMENTS, SALAD DRESSINGS

31119	ANNIENA	DRESSING ARTICHOKE PARM vf	8 OZ	2.39	2.39		
4220	ANNIENA	DRESSING ASIAN SESAME ORG s	8 OZ	2.74	2.74		
4248	ANNIENA	DRESSING CAESAR ORG	8 OZ	2.74	2.74		
4254	ANNIENA	DRESSING COWGIRL RANCH	8 OZ	2.33	2.33		
4025	ANNIENA	DRESSING FRENCH ORG s	8 OZ	2.74	2.74		
4028	ANNIENA	DRESSING GODDESS	16 OZ	4.02	4.02		
4247	ANNIENA	DRESSING GODDESS	8 OZ	2.33	2.33		
4021	ANNIENA	DRESSING LEMON CHIVE vf	8 OZ	2.33	2.33		
4020	ANNIENA	DRESSING ORG GREEN GARLIC vf	8 OZ	2.74	2.74		
4023	ANNIENA	DRESSING THOUSAND ISLAND ORG	8 OZ	2.74	2.74		
4242	ANNIENA	VINAIGRETTE BALSAMIC	8 OZ	2.33	2.33		
4244	ANNIENA	VINAIGRETTE GINGERLY I/f	8 OZ	2.33	2.33		
4253	ANNIENA	VINAIGRETTE HONEY MUSTARD I/f	8 OZ	2.33	2.33		
4024	ANNIENA	VINAIGRETTE ORG SESME/GING/CHA	8 OZ	2.74	2.74		
4245	ANNIENA	VINAIGRETTE RASPBERRY I/f	8 OZ	2.33	2.33		
4258	ANNIENA	VINAIGRETTE RSTD RED PEPPER	8 OZ	2.33	2.33		
4246	ANNIENA	VINAIGRETTE SHIITAKE & SESAME	8 OZ	2.33	2.33		
4029	ANNIENA	VINAIGRETTE SHIITAKE+SESAME	16 OZ	4.02	4.02		
4249	ANNIENA	VINAIGRETTE TUSCANY ITALIAN	8 OZ	2.33	2.33		
5903	APPALACH	DRESSING BALSAMIC VINAIGRETTE	12 OZ	3.15	3.15	2.85	2.85
5907	APPALACH	DRESSING BUTTERMILK RANCH s	12 OZ	3.15	3.15	2.85	2.85
5905	APPALACH	DRESSING CHIPOTLE RANCH	12 OZ	3.15	3.15	2.85	2.85
5901	APPALACH	DRESSING GINGER MISO	12 OZ	3.15	3.15	2.85	2.85
5908	APPALACH	DRESSING HONEY DIJON	12 OZ	3.15	3.15	2.85	2.85
5909	APPALACH	VINAIGRETTE CILANTRO LIME	12 OZ	3.15	3.15	2.85	2.85
32128	APPALACH	VINAIGRETTE POMEGRANATE	12 OZ	3.15	3.15	2.85	2.85
30235	DREWS	DRESS/MAR BUTTERMILK RANCH s	12 OZ	2.19	2.19		
4829	DREWS	DRESS/MAR GARLIC ITALIAN	12 OZ	2.19	2.19		
30237	DREWS	DRESS/MAR HONEY DIJON	12 OZ	2.19	2.19		
4849	DREWS	DRESS/MAR KALAMATA & CAPER	12 OZ	2.19	2.19		
4858	DREWS	DRESS/MAR LEMON GODDESSTAHINI	12 OZ	2.19	2.19		
30236	DREWS	DRESS/MAR RASPBERRY s	12 OZ	2.19	2.19		
4828	DREWS	DRESS/MAR ROMANO CAESAR	12 OZ	2.19	2.19		
4848	DREWS	DRESS/MAR ROSEMARY BALSAMIC	12 OZ	2.19	2.19		
4847	DREWS	DRESS/MAR RSTD GARLIC&PEPCRN	12 OZ	2.19	2.19		
4840	DREWS	DRESS/MAR SESAME/ORANGE	12 OZ	2.19	2.19		
4859	DREWS	DRESS/MAR SHIITAKE GINGER	12 OZ	2.19	2.19		
4843	DREWS	DRESS/MAR SMKD TOMATO	12 OZ	2.19	2.19		
4842	DREWS	DRESS/MAR SOY-GINGER	12 OZ	2.19	2.19		
4851	DREWS	DRESS/MAR THAI SESAME LIME	12 OZ	2.19	2.19		
8555	LEGERE	DRESSING NUTRI YEAST BALSAMIC	12 OZ	3.24	3.24		
3495	LEGERE	DRESSING NUTRITIONAL YEAST	12 OZ	3.24	3.24		
30178	NANCY'S	BALSAMIC VINAIGRETTE	16.9 OZ	8.00	8.00		
30189	NANCY'S	BALSAMIC VINAIGRETTE	250 ML	5.00	5.00		
9422	NASOYA	DRESSING CREAMY DILL VEGI	11.5 OZ	2.29	2.29		
9420	NASOYA	DRESSING CREAMY ITALIAN VEGI	11.5 OZ	2.29	2.29		
9424	NASOYA	DRESSING GARDEN HERB VEGI	11.5 OZ	2.29	2.29		
9428	NASOYA	DRESSING SESAME GARLIC	11.5 OZ	2.29	2.29	1.99	1.99
9426	NASOYA	DRESSING THOUSAND ISLAND VEGI	11.5 OZ	2.29	2.29		
32139	RIVERGRD	DRESSING ITALIAN PARMESAN	12 OZ	3.29	3.29		
32142	RIVERGRD	DRESSING SESAME GINGER	12 OZ	3.29	3.29		
32141	RIVERGRD	VINAIGRETTE MAPLE BALSAMIC	12 OZ	3.29	3.29		
32140	RIVERGRD	VINAIGRETTE SMOKED TOMATO	12 OZ	3.29	3.29		
32143	RIVERGRD	VINAIGRETTE WASABI	12 OZ	3.29	3.29		
0156	SIMPLYOG	DRESSING MIX CAESAR ORG s	1.25 OZ	.97	.97	.87	.87
0158	SIMPLYOG	DRESSING MIX ITALIAN ORG	.7 OZ	.97	.97	.87	.87
0159	SIMPLYOG	DRESSING MIX RANCH ORG s	1 OZ	.97	.97	.87	.87
0157	SIMPLYOG	VINAIGRETTE MIX GARLIC ORG s	1 OZ	.97	.97	.87	.87
20162	TERRASOL	VINAIGRT ANCHO ORANGE TARRAGON	12 OZ	3.99	3.99	3.59	3.59
20163	TERRASOL	VINAIGRT CHIPOTLE PECAN	12 OZ	3.75	3.75	3.35	3.35
5540	TRACKLE	MUSTARD VINAIGRETTE ORG	7 OZ	5.95	5.95	5.35	5.35

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>CONDIMENTS, SALSA</b>							
6715	DESERT	SALSA 2-OLIVE/RSTD GARLIC	16 OZ	3.42	3.42		
6714	DESERT	SALSA CORN/BLK BEAN/PEP	16 OZ	3.42	3.42		
6712	DESERT	SALSA DEL RIO green med	16 OZ	3.42	3.42		
6713	DESERT	SALSA DIABLO hot	16 OZ	3.42	3.42		
6711	DESERT	SALSA DIVINO mild	16 OZ	3.42	3.42		
6719	DESERT	SALSA PEACH MANGO	16 OZ	3.42	3.42		
6716	DESERT	SALSA RSTD TOM/CHIPTL/CORN	16 OZ	3.42	3.42	3.02	3.02
4844	DREWS	SALSA CHIPOTLE LIME ORG	12 OZ	2.37	2.37		
4839	DREWS	SALSA DOUBLE ROASTED MEDIUM	12 OZ	2.37	2.37		
4827	DREWS	SALSA HOT ORG	12 OZ	2.37	2.37		
4826	DREWS	SALSA MED ORG	12 OZ	2.37	2.37		
4825	DREWS	SALSA MILD ORG	12 OZ	2.37	2.37		
31136	FIESTA	SALSA BLACK BEAN & CORN	15.5 OZ	3.62	3.62		
31138	FIESTA	SALSA PEANUT CHIPOTLE	15.5 OZ	3.62	3.62		
31137	FIESTA	SALSA SMOKED JALAPENO	15.5 OZ	3.62	3.62		
0314	GREENMT	GRINGO FIRE RSTD CHILE SALSA	6/16 OZ	2.99	17.94		
0315	GREENMT	GRINGO FIRE RSTD GARLIC SALSA	6/16 OZ	2.99	17.94		
0310	GREENMT	GRINGO SALSA Hot	6/16 OZ	2.99	17.94		
0311	GREENMT	GRINGO SALSA Med	6/16 OZ	2.99	17.94		
0312	GREENMT	GRINGO SALSA Mild	6/16 OZ	2.99	17.94		
32093	HEDGIES	SALSA HOT	16 OZ	3.58	3.58	3.18	3.18
32095	HEDGIES	SALSA MEDIUM	16 OZ	3.58	3.58		
32094	HEDGIES	SALSA MILD	16 OZ	3.58	3.58	3.18	3.18
31141	JOSE GLD	SALSA ARTICHOKE GARLIC zesty	15.5 OZ	3.62	3.62		
31142	JOSE GLD	SALSA CACTUS GARLIC zesty	15 OZ	3.62	3.62	2.99	2.99
31143	JOSE GLD	SALSA GARLIC CHIPOTLE med	15.5 OZ	3.62	3.62	3.22	3.22
31144	JOSE GLD	SALSA RST GARLIC & OLIVE zesty	15.5 OZ	3.62	3.62	3.22	3.22
31145	JOSE GLD	SALSA XXX GARLIC hot	15 OZ	3.62	3.62	3.22	3.22
1857	MIGUELS	SALSA BLACK BEAN & CORN	16 OZ	3.39	3.39		
1859	MIGUELS	SALSA MEDIUM	16 OZ	3.39	3.39		
1858	MIGUELS	SALSA MILD	16 OZ	3.39	3.39		
1863	MIGUELS	SALSA RST GARLIC	16 OZ	3.39	3.39		
8328	MUIRGLEN	SALSA ORG BLACK BN/CRN Med	16 OZ	3.00	3.00		
8335	MUIRGLEN	SALSA ORG CHIPOTLE MED	16 OZ	3.00	3.00		
8338	MUIRGLEN	SALSA ORG GARLIC CILANTRO MED	16 OZ	3.00	3.00		
31146	PAIN IS	SALSA HABANERO GARLIC	15.5 OZ	3.62	3.62		
31147	PAIN IS	SALSA JAMAICAN PINEAPPLE	15.5 OZ	3.62	3.62		
31148	PAIN IS	SALSA SMOKED JALAPENO	15.5 OZ	3.62	3.62		
0435	SANTABAR	SALSA CHNKY OLIVE W/RST GARLIC	11.5 OZ	2.90	2.90		
0434	SANTABAR	SALSA CHUNKY OLIVE MED	11.5 OZ	2.90	2.90	2.60	2.60

**CONDIMENTS, SANDWICH SPREADS - MUSTARD**

33084	AMER SPN	MUSTARD CRANBERRY	9 OZ	3.79	3.79		
4215	ANNIENA	MUSTARD DIJON ORG GF	9 OZ	2.36	2.36		
4214	ANNIENA	MUSTARD YELLOW ORG GF	9 OZ	2.36	2.36		
32131	APPALACH	MUSTARD CHIPOTLE HONEY	8 OZ	2.99	2.99	2.69	2.69
5229	DAVES	MUSTARD HABANERO HONEY s hot	8 OZ	2.93	2.93		
6336	EDEN	MUSTARD BROWN ORG	9 OZ	2.29	2.29	1.99	1.99
6384	EDEN	MUSTARD YELLOW ORG	9 OZ	2.15	2.15		
5448	FOX HLLW	MORE THAN A MUSTARD balsamic s	8 OZ	3.19	3.19		
30013	LARS	MUSTARD SWEDISH MILD YELsqueez	12 OZ	1.96	1.96		
30014	LARS	MUSTARD SWEDISH SPICY BRNsqueez	12 OZ	1.96	1.96		
2718	MENDICNO	MUSTARD HOT & SWEET s	9 OZ	3.23	3.23		
2719	MENDICNO	MUSTARD SEEDS & SUDS s	9 OZ	3.23	3.23		
6620	NATVALUE	MUSTARD DIJON ORG	8 OZ	1.45	1.45		
6569	NATVALUE	MUSTARD HORSERADISH ORG seed	8 OZ	1.45	1.45		
6621	NATVALUE	MUSTARD STONEGROUND ORG	8 OZ	1.45	1.45		
6572	NATVALUE	MUSTARD YELLOW SQUEEZ org seed	16 OZ	1.89	1.89		
0763	RAYES	MUSTARD BROWN GINGER s	4 OZ	1.73	1.73		
0766	RAYES	MUSTARD BROWN GINGER s	9 OZ	2.85	2.85		
0760	RAYES	MUSTARD COARSE HOT & SPICY	9 OZ	2.85	2.85		
0764	RAYES	MUSTARD COARSE SWEET & SPICY s	9 OZ	2.85	2.85		
0769	RAYES	MUSTARD COARSE SWEET & SPICY s	4 OZ	1.73	1.73		
0770	RAYES	MUSTARD DOWN EAST SMOOTH	9 OZ	2.85	2.85		
0767	RAYES	MUSTARD DUNDICOTT HOT	9 OZ	2.85	2.85	2.55	2.55
41031	RAYES	MUSTARD FALL HARVEST seasonal	9 OZ	3.86	3.86		
41029	RAYES	MUSTARD LEMON PEPPER	9 OZ	2.99	2.99		
41030	RAYES	MUSTARD MAPLE HORSERADISH	9 OZ	2.99	2.99		
0762	RAYES	MUSTARD OLD WORLD COARSE	9 OZ	2.85	2.85		
0765	RAYES	MUSTARD SPICY HORSERADISH	4 OZ	1.73	1.73		
0772	RAYES	MUSTARD SPICY HORSERADISH	9 OZ	2.85	2.85		
0761	RAYES	MUSTARD WINTER GARDEN s	9 OZ	2.85	2.85		
32045	ROLAND	MUSTARD CHAMPAGNE crock	17.6 OZ	6.44	6.44		
32044	ROLAND	MUSTARD GRAIN crock	17.6 OZ	8.14	8.14	7.24	7.24
5531	TRACKLE	MUSTARD BLACK	7 OZ	3.57	3.57		
5532	TRACKLE	MUSTARD ENGLISH BEER	7 OZ	3.57	3.57		
5534	TRACKLE	MUSTARD ENGLISH STRONG	7 OZ	3.57	3.57		
5539	TRACKLE	MUSTARD HONEY ORG	7 OZ	4.00	4.00		
5535	TRACKLE	MUSTARD HORSERADISH	7 OZ	3.85	3.85		



**History of Marmite**

In 1902, the same year as the coronation of Edward VII, the **Marmite Food Extract Company Limited** started its life as a public company and national institution. Having negotiated the acquisition of the patents for health-giving yeast extract, the directors set up a small factory in Burton-on-Trent, center of the British brewing industry where the all important yeast was readily available.



Although the first experimental extracts were made in November 1902, it took a couple of years to perfect the recipe. Even so, the **MARMITE** brand was awarded two gold medals in 1903, one at the Universal Food and Cookery Exhibition and the other at the Grocery Exhibition. The popularity of **MARMITE** yeast grew steadily, necessitating in 1907 the establishment of a new factory at Camberwell Green, London. By the outbreak of the First World War, **MARMITE** was an established brand, recognized for its nutritious properties. It was thus ideal for the troops serving overseas in combating the outbreak of beri-beri and other deficiency diseases prevalent in such places as Mesopotamia.

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## History of Marmite

continued

MARMITE has been sold in small earthenware pots from the outset, but towards the end of the 1920's plans were drawn up to switch to glass jars with metal lids. Why the now familiar shape of jar was chosen is not known, but it certainly added a distinctive appearance to accompany the distinctive taste of MARMITE. Although the shape of the label had to be adapted to the new jars, the overall format of design continues with few modifications. In fact even the original simmering stew pot remains on the label to this day. There was a major advertising campaign during the 1930's to promote MARMITE further. Central to this promotion was the use of characters whose faces incorporated the word "good". This theme was used on giant hoarding posters and display cards for shop windows, on brochures, recipe books and even paper bags.

By this time there was a growing recognition and awareness of vitamins. In the case of MARMITE, it was discovered that the richest source of B group vitamins is brewer's yeast, the basic raw material in MARMITE. Promotions talked about "A small quantity added to the daily diet will ensure that you and your family are taking sufficient Vitamin B to keep nerves, brain and digestion in proper working order". It was also during the 1930's that MARMITE cubes were first launched (and re-launched in 1996).

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>CONDIMENTS, SANDWICH SPREADS - MUSTARD - CONT.</b>							
71017	TRACKLE	MUSTARD LEMON ORG	7 OZ	4.00	4.00	3.60	3.60
5533	TRACKLE	MUSTARD SPICED HONEY	7 OZ	3.85	3.85		
5538	TRACKLE	MUSTARD TARRAGON ORG	7 OZ	4.00	4.00		
1284	WESTBRAE	MUSTARD DIJON STYLE	8 OZ	1.83	1.83	1.63	1.63
1281	WESTBRAE	MUSTARD STONEGROUND	8 OZ	1.68	1.68		
1277	WESTBRAE	MUSTARD YELLOW SQUEEZE	8 OZ	1.90	1.90		
<b>CONDIMENTS, SANDWICH SPREADS - KETCHUP</b>							
4022	ANNIENA	KETCHUP squeeze bottle ORG	24 OZ	2.65	2.65		
4402	HEINZ	KETCHUP ORG	15 OZ	1.95	1.95		
8323	MUIRGLEN	KETCHUP TOMATO ORG squeezeable	24 OZ	2.95	2.95		
5544	TRACKLE	KETCHUP RED PEPPER	10.6 OZ	4.65	4.65		
5545	TRACKLE	KETCHUP YELLOW MUSTARD	10.6 OZ	4.65	4.65		
<b>CONDIMENTS, SANDWICH SPREADS - MAYO &amp; MAYO SUBSTITUTES</b>							
6073	HAIN	MAYONNAISE CANOLA	24 OZ	4.35	4.35		
6072	HAIN	MAYONNAISE LITE SAFFLOWER	24 OZ	4.35	4.35	3.95	3.95
6070	HAIN	MAYONNAISE SAFFLOWER	24 OZ	4.35	4.35	3.85	3.85
9429	NASOYA	NAYONNAISE	64 OZ	6.80	6.80		
9430	NASOYA	NAYONNAISE	24 OZ	2.88	2.88		
9423	NASOYA	NAYONNAISE DIJON STYLE	14 OZ	2.50	2.50		
9431	NASOYA	NAYONNAISE FAT FREE	14 OZ	2.50	2.50		
1288	SPECTRM	MAYONNAISE CANOLA	32 OZ	4.69	4.69		
30683	SPECTRM	MAYONNAISE ORG WASABI	12 OZ	4.51	4.51		
1272	SPECTRM	MAYONNAISE SOY ORG	16 OZ	3.69	3.69		
1273	SPECTRM	MAYONNAISE SOY ORG	32 OZ	5.65	5.65		
<b>CONDIMENTS, VINEGARS</b>							
9243	BRAGG	VINEGAR APPLE CIDER unftt ORG	32 OZ	4.15	4.15		
1840	COLAVIT	RED WINE VINEGAR	17 OZ	2.35	2.35		
1841	COLAVIT	WHITE WINE VINEGAR	17 OZ	2.35	2.35	2.10	2.10
0251	COLUME	SHERRY VINEGAR 30yr Spanish	12.7 OZ	6.19	6.19		
6363	EDEN	VINEGAR APPLE CIDER ORG	16 OZ	2.05	2.05		
6364	EDEN	VINEGAR APPLE CIDER ORG	32 OZ	3.29	3.29		
6365	EDEN	VINEGAR RED WINE	32 OZ	2.89	2.89		
8620	FOURMONK	MALT VINEGAR	12 OZ	2.67	2.67		
30007	MASPORTE	VINEGAR MERLOT	17 OZ	8.97	8.97	7.97	7.97
5048	O OLIVE	RICE VINEGAR GINGER	200 ML	7.59	7.59		
5047	O OLIVE	RICE VINEGAR YUZU	200 ML	7.59	7.59		
5053	O OLIVE	VINEGAR CABERNET	6.8 OZ	7.59	7.59		
30011	O OLIVE	VINEGAR CASSIS black currant	6.8 OZ	7.59	7.59		
3569	O OLIVE	VINEGAR CHAMPAGNE	6.8 OZ	7.59	7.59		
5052	O OLIVE	VINEGAR CITRUS CHAMPAGNE	6.8 OZ	7.59	7.59		
5057	O OLIVE	VINEGAR PORT	6.8 OZ	7.59	7.59		
3571	O OLIVE	VINEGAR SHERRY	6.8 OZ	7.59	7.59		
3570	O OLIVE	VINEGAR ZINFANDEL	6.8 OZ	7.59	7.59		
30654	SOLERA	SHERRY VINEGAR aged min 2 year	12.7 OZ	2.76	2.76		
2259	SPECTRM	APPLE CIDER VINEGAR ORG UNFIL	32 OZ	3.94	3.94		
2266	SPECTRM	APPLE CIDER VINEGAR ORG UNFIL	16 OZ	2.45	2.45		
8117	SPECTRM	BROWN RICE VINEGAR ORG UNFIL	12.7 OZ	3.45	3.45		
2264	SPECTRM	DISTILLED WHITE VINEGAR ORG	32 OZ	4.45	4.45		
8121	SPECTRM	RED WINE VINEGAR ORG	16.9 OZ	4.69	4.69	4.19	4.19
8124	SPECTRM	WHITE WINE VINEGAR ORG	16.9 OZ	4.79	4.79		
6642	UNIO	VINEGAR CARBERNET SAUVIGNON	500ML	3.89	3.89		
<b>CONDIMENTS, BALSAMIC VINEGARS</b>							
0261	BIONAT	BALSAMIC VINEGAR ORG Italy	8.5 OZ	3.25	3.25		
41156	FINI	VINEGAR BALSAMIC	8.8 OZ	9.34	9.34	8.40	8.40
4919	LULU	VINEGAR BALSAMIC FIG	6.76 OZ	6.99	6.99	5.94	5.94
4921	LULU	VINEGAR CHERRY BALSAMIC	6.76 OZ	6.99	6.99	5.94	5.94
4910	LULU	VINEGAR FIG/MEYER LMN BALSAMIC	6.76 OZ	6.99	6.99	5.94	5.94
30113	LULU	VINEGAR WHITE BALSAMIC LOQUAT	6.76 OZ	6.99	6.99	5.94	5.94
6904	MASPORTE	BALSAMIC GLAZE REDUCTION s	8.5 OZ	8.89	8.89		
1538	MONARI	BALSAMIC VINEGAR	1 LTR	5.50	5.50	4.95	4.95
1610	MONARI	BALSAMIC VINEGAR	17 OZ	2.96	2.96	2.66	2.66
1620	MONARI	BALSAMIC VINEGAR ORGANIC	16.9 OZ	5.29	5.29		
5056	O OLIVE	VINEGAR BALSAMIC	200 ML	7.59	7.59		
33092	O OLIVE	VINEGAR WHITE BALSAMIC	6.8 OZ	7.59	7.59		
3649	ROLAND	VINEGAR BALSAMIC ORG	17 OZ	4.24	4.24		
3648	ROLAND	VINEGAR BALSAMIC ORG	8.5 OZ	2.79	2.79	2.49	2.49
2289	SPECTRM	BALSAMIC VINEGAR	16.9 OZ	4.05	4.05		
3004	TUTINOS	BALSAMIC VINEGAR aged 5yr	17 OZ	2.79	2.79		
<b>COOKIES</b>							
30418	ANNIEHG	BUNNY GRAHAMS CHOCOLATE s	12/7.5 OZ	2.26	27.12		
30417	ANNIEHG	BUNNY GRAHAMS CINNAMON s	12/7.5 OZ	2.26	27.12		
30419	ANNIEHG	BUNNY GRAHAMS HONEY s	12/7.5 OZ	2.26	27.12		
7162	BARBARAS	COOKIE SNACKIMAL CHOC CHIP	6/2 OZ	.75	4.50	.68	4.08
7139	BARBARAS	COOKIE SNACKIMAL OATML WF	6/2.5 OZ	.74	4.44		
7164	BARBARAS	COOKIE SNACKIMAL VANILLA	6/2 OZ	.74	4.44		
7208	BARBARAS	COOKIES ANIMAL VANILLA ffr swt	5 OZ	2.39	2.39		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
7082	BARBARAS	FIG BARS FF/WHOLE WHEAT	6/12 OZ	3.09	18.54		
7080	BARBARAS	FIG BARS FF/WHT FREE	6/12 OZ	3.22	19.32		
7093	BARBARAS	FIG BARS LF TRAD BLUEBERRY	6/12 OZ	3.09	18.54		
7081	BARBARAS	FIG BARS RASPBERRY ff/wf	6/12 OZ	3.18	19.08		
7088	BARBARAS	GO GO GRAHAMS CHOCOLATE ORG s	7 OZ	2.90	2.90		
7087	BARBARAS	GO GO GRAHAMS CINNAMON ORG s	7 OZ	2.90	2.90		
7086	BARBARAS	GO GO GRAHAMS HONEY ORG s	7 OZ	2.90	2.90	2.50	2.50
30508	BARBARAS	SNACKIMALS CHOC CHIP FAM SIZE	6/7.5 OZ	2.99	17.94		
30507	BARBARAS	SNACKIMALS VANILLA FAMILY SIZE	6/7.5 OZ	2.99	17.94		
30509	BARBARAS	SNACKIMALS WF OATMEAL FAM SIZE	6/7.5 OZ	2.99	17.94	2.69	16.14
3123	CARRS	GINGER LEMON CREME COOKIES s	12/7.05 OZ	3.35	40.20		
31301	CNTRYCH	VANILLA WAFERS ORG s	8 OZ	3.09	3.09	2.69	2.69
31207	DANCING	CHOCOLATE CHIP COOKIES s	6/6 OZ	2.45	14.70		
31206	DANCING	LEMON DAISY COOKIES s	6/6 OZ	2.75	16.50		
31205	DANCING	MAPLE PECAN SHORTBREAD NUGGETS	6/6 OZ	2.45	14.70		
31204	DANCING	TRIPLE CHOC CHIP COOKIES s	6/6 OZ	2.45	14.70		
5463	DUCHY	BISCUITS GINGERED ORG s	8.8 OZ	4.97	4.97		
5462	DUCHY	BISCUITS OATEN ORG s	8.8 OZ	4.97	4.97		
5617	DUCHY	BISCUITS ORANGE ORG s	8.8 OZ	4.97	4.97		
5461	DUCHY	SHORTBREAD HIGHLAND ORG s	8.8 OZ	4.97	4.97		
5460	DUCHY	BISCUITS LEMON ORG s	8.8 OZ	4.97	4.97		
3861	ESSNSMRT	COOKIES ALMOND GF s	6.3 OZ	2.50	2.50	2.25	2.25
3862	ESSNSMRT	COOKIES GINGER W/FLAX GF s	6.3 OZ	2.50	2.50		
3863	ESSNSMRT	COOKIES LEMON POPPY GF s	6.3 OZ	2.50	2.50		
3864	ESSNSMRT	COOKIES RASPBERRY GF s	6.3 OZ	2.50	2.50		
33023	GINGERPE	GINGER SHORTBREAD	6.2 OZ	3.43	3.43		
3432	HELWA	WAFERS CHOCOLATE ORG s	12/3.5 OZ	1.65	19.80	1.45	17.40
3430	HELWA	WAFERS LEMON ORG s	12/3.5 OZ	1.65	19.80	1.45	17.40
3425	HELWA	WAFERS VANILLA ORG s	12/3.5 OZ	1.65	19.80	1.45	17.40
4098	JENNIE	MACAROON COCONUT WF/DF	8 OZ	2.50	2.50	2.25	2.25
3522	MIDEL	GINGERSNAPS s	12/10 OZ	2.49	29.88	2.19	25.83
3523	MIDEL	HONEY GRAHAM CRACKERS	6/16 OZ	2.76	16.56		
8041	MRS LITL	COOKIE BRITTLE GINGER s	6 OZ	2.79	2.79		
8040	MRS LITL	COOKIE BRITTLE ORIGINAL s	6 OZ	2.79	2.79		
2935	MTVIKOS	KRITI OLIVE OIL BISCUITS	12/11.3 OZ	4.14	49.68	3.54	42.48
30356	NAIRNS	OAT BISCUITS FRUIT & SPICE WF	7.14 OZ	2.75	2.75		
30354	NAIRNS	OAT BISCUITS MIXED BERRY WF	7.14 OZ	2.75	2.75		
30355	NAIRNS	OAT CAKES GINGER	7.14 OZ	2.75	2.75		
6533	NAIRNS	OATCAKES CHEESE WF	7.1 OZ	2.75	2.75	2.45	2.45
6539	NAIRNS	OATCAKES FINE MILLED WF	8.9 OZ	2.45	2.45	2.15	2.15
6542	NAIRNS	OATCAKES MINI WF	7.1 OZ	2.75	2.75	2.45	2.45
6531	NAIRNS	OATCAKES ORGANIC WF	8.9 OZ	2.75	2.75		
6534	NAIRNS	OATCAKES ROUGH WF	10.7 OZ	1.99	1.99		
7368	PAMELAS	COOKIES CHNKY CHOC CHIP WF/GF	6/7.25 OZ	3.25	19.50	2.85	17.10
1558	PANDUCAL	BISCOTTI ALMOND ind wrapped	12 CT	.69	8.28		
1598	PANDUCAL	BISCOTTI WW ALMOND ORG mini	7.04 OZ	4.15	4.15		
41019	SHADY	WAFFLE COOKIE OG HNY MAPLE	12/8.5 OZ	3.31	39.72		
41020	SHADY	WAFFLE COOKIE ORG MAPLE	12/8.5 OZ	3.31	39.72		
33158	WALKERS	COOKIES BELGIUM CHOC CHUNK	5.3 OZ	2.75	2.75	2.48	2.48
33159	WALKERS	COOKIES OATFLAKE & CRANBERRY	5.3 OZ	2.75	2.75	2.48	2.48
33157	WALKERS	COOKIES STEM GINGER & LEMON	5.3 OZ	2.75	2.75	2.48	2.48
33160	WALKERS	COOKIES WHITE CHOC & RASPBRY	5.3 OZ	2.75	2.75	2.48	2.48
5703	WALKERS	SHORTBREAD ALMOND s	5.3 OZ	4.18	4.18		
5621	WALKERS	SHORTBREAD ASSORTED s	5.6 OZ	3.41	3.41		
5631	WALKERS	SHORTBREAD CHOC CHIP 2pk s	24/1.4 OZ	.61	14.64		
5632	WALKERS	SHORTBREAD CHOC CHIP s	4.41 OZ	3.21	3.21	2.89	2.89
5633	WALKERS	SHORTBREAD CHOCOLATE RING s	5.3 OZ	4.18	4.18		
5652	WALKERS	SHORTBREAD FINGERS 2pk s	24/1.4 OZ	.61	14.64		
5653	WALKERS	SHORTBREAD FINGERS s	8.8 OZ	4.29	4.29		
5456	WALKERS	SHORTBREAD FINGERS s	5.3 OZ	2.74	2.74		
5663	WALKERS	SHORTBREAD HIGHLANDER s	7 OZ	3.83	3.83	3.43	3.43
5688	WALKERS	SHORTBREAD MACADAMIA s	4.4 OZ	4.18	4.18		
5689	WALKERS	SHORTBREAD PETTICOAT TAILS s	5.3 OZ	2.74	2.74		
5698	WALKERS	SHORTBREAD ROUNDS 2pk s	24/1.2 OZ	.61	14.64	.55	13.20
5459	WALKERS	SHORTBREAD ROUNDS s	5.3 OZ	2.74	2.74	2.44	2.44
5695	WALKERS	SHORTBREAD ROYAL CHOCOLATE s	7.1 OZ	5.63	5.63		
5458	WALKERS	SHORTBREAD TRIANGLES s	5.3 OZ	2.74	2.74		
<b>CRACKERS, BREAD STICKS &amp; RICE CAKES</b>							
3030	AK-MAK	CRACKER SESAME WHEAT	180/2PK	24.30	24.30	21.87	21.87
1033	AK-MAK	SESAME WHEAT CRACKER	12/4.15 OZ	1.45	17.40	1.30	15.60
5612	ANNIEHG	CRACKERS CHEDDAR BUNNIES	6/1.0 OZ	.49	2.94		
5611	ANNIEHG	CRACKERS CHEDDAR BUNNIES	7.5 OZ	2.30	2.30		
7171	BARBARAS	CRACKER CHEESE BITES	7 OZ	2.39	2.39		
7172	BARBARAS	CRACKER RITE LITE ROUNDS	11 OZ	3.10	3.10		
7194	BARBARAS	CRACKER RITELITE Poppyseed	11 OZ	3.10	3.10		
7195	BARBARAS	CRACKER RITELITE TAM/SESAME	11 OZ	3.10	3.10		
7163	BARBARAS	CRACKER WHEATINE Crk Pepper	9 OZ	3.10	3.10		
7169	BARBARAS	CRACKER WHEATINE low/salt	9 OZ	3.10	3.10		



## History of Marmite

continued

At the outbreak of the Second World War, the **MARMITE** brand again went into battle, and on the home front housewives were encouraged to spread **MARMITE** thinly and to 'use it sparingly just now'.

By the 1950's, after 50 years of selling **MARMITE**, the company was justly able to claim that it was a product handed down from generation to generation. The advertising theme at this time focused on the benefits for children. In 1974 there was a shortage of the familiar glass jar and thus for a short time **MARMITE** was sold in more standard shaped jars. By now **MARMITE** had reached cult status, aptly recognized by the outcry when the jar lid was upgraded from metal to plastic in 1984. Many devotees of **MARMITE** felt the need to keep the old jars and lids or replace the new plastic lids with the old metal ones.



Of course the true fanatics take their **MARMITE** away with them if holidaying abroad. It was in the 1980's that **MY MATE MARMITE** advertising campaign was launched.

(continued on page 94)



And I put it on....what???

The most common use is as a spread on toast or in sandwiches. Note: it is generally spread very thinly because of its strong flavor-don't use it like jam. It has drug-like qualities; the more you eat, the thicker you need to spread it to get the same mouth-burning effect. Some people have even called it addictive.

It is also delicious spread on hot buttered crumpets or Ryvita crackers. A pregnant fan has reported a love for Marmite and bananas.

Phil Johnson's favorite way to eat it is thinly-spread on rye toast with slices of sharp cheddar cheese. Very satisfying. One contributor to the "I love Marmite" web site has this suggestion: "Eat it on raw spaghetti. It's true! Dip raw spaghetti in Marmite and then eat; it tastes just like Twiglets."

A lot of Brits have it on buttered toast. Do take care not to get butter or bread crumbs in the Marmite jar. It makes an unappetizing mess for the next person.

There is no feeling like the smugness you feel when you manage to scrape just enough Marmite from the jar for another piece of toast. Top tip (from James Kew): pour boiling water into a near-empty jar and drink the jar clean.

A teaspoon of Marmite can also be added to soups, casseroles, and almost any savory food for a wonderful, rich flavoring.

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>CRACKERS, BREAD STICKS &amp; RICE CAKES - CONT.</b>							
2053	BISCA	WATER CRACKER ORIGINAL ORG	12/5.3 OZ	1.75	21.00	1.49	17.85
2052	BISCA	WATER CRACKER SESAME ORG	12/5.3 OZ	1.75	21.00	1.49	17.85
3633	BLUESTAR	STONED WHEAT THINS s	6/5 OZ	2.24	13.44	1.99	11.94
3113	CARRS	ASSORTED BISCUITS p	12/7.05 OZ	3.25	39.00		
3117	CARRS	CRACKED PEPPER CRACKERS	12/4.25 OZ	2.39	28.68		
3110	CARRS	WATER CRAC RSTD GAR/HER	12/4.25 OZ	2.39	28.68	2.15	25.80
1557	CARRS	WATER CRACKER BITE SIZE	12/4.25 OZ	2.39	28.68	2.15	25.80
32114	CROSTINI	CROSTINI GARLIC bag	12/6 OZ	2.45	29.40	2.15	25.80
32111	CROSTINI	CROSTINI OLIVE OIL bag	12/6 OZ	2.45	29.40		
32112	CROSTINI	CROSTINI ONION bag	12/6 OZ	2.45	29.40		
32110	CROSTINI	CROSTINI ROSEMARY bag	12/6 OZ	2.45	29.40	1.99	23.88
32113	CROSTINI	CROSTINI STONE WHEAT bag	12/6 OZ	2.45	29.40	2.15	25.80
1526	DELI	MINI SESAME WHEAT CRACKER	12/8 OZ	1.69	20.28	1.49	17.88
1525	DELI	MINI STONED WHEAT CRACKER	12/8 OZ	1.69	20.28	1.49	17.88
31048	DR KRACK	SNACKERS KLASSIC ORG	4/8 OZ	3.73	14.92	2.98	11.92
31049	DR KRACK	SNACKERS PUMPKIN CHEESE ORG	4/8 OZ	4.59	18.36	3.67	14.68
31050	DR KRACK	SNACKERS SPELT SEEDED ORG	4/8 OZ	4.12	16.48	3.30	13.20
30289	FATTORIE	BREADSTICKS BRUSCHETTA	4.4 OZ	1.82	1.82		
30288	FATTORIE	BREADSTICKS GARLIC	4.4 OZ	1.82	1.82		
30287	FATTORIE	BREADSTICKS SESAME	4.4 OZ	1.82	1.82		
30285	FATTORIE	BREADSTICKS TRADITIONAL	4.4 OZ	1.82	1.82	1.52	1.52
30286	FATTORIE	BREADSTICKS WHOLE WHEAT	4.4 OZ	1.82	1.82		
5181	FINN	CRISPREAD DARK w/CARAWAY	9/7 OZ	2.39	21.51		
0153	HAUTECUI	CRAC BASIL&SWT PEPPER	4 OZ	1.79	1.79		
3837	HAUTECUI	CRAC GRILLED ONION POPPY ORG	4 OZ	1.85	1.85		
0154	HAUTECUI	CRAC ROASTED ONION	4 OZ	1.79	1.79		
3939	HAUTECUI	CRAC RST GARLIC/SD TOM ORG	4 OZ	1.85	1.85		
0155	HAUTECUI	CRAC SAFFRON&PEPPER	4 OZ	1.79	1.79		
0150	HAUTECUI	CRAC SEED OVERLOAD	4 OZ	1.79	1.79		
3838	HAUTECUI	CRAC STONED WHEAT ORIGINAL ORG	4 OZ	1.85	1.85		
3836	HAUTECUI	CRAC WATER CRACKED PEPPER ORG	4 OZ	1.85	1.85		
3835	HAUTECUI	CRAC WATER ORIG ORGANIC	4 OZ	1.85	1.85		
3940	HAUTECUI	CRAC WATER TST SESAME ORG	4 OZ	1.85	1.85	1.65	1.65
30246	JOHNMACY	CHEESESTICKS CHEDDAR SCALLION	4 OZ	2.29	2.29	1.99	1.99
30245	JOHNMACY	CHEESESTICKS DIJON SWISS	4 OZ	2.29	2.29		
30243	JOHNMACY	CHEESESTICKS ORIGINAL CHEDDAR	4 OZ	2.29	2.29		
30244	JOHNMACY	CHEESESTICKS ROMANO GARLIC	4 OZ	2.29	2.29		
1550	KAME	RICE CRACKER CHEESE	12/3.5 OZ	1.89	22.68		
1551	KAME	RICE CRACKER ONION	12/3.5 OZ	1.89	22.68	1.69	20.28
1552	KAME	RICE CRACKER PLAIN	12/3.5 OZ	1.89	22.68	1.69	20.28
1553	KAME	RICE CRACKER SEAWEED	12/3.5 OZ	1.89	22.68	1.69	20.28
1555	KAME	RICE CRACKER UNSALTED	12/3.5 OZ	1.89	22.68		
1556	KAME	RICE CRACKER WASABI	12/3.5 OZ	1.89	22.68	1.69	20.28
1554	KAME	RICE CRACKERS SESAME	12/3.5 OZ	1.89	22.68	1.69	20.28
7918	KASHI	CRACKERS TLC COUNTRY CHEDDAR	8 OZ	2.49	2.49		
7915	KASHI	CRACKERS TLC HONEY SESAME	9 OZ	2.49	2.49		
7916	KASHI	CRACKERS TLC NATURAL RANCH	9 OZ	2.49	2.49		
7914	KASHI	CRACKERS TLC ORIG 7 GRAIN	9 OZ	2.49	2.49		
31255	LATEJULY	CRACKERS BITE SIZE CHEDDAR	5 OZ	2.25	2.25		
31253	LATEJULY	CRACKERS CLASSIC RICH	6 OZ	2.25	2.25		
31254	LATEJULY	CRACKERS ROUND SALTINE	6 OZ	2.25	2.25		
31257	LATEJULY	SANDWICH CRAC MINI RICH & CHSE	5 OZ	2.86	2.86		
31259	LATEJULY	SANDWICH CRAC MINI RICH & CHSE	8/1.1 OZ	.75	6.00		
31256	LATEJULY	SANDWICH CRAC MINI RICH & PB	5 OZ	2.86	2.86		
31258	LATEJULY	SANDWICH CRAC MINI RICH & PB	8/1.1 OZ	.75	6.00		
3280	LAVASCH	COMBO CRISP WAFER s	6 OZ	1.89	1.89		
3282	LAVASCH	DILL/GR/LC/SES CRISP WAFER s	6 OZ	1.89	1.89		
33284	LAVASCH	GARLIC/SESAME CRISP WAFER s	6 OZ	1.89	1.89		
33288	LAVASCH	ORIGNL/SESAME CRISP WAFER s	6 OZ	1.89	1.89		
33292	LAVASCH	WW DILL/GARLIC/SES CRISP WAFER	6 OZ	1.89	1.89		
30090	LEKSAND	CRISPREAD WEDGE	12/7 OZ	1.65	19.80		
4975	LUNDBERG	RICE CAKE ORG BROWN RICE n/s	12/8 OZ	2.25	27.00	1.99	23.88
4982	LUNDBERG	RICE CAKE ORG BROWN RICE w/s	12/8 OZ	2.25	27.00	1.99	23.88
4977	LUNDBERG	RICE CAKE ORG SESAME TAMARI	12/9 OZ	2.25	27.00	1.99	23.88
4976	LUNDBERG	RICE CAKE ORG TAMARI SEAWEED	12/9 OZ	2.25	27.00	1.99	23.88
4996	LUNDBERG	RICE CAKE ORG WILD RICE w/s	12/8 OZ	2.25	27.00	1.99	23.88
4970	LUNDBERG	RICE CAKES APPLE CINNAMN s	12/9.5 OZ	1.85	22.20		
4960	LUNDBERG	RICE CAKES BROWN RICE n/s	12/8 OZ	1.85	22.20		
4961	LUNDBERG	RICE CAKES BROWN RICE w/s	12/8 OZ	1.85	22.20		
4971	LUNDBERG	RICE CAKES BUTTRY CARML s	12/9.5 OZ	1.85	22.20		
4972	LUNDBERG	RICE CAKES HONEY-NUT s	12/9.5 OZ	1.85	22.20		
33245	MACLEANS	OATCAKES CANAPE SHELLS	12/3.5 OZ	3.49	41.88	3.16	37.92
33246	MACLEANS	OATCAKES MINI CHEESE	18/5.3 OZ	1.98	35.64	1.79	32.22
33243	MACLEANS	OATCAKES MINI TRADITIONAL	18/5.3 OZ	1.98	35.64	1.79	32.22
33242	MACLEANS	OATCAKES TRADITIONAL	20/5.3 OZ	1.62	32.40	1.47	29.40
7261	MARYGONE	CRACKERS BLK PEPPER ORG WF/GF	12/6.5 OZ	3.09	37.08	2.32	27.81
7268	MARYGONE	CRACKERS CARAWAY ORG WF/GF	12/6.5 OZ	3.09	37.08	2.32	27.81
7262	MARYGONE	CRACKERS HERB ORG WF/GF	12/6.5 OZ	3.09	37.08	2.32	27.81

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
7263	MARYGONE	CRACKERS ONION ORG WF/GF	12/6.5 OZ	3.09	37.08	2.32	27.81
7267	MARYGONE	CRACKERS ORIGINAL ORG WF/GF	12/6.5 OZ	3.09	37.08	2.32	27.81
3927	MTVIKOS	KRITI TOASTS OLIVE OIL	12/6.4 OZ	2.49	29.88		
3926	MTVIKOS	KRITI TOASTS OLIVE OIL RYE	12/5.64 OZ	2.49	29.88		
30421	OLDCAPE	CRACKERS GOURMET ROUNDSs	7 OZ	1.79	1.79	1.43	1.43
30422	OLDCAPE	CRACKERS HEARTY SQUARES s	6 OZ	1.79	1.79	1.43	1.43
30420	OLDCAPE	OYSTER CRACKERS s	8 OZ	1.79	1.79	1.43	1.43
2124	OURFAMILY	CRACKERS CHEESE SEA SHAPES s	6 OZ	2.68	2.68		
30661	REALFOOD	CORN THINS FLAX & SOY	12/5.3 OZ	1.73	20.76		
30662	REALFOOD	CORN THINS MULTIGRAIN	12/5.5 OZ	1.73	20.76		
30660	REALFOOD	CORN THINS ORIGINAL	12/5.5 OZ	1.73	20.76		
30663	REALFOOD	CORN THINS SESAME ORG	12/5.3 OZ	1.73	20.76		
1559	REDOVAL	STONED WHEAT THINS (h)	12/10.6 OZ	2.99	35.88	2.69	32.28
3421	RYVITA	CRISPBREAD DARK RYE	10/8.8 OZ	1.99	19.90	1.69	16.92
3424	RYVITA	CRISPBREAD FRUIT CRUNCH s	10/8.8 OZ	1.99	19.90	1.69	16.92
3420	RYVITA	CRISPBREAD LIGHT RYE	10/8.8 OZ	1.99	19.90	1.69	16.92
<b>41140</b>	<b>RYVITA</b>	<b>CRISPBREAD MULTIGRAIN</b>	<b>10/8.8 OZ 2.48</b>	<b>24.48</b>	<b>1.86</b>	<b>18.60</b>	
<b>41138</b>	<b>RYVITA</b>	<b>CRISPBREAD PUMPKIN SEED OAT</b>	<b>10/7 OZ 2.48</b>	<b>24.80</b>	<b>1.86</b>	<b>18.60</b>	
3422	RYVITA	CRISPBREAD SESAME	10/8.8 OZ	1.99	19.90	1.69	16.92
<b>41139</b>	<b>RYVITA</b>	<b>CRISPBREAD SUNFLWR SEED OAT</b>	<b>10/7 OZ 2.48</b>	<b>24.80</b>	<b>1.86</b>	<b>18.60</b>	
2305	SESMARK	BROWN RICE THINS	12/4.25 OZ	1.82	21.84		
2301	SESMARK	MINI RICE CRACKERS LIGHT SALT	6/5.25 OZ	2.05	12.30	1.85	11.10
2302	SESMARK	MINI RICE CRACKERS SES/GARLIC	6/5.25 OZ	2.05	12.30	1.85	11.10
2300	SESMARK	RICE THINS/ SESAME	12/4.25 OZ	1.82	21.84		
2224	SESMARK	SESAME THINS (rmds)	12/7.5 OZ	1.82	21.84	1.55	18.60
5180	SILJAN	CRISPBRED SWEDISH ROUNDS	14/16.9 OZ	3.59	50.26		
32116	SPORTIE	CROSTINI OLIVE OIL box	4.5 OZ	2.55	2.55		
32115	SPORTIE	CROSTINI ROSEMARY box	4.5 OZ	2.55	2.55		
30074	SPORTIE	GRISSINI OLIVE OIL BREADSTICK	5 OZ	2.36	2.36		
30075	SPORTIE	GRISSINI ONION BREADSTICK	5 OZ	2.36	2.36	1.99	1.99
30076	SPORTIE	GRISSINI ROSEMARY BREADSTICK	5 OZ	2.36	2.36	2.06	2.06
30078	SPORTIE	GRISSINI SESAME BREADSTICK	5 OZ	2.36	2.36		
30070	SPORTIE	TOASTINI GARLIC bag	12/5.2 OZ	1.75	21.00	1.35	16.20
30073	SPORTIE	TOASTINI OREGANO bag	12/5.2 OZ	1.75	21.00	1.35	16.20
30071	SPORTIE	TOASTINI PLAIN bag	12/5.2 OZ	1.75	21.00	1.35	16.20
30072	SPORTIE	TOASTINI ROSEMARY bag	12/5.2 OZ	1.75	21.00	1.35	16.20
32123	VENUS	CRAC FAT FREE CRACKED PEPPER	5.5 OZ	1.79	1.79	1.59	1.59
32126	VENUS	CRAC FAT FREE GARDEN VEG	5.5 OZ	1.79	1.79	1.59	1.59
32124	VENUS	CRAC FAT FREE GARLIC & HERB	5.5 OZ	1.79	1.79	1.59	1.59
32125	VENUS	CRAC FAT FREE MULTIGRAIN	5.5 OZ	1.79	1.79	1.59	1.59
30366	WASA	CRISPBREAD HEARTY RYE	12/9.7 OZ	2.05	24.60		
4375	WASA	CRISPBREAD MULTIGRAIN	12/8.8 OZ	2.05	24.60		
3638	WISECRAC	ROSEMARY GARLIC L/F s	6/5 OZ	2.58	15.48		
<b>DESSERTS &amp; DESSERT TOPPINGS</b>							
4376	BARHAR	INDIAN PUDDING	15.5 OZ	2.11	2.11		
7725	FIDDLERS	BLUEBERRY SYRUP ORG	8 OZ	5.15	5.15	4.38	4.38
5292	FLAVORG	SYRUP CARAMEL ORG s	8.5 OZ	4.35	4.35		
5289	FLAVORG	SYRUP FRENCH VANILLA ORG s	8.5 OZ	4.35	4.35		
5288	FLAVORG	SYRUP RASPBERRY ORG s	8.5 OZ	4.35	4.35		
<b>41158</b>	<b>JOELLE</b>	<b>SOY PUDDING CUPS BANANA</b>	<b>4 PK</b>	<b>2.42</b>	<b>2.42</b>	<b>2.18</b>	<b>2.18</b>
<b>41159</b>	<b>JOELLE</b>	<b>SOY PUDDING CUPS CHOC</b>	<b>4 PK</b>	<b>2.42</b>	<b>2.42</b>	<b>2.18</b>	<b>2.18</b>
<b>41160</b>	<b>JOELLE</b>	<b>SOY PUDDING CUPS VANILLA</b>	<b>4 PK</b>	<b>2.42</b>	<b>2.42</b>	<b>2.18</b>	<b>2.18</b>
33192	LOLLIPOP	CARAMEL SAUCE	13.5 OZ	5.09	5.09	4.59	4.59
33193	LOLLIPOP	CHOCOLATE PEPPERMINT SAUCE	13.5 OZ	4.55	4.55	4.11	4.11
33187	LOLLIPOP	CRANBERRY PEAR BUTTER	13.5 OZ	4.55	4.55	4.11	4.11
33194	LOLLIPOP	HOT FUDGE SAUCE	13.5 OZ	4.55	4.55	4.11	4.11
33189	LOLLIPOP	MAPLE WALNUT CREAM	13.5 OZ	5.09	5.09	4.58	4.58
33188	LOLLIPOP	PUMPKIN MAPLE PECAN BUTTER	13.5 OZ	4.55	4.55	4.10	4.10
33195	LOLLIPOP	RASPBERRY SAUCE	13.5 OZ	4.55	4.55	4.10	4.10
30612	MMMM	DULCE DE LECHE s	16 OZ	4.35	4.35		
30651	PEMBERT	DEATH BY CHOCOLATE cappuccino	4.5 OZ	2.60	2.60		
0874	PEMBERT	DEATH BY CHOCOLATE capucno s	11.5 OZ	4.41	4.41		
30650	PEMBERT	DEATH BY CHOCOLATE mint	4.5 OZ	2.60	2.60	2.30	2.30
30653	PEMBERT	DEATH BY CHOCOLATE mint	11.5 OZ	4.41	4.41	3.81	3.81
30648	PEMBERT	DEATH BY CHOCOLATE original	4.5 OZ	2.60	2.60		
0877	PEMBERT	DEATH BY CHOCOLATE original s	11.5 OZ	4.41	4.41		
30649	PEMBERT	DEATH BY CHOCOLATE raspberry	4.5 OZ	2.60	2.60	2.30	2.30
30652	PEMBERT	DEATH BY CHOCOLATE raspberry	11.5 OZ	4.41	4.41	3.97	3.97
41084	SHOOTFLY	DESSERT SAUCE DARK CHOC	9 OZ	6.99	6.99	6.29	6.29
41083	SHOOTFLY	DESSERT SAUCE MILK CHOC	9 OZ	6.99	6.99	6.29	6.29
30056	THURSDAY	MELBA SAUCE PEACH/PINEAPPLE s	11.4 OZ	4.29	4.29		
30024	THURSDAY	MELBA SAUCE RASP/RED CURRANT	11.4 OZ	4.29	4.29		
30054	THURSDAY	MELBA SAUCE SPICED APRICOT s	11.4 OZ	4.29	4.29		
2823	TINYTRAP	MARSHMALLOW CREME	7 OZ	3.15	3.15	2.75	2.75
<b>FLOURS</b>							
2775	ANCIENT	QUINOA FLOUR ORG	24 OZ	4.89	4.89	4.39	4.39
2639	ARROW	CORNMEAL BLUE ORG	32 OZ	3.30	3.30		
3342	ARROW	CORNMEAL YELLOW ORG	32 OZ	2.50	2.50		



Where does the name "Marmite" come from?

A marmite is a French stock pot or cooking pot-like the one pictured on the front of the jar and shaped somewhat like the jar itself. The name of the French pot is pronounced "mar-MEET." The product name may have been derived from a famous French soup, petite marmite.

## Appalachian Naturals -

### Cranberry Lime Sauce



After a long awaited harvest Appalachian Naturals is pleased to introduce their Cranberry Lime Sauce, just in time for the holiday season. This is a contemporary version of a traditional New England favorite. They searched all over Cape Cod and the islands for organic cranberry growers and found a very unique bog on the Vineyard that is part of a sustainable agriculture land trust. Cranberry Acres and Cranberry Hill Farm have provided them with gorgeous Atlantic grown berries, rich in anti-oxidants and packed with flavor! They add a touch of lime zest and all natural demerara sugar to offer you a delicious accompaniment to your holiday condiment selection.

Ingredients: Certified organic cranberries, water, all natural demerara sugar, lime zest.



Joel Health Industries, manufacturer of the **Joelle's Choice** line of healthy soy puddings, is an Iowa private corporation manufacturing specialty foods. Its goal is to improve the palatability and healthfulness of American food staples that consumers can effortlessly incorporate into their diets.

All natural, made with organic soy, lactose-free, no preservatives, good source of soy protein, a delicious healthy snack or dessert. Needs no refrigeration. Some research has shown that diets low in saturated fat and cholesterol that include 25 grams of soy protein a day may reduce the risk of heart disease. One serving of this product provides 3 grams of soy protein. A delicious, healthy snack or dessert for kids of all ages!

### Chocolate Pudding

*Ingredients: water, sugar, organic soy powder (30%), tapioca starch (modified), cocoa (Dutch process), natural flavors, salt, carrageenan.*



### Vanilla Pudding

*Ingredients: water, sugar, organic soy powder (30%), tapioca starch (modified), natural vanilla flavor with other natural flavors, salt, carrageenan.*

### Banana Pudding

*Ingredients: water, sugar, organic soy powder (30%), tapioca starch (modified), natural banana flavor with other natural flavors, natural yellow color, salt, carrageenan.*

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>FLOURS - CONT.</b>							
3340	ARROW	FLOUR BARLEY ORG	24 OZ	2.90	2.90		
3341	ARROW	FLOUR BUCKWHEAT ORG	32 OZ	4.19	4.19		
1204	ARROW	FLOUR MILLET ORG	32 OZ	3.90	3.90		
3312	ARROW	FLOUR OAT ORG	24 OZ	2.90	2.90		
2634	ARROW	FLOUR RICE BROWN ORG	32 OZ	3.65	3.65		
1154	ARROW	FLOUR RICE WHITE ORG	32 OZ	3.80	3.80		
3345	ARROW	FLOUR RYE ORG	30 OZ	2.75	2.75		
4421	ARROW	FLOUR SOY ORG	22 OZ	2.89	2.89		
6308	ARROW	FLOUR SPELT ORG	32 OZ	3.95	3.95		
3348	ARROW	FLOUR UNBL WHITE WHEAT ORG	32 OZ	2.79	2.79		
3349	ARROW	FLOUR WHL WHT BREAD ORG	32 OZ	2.79	2.79		
3344	ARROW	FLOUR WHL WHT PASTRY	32 OZ	2.79	2.79		
3155	DWD&RGR	CHESTNUT FLOUR Italian WF/GF	14 OZ	5.99	5.99		
8599	ENER-G	FLOUR POTATO STARCH	16 OZ	3.59	3.59		
8600	ENER-G	FLOUR TAPIOCA WHEAT FREE	16 OZ	2.34	2.34		
41061	KINGARTH	FLOUR CAKE bleached	3 LB	2.93	2.93	2.63	2.63
41062	KINGARTH	FLOUR EURO-STYLE ARTISAN	3 LB	3.79	3.79	3.39	3.39
41063	KINGARTH	FLOUR FRENCH STYLE	3 LB	3.79	3.79	3.39	3.39
41065	KINGARTH	FLOUR ITALIAN STYLE 00	3 LB	2.93	2.93	2.63	2.63
41064	KINGARTH	FLOUR RYE BLEND	3 LB	3.79	3.79	3.39	3.39
03590	MOCHIKO	RICE FLOUR SWEET WHITE KODA	16 OZ	1.19	1.19		
6123	MORGANS	SWEET BROWN RICE FLOUR ORG	24 OZ	3.89	3.89		
6299	MORGANS	WHL WHT GRAHAM FLOUR ORG	24 OZ	2.20	2.20		
0231	PLOYES	BUCKWHEAT FLOUR ACADIAN LIGHT	3#	3.94	3.94		
<b>FRUIT, CANS, JARS &amp; POUCHES</b>							
31124	E4B	BLUEBRY RASPBRY PUREE pouch	11 OZ	2.99	2.99	2.69	2.69
31125	E4B	KIWI PUREE pouch	11 OZ	2.99	2.99	2.69	2.69
31121	E4B	MANGO PUREE pouch	11 OZ	2.99	2.99	2.69	2.69
31122	E4B	PEAR CARAMEL PUREE pouch	11 OZ	2.99	2.99	2.69	2.69
31123	E4B	STRAWBRY BANANA PUREE pouch	11 OZ	2.99	2.99	2.69	2.69
3802	FELIX	LINGONBERRIES SWEDISH	14.5 OZ	4.99	4.99		
0402	MAINEWIL	WILD BLUEBERRIES in WATER	15 OZ	3.35	3.35		
5855	MARCOPOL	PITTED SOUR CHERRIES s	24 OZ	2.05	2.05		
1520	MTVIKOS	FIGS GLAZED/RSTD	10 OZ	4.47	4.47	3.97	3.97
32030	NATIVE	MANGO CHUNKS ORG	14 OZ	2.47	2.47		
32031	NATIVE	PAPAYA CHUNKS ORG	14 OZ	2.47	2.47		
4986	NATIVE	PINEAPPLE CHUNKS ORG	14 OZ	2.47	2.47		
5084	NATIVE	PINEAPPLE CRUSHED ORG	14 OZ	2.47	2.47		
4999	NATIVE	PINEAPPLE MINI RINGS ORG	15 OZ	2.47	2.47		
4994	NATIVE	PINEAPPLE SLICES ORG	15 OZ	2.47	2.47		
32032	NATIVE	TROPICAL FRUIT SALAD ORG	14 OZ	2.47	2.47		
6586	NATVALUE	PINEAPPLE CHUNKS canned	20 OZ	1.64	1.64	1.44	1.44
6584	NATVALUE	PINEAPPLE SLICED canned	20 OZ	1.64	1.64	1.44	1.44
4532	ROLAND	LYCHEES in heavy syrup s	20 OZ	2.25	2.25		
4358	ROLAND	MANDARIN ORANG SEGMENT/WTR	14 OZ	1.35	1.35	1.15	1.15
4534	ROLAND	MANGO SLICED light syrup s	15 OZ	1.20	1.20		
4535	ROLAND	PAPAYA CHUNKS light syrup s	15 OZ	1.32	1.32		
4294	ROLAND	PINEAPPLE SLICED in juice	20 OZ	1.45	1.45		
4537	ROLAND	WHITE PEACHES 4-6count s	15 OZ	1.39	1.39	1.19	1.19
4530	ROLAND	WHOLE BABY PEARS lt syrup s	15 OZ	2.15	2.15	1.95	1.95
81031	SWAD	MANGO PULP kesar	28 OZ	2.47	2.47		
<b>FRUITS, CANS &amp; JARS - APPLESAUCE</b>							
3665	CARLSON	APPLESAUCE CHUNKY MCINTOSH	25 OZ	1.97	1.97	1.77	1.77
6324	EDEN	APPLE SAUCE ORGANIC	25 OZ	2.36	2.36		
4624	VTVILLAG	APPLE SAUCE unsweetened	24 OZ	1.99	1.99		
4330	VTVILLAG	ORG APPLE SAUCE CINNAMON	24 OZ	2.54	2.54		
4326	VTVILLAG	ORG APPLE SAUCE MANGO	24 OZ	2.54	2.54		
4337	VTVILLAG	ORG APPLE SAUCE PEACH	24 OZ	2.54	2.54		
4329	VTVILLAG	ORG APPLE SAUCE RASPBERRY	24 OZ	2.54	2.54		
4338	VTVILLAG	ORG APPLE SAUCE STRWBRY/BANANA	24 OZ	2.54	2.54		
4328	VTVILLAG	ORG APPLE SAUCE unsweetened	24 OZ	2.54	2.54		
4340	VTVILLAG	ORG APPLESAUCE CUP STRW/BANANA	4/4 OZ	.51	2.04		
4317	VTVILLAG	ORG APPLESCE CUP CINNAMON	4/4 OZ	.51	2.04		
4318	VTVILLAG	ORG APPLESCE CUP MIXED BERRY	4/4 OZ	.51	2.04		
4316	VTVILLAG	ORG APPLESCE CUP unsweetnd	4/4 OZ	.51	2.04		
<b>FRUITS, PIE FILLINGS</b>							
41123	OUT ON A	PIE FILLING MAINE APLE low sug	25 OZ	6.43	6.43	5.79	5.79
41125	OUT ON A	PIE FILLING MAINE APLE no sug	25 OZ	6.43	6.43	5.79	5.79
41126	OUT ON A	PIE FILLING ME BLUEBRY no sug	25 OZ	6.43	6.43	5.79	5.79
41124	OUT ON A	PIR FILLING ME BLUEBRY low sug	25 OZ	6.43	6.43	5.79	5.79
41129	OUT ON A	PIR FILLING ME STRAW/RHUB l/su	25 OZ	6.43	6.43	5.79	5.79
<b>FRUITS, DRIED &amp; PACKAGED</b>							
2525	LETSO	COCONUT SHREDDED LITE ORG	8.8 OZ	1.54	1.54	1.34	1.34
2524	LETSO	COCONUT SHREDDED ORG	8 OZ	1.54	1.54		
<b>30701</b>	<b>KING</b>	<b>FIGS TURKISH GARLAND</b>	<b>8.8 OZ</b>	<b>1.09</b>	<b>1.09</b>	<b>.98</b>	<b>.98</b>
7369	PAVICH	RAISINS ORG THOMPSON SELECT	15 OZ	4.16	4.16		
7293	TOHUM	MULBERRIES WILD UNSWT ORG	8 OZ	5.09	5.09		
31313	EDEN	CRANBERRIES ORG	4 OZ	3.31	3.31		
31312	EDEN	MONTMORENCY CHERRIES	4 OZ	5.39	5.39		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
31311	EDEN	WILD BLUEBERRIES ORG	4 OZ	5.63	5.63		
1805	GINGERPE	GINGER CHIPS CRYSTL baker cut	7 OZ TIN	3.19	3.19		
1806	GINGERPE	GINGER CRYSTL premium cut	6.5 OZ TIN	3.49	3.49		
<b>FRUIT MIXES</b>							
31307	EDEN	ALL MIXED UP FRUIT & NUT	4 OZ	2.55	2.55		
31308	EDEN	ALL MIXED UP TOO FRUIT & NUT	4 OZ	2.55	2.55		
31309	EDEN	WILD BERRY MIX ORG	4 OZ	2.55	2.55		
<b>GRAINS &amp; FLAKES</b>							
2781	ANCIENT	QUINOA FLAKES ORG	12 OZ	2.69	2.69		
2783	ANCIENT	QUINOA GRAIN ORG	12 OZ	2.23	2.23		
2770	ANCIENT	QUINOA INCA RED ORG	12 OZ	2.55	2.55		
3045	ARROW	AMARANTH SEED ORG	16 OZ	3.35	3.35		
3352	ARROW	FLAX SEED ORG	16 OZ	2.30	2.30	2.00	2.00
3351	ARROW	QUINOA GRAIN ORG	14 OZ	3.30	3.30		
6004	D'ALLAS	BUCKWHEAT GROATS	12 OZ	2.35	2.35		
5923	D'ALLAS	COUSCOUS MIDDLE EASTERN	12 OZ	2.59	2.59		
5919	D'ALLAS	FLAX SEED GOLDEN	12 OZ	1.89	1.89		
5985	D'ALLAS	POLENTA ITALIAN STYLE	12 OZ	1.59	1.59		
31118	MOLINO	POLENTA INSTANT Italy	17.6 OZ	1.59	1.59	1.39	1.39
4603	NIBLACK	WHEAT GERM RAW	16 OZ	1.64	1.64		
4612	NIBLACK	WHEAT GERM TOASTED	16 OZ	2.00	2.00		
4917	ROLAND	COUSCOUS	17.5 OZ	1.30	1.30		
4539	ROLAND	FARRO SemiPEARL WHEAT Italy	17.6 OZ	5.33	5.33		
8157	TIMELESS	FLAX SEED GOLDEN ORG	14 OZ	3.19	3.19	2.79	2.79
6580	NATVALUE	POPCORN YELLOW ORG	2#	3.09	3.09		
30657	NEWMAN	POPCORN MICROWAVE ORG BUTTER	3.5 OZ	2.50	2.50	2.25	2.25
30659	NEWMAN	POPCORN MICROWAVE ORG LT BTR	3 OZ	2.50	2.50	2.25	2.25
30658	NEWMAN	POPCORN MICROWAVE ORG NS FF	3 OZ	2.50	2.50	2.25	2.25
<b>HERBS &amp; SEASONINGS BY BRAND</b>							
<b>McFADDEN FARM</b>							
9864	McFADDEN	BASIL ORG	.36 OZ	2.54	2.54	2.14	2.14
9866	McFADDEN	BAY LEAVES ORG	.36 OZ	3.47	3.47		
9875	McFADDEN	BEAN & SOUP HERBS ORG	1 OZ	3.69	3.69	2.99	2.99
9878	McFADDEN	BEEF HERB BLEND ORG	1.8 OZ	3.69	3.69	2.99	2.99
9881	McFADDEN	CHILI FLAKES ORG	1.25 OZ	2.90	2.90		
9885	McFADDEN	GARLIC FLAKES ORG	2.65 OZ	2.90	2.90		
9863	McFADDEN	GARLIC POWDER ORG	2.8 OZ	2.90	2.90		
9871	McFADDEN	GRILLING HERBS ORG	1.25 OZ	3.69	3.69	2.99	2.99
9876	McFADDEN	HERBS DE PROVENCE ORG	.85 OZ	3.97	3.97		
9877	McFADDEN	ITALIAN HERBS ORG	1.1 OZ	3.69	3.69		
9880	McFADDEN	LEMON PEPPER ORG	1.25 OZ	3.97	3.97	3.37	3.37
9882	McFADDEN	LEMON THYME ORG	.49 OZ	2.90	2.90	2.40	2.40
9870	McFADDEN	MARJORAM ORG	.45 OZ	2.54	2.54		
9874	McFADDEN	MEXICAN HERBS ORG	1.1 OZ	3.69	3.69		
9886	McFADDEN	ONION FLAKES ORG	1.28 OZ	2.83	2.83	2.53	2.53
9865	McFADDEN	OREGANO ORG	.42 OZ	2.26	2.26		
9872	McFADDEN	POULTRY HERBS ORG	1 OZ	3.69	3.69	3.29	3.29
9868	McFADDEN	ROSEMARY ORG	.53 OZ	2.26	2.26		
9869	McFADDEN	SAGE ORG	.28 OZ	2.83	2.83	2.53	2.53
9879	McFADDEN	SALAD HERB BLEND ORG	1.1 OZ	3.69	3.69	3.29	3.29
9873	McFADDEN	SEAFOOD HERBS ORG	.75 OZ	3.69	3.69	2.99	2.99
9883	McFADDEN	SUMMER SAVORY ORG	.74 OZ	2.90	2.90		
9884	McFADDEN	TARRAGON ORG	.31 OZ	3.11	3.11		
9867	McFADDEN	THYME ORG	.74 OZ	2.54	2.54		
<b>NANTUCKET OFF-SHORE</b>							
4450	NANTUCKET	SHELLFISH BOIL	2.5 OZ	3.21	3.21	2.81	2.81
4626	NANTUCKET	SINGLE RUB BAYOU	18/30 OZ	.75	13.50		
4628	NANTUCKET	SINGLE RUB MT. OLYMPUS	18/30 OZ	.75	13.50	.68	12.24
4625	NANTUCKET	SINGLE RUB NANTUCKET	18/25 OZ	.75	13.50		
4627	NANTUCKET	SINGLE RUB PRAIRIE	18/30 OZ	.75	13.50	.64	11.52
4630	NANTUCKET	SINGLE RUB RASTA	18/30 OZ	.75	13.50		
4631	NANTUCKET	SINGLE RUB RENAISSANCE	18/30 OZ	.75	13.50		
4632	NANTUCKET	SINGLE RUB TURKEY	18/30 OZ	.75	13.50		
4463	NANTUCKET	SPICE RUB BAYOU cajun	2.5 OZ	3.21	3.21		
4465	NANTUCKET	SPICE RUB DRAGON Asian blend	2 OZ	3.21	3.21	2.81	2.81
4468	NANTUCKET	SPICE RUB GARDEN veggies	1 OZ	3.21	3.21	2.81	2.81
4467	NANTUCKET	SPICE RUB MT OLYMPUS chic/lamb	1.6 OZ	3.21	3.21		
4457	NANTUCKET	SPICE RUB NANTUCKET seafood	1.5 OZ	3.21	3.21		
4460	NANTUCKET	SPICE RUB PRAIRIE beef	2.75 OZ	3.21	3.21		
4469	NANTUCKET	SPICE RUB PUEBLO Mexican	2.5 OZ	3.21	3.21	2.81	2.81
4458	NANTUCKET	SPICE RUB RAJ Indian	2.25 OZ	3.21	3.21	2.81	2.81
4459	NANTUCKET	SPICE RUB RASTA Jamaican blend	2.5 OZ	3.21	3.21		
4461	NANTUCKET	SPICE RUB RENAISSANCE Italian	1.6 OZ	3.21	3.21		
4462	NANTUCKET	SPICE RUB ST REMY provencal	.75 OZ	3.21	3.21		
4466	NANTUCKET	SPICE RUB TURKEY	1.25 OZ	3.21	3.21		
<b>PINCH PLUS</b>							
5705	PINCHPLS	12 SKU RACK WITH HERBS 2 tier	12/20 CT	125.00	125.00		
5707	PINCHPLS	18 SKU RACK WITH HERBS 3 tier	18/20 CT	185.00	185.00		
31000	PINCHPLS	ASIAN RUB ORG 1 TBSP	10 PKT	.55	5.50		
5774	PINCHPLS	BASIL ORG 1 TBSP	10 PKTS	.55	5.50		

# RYVITA

## CRISP BREADS

Ryvita crispbreads are world famous for their naturally crisp texture, mild nutty taste, and excellent nutritional value. Ryvita crispbreads are made from whole grain rye, are high in fiber, and are wheat-free (except Fruit Crunch). Rye grain is lower in fat and sugar, yet contains a natural balance of vitamins and minerals.

Ryvita crispbreads are baked with no added preservatives or chemicals. Ryvita crispbreads can be eaten with any meal, with various cheeses, fruits, and spreads, or alone as a crunchy satisfying snack.



## MULTI-GRAIN

Wholegrain rye topped with toasted seeds and grains. This crispbread contains a blend of five different seeds and grains providing a tasty base for any topping.

Ingredients: Wholegrain Rye Flour, Buckwheat, Linseeds, Kibbled Soya, Sesame Seeds, Kibbled Rye, Salt.

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# RYVITA

## PUMPKIN SEEDS & OATS



Ryvita has developed a new range of wholeseed crisp-breads using only natural ingredients. The combination of Pumpkin Seeds and Oats makes a scrumptious snack and provides a source of minerals which are good for health. Ryvita wholeseed crispbreads are designed to be eaten topped or untopped. They can be used as a tasty snack or a light meal.

Ingredients: Wholegrain Rye flour, Pumpkin Seeds (15%), Oats (11%) and Salt.

## SUNFLOWER SEEDS & OATS

The combination of Sunflower Seeds and Oats makes a scrumptious snack and provides a source of vitamin E and phosphorus, which are good for health.

Ingredients: Wholegrain Rye Flour, Sunflower Seeds (14%), Oats (11%) and Salt.



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>PINCH PLUS - cont.</b>							
31001	PINCHPLS	CARIBBEAN RUB ORG 1 TBSP	10 PKT	.55	5.50		
5775	PINCHPLS	CAYENNE ORG 1 TBSP	10 PKTS	.55	5.50		
5777	PINCHPLS	CILANTRO ORG 1 TBSP	10 PKTS	.55	5.50		
5778	PINCHPLS	CINNAMON GROUND ORG 1 TBSP	10 PKTS	.55	5.50	.50	5.00
5779	PINCHPLS	CUMIN GROUND ORG 1 TBSP	10 PKTS	.55	5.50	.50	5.00
5780	PINCHPLS	CURRY POWDER ORG 1 TBSP	10 PKTS	.55	5.50		
31002	PINCHPLS	DILL ORG 1 TBSP	10 PKT	.55	5.50	.50	5.00
31003	PINCHPLS	FIVE SPICE POWDER ORG 1 TBSP	10 PKT	.55	5.50	.50	5.00
5781	PINCHPLS	GARAM MASALA ORG 1 TBSP	10 PKTS	.55	5.50		
5782	PINCHPLS	GINGER GROUND ORG 1 TBSP	10 PKTS	.55	5.50		
5783	PINCHPLS	HERBS DE PROVENCE ORG 1 TBSP	10 PKTS	.55	5.50	.50	5.00
80140	PINCHPLS	HERBS PINCH OF CHRISTMAS	EACH	2.99	2.99	2.69	2.69
80137	PINCHPLS	HERBS PINCH OF FRANCE	EACH	2.99	2.99	2.69	2.69
80136	PINCHPLS	HERBS PINCH OF MEXICO	EACH	2.99	2.99	2.69	2.69
5784	PINCHPLS	LEMONGRASS ORG 1 TBSP	10 PKTS	.55	5.50		
31004	PINCHPLS	MEDITERRANEAN RUB ORG 1 TBSP	10 PKT	.55	5.50		
5785	PINCHPLS	MINT ORG 1 TBSP	10 PKTS	.55	5.50		
5786	PINCHPLS	OREGANO ORG 1 TBSP	10 PKTS	.55	5.50		
5787	PINCHPLS	PAPRIKA ORG 1 TBSP	10 PKTS	.55	5.50		
5709	PINCHPLS	ROSEMARY ORG 1 TBSP	10 PKTS	.55	5.50		
5790	PINCHPLS	TARRAGON ORG 1 TBSP	10 PKTS	.55	5.50		
5792	PINCHPLS	THREE PEPPERCORN GRND 1 TBSP	10 PKTS	.55	5.50	.49	4.90
5798	PINCHPLS	THYME ORG 1 TBSP	10 PKTS	.55	5.50	.49	4.90
5799	PINCHPLS	TURMERIC ORG 1 TBSP	10 PKTS	.55	5.50	.49	4.90
<b>RUBS WITH LOVE</b>							
30046	RUB LOVE	MIX CRAB CAKE	3.5 OZ	3.99	3.99		
30041	RUB LOVE	RUB BANGAL MASALA	3.5 OZ	3.99	3.99		
30037	RUB LOVE	RUB CHICKEN	3.5 OZ	3.99	3.99		
30043	RUB LOVE	RUB CHINESE 12 SPICE	3.5 OZ	3.99	3.99		
30044	RUB LOVE	RUB MUSHROOM	3.5 OZ	3.99	3.99		
30045	RUB LOVE	RUB PIRI PIRI	3.5 OZ	3.99	3.99		
30039	RUB LOVE	RUB PORK	3.5 OZ	3.99	3.99		
30036	RUB LOVE	RUB SALMON	3.5 OZ	3.99	3.99		
30040	RUB LOVE	RUB SEAFOOD	3.5 OZ	3.99	3.99		
30042	RUB LOVE	RUB SPICY TOKYO	3.5 OZ	3.99	3.99		
30038	RUB LOVE	RUB STEAK	3.5 OZ	3.99	3.99		
<b>SEASONED PIONEERS</b>							
31232	SEASONED	ACHIOTE PASTE SPICES	6/28 GR	3.24	19.44	2.89	17.34
31213	SEASONED	AJOWAN SEEDS	6/21 GR	2.59	15.54		
31214	SEASONED	AMCHOOR POWDER	6/40 GR	2.59	15.54		
31218	SEASONED	ANARDANA pomegranate seeds	6/31 GR	2.59	15.54		
31234	SEASONED	ASAFOETIDA POWDER	6/44 GR	3.60	21.60		
6159	SEASONED	BERBERE BLEND ETHIOPIAN hot	6/27 GR	3.24	19.44		
31216	SEASONED	BLACK CARDAMOM WHOLE	6/16 GR	2.59	15.54		
31217	SEASONED	BLACK CUMIN WHOLE	6/21 GR	2.59	15.54		
31219	SEASONED	BLACK MUSTARD SEED WHOLE	6/43 GR	2.59	15.54		
31215	SEASONED	BLACK SALT	6/60 GR	2.59	15.54		
6161	SEASONED	CAJUN SPICE BLEND hot	6/34 GR	3.24	19.44		
6163	SEASONED	CARIBBEAN BBQ JERK RUB med	6/37 GR	3.24	19.44		
6158	SEASONED	CHINESE FIVE SPICE mild	6/27 GR	3.24	19.44		
6162	SEASONED	CREOLE SPICE BLEND med	6/37 GR	3.24	19.44		
31221	SEASONED	CURRY LEAVES WHOLE	6/6 GR	2.59	15.54		
6154	SEASONED	CURRY POWDER INDONESIAN med	6/31 GR	3.24	19.44		
6155	SEASONED	CURRY POWDER MALAY med	6/31 GR	3.24	19.44		
6156	SEASONED	CURRY POWDER S. AFRICAN med	6/31 GR	3.24	19.44		
6152	SEASONED	CURRY POWDER SRI LANKAN med	6/32 GR	3.24	19.44		
6157	SEASONED	CURRY POWDER ZANZIBAR med	6/40 GR	3.24	19.44		
31231	SEASONED	EPAZOTE LEAVES	6/10 GR	3.24	19.44		
31233	SEASONED	FILE POWDER	6/26 GR	3.60	21.60		
31241	SEASONED	GALANGAL cut	6/19 GR	2.59	15.54		
6151	SEASONED	GARAM MASALA INDIAN med	6/27 GR	3.24	19.44		
31236	SEASONED	GRAINS OF PARADISE African pep	6/40 GR	4.49	26.94		
31227	SEASONED	HARISSA SPICE MIX	6/13 GR	3.24	19.44		
6169	SEASONED	HERBS DE PROVENCE	6/13 GR	2.59	15.54		
31225	SEASONED	KAFFIR LIME LEAVES	6/4 GR	3.24	19.44		
31229	SEASONED	LA KAMA SPICE MIX Moroccan	6/30 GR	3.24	19.44		
31242	SEASONED	LEMONGRASS STALKS	6/6 GR	3.24	19.44		
31223	SEASONED	MANDARIN ORANGE PEEL	6/15 GR	2.59	15.54		
31243	SEASONED	MASALA BOMBAY	6/34 GR	3.24	19.44		
31238	SEASONED	MASALA CARDAMOM	6/27 GR	3.24	19.44		
31239	SEASONED	MASALA CHAR	6/29 GR	3.24	19.44		
31240	SEASONED	MASALA CHAT	6/40 GR	3.24	19.44		
31224	SEASONED	MASALA ROSE PETAL	6/29 GR	3.24	19.44		
31220	SEASONED	NIGELLA SEEDS	6/31 GR	2.59	15.54		
6170	SEASONED	PEPPERCORNS MIXED EXOTIC	6/26 GR	2.59	15.54		
31235	SEASONED	PIRI PIRI CHILLIES	6/25 GR	3.60	21.60		
6160	SEASONED	RAS-EL-HANOUT PWDR MOROCCO mld	6/27 GR	3.63	21.78		
6167	SEASONED	SHRIMP PASTE THAI	6/44 GR	2.59	15.54		
31222	SEASONED	SICHUAN PEPPER	6/12 GR	2.59	15.54		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
6168	SEASONED	SMOKED PIMENTON SPANISH	6/35 GR	2.59	15.54		
6165	SEASONED	SPICE PARISIENNE med	6/33 GR	3.24	19.44		
31230	SEASONED	SUMAC BERRIES GROUND	6/33 GR	3.24	19.44		
6166	SEASONED	TAMARIND PASTE	6/45 GR	2.59	15.54		
31226	SEASONED	THAI HOLY BASIL	6/6 GR	3.24	19.44		
31228	SEASONED	TUNISIAN 5 SPICE	6/40 GR	3.24	19.44		
6174	SEASONED	WASABI POWDER hot	6/17 GR	4.54	27.24		
6164	SEASONED	ZAHATAR SPICE MIX mild	6/37 GR	3.24	19.44		
<b>SIMPLY ORGANIC</b>							
4713	SIMPLYOG	MINI ALL-PURP SEASONING ORG ns	.42 OZ	1.40	1.40		
4733	SIMPLYOG	MINI ALL-SEASONS SALT ORG	1.13 OZ	1.40	1.40	.99	.99
4735	SIMPLYOG	MINI CELERY SALT ORG	.85 OZ	1.40	1.40	.99	.99
4762	SIMPLYOG	MINI CINNAMON GRND 3% OIL ORG	.67 OZ	1.40	1.40		
4775	SIMPLYOG	MINI CORIANDER SEED GRND ORG	.35 OZ	1.40	1.40		
4803	SIMPLYOG	MINI DASH O DILL BLEND ORG n/s	.32 OZ	1.40	1.40	.99	.99
4806	SIMPLYOG	MINI DILL WEED ORG	.14 OZ	1.40	1.40		
4867	SIMPLYOG	MINI GARLIC PEPPER BLEND ORGO	.71 OZ	1.40	1.40	.99	.99
4860	SIMPLYOG	MINI GARLIC-N-HERB BLEND ORG	.56 OZ	1.40	1.40	.99	.99
4869	SIMPLYOG	MINI GINGER GROUND ORG	.42 OZ	1.40	1.40	1.19	1.19
4872	SIMPLYOG	MINI MEXICAN SEASONING ORG n/s	.56 OZ	1.40	1.40	.99	.99
4874	SIMPLYOG	MINI ONION MINCED ORG	.53 OZ	1.40	1.40	.99	.99
4878	SIMPLYOG	MINI PEPPER BLCK MED GRIND ORG	.56 OZ	1.40	1.40	.99	.99
4882	SIMPLYOG	MINI POULTRY SEASONING ORG	.32 OZ	1.40	1.40		
4894	SIMPLYOG	MINI SAGE GROUND ORG	.21 OZ	1.40	1.40	.99	.99
4897	SIMPLYOG	MINI TURMERIC GROUND ORG	.53 OZ	1.40	1.40		
4898	SIMPLYOG	MINI VEGGIE PEPPER ORG n/s	.56 OZ	1.40	1.40	.99	.99
<b>VICTORIA GOURMET</b>							
30331	VICTORIA	BRINING BLEND ASIAN	13.6 OZ	4.85	4.85	4.35	4.35
30329	VICTORIA	BRINING BLEND SMOKY	12.9 OZ	4.85	4.85	4.35	4.35
30330	VICTORIA	BRINING BLEND SPICY	12.6 OZ	4.85	4.85	4.35	4.35
30328	VICTORIA	BRINING BLEND TRADITIONAL	12.7 OZ	4.85	4.85	4.35	4.35
32104	VICTORIA	FIRE ROASTED TOMATOES	2.9 OZ	4.71	4.71		
80155	VICTORIA	MULLING SPICE jar	4 OZ	4.71	4.71		
32099	VICTORIA	PEPPERCORNS PEPPER MILL MIX	4.5 OZ	4.71	4.71		
32100	VICTORIA	PEPPERCORNS PINK	2.4 OZ	4.71	4.71		
32101	VICTORIA	PEPPERCORNS WHITE	5.7 OZ	4.71	4.71		
32102	VICTORIA	RED BELL PEPPERS	4.1 OZ	4.71	4.71	3.91	3.91
32103	VICTORIA	SHALLOTS	4.1 OZ	4.71	4.71	3.91	3.91
<b>OTHERS</b>							
30025	LARS	ONIONS CRISPY	4 OZ	1.96	1.96	1.76	1.76
5945	D'ALLAS	CHERVIL	2 OZ	3.59	3.59	2.99	2.99
0839	FRONTIER	BAC-UNS ORG veg bacon bits	2.7 OZ	4.19	4.19		
0860	FRONTIER	GUMBO FILE	1.44 OZ	2.99	2.99		
3758	HALSSALT	SALT SUBSTITUTE REGULAR	2 OZ	2.15	2.15		
4726	LACHINAT	PAPRIKA BITRSWT SMKD Spain	2.47 OZ	2.59	2.59		
4725	LACHINAT	PAPRIKA HOT SMKD	2.47 OZ	2.59	2.59		
4724	LACHINAT	PAPRIKA SWEET SMKD	2.47 OZ	2.59	2.59		
33026	MALDON	PEPPERCORNS WHOLE ORG	4/1.4 OZ	4.95	19.80		
4732	MASPORTE	SAFFRON Spanish	1GR JAR	4.65	4.65		
4281	ROLAND	CORIANDER LEAVES MINCED jar	7 OZ	2.39	2.39	2.03	2.03
4287	ROLAND	SAFFRON POWDER 3per card	3PK	2.13	2.13		
<b>DRIED MUSHROOMS</b>							
2440	ASIANFD	MUSHROOM CLOUD EAR FUNGUS	3 OZ	2.57	2.57		
5882	D'ALLAS	MUSHROOM PORCINI EXTRA A	1 OZ BAG	2.75	2.75		
5878	D'ALLAS	MUSHROOM PORTABELLA SLICED	1 OZ BAG	3.29	3.29	2.89	2.89
5881	D'ALLAS	MUSHROOMS SHIITAKE	1 OZ BAG	1.65	1.65		
02401	DYNASTY	MUSHROOM SHIITAKE	1 OZ	1.50	1.50		
30103	FUNGUS	MUSHROOMS CHANTERELLE WILD	1 OZ	5.13	5.13		
33165	FUNGUS	MUSHROOMS CRIMINI ORG	.5 OZ	3.45	3.45	3.11	3.11
33164	FUNGUS	MUSHROOMS MAITAKE ORG	.5 OZ	5.15	5.15	4.64	4.64
33167	FUNGUS	MUSHROOMS MATSUTAKE	1 OZ	3.80	3.80	3.42	3.42
30104	FUNGUS	MUSHROOMS MEDLEY WILD	1 OZ	3.77	3.77		
30105	FUNGUS	MUSHROOMS MOREL WILD	.5 OZ	6.99	6.99		
33163	FUNGUS	MUSHROOMS OYSTER ORG	.5 OZ	3.20	3.20	2.88	2.88
30102	FUNGUS	MUSHROOMS PORCINI WILD	1 OZ	3.79	3.79		
30101	FUNGUS	MUSHROOMS PORTABELLO ORG	.5 OZ	4.05	4.05		
30100	FUNGUS	MUSHROOMS SHIITAKE ORG	1 OZ	4.25	4.25		
33166	FUNGUS	MUSHROOMS WOODEAR	1 OZ	2.90	2.90	2.61	2.61
30682	IGDA	MUSHROOM BLACK TRUMPET	1 OZ	3.22	3.22		
30681	IGDA	MUSHROOM CHANTERELLES	1 OZ	3.93	3.93		
30680	IGDA	MUSHROOM PORCINI A	1 OZ	3.57	3.57		
4728	MYCOLOG	MUSHROOMS CRIMINI ORG	.5 OZ	2.69	2.69		
4656	MYCOLOG	MUSHROOMS MOREL ORG WILD	.5 OZ	6.99	6.99		
4618	MYCOLOG	MUSHROOMS NORTHWEST MIX	.5 OZ	4.35	4.35		
4619	MYCOLOG	MUSHROOMS PORCINI	.5 OZ	3.19	3.19		
4745	MYCOLOG	MUSHROOMS PORTABELLA ORG	.5 OZ	2.69	2.69		
4817	MYCOLOG	MUSHROOMS SHIITAKE ORG	.5 OZ	2.69	2.69		
4835	MYCOLOG	temp n/a MUSHROOM WOODEAR ORG	.5 OZ	2.69	2.69		
4663	MYCOLOG	temp n/a MUSHROOMS OYSTER ORG	.5 OZ	2.29	2.29		
8165	OYS CRK	MUSHROOM CEPE/PORCINI	.75 OZ	3.39	3.39		
8166	OYS CRK	MUSHROOM CHANTERELLES	.5 OZ	3.39	3.39		
8167	OYS CRK	MUSHROOM MAINE WILD MIX	.75 OZ	3.39	3.39		

# Oyster Creek Mushroom Company

Damariscotta, Maine

In 1989 Dan and Candice Heydon began looking for a use for the many small oak trees they were throwing away while thinning their woodlot. The trees were too small for good firewood, only 4 to 8 inches in diameter, but it seemed like an awful waste to be throwing them away.

In an article in a newspaper, they found their answer. Shiitake... "Utilizes small waste hardwood trees to grow a healthful gourmet mushroom." They couldn't have asked for more.

After taking several classes and reading many books, they were on their way. They have been growing Shiitake ever since...and now many other varieties of mushrooms.

The Heydons provide at least supplemental income to 40 Mainers, pickers who go out in the woods all over Maine looking for wild mushrooms and sell their finds to **Oyster Creek**, which also has a flourishing business in exotic mushrooms other than shiitake. Some of the species, each of which has about a six-to-eight-week growing season, include morels, sulfur shelf or chicken mushrooms, chanterelles, black trumpets, Ponderosa, Hen of the Woods and King Boletes. Experienced pickers can no more mistake one mushroom for another than a stoop laborer can mistake a strawberry for a tomato, but the Heydons check each one, just to make sure.

(continued on page 100)

# Oyster Creek Mushroom Company

Mushrooms in Maine

*continued*

"Oh, we know what some people are thinking when they hear we're mushroom dealers," said Candice. "But we're just making an honest living like anyone else."

Well, not quite like everyone. In developing what certainly qualifies as one of the more unique home-based businesses in New England, the Heydons have found a niche in the specialty foods market.

## Black Trumpet



Black Chanterelle, Horn of Plenty, whatever name you use for this mushroom, this fragile, charcoal gray morsel has a smoky fragrance, bold flavor and delicate texture. Black Trumpet can also be powdered and used as a seasoning for souffles and terrines. It will add an exotic flavor to any wild mushroom dish.

## Shiitake



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>DRIED MUSHROOMS - CONT.</b>							
8169	OYS CRK	MUSHROOM MOREL	.5 OZ	7.99	7.99		
8173	OYS CRK	MUSHROOM SHIITAKE caps	.75 OZ	2.95	2.95		
<b>33248</b>	<b>OYS CRK</b>	<b>MUSHROOMS BLACK TRUMPET</b>	<b>.5 OZ</b>	<b>3.40</b>	<b>3.40</b>	<b>3.06</b>	<b>3.06</b>
<b>33247</b>	<b>OYS CRK</b>	<b>MUSHROOMS SHIITAKE SLICED</b>	<b>.5 OZ</b>	<b>2.30</b>	<b>2.30</b>	<b>2.07</b>	<b>2.07</b>
<b>33249</b>	<b>OYS CRK</b>	<b>MUSHROOMS WOODDEAR</b>	<b>.5 OZ</b>	<b>2.05</b>	<b>2.05</b>	<b>1.85</b>	<b>1.85</b>
<b>HERB &amp; SPICE BLENDS</b>							
8295	ATLANTID	SEA SALT GREY w/HERBS bag Fran	14.1 OZ	9.79	9.79	7.99	7.99
8296	ATLANTID	SEA SALT GREY W/SEAWEED France	14.1 OZ	9.79	9.79	7.99	7.99
30457	ATLANTID	SEA SALT GREY WITH HERBS	4.7 OZ	3.99	3.99	3.59	3.59
2507	BELLS	BELLS SEASONING	1 OZ BOX	2.05	2.05		
31168	BILARDO	BLACKENING SEASONING s	3.5 OZ	2.85	2.85		
31167	BILARDO	CHICKEN RUB	3.5 OZ	2.85	2.85		
31163	BILARDO	FISH RUB	2.5 OZ	2.85	2.85		
31166	BILARDO	MEAT RUB	3.5 OZ	2.85	2.85		
31169	BILARDO	MESQUITE SEASONING	5 OZ	2.94	2.94	2.44	2.44
31164	BILARDO	PEPPERCORN STEAK RUB	3.5 OZ	2.85	2.85	2.35	2.35
31165	BILARDO	PORK RUB	3.5 OZ	2.85	2.85	2.35	2.35
30130	CAMPPIX	HONEY CINNAMON BLEND	3.5 OZ	2.39	2.39	2.09	2.09
30131	CAMPPIX	ORIGINAL BLEND	4 OZ	2.49	2.49		
30132	CAMPPIX	SPUD FIXIN' BLEND	3.25 OZ	2.39	2.39		
30700	COLMANS	DRY MUSTARD	4 OZ	3.86	3.86		
33110	ELEMENTS	GRINDER ATMOSPHERE salt/herb	2.3 OZ	3.41	3.41		
33111	ELEMENTS	GRINDER CRYSTAL POOL salt/herb	2.3 OZ	3.41	3.41		
33112	ELEMENTS	GRINDER EARTH ENERGY salt/herb	1.4 OZ	3.41	3.41		
33114	ELEMENTS	GRINDER HERB GARDEN	.7 OZ	3.41	3.41		
33115	ELEMENTS	GRINDER PILLER OF SALT	2.8 OZ	3.41	3.41		
33116	ELEMENTS	GRINDER RAINBOW PEPPERCORN	1.4 OZ	3.41	3.41		
33117	ELEMENTS	GRINDER ROCK OF AGES salt/pepp	2.3 OZ	3.41	3.41		
33113	ELEMENTS	GRINDER SPIRIT OF FIRE chillie	1.1 OZ	3.41	3.41		
6696	FIDDES	MIXED HERB ORG refillable mill	.53 OZ	5.99	5.99	4.99	4.99
3120	JANES	KRAZY MIXED UP SALT	4 OZ	1.35	1.35	1.14	1.14
4332	LITTLEBE	SEASONINGS GUACAMOLE	4 OZ	.87	.87	.77	.77
4334	LITTLEBE	SEASONINGS TACO	1.4 OZ	1.15	1.15	.99	.99
4395	MODERN	SPIKE SEASONING box	7 OZ	3.47	3.47		
4396	MODERN	SPIKE SEASONING box	14 OZ	5.79	5.79		
4394	MODERN	SPIKE SEASONING shaker jar	3 OZ	2.37	2.37		
31174	PAIN IS	CHIPOTLE SEASONING	4.5 OZ	2.87	2.87		
31173	PAIN IS	DRY JERK SEASONING	3.5 OZ	2.87	2.87	2.57	2.57
30343	TEXAS	SEASONING DUST	3 OZ	2.99	2.99	1.99	1.99
30344	TEXAS	SEASONING DUST SALT FREE	3 OZ	2.99	2.99	1.99	1.99
1974	VOGELS	HERBAMARE SEASONING ORG	17.6 OZ	9.89	9.89		
1972	VOGELS	HERBAMARE SEASONING ORG	8.8 OZ	6.15	6.15		
1971	VOGELS	HERBAMARE SEASONING ORG	3.2 OZ	3.25	3.25		
1973	VOGELS	HERBAMARE SEASONING ORG	35.2 OZ	17.35	17.35		
1976	VOGELS	TROCOMARE SEASONING ORG	8.8 OZ	6.15	6.15		
<b>NUT &amp; SEED BUTTERS</b>							
31209	ARTISANA	CASHEW BUTTER ORG RAW	8 OZ	6.46	6.46	5.76	5.76
31210	ARTISANA	CASHEW BUTTER ORG RAW	16 OZ	10.83	10.83	9.73	9.73
31208	ARTISANA	COCONUT BUTTER ORG RAW	16 OZ	8.69	8.69	7.79	7.79
5214	ARTISANA	MACADAMIA/CASHEW BTR ORG RAW	8 OZ	9.95	9.95		
5223	ARTISANA	PECAN BUTTER ORG RAW w/cashew	8 OZ	7.49	7.49		
31212	ARTISANA	TAHINI BLACK SESAME ORG RAW	8 OZ	6.60	6.60		
31211	ARTISANA	TAHINI ORG RAW	16 OZ	6.70	6.70		
5215	ARTISANA	WALNUT BUTTER ORG RAW w/cashew	8 OZ	6.89	6.89		
30502	EAT GOOD	SOYNU T BUTTER CREAMY ORG	15 OZ	4.20	4.20		
30503	EAT GOOD	SOYNU T BUTTER CRUNCHY ORG	15 OZ	4.20	4.20		
30504	EAT GOOD	SOYNU T BUTTER w/HONEY ORG	15 OZ	4.20	4.20		
3766	IMHEALTH	SOY NUT BUTTER CHUNKY s	15 OZ	4.19	4.19		
3767	IMHEALTH	SOY NUT BUTTER CREAMY s	15 OZ	4.19	4.19	3.69	3.69
3765	IMHEALTH	SOY NUT BUTTER CRMY w/HONEY	15 OZ	4.19	4.19	3.69	3.69
3768	IMHEALTH	SOY NUT BUTTER UNSWT CRMY	15 OZ	4.19	4.19	3.69	3.69
7350	ONCEAG	ALMOND BUTTER CRNCH N/S	16 OZ	8.19	8.19		
7327	ONCEAG	ALMOND BUTTER RAW ORG SMOOTH	16 OZ	11.60	11.60	9.86	9.86
7351	ONCEAG	ALMOND BUTTER SMTH N/S	16 OZ	8.19	8.19		
7341	ONCEAG	CASHEW BUTTER N/S	16 OZ	4.70	4.70		
32138	ONCEAG	CASHEW BUTTER ORG	16 OZ	8.11	8.11		
7328	ONCEAG	PEANUT BUTTER AMER CRUNCHY ORG	16 OZ	3.56	3.56	2.85	2.85
7326	ONCEAG	PEANUT BUTTER AMER SMOOTH ORG	16 OZ	3.56	3.56	2.85	2.85
7303	ONCEAG	PEANUT BUTTER CRNCH N/S	16 OZ	2.54	2.54		
7305	ONCEAG	PEANUT BUTTER CRNCH SALTED	16 OZ	2.54	2.54		
7304	ONCEAG	PEANUT BUTTER SMTH N/S	16 OZ	2.54	2.54		
7307	ONCEAG	PEANUT BUTTER SMTH SALTED	16 OZ	2.54	2.54		
7306	ONCEAG	PEANUT BUTTER VAL ORG CRNCH N/	16 OZ	3.56	3.56	2.85	2.85
7310	ONCEAG	PEANUT BUTTER VAL ORG SMTH N/S	16 OZ	3.56	3.56	2.85	2.85
31105	ONCEAG	SUNFLOWER BUTTER R/S ORG s	16 OZ	3.59	3.59		
3929	PB & CO	PNUT BUTTER CINN RAISIN SWIRLs	16 OZ	3.42	3.42		
3932	PB & CO	PNUT BUTTER CRUNCH TIME	16 OZ	2.79	2.79		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
3934	PB & CO	PNUT BUTTER DARK CHOCOLATE s	16 OZ	3.42	3.42		
3930	PB & CO	PNUT BUTTER HEAT IS ON spicy	16 OZ	3.42	3.42		
3931	PB & CO	PNUT BUTTER SMOOTH OPERATOR	16 OZ	2.79	2.79		
3933	PB & CO	PNUT BUTTER WHITE CHOCOLATE s	16 OZ	3.42	3.42		
1990	RAPUNZEL	HAZELNUT CHOC SPREAD ORG s	8.8 OZ	4.75	4.75		
2898	RIGONI	HAZELNUT CHOC SPREAD ORG s	12.3 OZ	3.80	3.80		
32136	SIMPLE	SOYNUIT BUTTER CHOCOLATE ORG	9 OZ	4.27	4.27		
32137	SIMPLE	SOYNUIT BUTTER CHOCOLATE ORG	16 OZ	5.70	5.70		
32134	SIMPLE	SOYNUIT BUTTER CINN SUGAR ORG	9 OZ	3.56	3.56		
32135	SIMPLE	SOYNUIT BUTTER CINN SUGAR ORG	16 OZ	4.99	4.99		
32121	SIMPLE	SOYNUIT BUTTER NO SUG/SALT ORG	16 OZ	4.99	4.99		
32122	SIMPLE	SOYNUIT BUTTER NO SUG/SALT ORG	9 OZ	3.56	3.56		
32117	SIMPLE	SOYNUIT BUTTER SEA SALT ORG	16 OZ	4.99	4.99		
32118	SIMPLE	SOYNUIT BUTTER SEA SALT ORG	9 OZ	3.56	3.56		
32119	SIMPLE	SOYNUIT BUTTER SLIGHT SWEET ORG	16 OZ	4.99	4.99		
32120	SIMPLE	SOYNUIT BUTTER SLIGHT SWEET ORG	9 OZ	3.56	3.56		
2162	SUPERIOR	PEANUT BUTTER CHUNKY N/S	2.5#	5.75	5.75	5.15	5.15
1174	SUPERIOR	PEANUT BUTTER CHUNKY W/SALT	2.5#	5.75	5.75		
1333	SUPERIOR	PEANUT BUTTER SMOOTH N/S	2.5#	5.75	5.75	5.15	5.15
1173	SUPERIOR	PEANUT BUTTER SMOOTH W/SALT	2.5#	5.75	5.75		

### NUT BUTTER COMPANION

2823	TINYTRAP	MARSHMALLOW CREME	7 OZ	3.15	3.15	2.75	2.75
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### NUTS & SEEDS, ROASTED

31178	BAZZINI	CASHEWS SALTED JUMBO	11 OZ TIN	6.25	6.25		
31179	BAZZINI	CASHEWS UNSALTED JUMBO	11 OZ TIN	6.25	6.25	5.55	5.55
31180	BAZZINI	MIXED NUTS SALTED DELUXE	11 OZ TIN	7.15	7.15		
31181	BAZZINI	MIXED NUTS UNSALTED DELUXE	11 OZ TIN	7.15	7.15	6.35	6.35
31182	BAZZINI	MIXED NUTS W/PNUT SALTED	11 OZ TIN	4.98	4.98		
31183	BAZZINI	PEANUTS SALTED	12 OZ TIN	2.75	2.75		
31184	BAZZINI	PISTACHIOS RAMS HEAD bag	16 OZ	6.15	6.15	5.50	5.50
31314	EDEN	PUMPKIN SEEDS ORG dry rst salt	4 OZ	1.39	1.39		
31315	EDEN	PUMPKIN SEEDS SPICY ORG	4 OZ	1.39	1.39		
31310	EDEN	TAMARI ALMONDS ORG	4 OZ	4.57	4.57		
5316	FERTILE	BARELY SALT PEPITA org seed GF	5 OZ	3.64	3.64		
5314	FERTILE	CHOCOLATE PEPITAS org seed GF	5 OZ	3.92	3.92		
5315	FERTILE	EXTRA SPICY PEPITA org seed GF	5 OZ	3.64	3.64		
5311	FERTILE	SPICY PEPITAS w/org seed GF	5 OZ	3.64	3.64		
5313	FERTILE	SWT CINN PEPITAS org seed GF	5 OZ	3.64	3.64		
8238	MAISIEJ	ALMONDS CINNAMON GLAZED s	4 OZ	3.69	3.69		
8239	MAISIEJ	ALMONDS COFFEE GLAZED s	4 OZ	3.69	3.69		
41107	MAISIEJ	ALMONDS HONEY GLAZED ORG	12/1.25 OZ	1.34	16.08	1.21	14.47
8236	MAISIEJ	ALMONDS ORANGE & SPICE	4 OZ	3.69	3.69		
41108	MAISIEJ	ALMONDS OVEN RSTD ORG	12/1.25 OZ	1.34	16.08	1.21	14.47
8244	MAISIEJ	ALMONDS SLICED HNY GLAZE ORG s	4 OZ	3.64	3.64		
8247	MAISIEJ	ALMONDS SLICED OVEN RST ORG	4 OZ	3.64	3.64		
8248	MAISIEJ	ALMONDS SLICED RAW ORG	4 OZ	3.64	3.64		
8246	MAISIEJ	ALMONDS SLICED TAMARI ORG	4 OZ	3.64	3.64		
8242	MAISIEJ	ALMONDS SLICED ZESTY ITL ORG s	4 OZ	3.64	3.64		
8237	MAISIEJ	ALMONDS TAMARI	4 OZ	3.69	3.69		
41109	MAISIEJ	ALMONDS TAMARI ORG	12/1.25 OZ	1.34	16.08	1.21	14.47
41112	MAISIEJ	CASHEWS CURRY SPICED ORG	3.75 OZ	3.69	3.69	3.32	3.32
41110	MAISIEJ	CASHEWS HONEY GLAZED ORG	3.75 OZ	3.69	3.69	3.32	3.32
41111	MAISIEJ	CASHEWS NATURAL ORG	3.75 OZ	3.69	3.69	3.32	3.32
41113	MAISIEJ	PISTACHIOS NATURAL ORG	3.5 OZ	3.69	3.69	3.32	3.32
41114	MAISIEJ	PISTACHIOS RST SALTED ORG	3.75 OZ	3.69	3.69	3.32	3.32
31246	NUTIVA	HEMPSEED SHELLED ORG	10 OZ	7.69	7.69		
31247	NUTIVA	HEMPSEED SHELLED ORG packet	12/1.1 OZ	1.23	14.76	.99	11.88
31185	OLDETYME	PEANUTS SALTED IN SHELL	10 OZ	.90	.90		
31186	OLDETYME	PEANUTS UNSALTED IN SHELL	10 OZ	.90	.90		
30058	OLIVE ET	NUTS & SEEDS BAYOU creole	5.6 OZ	5.43	5.43	4.83	4.83
30059	OLIVE ET	NUTS & SEEDS JEERA cumin	5.6 OZ	5.43	5.43	4.83	4.83
30062	OLIVE ET	NUTS & SEEDS MALABAR cinn van	5.6 OZ	5.43	5.43	4.83	4.83
30061	OLIVE ET	NUTS & SEEDS SIENA rsmry chili	5.6 OZ	5.43	5.43	4.83	4.83
3681	PEANUTSH	CASHEW HNY/TSTD HOLIDAY	12 OZ TIN	5.95	5.95	5.35	5.35
3670	PEANUTSH	CASHEWS SALTED	12 OZ TIN	6.90	6.90		
3678	PEANUTSH	PEANUTS RST/SALT pnut oil	40 OZ TIN	9.99	9.99		
3679	PEANUTSH	PEANUTS RST/SALT pnut oil	12 OZ TIN	3.49	3.49		
3680	PEANUTSH	PEANUTS RSTD/SALTED HOLIDAY	12 OZ TIN	3.49	3.49		
3669	PEANUTSH	WASABI PEANUTS NATURAL	8 OZ TIN	3.55	3.55		
31267	ROLAND	CHESTNUTS MARRONS rst peeled	7.4 OZ	4.70	4.70		
31268	ROLAND	CHESTNUTS MARRONS rst/peeled	14.8 OZ	6.91	6.91		
5756	TOMEI	CHESTNUTS ROASTED PEELED China	3.6 OZ	1.45	1.45		

### OILS

41154	ATLANTIC	SOYBEAN OIL ORG	17 OZ	2.87	2.87	2.58	2.58
41153	ATLANTIC	SUNFLOWER OIL ORG	17 OZ	3.84	3.84	3.46	3.46
6382	EDEN	SAFFLOWER OIL High Oleic ORG	16 OZ	3.99	3.99		
6381	EDEN	SESAME OIL ORG	16 OZ	5.59	5.59		
6080	HAIN	CANOLA OIL	32 OZ	3.79	3.79		
6076	HAIN	SUNFLOWER OIL	32 OZ	4.85	4.85	4.35	4.35

# Oyster Creek Mushroom Company

## Shiitake

Shiitake grows wild throughout the Far East, where it is found on decaying trees. Cultivation of Shiitake on oak logs has been practiced for centuries in Japan. The Japanese believe in eating "Shiitake each day", much like Americans who believe in "eating an apple a day". Studies have shown that eating Shiitake lowers blood serum cholesterol in people. Various studies have also credited Shiitake with tumor regression, and helping the body produce interferon, a natural substance which fights cancer cells and stimulates the immune system.

Dry Shiitake contains at least 20% protein by weight, and are high in trace minerals and B vitamins. Shiitake is a delicious and healthful mushroom. Shiitake grows wild throughout the Far East where it is found on decaying trees. Cultivation of Shiitake on oak logs has been practiced for centuries in Japan.

## Wood Ears



Auricularia polytricha, is a rubbery, dark brown mushroom used in many Asian soups and stir fries. It has a distinctive crunchy texture that will take on whatever flavor it is cooked with. Chinese herbalists have long regarded this fungus as a medicinal food, used for its anticoagulant effect on the blood. To use them, cover with a little warm water, let them expand and soften, drain, cut into pieces and add to your favorite stir-fry or hot and sour soup.



## ORGANIC OILS

The **Atlantic Organic** brand was introduced in early 2000, as the company developed its new organic oil product line for the Food Service, Retail and Industrial Divisions. In 2005, **Catania** will be introducing new Organic products such as Organic Extra Virgin Olive Oil for the retail trade as well as Organic Canola Oil and Organic Soy and Safflower Oils.

### Organic Soybean Oil

Refined organic soybean oil is an expeller pressed oil that is non-GMO.

*Ingredients: Organic Soybean Oil This product is Kosher Certified*

### Atlantic Organic Hi-Oleic Sunflower Oil

Organic Sunflower Oil is Naturally Non-GMO. This oil is a forerunner in the health food industry, with various properties that can be applied through out the food industry.

*Ingredients: Organic Hi-Oleic Sunflower Oil This product is Kosher Certified*



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>OILS - CONT.</b>							
1077	KADOYA	SESAME OIL TOASTED	11 OZ	3.89	3.89		
1177	KADOYA	SESAME OIL TOASTED	5.5 OZ	2.39	2.39	2.09	2.09
1078	KADOYA	SESAME OIL TOASTED hot	5.5 OZ	3.09	3.09		
41085	LA TOUR	CANOLA OIL ORG tin	500 ML	4.29	4.29	3.86	3.86
1334	LA TOUR	OIL GRAPESEED tin	500 ML	5.05	5.05		
1331	LA TOUR	OIL ROASTED ALMOND tin	500 ML	7.95	7.95		
1325	LA TOUR	OIL ROASTED HAZELNUT tin	500 ML	7.95	7.95		
1313	LA TOUR	OIL ROASTED WALNUT tin	500 ML	6.15	6.15		
30592	LA TOUR	OIL TOASTED SESAME tin	500 ML	6.36	6.36		
41086	LA TOUR	SUNFLOWER OIL ORG tin	500 ML	4.29	4.29	3.86	3.86
2054	MAC NUT	MACADAMIA NUT OIL	16.9 OZ	12.57	12.57		
2055	MAC NUT	MACADAMIA NUT OIL	8.5 OZ	6.97	6.97		
3807	RAPUNZEL	PUMPKIN OIL ORG	8.45 OZ	15.10	15.10		
4629	ROLAND	AVOCADO OIL tin	8.5 OZ	5.75	5.75	5.15	5.15
4705	ROLAND	PUMPKIN SEED OIL tin	8.5 OZ	9.74	9.74		
32097	SCOTTI	RICE OIL	750 ML	6.03	6.03		
3703	SPECTRM	ALMOND OIL refined	16 OZ	7.10	7.10	6.39	6.39
1110	SPECTRM	CANOLA SUPER HIGH-OLEIC	32OZ	5.75	5.75		
2293	SPECTRM	PEANUT OIL unrefined	16 OZ	5.59	5.59	4.99	4.99
1243	SPECTRM	WALNUT OIL RFND	16 OZ	4.69	4.69		
6538	TUSCAN	CANOLA OIL EXPELLER PRESSD	32 OZ	3.29	3.29	2.89	2.89
6535	TUSCAN	GRAPESEED OIL	1 LTR	5.39	5.39		
6536	TUSCAN	SAFFLOWER OIL HIGH OLEIC	32 OZ	4.49	4.49	3.99	3.99
<b>OLIVE OILS</b>							
6005	ARIA	OLIVE OIL XTRA VIRGIN Greek	500 ML	7.25	7.25		
1095	ATHENA	OLIVE OIL X-VIRGIN Greek	1 LITER	10.75	10.75		
0260	BIONAT	OLIVE OIL X-VIRGIN ORG Italy	17 OZ	9.50	9.50		
0289	BIONAT	OLIVE OIL X-VIRGIN ORG Italy	25.4 OZ	13.20	13.20	10.56	10.56
20136	CIAO	OLIVE OIL X-VIRGIN ORG Italy	25.3 OZ	10.99	10.99		
1197	COLAVIT	OLIVE OIL X-VIRGIN	17 OZ	7.95	7.95		
1198	COLAVIT	OLIVE OIL X-VIRGIN	34 OZ	13.85	13.85	12.45	12.45
6641	DIVINA	OLIVE OIL X-VIRGIN Greek	500ML	7.95	7.95		
33042	ELEONA	OLIVE OIL X-VIRG ARGOLIDIAN	500 ML	16.60	16.60		
33041	ELEONA	OLIVE OIL X-VIRG LAKONIAN	500 ML	13.25	13.25		
33040	ELEONA	OLIVE OIL X-VIRG MESSINIAN	500 ML	13.25	13.25		
4727	MASPORTE	OLIVE OIL X-VIRGIN ORG	17 OZ	7.95	7.95		
6903	PONS	OLIVE OIL X-VIRGIN ORG ARBEQNA	16 OZ	14.95	14.95	13.45	13.45
30055	PRIMO	OLIVE OIL X-VIRG Italy D.O.P.	25.4 OZ	18.39	18.39		
30060	PRIMO	OLIVE OIL X-VIRG ORG Italy	17 OZ	13.79	13.79		
4720	ROMULO	OLIVE OIL X-VIRGIN Spain	34 OZ	10.95	10.95		
4722	ROMULO	OLIVE OIL X-VIRGIN Spain	500 ML	5.59	5.59		
32096	SASSO	OLIVE OIL EXTRA VIRGIN tin k	16.9 OZ	5.49	5.49		
2265	SPECTRM	OLIVE OIL X-VIR ORG Mediterran	33.8 OZ	13.60	13.60		
2684	SPECTRM	OLIVE OIL X-VIRGIN ORG	25.4 OZ	11.95	11.95	10.75	10.75
30611	TRIANNA	OLIVE OIL XV ORG Argentina	500 ML	8.25	8.25		
6644	UNIO	OLIVE OIL X-VIRGIN Spain	500ML	8.90	8.90		
30672	YELLING	OLIVE OIL EV Australia	500 ML	10.85	10.85	9.75	9.75
30673	YELLING	OLIVE OIL EV LIMITED Australia	500 ML	12.79	12.79	11.49	11.49
<b>OILS, FLAVORED</b>							
5499	LAFORREST	WHITE TRUFFLE OIL	1.69 OZ	7.49	7.49	6.69	6.69
31190	MASPORTE	OLIVE OIL CLEMENTINE ZEST	8.5 OZ	7.97	7.97		
5236	MASPORTE	OLIVE OIL GARLIC X-VIRGIN	8.5 OZ	7.24	7.24		
31189	MASPORTE	OLIVE OIL LEMON ZEST	8.5 OZ	7.97	7.97		
5240	MASPORTE	OLIVE OIL WHT TRUFFLE X-VIRGIN	8.5 OZ	8.60	8.60		
30005	MASPORTE	OLIVE OIL X-VIRGIN w/CHILI	8.5 OZ	7.25	7.25		
3567	O OLIVE	OLIVE OIL BLOOD ORANGE	8.8 OZ	11.99	11.99		
33093	O OLIVE	OLIVE OIL CLEMENTINE	8.5 OZ	11.99	11.99		
30010	O OLIVE	OLIVE OIL LIME JALAPENO	8.5 OZ	11.99	11.99		
3563	O OLIVE	OLIVE OIL MEYER LEMON	8.8 OZ	11.99	11.99		
3568	O OLIVE	OLIVE OIL RUBY GRAPEFRUIT	8.8 OZ	11.99	11.99		
3565	O OLIVE	OLIVE OIL TAHITIAN LIME	8.8 OZ	11.99	11.99		
<b>OILS, SPRAY</b>							
2283	SPECTRM	SPRAY CANOLA OIL BUTTER FLAVOR	6 OZ	4.09	4.09	3.68	3.68
2282	SPECTRM	SPRAY GRAPESEED OIL	6 OZ	4.65	4.65	4.19	4.19
2288	SPECTRM	SPRAY SUPER CANOLA	6 OZ	3.74	3.74		
2287	SPECTRM	SPRAY X-VIRGIN OLIVE OIL	6 OZ	4.65	4.65		
<b>PASTA</b>							
2228	ANGELIN	SEMOLINA FUSILLI Greek	16 OZ	.74	.74		
2232	ANGELIN	SEMOLINA LINGUINI Greek	16 OZ	.74	.74		
2226	ANGELIN	SEMOLINA PENNE RIGATE Greek	16 OZ	.74	.74		
2227	ANGELIN	SEMOLINA RIGATONI Greek	16 OZ	.74	.74		
0329	BIONAT	EGG PAPPARDELLE WIDE	8.8 OZ	2.19	2.19		
0328	BIONAT	EGG TAGLIATELLE	8.8 OZ	2.19	2.19		
0334	BIONAT	GLUTEN FREE ELBOWS ORG	12 OZ	2.99	2.99		
0332	BIONAT	GLUTEN FREE FUSILLI ORG	12 OZ	2.99	2.99		
0333	BIONAT	GLUTEN FREE PENNE RIGATE ORG	12 OZ	2.99	2.99		
0331	BIONAT	GLUTEN FREE SPAGHETTI ORG	12 OZ	2.99	2.99		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
0316	BIONAT	SEMO CAPELLINI ORG Italy	16 OZ	2.07	2.07		
0266	BIONAT	SEMO CHIOCCIOLE ORG Italy	16 OZ	2.07	2.07		
0264	BIONAT	SEMO FUSILLI twist ORG Italy	16 OZ	2.07	2.07		
0330	BIONAT	SEMO LASAGNE ORG Italy	12 OZ	2.66	2.66		
0317	BIONAT	SEMO LINGUINI ORG Italy	16 OZ	2.07	2.07		
0262	BIONAT	SEMO PENNE RIGATE ORG Italy	16 OZ	2.07	2.07		
0270	BIONAT	SEMO RIGATONI ORG Italy	16 OZ	2.07	2.07	1.86	1.86
0318	BIONAT	SEMO ROMBI ruffled noodle ORG	16 OZ	2.07	2.07	1.86	1.86
0268	BIONAT	SEMO SPAGHETTI ORG Italy	16 OZ	2.07	2.07	1.86	1.86
0319	BIONAT	SEMO STELLINE stars ORG	16 OZ	2.07	2.07	1.86	1.86
0280	BIONAT	WW CHIOCCIOLE ORG Italy	16 OZ	2.07	2.07		
0322	BIONAT	WW ELBOWS ORG Italy	16 OZ	2.07	2.07		
0321	BIONAT	WW FETTUCINE ORG Italy	16 OZ	2.07	2.07	1.86	1.86
0278	BIONAT	WW FUSILLI ORG Italy	16 OZ	2.07	2.07		
0323	BIONAT	WW GOBBETTI spiral tubes ORG	16 OZ	2.07	2.07	1.86	1.86
0276	BIONAT	WW PENNE RIGATE ORG Italy	16 OZ	2.07	2.07		
0274	BIONAT	WW RIGATONI ORG Italy	16 OZ	2.07	2.07		
0272	BIONAT	WW SPAGHETTI ORG Italy	16 OZ	2.07	2.07		
0320	BIONAT	WW SPAGHETTINI ORG Italy	16 OZ	2.07	2.07		
6563	EDEN	ARTICHOKE RIBBONS ORG	8 OZ	2.55	2.55		
6582	EDEN	FLAX RICE SPIRALS ORG 60%WW	12 OZ	2.59	2.59		
6370	EDEN	KAMUT SPAGHETTI ORG	14 OZ	2.79	2.79		
6598	EDEN	KAMUT SPIRALS ORG	12 OZ	2.35	2.35		
6438	EDEN	KAMUT VEGGIE SPIRAL ORG	12 OZ	2.59	2.59		
6373	EDEN	KAMUT/QUINOA TWIST ORG	12 OZ	2.49	2.49		
6564	EDEN	PARSLEY GARLIC RIBBONS ORG	8 OZ	2.39	2.39		
6555	EDEN	PARSLEY GARLIC SPAGHETTI ORG	14 OZ	2.83	2.83	2.53	2.53
6556	EDEN	PARSLEY GARLIC ZITI ORG 60%WW	12 OZ	2.43	2.43		
6599	EDEN	RYE SPIRALS ORG	12 OZ	2.00	2.00		
6367	EDEN	SAFFRON RIBBONS ORG	8 OZ	2.89	2.89		
6583	EDEN	SPAGHETTI WW ORG	14 OZ	2.49	2.49		
6590	EDEN	SPELT RIBBONS ORG	8 OZ	2.65	2.65		
6560	EDEN	SPINACH RIBBONS ORG 60%WW	8 OZ	2.39	2.39		
6562	EDEN	SPINACH SPIRALS ORG 60%WW	12 OZ	2.59	2.59		
6368	EDEN	VEG ALPHABETS ORG	16 OZ	2.79	2.79		
6558	EDEN	VEG SHELLS SMALL ORG 60%WW	12 OZ	2.45	2.45	2.15	2.15
6570	EDEN	VEGETABLE RIBBONS ORG	8 OZ	2.45	2.45		
6571	EDEN	VEGETABLE SPIRALS ORG	12 OZ	2.49	2.49	2.24	2.24
6761	FAMOSO	CASERECCI rolled tubes	17.6 OZ	2.49	2.49		
6764	FAMOSO	ORECCHIETE little ears	17.6 OZ	2.39	2.39		
6763	FAMOSO	ORECCHIETE TRIS tricolor ears	17.6 OZ	2.55	2.55		
30669	FAMOSO	PAPPARDELLE long wide flats	17.6 OZ	2.39	2.39	2.09	2.09
30668	FAMOSO	RIGATONI REALI lg short tubes	17.6 OZ	2.39	2.39	2.09	2.09
30667	FAMOSO	STRASCINATI TRICOLOR leaf	17.6 OZ	2.39	2.39	2.09	2.09
6765	FAMOSO	TROZZAPRETI twisted tubes	17.6 OZ	2.39	2.39	2.09	2.09
30250	MRS LEEP	CORN ELBOWS ORG WF/GF	12 OZ	2.19	2.19		
30252	MRS LEEP	CORN ROTELLI ORG	12 OZ	2.19	2.19	1.89	1.89
30249	MRS LEEP	CORN SPAGHETTI ORG WF/GF	12 OZ	2.19	2.19	1.89	1.89
30251	MRS LEEP	CORN VEG RADIATORE WF/GF	12 OZ	2.19	2.19	1.79	1.79
30255	MRS LEEP	RICE ALPHABETS ORG WF/GF	12 OZ	2.19	2.19		
30257	MRS LEEP	RICE PENNE ORG WF/GF	12 OZ	2.19	2.19		
30256	MRS LEEP	RICE SHAPES FOR KIDS ORG WF/GF	12 OZ	2.19	2.19		
30253	MRS LEEP	RICE SPAGHETTI ORG WF/GF	12 OZ	2.19	2.19		
30254	MRS LEEP	RICE VEG TWISTS ORG WF/GF	12 OZ	2.19	2.19		
6585	NATVALUE	RAINBOW ROTELLI SEMO ORG	16 OZ	2.89	2.89		
6579	NATVALUE	RAINBOW SHELLS SEMO ORG	16 OZ	2.99	2.99		
6568	NATVALUE	SEMO ANGEL HAIR ORG	16 OZ	2.35	2.35	2.10	2.10
6577	NATVALUE	SEMO MINI LASAGNA ORG	16 OZ	2.45	2.45		
30154	PASTARSO	BRN RICE ELBOWS ORG WF/GF	10 OZ	1.69	1.69		
30153	PASTARSO	BRN RICE FETTUCINE ORG WF/GF	8 OZ	1.69	1.69		
30155	PASTARSO	BRN RICE FUSILLI ORG WF/GF	10 OZ	1.69	1.69		
30157	PASTARSO	BRN RICE SHELLS ORG WF/GF	7 OZ	1.69	1.69		
30152	PASTARSO	BRN RICE SPAGHETTI ORG WF/GF	10 OZ	1.69	1.69		
30156	PASTARSO	BRN RICE SPIRALS ORG WF/GF	7 OZ	1.69	1.69		
2902	RIGONI	SEMO FARFALLE ORG Italy	16 OZ	1.75	1.75		
2901	RIGONI	SEMO RIGATONI ORG Italy	16 OZ	1.75	1.75		
5551	ZAFFIRI	BOWTIES Italy	16 OZ	.66	.66		
5553	ZAFFIRI	CAPELLINI Italy	16 OZ	.66	.66		
5557	ZAFFIRI	LINGUINE Italy	16 OZ	.66	.66		
5559	ZAFFIRI	PENNE RIGATE Italy	16 OZ	.66	.66		
5555	ZAFFIRI	RIGATONI Italy	16 OZ	.66	.66		
5558	ZAFFIRI	SPAGHETTI Italy	16 OZ	.66	.66		
<b>PASTA SAUCES</b>							
30628	BARHAR	CLAM SAUCE RED	10.5 OZ	2.19	2.19	1.97	1.97
30629	BARHAR	CLAM SAUCE WHITE	10.5 OZ	2.19	2.19	1.97	1.97
5245	DAVES	PASTA SAUCE GOLDEN HEIRLOOM s	26 OZ	4.88	4.88		
5246	DAVES	PASTA SAUCE RED HEIRLOOM s	26 OZ	4.88	4.88		
5231	DAVES	PASTA SAUCE RST GARLIC/BASIL s	26 OZ	4.88	4.88		
5230	DAVES	PASTA SAUCE WILD MUSHROOM	26 OZ	4.88	4.88		



# RECIPES



## Holiday Mushroom Paté

- ¾ oz Oyster Creek dried Porcini #8165**
- ½ lb fresh Shiitake**
- 1 cup soaking liquid**
- 1 - 2 cloves of garlic**
- 2 shallots**
- ½ cup fresh bread crumbs**
- 1 Tbs oil**
- ¼ cup fresh chopped dill**
- salt and pepper to taste**

Soak dried Porcini in warm water for about 20 minutes and strain through coffee filter or paper towel, saving soaking liquid. Squeeze mushroom to remove excess water.

In a food processor add fresh shiitake with stems removed and the Porcini, garlic, shallots, grind to a paste. Heat oil in a heavy bottomed skillet. Add mushroom paste and cook for 4 - 5 minutes.

Add bread crumbs and ½ cup of soaking liquid. Cook over medium high heat, stir until liquid disappears, being careful not to scorch, cooking for 15 minutes. If you need to, more soaking liquid may be added. Cool mixture, roll in dill and refrigerate.



# RECIPES



## Soft Whole Wheat Sugar Cookies

*"I make these cookies for Thanksgiving and Christmas as presents. Decorating them in the "colors of the season" makes for a nice present. If I just would stop nibbling on them, my presents would be larger :) Cookies are not real sweet, but are soft and moist and perfect for tea."*

- 1 cup Organic white sugar**
- 1 cup baking powder**
- 1/2 tsp salt**
- 1/2 tsp baking soda**
- 1/2 cup Spectrum shortening #30399**
- 2 tbs milk**
- 1 tsp apple pie spice**
- 1 tsp vanilla extract**
- 1 egg**
- 2 cups whole wheat flour**
- 2 tsp sugar**
- 1/2 tsp ground cinnamon**
- India Tree Decorating Sugars #41116-41120**
- Sunspire Sundrops #2811**



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>PASTA SAUCES - CONT.</b>							
33096	DELLAM	PASTA SAUCE BASIL GARLIC	25.5 OZ	4.84	4.84		
4279	DELLAM	PASTA SAUCE BASIL GARLIC	16 OZ	3.60	3.60		
4280	DELLAM	PASTA SAUCE ORIGINAL	16 OZ	3.60	3.60		
4282	DELLAM	PASTA SAUCE ORIGINAL	25.5 OZ	4.84	4.84		
4284	DELLAM	PASTA SAUCE SPICED	16 OZ	3.60	3.60	3.20	3.20
4286	DELLAM	PASTA SAUCE SPICED	25.5 OZ	4.84	4.84	4.34	4.34
6467	FLOTT	RED CLAM SAUCE jar s	9.5 OZ	3.95	3.95		
6468	FLOTT	WHITE CLAM SAUCE jar	9.5 OZ	3.46	3.46		
31079	MAYACAMA	PASTA MIX BLK OLIVE PESTO GF	.8 OZ	1.49	1.49	1.29	1.29
31084	MAYACAMA	PASTA MIX DRIED TOMATO GF	.8 OZ	1.49	1.49	1.29	1.29
31083	MAYACAMA	PASTA MIX GARDEN STYLE GF	.8 OZ	1.49	1.49	1.29	1.29
31080	MAYACAMA	PASTA MIX GRN OLIVE PESTO GF	.8 OZ	1.49	1.49	1.29	1.29
31081	MAYACAMA	PASTA MIX SEAFOOD GF	.8 OZ	1.49	1.49	1.29	1.29
31082	MAYACAMA	PASTA MIX SPICY GF	.8 OZ	1.49	1.49	1.29	1.29
31074	MAYACAMA	SAUCE MIX ALFREDO GF	1 OZ	1.49	1.49		
31075	MAYACAMA	SAUCE MIX PESTO GF	5 OZ	1.49	1.49	1.29	1.29
8351	MUIRGLN	PASTA SAUCE BALSM/ONION ORG	25.5 OZ	3.24	3.24		
8401	MUIRGLN	PASTA SAUCE FIRE RSTD ORG s	25.5 OZ	3.24	3.24	2.89	2.89
8414	MUIRGLN	PASTA SAUCE FOUR CHEESE ORG s	25.5 OZ	3.24	3.24	2.89	2.89
8341	MUIRGLN	PASTA SAUCE GARDEN VEG ORG	25.5 OZ	3.24	3.24	2.89	2.89
8390	MUIRGLN	PASTA SAUCE GARLC/ONIO f/f ORG	25.5 OZ	3.24	3.24	2.89	2.89
8393	MUIRGLN	PASTA SAUCE ITALN HRB f/f ORG	25.5 OZ	3.24	3.24	2.89	2.89
8345	MUIRGLN	PASTA SAUCE PORTABELLO ORG	25.5 OZ	3.24	3.24	2.89	2.89
8391	MUIRGLN	PASTA SAUCE RSTD GAR f/f ORG	25.5 OZ	3.24	3.24	2.89	2.89
8354	MUIRGLN	PASTA SAUCE SPICY TOMATO ORG s	25.5 OZ	3.24	3.24	2.89	2.89
8392	MUIRGLN	PASTA SAUCE TOM BASIL f/f ORG	25.5 OZ	3.24	3.24	2.89	2.89
30210	NATURAL	PASTA SAUCE ARRABIATA ORG	24 OZ	4.36	4.36		
30211	NATURAL	PASTA SAUCE BASIL ORG	24 OZ	4.36	4.36		
30213	NATURAL	PASTA SAUCE MARINARA ORG	24 OZ	4.36	4.36		
30212	NATURAL	PASTA SAUCE TOM/EGGPLANT ORG	24 OZ	4.36	4.36		
8110	OLDCAPE	WHITE CLAM SAUCE	15 OZ	2.63	2.63		
1495	PALMIERI	PASTA SAUCE SPAGHETTI	32 OZ	2.29	2.29	1.99	1.99
30643	PEMBERT	PASTA SAUCE ARTCHOKE SCARPETTA	26 OZ	5.75	5.75	5.15	5.15
30644	PEMBERT	PASTA SAUCE SPICY ARRABIATA	26 OZ	5.75	5.75	5.15	5.15
30639	PEMBERT	PESTO TUSCAN OLIVE	10.5 OZ	4.86	4.86		
4565	ROLAND	PESTO SAUCE FROM SANREMO	3 OZ	2.14	2.14		
4570	ROLAND	PESTO SAUCE FROM SANREMO	6 OZ	3.15	3.15		
31109	TURTLEDV	PESTO CILANTRO GARLIC PEPPER	8.5 OZ	3.79	3.79		
31113	TURTLEDV	PESTO FOREST MUSHROOM GARLIC	8.5 OZ	3.79	3.79		
31106	TURTLEDV	PESTO LEMON ARTICOKE	8.5 OZ	3.79	3.79		
31110	TURTLEDV	PESTO LEMON GINGER PEANUT	8.5 OZ	3.79	3.79		
31108	TURTLEDV	PESTO MAPLE BUTTERNUT SQUASH	8.5 OZ	3.79	3.79		
31111	TURTLEDV	PESTO RST SWEET PEPPER	8.5 OZ	3.79	3.79		
31107	TURTLEDV	PESTO SAVORY BASIL	8.5 OZ	3.79	3.79		
31112	TURTLEDV	PESTO TUSCAN OLIVE GARLIC	8.5 OZ	3.79	3.79		
<b>PIZZA SAUCES</b>							
6433	EDEN	PIZZA/PASTA SAUCE ORG	15 OZ	2.05	2.05		
8340	MUIRGLN	PIZZA SAUCE Low/Fat ORG	15 OZ	1.59	1.59		
1497	PALMIERI	PIZZA SAUCE	15.5 OZ	1.74	1.74		
33177	RUSTIC	PIZZA SAUCE OLD WORLD 3pk	6/12 OZ	2.79	16.74	2.51	15.07
<b>PREPARED FOODS, CANNED</b>							
4798	AMYS	CHILI BLACK BEAN ORG GF DF	14.7 OZ	2.05	2.05		
4795	AMYS	CHILI MEDIUM ORG	14.7 OZ	2.05	2.05		
4796	AMYS	CHILI MEDIUM W/VEGETABLES ORG	14.7 OZ	2.05	2.05		
4797	AMYS	CHILI SPICY ORG	14.7 OZ	2.05	2.05		
3749	ANNIEHG	ALL STARS TOMATO/CHEESE	15 OZ	1.89	1.89		
3748	ANNIEHG	BERNIE O's TOMATO/CHEESE	15 OZ	1.89	1.89	1.69	1.69
5605	ANNIEHG	CHEESY RAVIOLI ORG	15 OZ	1.89	1.89	1.69	1.69
8131	ANNIEHG	PSGHETTI LOOPS W/SOY MEATBALLS	15 OZ	1.89	1.89	1.69	1.69
31102	EDEN	RICE & CAJUN RED BEANS ORG	15 OZ	1.62	1.62		
31099	EDEN	RICE & CARIBBEAN BLK BEANS ORG	15 OZ	1.55	1.55		
31098	EDEN	RICE & GARBANZO BEANS ORG	15 OZ	1.55	1.55	1.35	1.35
31100	EDEN	RICE & KIDNEY BEANS ORG	15 OZ	1.55	1.55	1.35	1.35
31101	EDEN	RICE & LENTILS ORG	15 OZ	1.55	1.55	1.35	1.35
31097	EDEN	RICE & PINTO BEANS ORG	15 OZ	1.55	1.55		
<b>PREPARED FOODS, DRIED &amp; PACKAGED</b>							
9092	ANNIECH	NOODLE BOWL MISO SOUP s	6/5.4 OZ	2.62	15.72		
5600	ANNIEHG	ALFREDO WHL WHEAT	12/7 OZ	1.39	16.68		
8143	ANNIEHG	DELUXE ELBOWS & FOUR CHEESE	6/12 OZ	2.52	15.12		
8142	ANNIEHG	DELUXE ROTINI & WHT CHEDDAR	6/10.3 OZ	2.52	15.12		
5607	ANNIEHG	DELUXE SHELLS & WISC CHEDDAR	6/12 OZ	2.52	15.12		
5609	ANNIEHG	MLD WHITE CHED Arthur shape	6/6 OZ	1.49	8.94		
8132	ANNIEHG	ORG ALFREDO SHELL GARL/BASIL	6/6 OZ	1.69	10.14		
5606	ANNIEHG	ORG MILD MEX SHELLS & CHED	6/6 OZ	1.69	10.14	1.49	8.94
5603	ANNIEHG	ORG SHELLS & AGED CHEDDAR	6/6 OZ	1.69	10.14		
5602	ANNIEHG	ORG SHELLS & CHED FAMILY SIZE	6/12 OZ	3.01	18.06		
3750	ANNIEHG	ORG SHELLS & WHITE CHEESE	6/6 OZ	1.69	10.14		
5608	ANNIEHG	ORG WHL WHT SHELLS/CHED	6/6 OZ	1.69	10.14		
30416	ANNIEHG	RICE PASTA & CHEDDAR GF	12/6 OZ	2.10	25.20		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
5610	ANNIEHG	SHELLS & CHED FAMILY SIZE	6/12 OZ	2.25	13.50		
5604	ANNIEHG	SHELLS & WHITE CHEDDAR	12/7 OZ	1.39	16.68		
5601	ANNIEHG	SINGLE SERVE MAC+ WHT CHEESE	6/5PKT	3.45	20.70	3.10	18.60
8125	ANNIEHG	SINGLE SERVE WISC MAC & CHEESE	6/10.7 OZ	3.45	20.70	3.10	18.60
7182	BARBARAS	INSTANT IDAHO MASHED POTS	8 OZ	1.89	1.89	1.61	1.61
7449	DR MCDGL	CUP CURRY RICE PILAF	6/2.7 OZ	.89	5.34	.79	4.74
8203	FANTAST	FANTASTIC FALAFIL	6/10 OZ	1.89	11.34		
8217	FANTAST	HUMMUS DIP MIX	6/6 OZ	1.89	11.34	1.44	8.64
8207	FANTAST	INSTANT BLACK BEANS	6/7 OZ	1.89	11.34		
8213	FANTAST	INSTANT REFRIED PINTO BEANS	6/7 OZ	1.89	11.34		
8224	FANTAST	NATURE'S BURGER	6/10 OZ	1.89	11.34		
8191	FANTAST	SLOPPY JOE MIX	6/4.4 OZ	1.89	11.34		
8227	FANTAST	TABOULI SALAD	6/6 OZ	1.89	11.34		
8192	FANTAST	TACO FILLING	6/4.4 OZ	1.89	11.34		
8243	FANTAST	VEGETARIAN CHILI	6/6.4 OZ	1.89	11.34	1.69	10.14
3513	FOODMERC	POLENTA BASIL GARLIC ORG	18 OZ	2.59	2.59		
3517	FOODMERC	POLENTA TOMATO/GARLIC ORG	18 OZ	2.59	2.59		
3518	FOODMERC	POLENTA TRADITIONAL ORG	18 OZ	2.59	2.59		
1657	LUNDBERG	RICE GINGER MISO ORG	7.3 OZ	2.34	2.34		
1649	LUNDBERG	RICE MOROCCAN PILAF ORG	6.2 OZ	2.34	2.34		
1648	LUNDBERG	RICE THAI COCONUT GINGER ORG	6.4 OZ	2.34	2.34	2.04	2.04
1647	LUNDBERG	RICE ZESTY SOUTHWESTERN ORG	6.2 OZ	2.34	2.34		
1621	LUNDBERG	RISOTTO ALFREDO ORG	5.5 OZ	2.34	2.34		
5500	LUNDBERG	RISOTTO CREAMY PARMESAN	5.5 OZ	1.95	1.95		
1623	LUNDBERG	RISOTTO FLORANTINE ORG	5.75 OZ	2.34	2.34		
5501	LUNDBERG	RISOTTO GARLIC PRIMAVERA	5.5 OZ	1.95	1.95		
5502	LUNDBERG	RISOTTO ITALIAN HERB	5.5 OZ	1.95	1.95		
1624	LUNDBERG	RISOTTO TUSCAN ORG	5.75 OZ	2.34	2.34		
30261	MRS LEEP	DINNER ALFREDO WF/GF	7.05 OZ	2.39	2.39		
30258	MRS LEEP	DINNER BEEF STROGANOFF WF/GF	7.41 OZ	2.39	2.39	1.99	1.99
30259	MRS LEEP	DINNER CHEESEBURGER WF/GF	8.32 OZ	2.39	2.39	1.99	1.99
30262	MRS LEEP	DINNER CREAMY TUNA WF/GF	7.41 OZ	2.39	2.39	1.99	1.99
30260	MRS LEEP	DINNER LASAGNA WF/GF	6.42 OZ	2.39	2.39		
33016	NAMASTE	MIX PASTA PISAVERA WF/GF	9 OZ	3.77	3.77		
33017	NAMASTE	MIX PASTA SAY CHEEZ WF/GF	9 OZ	3.77	3.77		
33018	NAMASTE	MIX PASTA TACO SHELLS WF/GF	9 OZ	3.77	3.77		
30158	PASTARSO	BRN RICE MAC & WHITE CHEESE GF	6/6.8 OZ	1.69	10.14		
30159	PASTARSO	BRN RICE MAC & YELLW CHEESE GF	6/6.8 OZ	1.69	10.14		
30160	PASTATO	POTATO MAC & WHITE CHEESE GF	6/6.8 OZ	1.69	10.14		
30161	PASTATO	POTATO MAC & YELLOW CHEESE GF	6/6.8 OZ	1.69	10.14		
5684	ROADSEND	chREESE MIX ALFREDO STYLE G/F	12/1.1 OZ	.67	8.04		
5673	ROADSEND	chREESE MIX CHEDAR STYLE D/F o	12/1.1 OZ	.67	8.04		
5674	ROADSEND	chREESE MIX CHEDR STYLE GF DF	12/1.1 OZ	.67	8.04		
5683	ROADSEND	chREESE MIX MOZZ STYLE D/F org	12/1.1 OZ	.67	8.04		
5669	ROADSEND	chREESE+123z KIDZ SEMO DF ORG	6/6 OZ	1.05	6.30		
5677	ROADSEND	chREESE+BR RICE PENNE DF WF OG	6/6 OZ	1.47	8.82		
5668	ROADSEND	chREESE+MAC ALFREDO DF/GF ORG	6/6 OZ	1.47	8.82		
5678	ROADSEND	chREESE+SEMO SHELLS DF ORG	6/6.5 OZ	1.19	7.14		
5679	ROADSEND	chREESE+WW MACARONI DF ORG	6/6.5 OZ	1.19	7.14		
<b>PRESERVES, SWEETENED</b>							
31018	AMER SPN	BALATON BRANDIED CHERRIES	13.5 OZ	5.29	5.29		
30310	AMER SPN	FRUIT PERFECT CHERRIES s	13.5 OZ	4.51	4.51		
30311	AMER SPN	FRUIT PERFECT PEACHES s	13.5 OZ	4.79	4.79		
30312	AMER SPN	FRUIT PERFECT STRAW&RHUBRB s	14 OZ	4.51	4.51		
30203	AMER SPN	PRESERVES RED HAVEN PEACH	9.5 OZ	4.30	4.30	3.85	3.85
30202	AMER SPN	PRESERVES SOUR CHERRY	9.5 OZ	4.05	4.05	3.65	3.65
30204	AMER SPN	PRESERVES STRAWBRY EARLY GLW	9.5 OZ	4.05	4.05	3.65	3.65
31019	AMER SPN	WINTER COMPOTE w/brandy	13 OZ	4.75	4.75		
8522	CROFTER	CONSERVE BLK CURRANT ORG s	10 OZ	2.25	2.25		
8533	CROFTER	CONSERVE BLOOD ORANGE ORG s	10 OZ	2.25	2.25		
8528	CROFTER	CONSERVE BLUEBERRY ORG s	10 OZ	2.25	2.25		
8534	CROFTER	CONSERVE FOUR FRUIT ORG s	10 OZ	2.25	2.25		
8529	CROFTER	CONSERVE GOLDEN APRICOT ORG s	10 OZ	2.25	2.25		
8521	CROFTER	CONSERVE MANGO ORG s	10 OZ	2.25	2.25		
8527	CROFTER	CONSERVE MORELLO CHERRY ORG s	10 OZ	2.25	2.25		
8535	CROFTER	CONSERVE PEACH PASSION ORG s	10 OZ	2.25	2.25		
8524	CROFTER	CONSERVE RED RASPBRY ORG s	10 OZ	2.25	2.25		
8523	CROFTER	CONSERVE STRAWBERRY ORG s	10 OZ	2.25	2.25		
8526	CROFTER	CONSERVE WILD BLACKBRY ORG s	10 OZ	2.25	2.25		
30363	CROFTER	JELLY APPLE ORG s	11 OZ	1.79	1.79		
30364	CROFTER	JELLY CONCORD GRAPE ORG s	11 OZ	1.79	1.79		
30365	CROFTER	JELLY POMEGRANATE ORG s	11 OZ	2.24	2.24		
33124	DEBORAHS	FRUIT SPREAD APRICOT JOY s	9 OZ	4.13	4.13		
33125	DEBORAHS	FRUIT SPREAD FIG GINGER s	9 OZ	4.13	4.13		
33126	DEBORAHS	FRUIT SPREAD FOREST BERRIES s	9 OZ	4.13	4.13		
33127	DEBORAHS	FRUIT SPREAD HOT HOT PEACH s	9 OZ	4.13	4.13		
33128	DEBORAHS	FRUIT SPREAD MANGO SUNSHINE s	9 OZ	4.13	4.13		
33129	DEBORAHS	FRUIT SPREAD MASS RUBIES s	9 OZ	4.13	4.13		
33130	DEBORAHS	FRUIT SPREAD PEACH MELBA s	9 OZ	4.13	4.13		



# RECIPES



## Soft Whole Wheat Sugar Cookies

1. Preheat oven to 375 degrees F (190 degrees C).
2. In large bowl, combine first 10 ingredients and blend well. Stir in whole wheat flour.
3. Shape into 1 inch balls and place on ungreased cookie sheet, 2 inches apart. Flatten each cookie slightly with a fork.
4. Combine sugar and cinnamon and sprinkle over each cookie. Decorate with **India Tree Decorating Sugars** and **Sunspire Sundrops**.
5. Bake in pre-heated oven for 8 to 10 minutes or until light golden brown.





### For the Holidays Winter Compote

Our special winter melange of four luscious and colorful fruits: peaches, pears, apricots, and black cherries simmered with sugar and a touch of lemon juice, brandy, cinnamon, and cloves has proven popular year 'round.

*Ingredients: pears (pears, water, pear juice concentrate), sugar, peaches, apricots, black cherries, lemon juice, brandy, modified corn starch, spices.*

### Brandied Balaton Cherries

Balaton Cherries have a scarlet flesh, deep purple-red skin and an intense cherry flavor. New to Michigan orchards, we preserve them in a rich cherry syrup spiked with brandy and scented with vanilla and spices. You'll relish these as a genuinely luxurious treat for spooning over ice cream, fresh fruit, cake, and crepes, or simply dropped into cocktails.

*Ingredients: balton cherries, sugar, brandy, cherry concentrate, modified corn starch, vanilla extract, cinnamon, cloves.*



(see Holiday Ideas, page 11)

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>PRESERVES, SWEETENED - CONT.</b>							
33131	DEBORAHS	FRUIT SPREAD PEAR LIME LIMBO s	9 OZ	4.13		4.13	
33132	DEBORAHS	FRUIT SPREAD TANGO PASSION s	9 OZ	4.13		4.13	
33133	DEBORAHS	FRUIT SPREAD WILD BLUES s	9 OZ	4.13		4.13	
30280	GINGERPE	GINGER SPREAD s	12.8 OZ	2.52		2.52	
33034	HRVST SNG	PRESERVES APPLE & PEAR s	18.9 OZ	4.79		4.79	
33036	HRVST SNG	PRESERVES APRICOT & WHT CHRY s	18.9 OZ	4.79		4.79	
33031	HRVST SNG	PRESERVES APRICOT s	18.9 OZ	4.79		4.79	
33033	HRVST SNG	PRESERVES PEACH s	18.9 OZ	4.79		4.79	
33035	HRVST SNG	PRESERVES PUMPKIN & APPLE s	18.9 OZ	4.79		4.79	
33038	HRVST SNG	PRESERVES QUINCE s	18.9 OZ	5.59		5.59	
33032	HRVST SNG	PRESERVES STRAWBERRY s	18.9 OZ	4.79		4.79	
33030	HRVST SNG	PRESERVES TEA ROSE PETAL s	18.9 OZ	5.59		5.59	
33037	HRVST SNG	PRESERVES WALNUT s	18.9 OZ	4.79		4.79	
33039	HRVST SNG	PRESERVES YELL PEAR TOM PKL s	18.9 OZ	3.69		3.69	
30345	JEAN'S	SERRANO PEPPER JELLY s	8 OZ	3.45		3.45	
6246	KNUDSEN	CRANBERRY SAUCE s	9 OZ	2.48		2.48	
33190	LOLLIPOP	CRANBERRY CURD	13.5 OZ	4.55		4.55	4.11
33191	LOLLIPOP	LEMON CURD	13.5 OZ	4.55		4.55	4.11
4941	LULU	JAM FIG/MARIONBRY/BALSAMIC s	8 OZ	4.46		4.46	
4929	LULU	MARMALADE BLOOD ORANGE s	8 OZ	5.90		5.90	5.02
4902	LULU	MARMALADE MEYER LEMON/ONION	6 OZ	5.90		5.90	5.02
4904	LULU	PRESERVED MEYER LEMON s	6 OZ	6.20		6.20	5.27
41088	NE CRAN	CHUTNEY CRAN MANGO s	12 OZ	3.76		3.76	3.38
41087	NE CRAN	CHUTNEY CRANBERRY s	12 OZ	3.76		3.76	3.38
41093	NE CRAN	CRANBERRY & ORANGE SLICES s	12 OZ	3.71		3.71	3.34
41094	NE CRAN	CRANBERRY POM SAUCE s	12 OZ	3.71		3.71	3.34
41092	NE CRAN	CRANBERRY SAUCE s	12 OZ	3.71		3.71	3.34
41090	NE CRAN	JELLY CRAN ONION PEPPER s	12 OZ	3.99		3.99	3.60
41091	NE CRAN	JELLY CRAN POM PEPPER s	12 OZ	3.99		3.99	3.60
41089	NE CRAN	JELLY CRANBERRY PEPPER	12 OZ	3.99		3.99	3.60
30048	OPIES	JELLY BASIL s	7 OZ	3.43		3.43	3.03
30047	OPIES	JELLY BLACK PEPPER s	7 OZ	3.43		3.43	3.03
30028	OPIES	JELLY GERANIUM s	7 OZ	3.43		3.43	
30027	OPIES	JELLY LAVENDER s	7 OZ	3.43		3.43	
30026	OPIES	JELLY ROSE s	7 OZ	3.43		3.43	
30029	OPIES	JELLY ROSEMARY s	7 OZ	3.43		3.43	3.03
30606	PATAGNIA	JAM BLACKBERRY s	7.76 OZ	2.65		2.65	
30607	PATAGNIA	JAM BLUEBERRY s	7.76 OZ	2.65		2.65	
30605	PATAGNIA	JAM ELDERBERRY s	7.76 OZ	2.65		2.65	
30608	PATAGNIA	JAM RASPBERRY s	7.76 OZ	2.65		2.65	
30610	PATAGNIA	JAM ROSEHIP s	7.76 OZ	2.65		2.65	
30609	PATAGNIA	JAM STRAWBERRY s	7.76 OZ	2.65		2.65	
5487	ROSEBUD	JAM BLACKCURRANT s	8 OZ	4.80		4.80	4.30
5191	ROSEBUD	JAM GOOSEBERRY & ELDERFLOWER s	8 OZ	4.90		4.90	
5496	ROSEBUD	JAM RASPBERRY s	8 OZ	4.80		4.80	
5484	ROSEBUD	JAM RHUBARB GINGER s	8 OZ	5.40		5.40	
5485	ROSEBUD	JAM RHUBARB ORANGE s	8 OZ	5.10		5.10	
5190	ROSEBUD	JAM STRAWBERRY s	8 OZ	4.80		4.80	
5486	ROSEBUD	JELLY CRANBERRY & ORANGE s	8 OZ	5.10		5.10	
5480	ROSEBUD	JELLY MINT s	8 OZ	5.19		5.19	
5483	ROSEBUD	JELLY RED CURRANT s	8 OZ	5.40		5.40	4.86
5481	ROSEBUD	JELLY ROSEMARY s	8 OZ	4.95		4.95	
5482	ROSEBUD	JELLY SAGE s	8 OZ	5.10		5.10	
5195	ROSEBUD	MARMALADE LIME & LEMON s	8 OZ	5.00		5.00	4.50
5207	ROSEBUD	MARMALADE ORANGE & WHISKEY s	8 OZ	4.90		4.90	
5189	ROSEBUD	MARMALADE SEVILLE ORANGE s	8 OZ	4.90		4.90	4.40
5199	ROSEBUD	MARMALADE THREE FRUITS s	8 OZ	5.00		5.00	
30346	TEXAS	HABANERO PEPPER JELLY	8 OZ	3.21		3.21	
5598	THURSDAY	CONSERVE STEM GINGR GRAPEFR s	16 OZ	4.40		4.40	
5576	THURSDAY	JAM BLACK CURRANT s	12 OZ	4.40		4.40	
5577	THURSDAY	JAM BLUEBERRY s	12 OZ	4.40		4.40	
30051	THURSDAY	JAM CHILI s	12 OZ	4.76		4.76	4.26
5578	THURSDAY	JAM GOOSEBERRY s	12 OZ	4.40		4.40	
30052	THURSDAY	JAM PINEAPPLE/PASSION/COCONUT	12 OZ	4.76		4.76	4.26
5579	THURSDAY	JAM RASPBERRY s	12 OZ	4.40		4.40	
30053	THURSDAY	JAM SPICED APPLE s	12 OZ	4.76		4.76	4.26
5593	THURSDAY	JAM STRAWBERRY s	12 OZ	4.40		4.40	
30050	THURSDAY	JAM STRAWBERRY W/BLK PEPPER	12 OZ	4.76		4.76	4.26
5575	THURSDAY	LEMON CURD s	11 OZ	4.22		4.22	
30049	THURSDAY	LIME CURD s	11 OZ	4.22		4.22	
5597	THURSDAY	MARMALADE 3 FRUIT s	16 OZ	4.40		4.40	
5613	THURSDAY	MARMALADE CHNKY SEVILLE ORNG s	16 OZ	4.40		4.40	
5614	THURSDAY	MARMALADE LEMON s	16 OZ	4.40		4.40	
5615	THURSDAY	MARMALADE LIME LEMON s	16 OZ	4.40		4.40	
5599	THURSDAY	MARMALADE ORANGE s	16 OZ	4.40		4.40	
5616	THURSDAY	MARMALADE TANGERINE s	16 OZ	4.40		4.40	
5488	TRACKLE	CRANBERRY SAUCE W/ PORT s	9 OZ	4.45		4.45	4.00
5549	TRACKLE	JAM CHILI s	8 OZ	5.57		5.57	
5548	TRACKLE	JELLY MINT ORG s	9 OZ	4.50		4.50	

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
5213	TRACKLE	JELLY RED PEPPER & CHILLI s	9 OZ	4.07	4.07		
5211	TRACKLE	JELLY REDCURRANT s	9 OZ	4.07	4.07	3.57	3.57
5212	TRACKLE	JELLY REDCURRANT SPICED s	9 OZ	4.07	4.07	3.57	3.57
5209	TRACKLE	MARMALADE ONION s	13 OZ	5.93	5.93		
<b>PRESERVES, UNSWEETENED</b>							
0282	BIONAT	FRUIT SPREAD APRICOT ORG Italy	9 OZ	2.80	2.80	2.24	2.24
0285	BIONAT	FRUIT SPREAD BILBERRY Italy	9 OZ	3.10	3.10	2.48	2.48
0284	BIONAT	FRUIT SPREAD PEACH ORG Italy	9 OZ	2.80	2.80	2.24	2.24
0286	BIONAT	FRUIT SPREAD PLUM ORG Italy	9 OZ	2.80	2.80	2.24	2.24
0288	BIONAT	FRUIT SPREAD STRBRY ORG Italy	9 OZ	2.80	2.80	2.24	2.24
0287	BIONAT	FRUIT SPREAD WILD BERRY Italy	9 OZ	3.10	3.10	2.48	2.48
8520	CROFTER	FRUIT SPREAD APRICOT ORG	10 OZ	2.29	2.29		
8517	CROFTER	FRUIT SPREAD BLACKBERRY ORG	10 OZ	2.29	2.29		
8518	CROFTER	FRUIT SPREAD BLK CURRANT ORG	10 OZ	2.29	2.29		
8515	CROFTER	FRUIT SPREAD RED RASPBRY ORG	10 OZ	2.29	2.29		
8514	CROFTER	FRUIT SPREAD STRAWBERRY ORG	10 OZ	2.29	2.29		
8519	CROFTER	FRUIT SPREAD WILD BLUEBRY ORG	10 OZ	2.29	2.29		
2865	FIORDIFR	JAM APRICOT ORG Italy	11.64 OZ	3.80	3.80		
1589	FIORDIFR	JAM BLACK CURRANT ORG Italy	11.64 OZ	3.80	3.80		
2854	FIORDIFR	JAM BLACKBERRY ORG Italy	11.64 OZ	3.80	3.80		
2858	FIORDIFR	JAM CHERRY ORG Italy	11.64 OZ	3.80	3.80		
2851	FIORDIFR	JAM CRANBERRY ORG Italy	11.64 OZ	3.80	3.80		
30214	FIORDIFR	JAM FIGS ORG Italy	12 OZ	3.80	3.80		
2860	FIORDIFR	JAM LEMON ORG Italy	11.64 OZ	3.80	3.80		
1590	FIORDIFR	JAM MANDARINE ORG Italy	12 OZ	3.80	3.80		
30215	FIORDIFR	JAM MIXED CITRUS ORG Italy	12 OZ	3.80	3.80		
2866	FIORDIFR	JAM PEACH ORG Italy	11.64 OZ	3.80	3.80		
2862	FIORDIFR	JAM PLUM ORG Italy	11.64 OZ	3.80	3.80		
2852	FIORDIFR	JAM RASPBERRY ORG Italy	11.64 OZ	3.80	3.80		
1592	FIORDIFR	JAM ROSEHIP ORG Italy	11.64 OZ	3.80	3.80		
2859	FIORDIFR	JAM SEVILLE ORANGE ORG Italy	12 OZ	3.80	3.80		
2857	FIORDIFR	JAM STRAWBERRY ORG Italy	11.64 OZ	3.80	3.80		
2856	FIORDIFR	JAM WILD BERRY ORG Italy	11.64 OZ	3.80	3.80		
2855	FIORDIFR	JAM WILD BLUEBRY ORG Italy	11.64 OZ	3.80	3.80		
1630	SORREL	FRUIT SPREAD APRICOT	10 OZ	2.25	2.25		
1631	SORREL	FRUIT SPREAD BLACK CHERRY	10 OZ	2.49	2.49		
1639	SORREL	FRUIT SPREAD BLK RASPBERRY	10 OZ	2.49	2.49		
1633	SORREL	FRUIT SPREAD ORANGE MARM	10 OZ	2.25	2.25		
1634	SORREL	FRUIT SPREAD PEACH	10 OZ	2.25	2.25		
3049	SORREL	FRUIT SPREAD PLUMGOOD	10 OZ	2.49	2.49		
1636	SORREL	FRUIT SPREAD RASPBERRY	10 OZ	2.25	2.25		
3037	SORREL	FRUIT SPREAD SEEDLS RASP	10 OZ	2.25	2.25		
3048	SORREL	FRUIT SPREAD STRAW RHUBARB	10 OZ	2.49	2.49		
1637	SORREL	FRUIT SPREAD STRAWBERRY	10 OZ	2.25	2.25		
1638	SORREL	FRUIT SPREAD WILD BLUEBRY	10 OZ	2.49	2.49		
<b>PRESERVES, BUTTERS</b>							
30300	AMER SPN	BUTTER APPLE	8 OZ	3.46	3.46	3.06	3.06
30298	AMER SPN	BUTTER APRICOT s	9 OZ	4.11	4.11	3.61	3.61
30301	AMER SPN	BUTTER CHERRY	9 OZ	4.11	4.11		
30302	AMER SPN	BUTTER MANGO s	9 OZ	3.89	3.89		
30304	AMER SPN	BUTTER PUMPKIN s mpl sugar	9 OZ	4.11	4.11		
30299	AMER SPN	BUTTER RED RASPBERRY seedls	9 OZ	4.45	4.45	4.00	4.00
6374	EDEN	APPLE BUTTER ORGANIC	17 OZ	4.36	4.36		
6386	EDEN	CHERRY BUTTER TART	8 OZ	6.79	6.79		
6488	HIGHLAND	MAPLE BUTTER/CREAM CINNAMON	8 OZ	6.85	6.85		
6507	HIGHLAND	MAPLE BUTTER/CREAM jar	8 OZ	6.69	6.69		
30451	TAP N	APPLE BUTTER	18 OZ	3.11	3.11	2.81	2.81
<b>RICE &amp; RICE BLENDS</b>							
1130	ARROW	BASMATI LONG BROWN RICE ORG	28 OZ	3.40	3.40		
1136	ARROW	BASMATI WHITE RICE ORG	28 OZ	3.29	3.29		
1132	ARROW	LONG BROWN RICE ORG	28 OZ	3.40	3.40		
3587	D'ALLAS	RICE BLACK China	12 OZ	2.69	2.69	2.39	2.39
5981	D'ALLAS	RICE HIMALAYAN RED	12 OZ	2.29	2.29		
5977	D'ALLAS	RICE PURPLE STICKY	12 OZ	2.85	2.85		
3544	LUNDBERG	ARBORIO RICE WHITE	2#	3.95	3.95		
3546	LUNDBERG	GOURMET RICE BLACK JAPONICA	6/16 OZ	2.15	12.90	1.95	11.70
3550	LUNDBERG	GOURMET RICE CNTRY WILDRIE	6/16 OZ	2.15	12.90	1.95	11.70
3552	LUNDBERG	GOURMET RICE JUBILEE BLEND	6/16 OZ	2.15	12.90	1.95	11.70
3556	LUNDBERG	GOURMET RICE WEHANI	6/16 OZ	2.15	12.90	1.95	11.70
3558	LUNDBERG	GOURMET RICE WILD BLEND	6/16 OZ	2.15	12.90	1.95	11.70
3590	LUNDBERG	JASMINE BROWN RICE ORG	2#	3.35	3.35		
3542	LUNDBERG	JASMINE WHITE RICE	2#	2.85	2.85		
3586	LUNDBERG	JASMINE WHITE RICE ORG	2#	3.90	3.90		
3541	LUNDBERG	SUSHI RICE WHITE ORG	2#	3.35	3.35		
1628	LUNDBERG	WILD RICE ORG	8 OZ	3.99	3.99		
1625	LUNDBERG	WILD/BASMATI BLEND QUICK ORG	8 OZ	2.50	2.50		
1626	LUNDBERG	WILD/WEHANI RICE BLEND ORG	8 OZ	2.50	2.50		
31250	NISHIKI	BROWN RICE QUICK COOKING	2 #	2.64	2.64		
30004	RED LAKE	WILD BITS & BASMATI RICE	12 OZ	2.52	2.52	2.27	2.27
30003	RED LAKE	WILD RICE CULTIVATED Minnesota	12 OZ	3.19	3.19	2.87	2.87



HIGHLAND SUGARWORKS

For the Holidays

## EVERGREEN COLLECTION



Highland Sugarworks introduces their Evergreen Collection. Each bottle is filled with Highland's best-selling pure maple syrup in medium amber. Two sizes are available, 6.75oz #30369 and 16.9oz #30370. These are magnificent tree shaped glass bottles!

### Tree Gift Set

This beautifully packaged gift set includes the small glass tree bottle filled with their finest maple syrup and a package of one of Highland's delicious pancake mixes. A gift to delight anyone on your list. #30367



HIGHLAND SUGARWORKS

### Bentley



Bentley, #6495 is the most adorable glass snowman you will ever have the pleasure of gracing your breakfast table! His is filled with their finest maple syrup in medium amber. He sports a lovely plaid scarf and black hat to keep him warm.

### Harvest Apple #30368



This adorable apple shaped clear glass bottle will make the perfect gift or collector's piece!

Vermont during the fall signifies harvest season. There is no finer way to appreciate this time of year than with a celebration of the apple harvest. Highland fills their **Apple Bottles** with pure, medium amber, maple syrup.

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>RICE &amp; RICE BLENDS - CONT.</b>							
30006	RED LAKE	WILD RICE QUICK COOKING	12 OZ	3.65	3.65		
3074	VOYAGEUR	WILD RICE CRACKED	1#	3.50	3.50		
1071	VOYAGEUR	WILD RICE GIANT CANADIAN	1#	8.45	8.45		
<b>SEA VEGETABLES</b>							
7775	EMERCOVE	ARAME ORG	35 OZ	58.75	58.75	47.00	47.00
1855	EMERCOVE	SUN-DRD BOSHU WLD HIJIKI ORG	1.76 OZ	3.19	3.19	2.55	2.55
7770	EMERCOVE	SUN-DRIED ISE WILD ARAME OR	1.76 OZ	4.19	4.19	3.35	3.35
3159	EMERCOVE	SUN-DRIED KOMBU	1.76 OZ	3.19	3.19	2.55	2.55
3139	EMERCOVE	SUN-DRIED WAKAME	1.76 OZ	3.19	3.19	2.55	2.55
3600	MECOAST	SEA VEG ALARIA ORG	2 OZ	3.50	3.50		
3624	MECOAST	SEA VEG DULSE FLAKES ORG	1#	15.50	15.50		
3622	MECOAST	SEA VEG DULSE FLAKES ORG	4 OZ	4.19	4.19		
3604	MECOAST	SEA VEG DULSE ORG	2 OZ	4.14	4.14		
3606	MECOAST	SEA VEG DULSE ORG	1#	23.45	23.45		
3660	MECOAST	SEA VEG KELP FLAKES ORG	2.75 OZ	4.14	4.14	3.72	3.72
3608	MECOAST	SEA VEG KELP/KOMBU	2 OZ	3.75	3.75		
3610	MECOAST	SEA VEG KELP/KOMBU	1#	20.50	20.50		
3611	MECOAST	SEA VEG LAVER/NORI	1 OZ	2.75	2.75		
3614	MECOAST	SEA VEG SHAKER KELP W/CAYEN	1.5 OZ	2.27	2.27		
3616	MECOAST	SEA VEG SHAKER NORI W/GINGER	1 OZ	2.27	2.27		
3612	MECOAST	SEA VEG SHKR DULSE-GAR ORG	1.5 OZ	2.27	2.27		
0375	MECOAST	SHAKER GRANULES DULSE ORG	1.5 OZ	2.27	2.27		
0377	MECOAST	SHAKER GRANULES KELP ORG	1.5 OZ	2.27	2.27		
0381	MECOAST	SHAKER GRANULES NORI	1 OZ	2.27	2.27		
9134	WELPAC	DASHI KOMBU	4 OZ	2.06	2.06		
9128	WELPAC	HIJIKI	2 OZ	2.20	2.20	1.98	1.98
23836	WELPAC	HIJIKI	1#	14.29	14.29		
9130	WELPAC	WAKAME	2 OZ	2.00	2.00	1.80	1.80
<b>SEAFOOD</b>							
31296	ARROYABE	BONITO TUNA IN OLIVE OIL tin	4 OZ	4.52	4.52		
4422	BARHAR	CLAMS CHOPPED Maine	6.5 OZ	2.50	2.50		
30621	BARHAR	HERRING W/CABERNET	7 OZ	2.09	2.09	1.88	1.88
30620	BARHAR	HERRING W/CRACKED PEPPER	7 OZ	2.09	2.09		
30618	BARHAR	HERRING W/MUSTARD SAUCE	7 OZ	2.09	2.09	1.88	1.88
30619	BARHAR	HERRING W/TOMATO BASIL SAUCE	7 OZ	2.09	2.09	1.88	1.88
30617	BARHAR	KIPPERS SMOKED	6.7 OZ	2.09	2.09		
30615	BARHAR	LOBSTER MEAT MAINE	6.5 OZ	14.15	14.15	12.74	12.74
30616	BARHAR	MACKEREL SMOKED	6.7 OZ	2.21	2.21		
4423	BARHAR	MUSSELS WHOLE SHELLED Maine	6.5 OZ	2.48	2.48	2.23	2.23
4267	BELA	SARDINES in HOT SAUCE	4/4.25 OZ	1.59	6.36	1.35	5.41
4268	BELA	SARDINES in LEMON SAUCE	4/4.25 OZ	1.59	6.36	1.35	5.41
4266	BELA	SARDINES in TOMATO SAUCE	4/4.25 OZ	1.59	6.36	1.35	5.41
4265	BELA	SARDINES lity smoked in OLIVE	4/4.25 OZ	1.59	6.36	1.35	5.41
4260	BELA	SKIPJACK TUNA STK/ExV OLIVE	4/4.25 OZ	2.14	8.56	1.82	7.28
0556	CROWN	CRAB MEAT WHITE sulfite free	6 OZ	5.44	5.44		
0550	CROWN	OYSTERS SMOKED	3 OZ	2.30	2.30	1.99	1.99
0551	CROWN	SALMON PINK low sodium	7.5 OZ	2.34	2.34	1.99	1.99
0553	CROWN	TUNA ALBACORE no salt	6.125 OZ	2.49	2.49		
31085	ECOFISH	ALBACORE TUNA SUSHIMI GRADE	6 OZ	5.13	5.13	4.59	4.59
31086	ECOFISH	WILD ALASKAN PINK SALMON	7.5 OZ	3.59	3.59		
4297	ELPESC	ANCHOVIES in SOY OIL	2 OZ	1.17	1.17		
4295	ELPESC	ANCHOVY in OLIVE OIL	13 OZ	6.11	6.11	5.50	5.50
31203	ELVELERO	ANCHOVIES IN COARSE SALT	1.75 OZ	2.65	2.65	2.35	2.35
6465	FAMOSO	TUNA/OLIVE OIL Italy jar	6.5 OZ	5.25	5.25		
33184	G'DAY	SALMON CHILI	12/3.5 OZ	1.79	21.48	1.61	19.33
33185	G'DAY	SALMON LEMON PEPPER	12/3.5 OZ	1.79	21.48	1.61	19.33
33186	G'DAY	SALMON SMOKED	12/3.5 OZ	1.79	21.48	1.61	19.33
33178	G'DAY	TUNA CHILI	12/3.5 OZ	1.45	17.40	1.31	15.66
33179	G'DAY	TUNA LEMON PEPPER	12/3.5 OZ	1.45	17.40	1.31	15.66
33180	G'DAY	TUNA MILD INDIAN CURRY	12/3.5 OZ	1.45	17.40	1.31	15.66
33181	G'DAY	TUNA TOMATO BASIL	12/3.5 OZ	1.45	17.40	1.31	15.66
33182	G'DAY	TUNA TOMATO ONION	12/3.5 OZ	1.45	17.40	1.31	15.66
33183	G'DAY	TUNA TOMATO SALSA	12/3.5 OZ	1.45	17.40	1.31	15.66
7100	NATSEA	CHUNK LIGHT TUNA N/S yellowfin	24/6 OZ	1.37	32.88		
6589	NATVALUE	TUNA TONGOL N/SALT	24/6 OZ	1.38	33.12		
4289	ROLAND	ANCHOVIES in OLIVE OIL jar	4.2 OZ	3.29	3.29		
2126	TAKUWILD	SALMON SOCKEYE MAPLE SYRUP SMK	8 OZ	11.79	11.79		
4292	WILDCTCH	SALMON SOCKEYE	3.75 OZ	2.99	2.99	2.69	2.69
4359	WILDCTCH	SALMON SOCKEYE	7.5 OZ	3.79	3.79	3.39	3.39
<b>SNACKS &amp; SNACK BARS</b>							
6147	ALPSNACK	BAR APRICOT & CRAN WF/GF ORG	12/1.5 OZ	1.85	22.20	1.55	18.60
6148	ALPSNACK	BAR COCNUOT/MANGO/PINAPL GF ORG	12/1.5 OZ	1.85	22.20		
6149	ALPSNACK	BAR FAIRTRADE DK CHOC GF ORG	12/1.5 OZ	1.85	22.20		
6150	ALPSNACK	BAR FAIRTRD ESPRSO CHOC WF ORG	12/1.5 OZ	1.85	22.20		
6146	ALPSNACK	BAR PLUM & CURRANT WF/GF ORG	12/1.5 OZ	1.85	22.20		
33003	BETTYLOU	BALLS ALMOND BUTTER	18/1.4 OZ	.73	13.14		
33005	BETTYLOU	BALLS CASHEW PECAN	18/1.4 OZ	.73	13.14	.66	11.88
33007	BETTYLOU	BALLS CHOCOLATE WALNUT	18/1.4 OZ	.73	13.14	.66	11.88

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
33008	BETTYLOU	BALLS COCONUT MACADAMIA	18/1.4 OZ	.73	13.14		
33004	BETTYLOU	BALLS PEANUT BUTTER	18/1.4 OZ	.73	13.14		
33006	BETTYLOU	BALLS SPIRULINA GINSENG	18/1.4 OZ	.73	13.14	.66	11.88
30216	BETTYLOU	FRUIT BAR APPLE CINN	18/2 OZ	.80	14.40	.72	12.96
30219	BETTYLOU	FRUIT BAR APRICOT	18/2 OZ	.80	14.40	.72	12.96
30217	BETTYLOU	FRUIT BAR BLUEBERRY	18/2 OZ	.80	14.40	.72	12.96
30218	BETTYLOU	FRUIT BAR CHERRY	18/2 OZ	.80	14.40		
30220	BETTYLOU	FRUIT BAR STRAWBERRY	18/2 OZ	.80	14.40		
30223	BETTYLOU	SMACKERS ORG ALMOND s	24/40 GR	1.00	24.00		
30222	BETTYLOU	SMACKERS ORG GOLDEN s	24/40 GR	1.00	24.00		
30221	BETTYLOU	SMACKERS ORG NORTH SHORE s	24/40 GR	1.00	24.00		
9192	CAROLEES	SOYCRUNCH CINN RAISIN s WF	6 OZ	2.99	2.99		
9195	CAROLEES	SOYCRUNCH COCONUT s WF	6 OZ	2.99	2.99		
9191	CAROLEES	SOYCRUNCH ORIGINAL s WF	6 OZ	2.99	2.99		
9194	CAROLEES	SOYCRUNCH TOFFEE BITS s WF	6 OZ	2.99	2.99		
4039	CLIF	BAR APRICOT	12/2.4 OZ	1.25	15.00	1.10	13.20
4091	CLIF	BAR BLK CHERRY ALMOND	12/2.4 OZ	1.25	15.00	1.10	13.20
4040	CLIF	BAR CARROT CAKE	12/2.4 OZ	1.25	15.00	1.10	13.20
4041	CLIF	BAR CHOC ALMOND FUDGE	12/2.4 OZ	1.25	15.00	1.10	13.20
4043	CLIF	BAR CHOC BROWNIE	12/2.4 OZ	1.25	15.00	1.10	13.20
4042	CLIF	BAR CHOC CHIP	12/2.4 OZ	1.25	15.00	1.10	13.20
4044	CLIF	BAR CHOCCHIP PNUT CRUNCH	12/2.4 OZ	1.25	15.00	1.10	13.20
4045	CLIF	BAR COOKIES N CREAM	12/2.4 OZ	1.25	15.00	1.10	13.20
4046	CLIF	BAR COOL MINT CRISP	12/2.4 OZ	1.25	15.00	1.10	13.20
4047	CLIF	BAR CRANAPPLE CHERRY	12/2.4 OZ	1.25	15.00	1.10	13.20
4057	CLIF	BAR CRNCHY PNUT BUTTER	12/2.4 OZ	1.25	15.00	1.10	13.20
4092	CLIF	BAR LEMON POPPYSEED	12/2.4 OZ	1.25	15.00	1.10	13.20
4093	CLIF	BAR PEANUT TOFFEE BUZZ	12/2.4 OZ	1.25	15.00		
4014	CLIF	BUILDER BAR CHOCOLATE s	12/2.4 OZ	1.69	20.28		
4013	CLIF	BUILDER BAR PEANUT BUTTER s	12/2.4 OZ	1.69	20.28		
31298	CNTRYCH	OATMEAL SQUARE ORG APPLE CINN	11.85 OZ	3.93	3.93		
31299	CNTRYCH	OATMEAL SQUARE ORG MAPLE	11.85 OZ	3.93	3.93	3.53	3.53
31300	CNTRYCH	OATMEAL SQUARE ORG RAISIN	11.85 OZ	3.93	3.93		
4947	DOUBLE B	BEEF JERKY APPLEWOOD SMKD	4 OZ	4.99	4.99	4.29	4.29
4948	DOUBLE B	BEEF JERKY SPICY PECAN SMKD	4 OZ	4.99	4.99	4.39	4.39
4949	DOUBLE B	TURKEY JERKY HICKORY SMKD	4 OZ	4.99	4.99		
6615	FRUITABU	ORG FRUIT ASSORTED LEATHER	30/5 OZ	.54	16.20		
6626	FRUITABU	SMOOSHED APPLE ORG	30/5 OZ	.51	15.30		
6628	FRUITABU	SMOOSHED GRAPE ORG	30/5 OZ	.51	15.30		
6630	FRUITABU	SMOOSHED RASPBERRY ORG	30/5 OZ	.51	15.30		
6607	FRUITABU	SMOOSHED STRAWBERRY ORG	30/5 OZ	.51	15.30		
5839	GENISOY	BAR CAFE MOCHA	12/2.2 OZ	1.15	13.80		
5838	GENISOY	BAR CHOCOLATE MINT	12/2.2 OZ	1.15	13.80		
5830	GENISOY	BAR COOKIES N'CREAM	12/2.2 OZ	1.15	13.80		
5829	GENISOY	BAR HONEY PEANUT+YOGURT	12/2.2 OZ	1.15	13.80		
5831	GENISOY	BAR PEANUT B/CHOC L/F	12/2.2 OZ	1.15	13.80		
30674	GNU FOOD	FIBER BAR BANANA WALNUT	16/1.4 OZ	1.33	21.28		
30677	GNU FOOD	FIBER BAR BANANA WALNUT	5 BARS	5.90	5.90		
41032	GNU FOOD	FIBER BAR CHOCOLATE BROWNIE	16/1.4 OZ	1.33	21.28		
30675	GNU FOOD	FIBER BAR CINN RAISIN	16/1.4 OZ	1.33	21.28		
30678	GNU FOOD	FIBER BAR CINN RAISIN	5 BARS	5.90	5.90		
30676	GNU FOOD	FIBER BAR ORANGE CRANBERRY	16/1.4 OZ	1.33	21.28		
30679	GNU FOOD	FIBER BAR ORANGE CRANBERRY	5 BARS	5.90	5.90		
30614	GOLDIES	CAROB RICE CAKES	48/1 OZ	1.14	54.72		
1611	HICKORY	SESAME GROATCAKES	24/2 OZ	.64	15.36		
6548	HONEYBAR	BAR GRANOLA ORG	24/1.4 OZ	1.49	35.76	1.29	30.96
6546	HONEYBAR	BAR MIXED SESAME ORG	24/1.4 OZ	1.49	35.76	1.29	30.96
6549	HONEYBAR	BAR PEANUT BUTTER ORG	24/1.4 OZ	1.49	35.76	1.29	30.96
6545	HONEYBAR	BAR TRAIL MIX ORG	24/1.4 OZ	1.49	35.76	1.29	30.96
7994	KASHI	BAR GOLEAN CRUNCH CHOC PNUT s	12/1.76 OZ	1.49	17.88		
7917	KASHI	BAR GOLEAN+ CHOC ALMOND TOFFEE	12/2.75 OZ	1.49	17.88		
41015	LARABAR	MAYA BAR ORG CHOC COFFEE	16/1.7 OZ	1.45	23.20		
41016	LARABAR	MAYA BAR ORG CHOC MINT	16/1.7 OZ	1.45	23.20		
41017	LARABAR	MAYA BAR ORG CHOC ORANGE	16/1.7 OZ	1.45	23.20		
41018	LARABAR	MAYA BAR ORG CHOCOLATE	16/1.7 OZ	1.45	23.20		
41022	LARABAR	RAW BAR APPLE PIE	16/1.6 OZ	1.31	20.96		
41023	LARABAR	RAW BAR BANANA COOKIE	16/1.6 OZ	1.31	20.96		
41024	LARABAR	RAW BAR CASHEW COOKIE	16/1.6 OZ	1.31	20.96		
41025	LARABAR	RAW BAR CHERRY PIE	16/1.6 OZ	1.31	20.96		
41026	LARABAR	RAW BAR CHOC COCONUT	16/1.6 OZ	1.31	20.96		
41011	LARABAR	RAW BAR CINNAMON ROLL	16/1.8 OZ	1.31	20.96		
41012	LARABAR	RAW BAR COCOA MOLE	16/1.8 OZ	1.31	20.96		
41013	LARABAR	RAW BAR GINGER SNAP	16/1.8 OZ	1.31	20.96		
41014	LARABAR	RAW BAR LEMON	16/1.8 OZ	1.31	20.96		
4058	LUNA	BAR CHAI TEA	15/1.69 OZ	1.30	19.50	1.15	17.25
4069	LUNA	BAR CHERRY COVERED CHOC	15/1.69 OZ	1.30	19.50	.99	14.85
4059	LUNA	BAR CHOC PECAN PIE	15/1.69 OZ	1.30	19.50	1.15	17.25
4072	LUNA	BAR CHOC PEPPERMINT STICK	15/1.69 OZ	1.30	19.50	1.15	17.25
4063	LUNA	BAR DULCE DE LECHE s	15/1.69 OZ	1.30	19.50	1.15	17.25
4060	LUNA	BAR KEY LIME PIE	15/1.69 OZ	1.30	19.50	1.15	17.25



HIGHLAND SUGARWORKS

## Brrrton Polar Bear



This was new for Highland last holiday season and back by popular demand. Brrrton is their whimsical snowshoeing glass bear bottle filled with their finest pure maple syrup in medium amber. Brrrton is 16.9oz an is sporting his red knit hat! #71005





**STIRRINGS™**

Est. 1997, NANTUCKET

## BAR INGREDIENTS



The only way to build a great cocktail is to begin with a great foundation. They took a new approach to bar classics using natural ingredients like: organic cane sugar, Spanish olive brine, and Blood Orange extract. Our Blood Orange Bitters, Simple Syrup, and Dirty Martini can make anyone an expert bartender.

### Dirty Martini

When Franklin Roosevelt met Joseph Stalin and Winston Churchill in Tehran, he offered them each a classic Dirty Martini. The Dirty Martini, "dirty" because of the olive juice brine that clouds the otherwise clear liquid, has marked special gatherings ever since.

*Ingredients: Spanish olive brine (water, salt, olives), lactic acid, natural flavor.*

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>SNACKS &amp; SNACK BARS - CONT.</b>							
4061	LUNA	BAR LEMON ZEST	15/1.69 OZ	1.30	19.50	1.15	17.25
4064	LUNA	BAR NUTZ OVER CHOC	15/1.69 OZ	1.30	19.50	1.15	17.25
4066	LUNA	BAR S'MORES	15/1.69 OZ	1.30	19.50	1.15	17.25
4067	LUNA	BAR TSTD NUTS & CRAN	15/1.69 OZ	1.30	19.50	1.15	17.25
1339	ME & OLLIE	GRANOLA MUNCH	16 OZ	5.75	5.75	5.15	5.15
0387	MECOAST	KELP CRUNCH BARS sesame ORG	24/1 OZ	1.15	27.60		
5564	MRS MAYS	ALMOND CRUNCH GF vg s	2 OZ	1.19	1.19		
5572	MRS MAYS	ALMOND CRUNCH GF vg s	5.5 OZ	2.77	2.77		
5569	MRS MAYS	BANANA PEANUT CRUNCH GF vg s	2 OZ	1.18	1.18		
5562	MRS MAYS	BLACK SESAME CRUNCH GF vg s	2 OZ	1.04	1.04		
5571	MRS MAYS	BLACK SESAME CRUNCH GF vg s	5.5 OZ	2.56	2.56		
5568	MRS MAYS	BLUEBRY PEANUT CRUNCH GF vg s	2 OZ	1.18	1.18		
5566	MRS MAYS	CASHEW CRUNCH GF vg s	2 OZ	1.12	1.12		
5574	MRS MAYS	CASHEW CRUNCH GF vg s	5.5 OZ	2.77	2.77		
32105	MRS MAYS	COCONUT ALMOND CRUNCH GF vg s	5.5 OZ	2.77	2.77		
5570	MRS MAYS	NORI PEANUT CRUNCH GF vg s	2 OZ	1.18	1.18		
5560	MRS MAYS	PEANUT CRUNCH GF vg s	2 OZ	.90	.90		
5565	MRS MAYS	PUMPKIN SEED CRUNCH GF vg s	2 OZ	1.05	1.05		
5573	MRS MAYS	PUMPKIN SEED CRUNCH GF vg s	5.5 OZ	2.56	2.56		
5561	MRS MAYS	SUNFLOWER CRUNCH GF vg s	2 OZ	.90	.90		
5567	MRS MAYS	WALNUT CRUNCH GF vg s	2 OZ	1.18	1.18		
5563	MRS MAYS	WHITE SESAME CRUNCH GF vg s	2 OZ	1.05	1.05		
30664	NATSPATH	TSTR PASTRY APPL CIN FROST ORG	11 OZ	3.19	3.19		
30665	NATSPATH	TSTR PASTRY BLUBRY FROST ORG	11 OZ	3.19	3.19		
30666	NATSPATH	TSTR PASTRY STRWBRY FROST ORG	11 OZ	3.19	3.19		
30670	NATSPATH	TSTR PASTRY UNFRST BLUEBRY ORG	11 OZ	3.19	3.19		
30671	NATSPATH	TSTR PASTRY UNFRST STRWBRY ORG	11 OZ	3.19	3.19		
7187	NATURCHO	CEREAL BARS F/F APPLE	6 BARS	2.89	2.89	2.59	2.59
7188	NATURCHO	CEREAL BARS F/F BLUEBERRY	6 BARS	2.89	2.89	2.59	2.59
7190	NATURCHO	CEREAL BARS F/F RASPBERRY	6 BARS	2.89	2.89	2.59	2.59
7189	NATURCHO	CEREAL BARS F/F STRAWBERRY	6 BARS	2.89	2.89	2.59	2.59
7138	NATURCHO	CEREAL BARS WF TRIPLE BERRY	6 BARS	2.89	2.89	2.59	2.59
7137	NATURCHO	CEREAL BARS WF VERY CHERRY	6 BARS	2.89	2.89	2.59	2.59
7183	NATURCHO	GRANOLA BARS CINN/RAISIN	6 BARS	2.65	2.65	2.35	2.35
7184	NATURCHO	GRANOLA BARS OATS/HONEY	6 BARS	2.65	2.65	2.35	2.35
7185	NATURCHO	GRANOLA BARS PEANUT BUTTER	6 BARS	2.65	2.65	2.35	2.35
31027	OSKRI	BAR CASHEW WF/GF	15/1.5 OZ	.83	12.45		
31031	OSKRI	BAR DATE WF/GF	15/1.5 OZ	.83	12.45		
31026	OSKRI	BAR DESERT DATES WF/GF	15/1.5 OZ	.83	12.45		
31030	OSKRI	BAR FIG WF/GF	15/1.5 OZ	.83	12.45		
31029	OSKRI	BAR FLAX SEED WF/GF	15/1.5 OZ	.83	12.45		
31024	OSKRI	BAR GRANOLA WF/GF	15/1.5 OZ	.83	12.45		
31028	OSKRI	BAR MIXED NUTS WF/GF	15/1.5 OZ	.83	12.45		
31023	OSKRI	BAR MUESLI WF/GF	15/1.5 OZ	.83	12.45		
31025	OSKRI	BAR TURKISH DELIGHT WF/GF	15/1.5 OZ	.83	12.45		
8568	OSKRI	BLACK SESAME BAR ORG	18/1.9 OZ	.75	13.50		
8572	OSKRI	COCONUT BAR ALMOND FLVRD ORG	18/2.2 OZ	.75	13.50		
8574	OSKRI	COCONUT BAR CHERRY FLVRD ORG	18/2.2 OZ	.75	13.50		
8578	OSKRI	COCONUT BAR MANGO FLVRD ORG	18/2.2 OZ	.75	13.50		
8571	OSKRI	COCONUT BAR ORIGINAL ORG	18/2.2 OZ	.75	13.50		
8577	OSKRI	COCONUT BAR PINEAPPLE FLVRD OR	18/2.2 OZ	.75	13.50		
8575	OSKRI	COCONUT BAR STRAWBERRY FLVRD OR	18/2.2 OZ	.75	13.50		
8569	OSKRI	QUINOA BAR	18/1.9 OZ	.75	13.50		
8422	OSKRI	SESAME BAR/DATE SYRUP	18/1.9 OZ	.75	13.50		
8424	OSKRI	SESAME BAR/DATE/CUMIN	18/1.9 OZ	.75	13.50		
8425	OSKRI	SESAME BAR/DATE/FENNEL	18/1.9 OZ	.75	13.50		
8426	OSKRI	SESAME BAR/MOLAS/CUMIN	18/1.9 OZ	.75	13.50		
8427	OSKRI	SESAME BAR/MOLAS/FENNEL	18/1.9 OZ	.75	13.50		
8423	OSKRI	SESAME BAR/MOLASSES	18/1.9 OZ	.75	13.50		
7427	PRIMAL	MEATLESS JERKY HICKORY SMOKED	24/1 OZ	.89	21.36		
7429	PRIMAL	MEATLESS JERKY TERIYAKI	24/1 OZ	.89	21.36		
7431	PRIMAL	MEATLESS JERKY THAI PEANUT	24/1 OZ	.89	21.36		
3283	SAVFORST	BAR BANANA CHOC NUT ORG s	6/1 OZ	3.55	3.55		
3285	SAVFORST	BAR CRAN CRUNCH ORG s	6/1 OZ	3.55	3.55		
3281	SAVFORST	BAR RASPBERRY CEREAL ORG	6/1 OZ	3.55	3.55		
30452	SAVFORST	BARS CARAMEL APPLE ORG	8/1.4 OZ	.97	7.76		
30453	SAVFORST	BARS CHOC CRANBERRY ORG	8/1.4 OZ	.97	7.76		
3286	SAVFORST	SNACK PACK BAN/RSN/WALNT ORG	4/1.5 OZ	2.50	2.50		
3287	SAVFORST	SNACK PACK CHOC/PNUT/RSN ORG	4/1.5 OZ	2.50	2.50		
2986	SENSIBLE	CRACKLIN FRUIT CHERRY BERRY WF	6/1.75 OZ	1.20	7.20		
2988	SENSIBLE	CRACKLIN FRUIT ORCHARD WF/GF	6/1.75 OZ	1.20	7.20		
2987	SENSIBLE	CRACKLIN FRUIT TROPICAL WF/GF	6/1.75 OZ	1.20	7.20		
6613	STRETCH	FRUIT LEATHER *ASSORTED	27/5 OZ	.49	13.23	.44	11.88
6602	STRETCH	FRUIT LEATHER ABUNDANT APRICOT	30/5 OZ	.46	13.80	.41	12.30
6603	STRETCH	FRUIT LEATHER AUTUMN APPLE	30/5 OZ	.46	13.80	.41	12.30
6604	STRETCH	FRUIT LEATHER BOUNTIFUL BLACKB	30/5 OZ	.46	13.80	.41	12.30
6606	STRETCH	FRUIT LEATHER GRAPE	30/5 OZ	.46	13.80	.41	12.30
6609	STRETCH	FRUIT LEATHER MANGO SUNRISE	30/5 OZ	.46	13.80	.41	12.30

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
6605	STRETCH	FRUIT LEATHER ORCHARD CHERRY	30/5 OZ	.46	13.80	.41	12.30
6610	STRETCH	FRUIT LEATHER RIPPENED RASPBERR	30/5 OZ	.46	13.80	.41	12.30
6611	STRETCH	FRUIT LEATHER STRAWBERRY	30/5 OZ	.46	13.80	.41	12.30
6612	STRETCH	FRUIT LEATHER TRULY TROPIC	30/5 OZ	.46	13.80	.41	12.30
31045	THINK	GREEN BAR CHOC CHIP WF/GF	15/1.76 OZ	1.49	22.35		
31044	THINK	GREEN BAR CRAN APPLE WF/GF	15/1.76 OZ	1.49	22.35		
31034	THINK	ORG BAR APRICOT COCONUT WF/GF	15/1.76 OZ	1.75	26.25	1.55	23.25
31035	THINK	ORG BAR CASHEW PECAN WF/GF	15/1.76 OZ	1.75	26.25		
31033	THINK	ORG BAR CHERRY NUT WF/GF	15/1.76 OZ	1.75	26.25	1.55	23.25
31032	THINK	ORG BAR CHOC COCONUT WF/GF	15/1.76 OZ	1.75	26.25		
31036	THINK	ORG BAR CRAN APPLE WF/GF	15/1.76 OZ	1.75	26.25	1.55	23.25
31037	THINK	ORG BAR TROPICAL NUT WF/GF	15/1.76 OZ	1.75	26.25	1.55	23.25
31042	THINK	THIN BAR BROWNIE CRUNCH WF/GF	10/2.1 OZ	1.55	15.50		
31041	THINK	THIN BAR CARAMEL SWIRL WF/GF	10/2.1 OZ	1.55	15.50		
31039	THINK	THIN BAR CHOC FUDGE WF/GF	10/2.1 OZ	1.55	15.50		
31040	THINK	THIN BAR CHUNKY PB WF/GF	10/2.1 OZ	1.55	15.50		
31043	THINK	THIN BAR LEMON SORBET WF/GF	10/2.1 OZ	1.55	15.50		
31038	THINK	THIN BAR PEANUT BUTTER WF/GF	10/2.1 OZ	1.55	15.50		
6722	TIGERMLK	PB & HONEY	24/1.25 OZ	.48	11.52	.43	10.32
6724	TIGERMLK	PEANUT BUTTER	24/1.23 OZ	.48	11.52	.43	10.32
6726	TIGERMLK	PROTEIN RICH	24/1.23 OZ	.48	11.52	.43	10.32
<b>41166</b>	<b>WINGS</b>	<b>COFFEE BAR CAFE MOCHA ORG</b>	<b>24/1.4 OZ</b>	<b>1.33</b>	<b>31.92</b>	<b>1.00</b>	<b>24.00</b>
<b>41167</b>	<b>WINGS</b>	<b>COFFEE BAR CAPPUCCINO ORG</b>	<b>24/1.4 OZ</b>	<b>1.33</b>	<b>31.92</b>	<b>1.00</b>	<b>24.00</b>
<b>41165</b>	<b>WINGS</b>	<b>COFFEE BAR ESPRESSO ORG</b>	<b>24/1.4 OZ</b>	<b>1.33</b>	<b>31.92</b>	<b>1.00</b>	<b>24.00</b>
<b>41168</b>	<b>WINGS</b>	<b>COFFEE BAR RASP DECAF ORG</b>	<b>24/1.4 OZ</b>	<b>1.33</b>	<b>31.92</b>	<b>1.00</b>	<b>24.00</b>
<b>41164</b>	<b>WINGS</b>	<b>NUT BAR ALMOND RAISIN ORG</b>	<b>24/1.4 OZ</b>	<b>1.33</b>	<b>31.92</b>	<b>1.00</b>	<b>24.00</b>
<b>41163</b>	<b>WINGS</b>	<b>NUT BAR APPLE CINNAMON ORG</b>	<b>24/1.4 OZ</b>	<b>1.33</b>	<b>31.92</b>	<b>1.00</b>	<b>24.00</b>
<b>41161</b>	<b>WINGS</b>	<b>NUT BAR CRANBERRY CRUNCH ORG</b>	<b>24/1.4 OZ</b>	<b>1.33</b>	<b>31.92</b>	<b>1.00</b>	<b>24.00</b>
<b>41162</b>	<b>WINGS</b>	<b>NUT BAR NUTTY &amp; SWEET ORG</b>	<b>24/1.4 OZ</b>	<b>1.33</b>	<b>31.92</b>	<b>1.00</b>	<b>24.00</b>
<b>SOUPS, BROTHS, CANNED &amp; ASEPTIC</b>							
4780	AMYS	SOUP ALPHABET ORG s DF	14.1 OZ	1.99	1.99		
4792	AMYS	SOUP BLACK BEAN VEG ORG GF DF	14.5 OZ	1.99	1.99		
4779	AMYS	SOUP BUTTERNUT SQUASH ORG s DF	14.1 OZ	1.99	1.99		
4784	AMYS	SOUP CHUNKY TOM BISQUE ORG GF	14.5 OZ	1.99	1.99		
4791	AMYS	SOUP CREAM OF MUSHROOM ORG	14.1 OZ	1.99	1.99		
4787	AMYS	SOUP CREAM OF TOMATO ORG GF	14.5 OZ	1.99	1.99		
4788	AMYS	SOUP LENTIL ORG GF DF	14.5 OZ	1.99	1.99		
4783	AMYS	SOUP LENTIL VEG ORG GF DF	14.5 OZ	1.99	1.99		
4786	AMYS	SOUP MINESTRONE ORG DF	14.1 OZ	1.99	1.99		
4789	AMYS	SOUP NO CHICKEN NOODLE ORG DF	14.1 OZ	1.99	1.99		
4830	AMYS	SOUP PASTA & 3 BEAN ORG	14.1 OZ	1.99	1.99		
4793	AMYS	SOUP SPLIT PEA ORG GF DF	14.1 OZ	1.99	1.99		
33002	AMYS	SOUP TUSCAN BEAN & RICE ORG	14.1 OZ	1.99	1.99		
4790	AMYS	SOUP VEGETABLE BARLEY ORG DF	14.1 OZ	1.99	1.99		
30625	BARHAR	CHOWDER CORN	15 OZ	1.86	1.86		
30624	BARHAR	CHOWDER HADDOCK	15 OZ	2.40	2.40		
30622	BARHAR	CHOWDER LOBSTER	15 OZ	4.86	4.86		
30623	BARHAR	CHOWDER MAINE SALMON	15 OZ	2.40	2.40		
4387	BARHAR	CHOWDER NEW ENGLAND CLAM	15 OZ	2.40	2.40		
5504	HEINZ	SOUP TOMATO	400 GR	2.00	2.00		
3780	IMAGINE	BROTH CHICKEN FREE-RNG ORG	16 OZ	1.99	1.99	1.79	1.79
3756	IMAGINE	BROTH NO CHICKEN ORG	32 OZ	3.05	3.05		
3759	IMAGINE	BROTH VEGETABLE ORG	32 OZ	3.05	3.05		
3782	IMAGINE	BROTH VEGETABLE ORG	16 OZ	1.99	1.99	1.79	1.79
3784	IMAGINE	SOUP BROCCOLI CRMY ORG	16 OZ	2.32	2.32		
3787	IMAGINE	SOUP BTRNUT SQUASH CRM ORG	16 OZ	2.32	2.32		
3788	IMAGINE	SOUP PORTOBELLO MUSHRM CRM	16 OZ	2.32	2.32		
3789	IMAGINE	SOUP POTATO LEEK CRMY ORG	15 OZ	2.32	2.32	2.09	2.09
3785	IMAGINE	SOUP SWEET CORN CREAMY	15 OZ	2.32	2.32	2.09	2.09
3786	IMAGINE	SOUP TOMATO CREAMY ORG	16 OZ	2.32	2.32		
5507	J LUSTY	SOUP CREAM OF STILTON	14.5 OZ	3.36	3.36		
5508	J LUSTY	SOUP CREAM OF WATERCRESS	14.5 OZ	2.75	2.75	2.45	2.45
30020	LOYD G	SOUP POUCH CARROT & CORIANDER	14.8 OZ	3.06	3.06	2.66	2.66
30021	LOYD G	SOUP POUCH CHICKEN & VEG	14.8 OZ	3.06	3.06	2.66	2.66
30023	LOYD G	SOUP POUCH FOUR MUSHROOM	14.8 OZ	3.06	3.06	2.66	2.66
8100	OLDCAPE	NEW ENGLAND CLAM CHOWDER	15 OZ	1.79	1.79	1.43	1.43
30581	PACIFIC	BROTH BEEF NATURAL	32 OZ	2.59	2.59	2.07	2.07
30582	PACIFIC	BROTH CHICKEN ORGANIC	4/8 OZ	.77	3.08		
30583	PACIFIC	BROTH CHICKEN ORGANIC	32 OZ	2.79	2.79		
5690	PACIFIC	BROTH NAT FREE-RANGE CHICK	32 OZ	2.74	2.74	2.19	2.19
5691	PACIFIC	BROTH ORGANIC VEGETABLE	32 OZ	2.93	2.93		
30584	PACIFIC	BROTH VEGETABLE ORG	4/8 OZ	.77	3.08		
30589	PACIFIC	SOUP CRMY BTRNUT SQUASH ORG	8 OZ	1.17	1.17	1.05	1.05
30591	PACIFIC	SOUP CRMY RST PEPPER & TOM ORG	8 OZ	1.17	1.17	1.05	1.05
30590	PACIFIC	SOUP CRMY TOMATO ORG	8 OZ	1.17	1.17	1.05	1.05
5042	SHELTON	SOUP CHICKEN NOODLE	15 OZ	2.35	2.35		
5043	SHELTON	SOUP CHICKEN RICE	15 OZ	2.35	2.35		
5044	SHELTON	SOUP CHICKEN VEGETABLE	15 OZ	2.35	2.35		



## Blood Orange Bitters

The defining ingredient in cocktails. The roots from which all cocktails sprung. These are some of the ways that Bitters are described. Derived from roots, bark, herbs and fruit, the function of bitter is to give any cocktail "body". Their bitters are the first to incorporate blood oranges and a secret blend of other exotic ingredients. The result is mellower, a little sweeter and bitter with a sweet side instead of old-man-with-a-dog bitter. A modern interpretation of a classic.

*Ingredients: triple filtered water; cane sugar; gentian extract, blood orange extract and other natural flavors.*

## Simple Syrup

The original inspiration for their Stirrings "Simple Cocktails", Simple Syrup is a starting point for many great cocktails. And like the foundation of a house, or the hull of a boat, this critical first step must be right for the rest of the cocktail to work. This takes the guesswork out: pure organic cane sugar and purified water in just the right proportion.

*Ingredients: triple filtered water, organic cane sugar, lactic acid.*



New Mixers for the Holidays

### Spiced Apple Martini



Fall in New England is marked by crisp evenings, dramatic orange and red, and the apple harvest. From fresh pressed cider to warm apple cobbler, apples are in the air. This **Spiced Apple Martini** seeks to capture the spirit of New England's fall: a blend of real apples, cinnamon and nutmeg spices, and cane sugar. Serve two delicious ways: Shake up a **Spiced Apple Martini**, or serve warmed with cinnamon stick garnish.

*Ingredients: Triple filtered water, apple juice from concentrate (water, apple juice concentrate), cane sugar, natural flavors, citric acid, fruit and vegetable juice for color, spice extract.*



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>SOUPS, DRIED &amp; PACKAGED</b>							
30541	DR MCDGL	BIG CUP SOUP BLACK BEAN LIME	6/3.4 OZ	1.48	8.88	1.26	7.55
30563	DR MCDGL	BIG CUP SOUP CHICK RICE PASTA	6/2.7 OZ	1.48	8.88	1.26	7.55
30499	DR MCDGL	BIG CUP SOUP CHICKEN RAMEN	6/2.1 OZ	1.48	8.88		
30537	DR MCDGL	BIG CUP SOUP HOT & SOUR	6/1.9 OZ	1.48	8.88		
30538	DR MCDGL	BIG CUP SOUP INDIAN RICE CURRY	6/1.9 OZ	1.48	8.88		
30542	DR MCDGL	BIG CUP SOUP MINESTRONE	6/2.3 OZ	1.48	8.88	1.26	7.55
30536	DR MCDGL	BIG CUP SOUP MISO GINGER	6/1.9 OZ	1.48	8.88		
30535	DR MCDGL	BIG CUP SOUP PAD THAI	6/2.0 OZ	1.48	8.88		
30540	DR MCDGL	BIG CUP SOUP SPLIT PEA BARLEY	6/2.5 OZ	1.48	8.88	1.26	7.55
30543	DR MCDGL	BIG CUP SOUP TAMALES	6/2.4 OZ	1.48	8.88	1.26	7.55
30539	DR MCDGL	BIG CUP SOUP TORTILLA	6/2.0 OZ	1.48	8.88	1.26	7.55
7448	DR MCDGL	CUP CHICKEN RAMEN SOUP	6/1.5 OZ	.89	5.34		
7446	DR MCDGL	CUP SPLIT PEA SOUP	6/1.5 OZ	.89	5.34		
7447	DR MCDGL	CUP TORTILLA SOUP	6/1.8 OZ	.89	5.34		
7445	DR MCDGL	POUCH VEG VEGGIE BEEF SOUP MIX	6/8.2 OZ	3.44	20.64		
8262	FANTAST	CUP NOODLE SOUP CURRY VEG	12/1.8OZ	1.65	19.80		
30107	FUNGUS	SOUP MIX MOROC PORCINI LNTIL O	5.1 OZ	4.26	4.26		
30106	FUNGUS	SOUP MIX SMK OYSTER SHROOM ORG	3.5 OZ	4.26	4.26	3.76	3.76
30108	FUNGUS	SOUP MIX SPICY SHIITAKE VEG OR	2.3 OZ	4.26	4.26		
<b>SOY FOODS</b>							
1270	MORINU	SILKEN TOFU extra firm	12/12 OZ	1.19	14.28		
1271	MORINU	SILKEN TOFU firm	12/12 OZ	1.19	14.28		
<b>SWEETENERS, SUGAR</b>							
9534	BILLNGTN	SUGAR DARK BROWN MOLASSES	16 OZ	2.15	2.15	1.83	1.83
9536	BILLNGTN	SUGAR DEMERARA	16 OZ	2.15	2.15	1.83	1.83
9537	BILLNGTN	SUGAR GOLDEN Coffee Lover's	16 OZ	2.45	2.45	2.08	2.08
9533	BILLNGTN	SUGAR LIGHT BROWN MUSCOVADO	16 OZ	2.15	2.15	1.83	1.83
9535	BILLNGTN	SUGAR MILLED GOLDEN CANE	16 OZ	2.15	2.15	1.83	1.83
9073	FLORIDA	SUGAR MILLED CANE bag	32 OZ	2.29	2.29		
6098	HAIN	TURBINADO SUGAR	24 OZ	3.35	3.35		
33064	HEAVENLY	SUGAR ORG	20 OZ	2.99	2.99		
33176	LARS	BELGIAN PEARL SUGAR large	8 OZ	2.56	2.56	2.30	2.30
33175	LARS	SWEDISH PEARL SUGAR small	10 OZ	2.75	2.75	2.48	2.48
8063	LYLES	BLACK TREACLE tin	16 OZ	3.29	3.29		
8061	LYLES	GOLDEN CANE SYRUP tin	10.6 OZ	2.99	2.99		
5550	LYLES	SUGAR CASTER	17.6 OZ	2.40	2.40		
1986	RAPUNZEL	RAPADURA SUGAR ORG	24 OZ	3.99	3.99		
1901	ROLAND	SUGAR CUBES DEMERARA	17.5 OZ	3.35	3.35	2.85	2.85
9042	WHL SME	ORGANIC SUGAR resealable pouch	2#	3.49	3.49	2.97	2.97
9053	WHL SME	SUCANAT ORG resealable pouch	2#	4.69	4.69	3.99	3.99
30188	WHL SME	SUGAR BROWN DARK ORG	1.5#	3.22	3.22	2.74	2.74
30187	WHL SME	SUGAR BROWN LIGHT ORG	1.5#	3.22	3.22	2.74	2.74
1421	WHL SME	SUGAR POWDERED ORG resealable	1#	2.85	2.85	2.42	2.42
30279	WHL SME	SUGAR RAW CANE Fair Trade	24 OZ	2.89	2.89	2.46	2.46
9052	WHL SME	SUGAR TURBINADO ORG	24 OZ	2.89	2.89	2.46	2.46
<b>SWEETENERS, GRAIN</b>							
6321	EDEN	MALT SYRUP BARLEY ORG	20 OZ	4.55	4.55		
1889	LUNDBERG	SWEET DREAMS BR RICE SYRP ORG	21 OZ	4.35	4.35	3.85	3.85
1838	LUNDBERG	SWEET DREAMS BRN RICE SYRUP	21 OZ	3.54	3.54	3.14	3.14
2619	SWEETCLO	BARLEY MALT ORG	16 OZ	5.75	5.75		
1837	SWEETCLO	RICE SYRUP ORG	16 OZ	5.75	5.75		
<b>SWEETENERS, HONEY</b>							
41148	COMVITA	HONEY MANUKA	1 LB	14.12	14.12	10.59	10.59
41149	COMVITA	HONEY MAUKA 10+	1.1 LB	18.80	18.80	14.10	14.10
41150	COMVITA	HONEY MAUKA BLEND	1.1 LB	12.85	12.85	9.64	9.64
1409	DAWES	ORANGE BLOSSOM HONEY	2#	7.75	7.75	6.95	6.95
1370	DAWES	RAW CLOVER HONEY	16 OZ	4.35	4.35		
1411	DAWES	RAW CLOVER HONEY	2#	7.75	7.75	6.95	6.95
1371	DAWES	RAW WILDFLOWER HONEY	16 OZ	4.35	4.35		
6033	GRANJASF	HONEY MULTIFLORA no drip Spain	12.3 OZ	4.29	4.29		
33066	HEAVENLY	HONEY RARE HIMALAYAN ORG	12 OZ	5.39	5.39		
33065	HEAVENLY	HONEY RARE WILD FOREST ORG	12 OZ	5.19	5.19		
0615	HONEYGAR	HONEY RAW/UNFILT	16 OZ	5.39	5.39		
4927	LULU	HONEY LAVENDER	9 OZ	6.10	6.10	5.19	5.19
1383	MOORLND	HONEY BLUEBERRY	16 OZ	3.95	3.95		
1438	MOORLND	HONEY BUCKWHEAT	16 OZ	4.19	4.19		
1382	MOORLND	HONEY CANADIAN CREAMED	2.5#	8.45	8.45	7.45	7.45
3169	MOORLND	HONEY CANADIAN CREAMED	16 OZ	3.95	3.95		
1375	MOORLND	HONEY CLOVER	16 OZ	3.75	3.75	3.19	3.19
1378	MOORLND	HONEY CLOVER	2.5#	8.35	8.35	7.10	7.10
0624	MOORLND	HONEY COMB	10 OZ	4.14	4.14		
1387	MOORLND	HONEY ORANGE BLOSSOM	16 OZ	3.95	3.95		
1392	MOORLND	HONEY RASPBERRY	16 OZ	3.95	3.95		
1395	MOORLND	HONEY TUPELO	16 OZ	5.35	5.35		
1385	MOORLND	HONEY WILDFLOWER	2.5#	8.10	8.10		
2188	MOORLND	HONEY WILDFLOWER	16 OZ	3.75	3.75		
7471	REALLYRA	HONEY RAW jar	2LB 10 OZ	16.99	16.99	15.29	15.29

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
7470	REALLYRA	HONEY RAW jar	16 OZ	6.99	6.99	6.29	6.29
2868	RIGONI	HONEY ACACIA ORG Italy	14.11 OZ	6.65	6.65		
2869	RIGONI	HONEY CHESTNUT ORG Italy	14.11 OZ	6.65	6.65		
2867	RIGONI	HONEY FOREST ORG Italy	14.11 OZ	6.65	6.65		
2877	RIGONI	HONEY LIME FLWR ORG Italy	14.11 OZ	6.65	6.65		
2874	RIGONI	HONEY ORANGE ORG Italy	14.11 OZ	6.65	6.65		
2844	RIGONI	HONEY PINE ORG Italy	14.11 OZ	6.65	6.65		
0660	SWAN'S	HONEY BEARS	12 OZ	2.64	2.64		
0686	SWAN'S	HONEY MAINE RAW UNFILTERED	16 OZ	3.57	3.57		
0721	SWAN'S	HONEY ORANGE BLOSSOM	17.5 OZ	3.57	3.57	3.17	3.17
0636	SWAN'S	LTLY HEATED HONEY sqz bottle	1.5#	4.98	4.98		
0683	SWAN'S	MAINE WILD BLUEBERRY HONEY	3#	7.64	7.64		
0685	SWAN'S	MAINE WILD RASPBERRY HONEY	3#	7.64	7.64	6.84	6.84
0677	SWAN'S	MAINE WILDFLOWER HONEY	2#	5.86	5.86		
0681	SWAN'S	MAINE WILDFLOWER HONEY	3#	7.64	7.64	6.84	6.84
0679	SWAN'S	MAINE WILDFLOWER HONEY flip to	17 OZ	3.57	3.57		
0687	SWAN'S	WILD BLUEBERRY HONEY flip top	17 OZ	3.57	3.57		
0691	SWAN'S	WILD RASPBERRY HONEY flip top	17 OZ	3.57	3.57		
33134	ZAMBEZI	HONEY ORGANIC FOREST	12 OZ	6.86	6.86		
33135	ZAMBEZI	HONEY ORGANIC FOREST	16 OZ	8.29	8.29		
33136	ZAMBEZI	HONEY ORGANIC FOREST	32 OZ	13.50	13.50		

### SWEETENERS, MAPLE

32007	BROWN	MAPLE SYRUP DARK AMBER	8.45 OZ	5.83	5.83		
32006	COOMBS	MAPLE SUGAR ORG	1.9#	11.06	11.06		
6505	HIGHLAND	MAPLE SUGAR GRANULATED	8 OZ	5.45	5.45		
6511	HIGHLAND	MAPLE SYRP GR A MED ORG gl/hnd	8 OZ	4.35	4.35		
6480	HIGHLAND	MAPLE SYRP GRADE B glass jug	16 OZ	6.49	6.49		
6491	HIGHLAND	MAPLE SYRP GRD A MED	32 OZ JUG	14.50	14.50		
30371	HIGHLAND	MAPLE SYRP GRD A MED COLLECTOR	16.9 OZ	10.50	10.50		
6483	HIGHLAND	MAPLE SYRP GRD A MED COLLECTOR	34 OZ	17.10	17.10		
6484	HIGHLAND	MAPLE SYRP GRD A MED COLLECTOR	8 OZ	7.29	7.29		
6485	HIGHLAND	MAPLE SYRP GRD A MED gl cabin	8.4 OZ	6.69	6.69		
6489	HIGHLAND	MAPLE SYRP GRD A MED gl leaf	8.4 OZ	7.15	7.15		
6500	HIGHLAND	MAPLE SYRP LEAF NIP	1.7 OZ	2.15	2.15		
6515	HIGHLAND	MAPLE SYRP ROUND CRUET	10 OZ	8.85	8.85		
6481	HIGHLAND	MAPLE SYRP SAMPLER BOX	4 BOTTLES	15.79	15.79		
30368	HIGHLAND	MAPLE SYRUP AMBER APPLE	12 OZ	9.15	9.15		
30369	HIGHLAND	MAPLE SYRUP AMBER TREE	6.75 OZ	7.65	7.65		
30370	HIGHLAND	MAPLE SYRUP AMBER TREE	16.9 OZ	12.15	12.15		
71005	HIGHLAND	MAPLE SYRUP BRRTON glass bear	16.9 OZ	13.30	13.30		
6495	HIGHLAND	MAPLE SYRUP GRADE A snowman	16.9 OZ	12.39	12.39		
6475	HIGHLAND	MAPLE SYRUP INFUSED w/CINAMON	8 OZ	7.65	7.65	6.65	6.65
6474	HIGHLAND	MAPLE SYRUP INFUSED w/VANILLA	8 OZ	8.85	8.85	7.85	7.85
6479	HIGHLAND	MAPLE SYRUP VT DK etched btl	8 OZ	5.15	5.15	4.55	4.55
6677	MOOSEWD	MAPLE SYRUP INFUSED SAVORY	7 OZ	6.57	6.57	5.49	5.49

### SWEETENERS, MOLASSES

30283	CHATFLDS	MOLASSES BLACKSTRAP	16 OZ	2.40	2.40		
1430	PLANTAT	BARBADOS MOLASSES unsulf	31 OZ	4.65	4.65		
1439	PLANTAT	BARBADOS MOLASSES unsulf	15 OZ	2.99	2.99		
1433	PLANTAT	BLACKSTRAP MOLASSES ORG	15 OZ	3.59	3.59		
1426	PLANTAT	BLACKSTRAP MOLASSES unsulf	15 OZ	2.99	2.99		
1427	PLANTAT	BLACKSTRAP MOLASSES unsulf	31 OZ	4.69	4.69		
1429	WHLSME	BLACKSTRAP MOLASSES ORG	32 OZ	5.20	5.20	4.42	4.42

### SWEETENERS, OTHER

30282	CHATFLDS	DATE SUGAR	8 OZ	3.37	3.37		
1569	MADHAVA	AGAVE NECTAR AMBER ORG	11.75 OZ	2.75	2.75	2.45	2.45
1574	MADHAVA	AGAVE NECTAR AMBER ORG	23.5 OZ	4.99	4.99		
1583	MADHAVA	AGAVE NECTAR LIGHT ORG	11.75 OZ	2.75	2.75		
31047	MADHAVA	AGAVE NECTAR LIGHT ORG	23.5 OZ	4.99	4.99	4.49	4.49
1582	MADHAVA	AGAVE NECTAR RAW ORG	17 OZ	3.59	3.59		
8439	OSKRI	DATE SYRUP	10.5 OZ	4.25	4.25		
3791	STEVITA	STEVIA CLEAR LIQUID squeeze btl	1.35 OZ	3.19	3.19		
3798	STEVITA	STEVIA SIMPLY	1 OZ	7.99	7.99		
3795	STEVITA	STEVIA SPOONABLE jar	2.8 OZ	4.92	4.92		
3796	STEVITA	STEVIA SPOONABLE 50 pkts	1.8 OZ	4.20	4.20	3.15	3.15
3792	STEVITA	STEVIA SUPREME	5.4 OZ	7.80	7.80		
3790	STEVITA	STEVIA SUPREME 50pkt/box	1.8 OZ	4.30	4.30	3.23	3.23

### TEA

30271	AFRICA'S	TEA MTN BLEND ORG red/hnybush	12/20 BAG	3.56	42.72	3.16	37.92
9440	CANARINO	LEMON BEVERAGE ITALIAN	20 BAGS	4.75	4.75	4.25	4.25
2536	CELEST	HOLIDAY TEA CANDY CANE LANE	20 BAGS	2.55	2.55	2.25	2.25
2602	CELEST	HOLIDAY TEA GINGERBRD SPICE	20 BAGS	2.55	2.55	2.29	2.29
2601	CELEST	HOLIDAY TEA NUTCRKER SWEET	20 BAGS	2.55	2.55	2.29	2.29
2600	CELEST	HOLIDAY TEA SUGAR PLUM SPICE	20 BAGS	2.55	2.55	2.29	2.29
2555	CELEST	ALMOND SUNSET	6/20 BAGS	2.27	13.62	1.97	11.82
2558	CELEST	BENGAL SPICE	6/20 BAGS	2.27	13.62		
9242	CELEST	BLACK RASPBERRY	6/20 BAGS	2.27	13.62	1.97	11.82
2554	CELEST	BLACKCHERRY BERRY	6/20 BAGS	2.27	13.62	1.97	11.82
9156	CELEST	BLK EARL GREY TEA	6/20 BAGS	2.27	13.62	1.97	11.82



## Chocolate Peppermintini

In the Swiss Alps, rich hot chocolate and a splash of peppermint "schnapps" is a traditional way to end a day on the mountain. In this Old World spirit, they created the **Chocolate Peppermintini**. A blend of real dark chocolate extract with a subtle peppermint note, our interpretation of this classic flavor pairing will elevate your holiday entertaining. Serve as a martini shaken with vodka, or add Kahlua for a "Cocoa and Cream".



*Ingredients: Triple filtered water, chocolate extract, natural chocolate flavors, natural peppermint flavor, lactic acid, pectin, caramel color, vegetable and fruit juice for color.*



# Clipper

OF ENGLAND

## WHITE TEAS

### About Clipper

**Clipper**, A British family company, was founded in 1984 when husband and wife team Mike and Lorraine Brehme purchased two chests of Indian single estate tea and began packing and selling it from their Dorset cottage.

Mike trained as a Master Tea Taster at London's Sir John Lyon House while Lorraine has extensive experience in the natural food and retail industries. Their motivation was the belief that producers and consumers could get a better deal for high quality specialty tea.



### About White Tea

White tea is among the most revered and highly sought after teas in the world.

White tea is made from just the unopened buds of the tea plant, which are only picked by a small number of tea gardens. The resulting infusion is high in health-benefiting antioxidants, with a flavor that radiates with a subtle sweetness.

**Clipper White Tea** is from a single estate in the Fujian region of China. This range of white teas harnesses the beneficial properties and enhances the flavors naturally.

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>TEA - CONT.</b>							
9157	CELEST	BLK ENGLISH BREAKFAST TEA	6/20 BAGS	2.27	13.62	1.97	11.82
2576	CELEST	CAFFEINE FREE TEA	40 BAGS	3.72	3.72		
2556	CELEST	CHAMOMILE	6/20 BAGS	2.27	13.62		
2563	CELEST	CINNAMON APPLE	6/20 BAGS	2.27	13.62		
30272	CELEST	COOLBREW BLUEBRY ICED TEA	48 BAGS	3.05	3.05		
30273	CELEST	COOLBREW LEMON ICED TEA	48 BAGS	3.05	3.05		
30274	CELEST	COOLBREW PEACH ICED TEA	48 BAGS	3.05	3.05		
30275	CELEST	COOLBREW RASPBRY ICED TEA	48 BAGS	3.05	3.05		
2550	CELEST	COUNTRY PEACH PASSION	6/20 BAGS	2.27	13.62	1.97	11.82
2638	CELEST	CRANBERRY APPLE ZINGER	6/20 BAGS	2.27	13.62	1.97	11.82
2587	CELEST	GREEN TEA ANTIOXIDANT	6/20CT	2.27	13.62	1.97	11.82
2574	CELEST	GREEN TEA AUTHENTIC	6/20 BAGS	2.27	13.62	1.97	11.82
2589	CELEST	GREEN TEA AUTHENTIC	40CT	3.72	3.72		
2588	CELEST	GREEN TEA DECAFFEINATED	6/20CT	2.27	13.62		
2586	CELEST	GREEN TEA HONEY LEMN GINS	6/20CT	2.27	13.62	1.97	11.82
2594	CELEST	GREEN TEA LEMON ZINGER	6/20BAGS	2.27	13.62	1.97	11.82
9218	CELEST	HONEY/VANILLA CHAMOMILE	6/20 BAGS	2.27	13.62	1.97	11.82
9212	CELEST	LEMON ZINGER	6/20 BAGS	2.27	13.62		
2559	CELEST	MANDARIN ORANGE SPICE	6/20 BAGS	2.27	13.62		
2552	CELEST	MINT MAGIC	6/20 BAGS	2.27	13.62		
1532	CELEST	MORNING THUNDER	6/20 BAGS	2.27	13.62	1.97	11.82
2590	CELEST	ORGANIC BLACK TEA	10/10 CNT	1.60	16.00		
2591	CELEST	ORGANIC GREEN TEA	10/10 BAGS	1.60	16.00		
9151	CELEST	ORIGINAL INDIAN SPICE	6/20 BAGS	2.27	13.62	1.97	11.82
2560	CELEST	PEPPERMINT	6/20 BAGS	2.27	13.62		
3017	CELEST	RASPBERRY ZINGER	6/20 BAGS	2.27	13.62		
2561	CELEST	RED ZINGER	6/20 BAGS	2.27	13.62		
9214	CELEST	ROASTAROMA	6/20 BAGS	2.27	13.62		
2562	CELEST	SLEEPYTIME	6/20 BAGS	2.27	13.62		
9211	CELEST	TANGERINE ORANGE ZINGER	6/20 BAGS	2.27	13.62	1.97	11.82
9230	CELEST	TENSION TAMER	6/20 BAGS	2.27	13.62		
9190	CELEST	VANILLA HAZELNUT TEA	6/20 BAGS	2.27	13.62	1.99	11.94
9178	CELEST	WELLNESS DETOX AM	10 BAGS	1.75	1.75	1.55	1.55
9177	CELEST	WELLNESS DIET PARTNER	10 BAGS	1.75	1.75	1.45	1.45
2551	CELEST	WELLNESS ECHINAC COMPLETE	20 BAGS	2.96	2.96		
9175	CELEST	WELLNESS ECHINACEA	10 BAGS	1.75	1.75		
9220	CELEST	WELLNESS GINSENG ENERGY	10 BAGS	1.75	1.75		
9176	CELEST	WELLNESS HNY PEACH GINGER	10 BAGS	1.75	1.75		
2553	CELEST	WELLNESS SLEEPYTIME EXTRA	20 BAGS	2.96	2.96		
2598	CELEST	WELLNESS TENSION TAMER EXT	10 BAGS	1.75	1.75		
2557	CELEST	WELLNESS THROAT SOOTHERS	10 BAGS	1.75	1.75		
9224	CELEST	WELLNESS TUMMY MINT	10 BAGS	1.75	1.75		
9215	CELEST	WILD BERRY ZINGER	6/20 BAGS	2.27	13.62	1.97	11.82
8983	CHOICE	BLACK TEA ORG FT	16 BAGS	2.59	2.59		
8958	CHOICE	CELTIC BREAKFAST ORG FT	20 BAGS	3.73	3.73		
8968	CHOICE	CHAM SPEARMINT W/BERGAMOT ORG	20 BAGS	3.73	3.73		
8985	CHOICE	CHAMOMILE HERB TEA ORG	16 BAGS	2.59	2.59	2.29	2.29
8976	CHOICE	DECAF EARL GREY TEA ORG FT	16 BAGS	3.37	3.37		
8971	CHOICE	DECAF GREEN TEA W/PEACH ORG FT	16 BAGS	3.37	3.37		
8977	CHOICE	DECAF MANGO CEYLON ORG FT	16 BAGS	3.37	3.37		
8978	CHOICE	EARL GREY TEA ORG FT	16 BAGS	2.97	2.97		
8956	CHOICE	EARL GREY W/ LAVENDER ORG FT	20 BAGS	3.73	3.73		
8984	CHOICE	ENGLISH BREAKFAST TEA ORG	16 BAGS	2.59	2.59	2.29	2.29
8959	CHOICE	GREEN TEA W/ PEACH ORG FT	20 BAGS	3.73	3.73	3.33	3.33
8969	CHOICE	JASMINE GREEN TEA ORG FT	20 BAGS	3.73	3.73	3.33	3.33
8960	CHOICE	LIQUORICE PEPPERMINT TEA ORG	20 BAGS	3.73	3.73	3.33	3.33
8957	CHOICE	MANGO CEYLON W/VANILLA ORG FT	20 BAGS	3.73	3.73	3.33	3.33
8970	CHOICE	NORTHWEST BLACKBERRY TEA ORG	20 BAGS	3.73	3.73	3.33	3.33
8979	CHOICE	ORANGE SPICE TEA ORG FT	16 BAGS	2.59	2.59		
8987	CHOICE	PREMIUM JAPANESE GREEN TEA ORG	16 BAGS	3.37	3.37		
<b>41147</b>	<b>CLIPPER</b>	<b>WHITE TEA CINNAMOM ORG</b>	<b>20 CT</b>	<b>3.44</b>	<b>3.44</b>	<b>2.24</b>	<b>2.24</b>
<b>41145</b>	<b>CLIPPER</b>	<b>WHITE TEA GINGER ORG</b>	<b>20 CT</b>	<b>3.44</b>	<b>3.44</b>	<b>2.24</b>	<b>2.24</b>
<b>41146</b>	<b>CLIPPER</b>	<b>WHITE TEA ORANGE ORG</b>	<b>20 CT</b>	<b>3.44</b>	<b>3.44</b>	<b>2.24</b>	<b>2.24</b>
<b>41141</b>	<b>CLIPPER</b>	<b>WHITE TEA ORG</b>	<b>20 CT</b>	<b>3.44</b>	<b>3.44</b>	<b>2.24</b>	<b>2.24</b>
<b>41143</b>	<b>CLIPPER</b>	<b>WHITE TEA PEPPERMINT ORG</b>	<b>20 CT</b>	<b>3.44</b>	<b>3.44</b>	<b>2.24</b>	<b>2.24</b>
<b>41142</b>	<b>CLIPPER</b>	<b>WHITE TEA RASPBERRY ORG</b>	<b>20 CT</b>	<b>3.44</b>	<b>3.44</b>	<b>2.24</b>	<b>2.24</b>
<b>41144</b>	<b>CLIPPER</b>	<b>WHITE TEA VANILLA ORG</b>	<b>20 CT</b>	<b>3.44</b>	<b>3.44</b>	<b>2.24</b>	<b>2.24</b>
20600	DYNASTY	JASMINE TEA	12/16 BAGS	1.43	17.16		
30593	ECOTEAS	YERBA MATE ORGANIC	24 BAGS	3.85	3.85		
30594	ECOTEAS	YERBA MATE ORGANIC loose	16 OZ	6.43	6.43		
6330	EDEN	GENMAICHA TEA ORG	16 BAGS	2.49	2.49		
6346	EDEN	KUKICHA TWIG TEA	3.5 OZ	3.35	3.35		
8046	ELEVEN	ROOIBUS TEA ORG	20 BAGS	3.55	3.55		
8402	EQUALX	TEA EARL GRAY ORG	25 BAGS	3.21	3.21		
8404	EQUALX	TEA ENGLISH BREAKFAST OR	25 BAGS	3.21	3.21		
8405	EQUALX	TEA GREEN ORG	25 BAGS	3.21	3.21		
33224	EQUO	TEA DARJEELING ORG FT	20 CT	2.59	2.59	2.33	2.33
33222	EQUO	TEA EARL GREY ORG FT	20 CT	2.87	2.87	2.58	2.58
33225	EQUO	TEA ENGLISH BREAKFAST ORG FT	20 CT	2.59	2.59	2.33	2.33

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
33226	EQUO	TEA GREEN TEA ORG FT	20 CT	2.59	2.59	2.33	2.33
33223	EQUO	TEA MASALA CHAI ORG FT	20 CT	2.59	2.59	2.33	2.33
3248	GUYAKI	YERBA MATE	25 BAGS	5.59	5.59		
3241	GUYAKI	YERBA MATE CHAI ORG	16 BAGS	5.59	5.59	4.99	4.99
3243	GUYAKI	YERBA MATE MINT ORG	16 BAGS	5.59	5.59	4.99	4.99
3240	GUYAKI	YERBA MATE ORG loose	8 OZ	6.99	6.99		
3161	HAIKU	ORG GRN TEA HOJICHA RSTD	16 BAGS	2.99	2.99		
2575	HAIKU	ORG GRN TEA SENCHA	16 BAGS	3.33	3.33		
2564	HAIKU	ORG TWIG TEA JAPANESE	16 BAGS	2.99	2.99	2.69	2.69
20611	HIME	BANCHA GREEN TEA	12/8 OZ	3.43	41.16		
4739	HONEST	JIANGXI GREEN ORG	18 BAGS	3.47	3.47		
51013	NUMI	TEAPOT GLASS teahouse	EACH	12.86	12.86	10.93	10.93
30572	NUMI	FLOWERING BLACK BEAUTY ORG	51 GR	11.20	11.20	9.99	9.99
30575	NUMI	FLOWERING DRAGON LILY ORG	80 GR	11.20	11.20	9.52	9.52
30573	NUMI	FLOWERING EMERALD SUN ORG	44 GR	11.20	11.20	9.99	9.99
5421	NUMI	FLOWERING FLOWER JEWEL white	92 GR	11.20	11.20	9.52	9.52
5400	NUMI	FLOWERING JADE FORTUNE green	88 GR	11.20	11.20	9.99	9.99
30576	NUMI	FLOWERING LAVENDER DREAM ORG	80 GR	11.20	11.20	9.99	9.99
30571	NUMI	FLOWERING MIDNIGHT PEONY ORG	47 GR	11.20	11.20	9.99	9.99
30577	NUMI	FLOWERING NUMI'S BOUQUET ORG	47 GR	11.20	11.20	9.52	9.52
5404	NUMI	FLOWERING WHITE ROSE	50 GR	10.89	10.89	9.26	9.26
33122	NUMI	SAMPLER ENDLESS JOURNEYS	8 CT	2.40	2.40		
33123	NUMI	SAMPLER FLOWERING TEA	4 CT	4.15	4.15		
33121	NUMI	SAMPLER INSPIRED MOMENTS	8 CT	2.40	2.40		
5377	NUMI	TEA AGED EARL GREY	18 CT	4.15	4.15		
5392	NUMI	TEA BERRY BLACK DARJEELING ORG	16 CT	4.15	4.15		
5363	NUMI	TEA BUSHMANS BREW HONEYBUSH	18 CT	4.15	4.15		
5378	NUMI	TEA CHINESE BREAKFAST	18 CT	4.15	4.15		
5365	NUMI	TEA DRY DESERT LIME	18 CT	4.15	4.15	3.65	3.65
5369	NUMI	TEA GOLDEN CHAI SPICED ASSAM	18 CT	4.15	4.15		
5395	NUMI	TEA GREEN AFRICAN ROOIBOOS ORG	18 CT	4.15	4.15		
5390	NUMI	TEA GREEN LEM MYRTLE MATE ORG	18 CT	4.15	4.15		
5359	NUMI	TEA MEXICAN LEMONGRASS ORG	18 CT	4.15	4.15	3.75	3.75
5360	NUMI	TEA MONKEY KING JASMINE GRN OG	18 CT	4.15	4.15		
5393	NUMI	TEA MORN RISE BRKFST BLND ORG	18 CT	4.15	4.15	3.65	3.65
5362	NUMI	TEA NUMI COLLECTION 8 flavors	18 CT	4.15	4.15		
5391	NUMI	TEA ORANGE SPICE WHITE ORG	16 CT	4.15	4.15	3.65	3.65
5366	NUMI	TEA RED MELLOW BUSH ROOIBOS	18 CT	4.15	4.15		
5394	NUMI	TEA RUBY CHAI ROOIBOOS ORG	18 CT	4.15	4.15		
5364	NUMI	TEA SIMPLY MINT ORG	18 CT	4.15	4.15		
5367	NUMI	TEA SWT MEADW CHAM/MYRTLE ORG	18 CT	4.15	4.15	3.65	3.65
5361	NUMI	TEA TEMPLE OF HEAVEN GUNPOWDER	18 CT	4.15	4.15		
5425	NUMI	TREASURE CHEST DARK ASST	18 CT	7.58	7.58	6.44	6.44
5427	NUMI	TREASURE CHEST LIGHT ASST CF	18 CT	7.58	7.58	6.78	6.78
2573	ONEWRLD	ORG DARJEELING THUNDBLT	16 BAGS	2.29	2.29		
2567	ONEWRLD	ORG EARL GREY TEA	16 BAGS	2.29	2.29		
2568	ONEWRLD	ORG ENG BREAKFAST TEA	16 BAGS	2.29	2.29		
30063	PG TIPS	TEA BLACK DECAF PYRAMID BAGS	40 CT	3.99	3.99		
1417	PG TIPS	TEA BLACK LOOSE	8.8 OZ	4.95	4.95		
30064	PG TIPS	TEA BLACK PYRAMID 80 bags	80 CT	5.67	5.67		
30177	PG TIPS	TEA BLACK PYRAMID BAGS	40 CT	2.89	2.89		
3958	STASH	BLACK TEA CHAI SPICE	20 CT	2.19	2.19	1.86	1.86
3959	STASH	BLACK TEA DBLE BERGAMOTE GREY	18 CT	2.19	2.19	1.86	1.86
3956	STASH	BLACK TEA DOUBLE SPICE CHAI	18 CT	2.19	2.19	1.86	1.86
3957	STASH	BLACK TEA EARL GREY	20 CT	2.19	2.19	1.86	1.86
3946	STASH	BLACK TEA ENGLISH BREAKFAST	20 CT	2.19	2.19	1.86	1.86
3947	STASH	BLACK TEA ORANGE SPICE	20 CT	2.19	2.19	1.86	1.86
3972	STASH	BLACK TEA SAMPLER	18 CT	2.19	2.19	1.86	1.86
3982	STASH	CHANAKARA ASSORTED BOX	18 CT	3.40	3.40	2.89	2.89
3979	STASH	CHANAKARA BLUE GINGER TEA	18 CT	3.22	3.22	2.74	2.74
3980	STASH	CHANAKARA DRAGONFRUIT TEA	18 CT	3.22	3.22	2.74	2.74
3983	STASH	CHANAKARA GUANABANA TEA	18 CT	3.22	3.22	2.74	2.74
3978	STASH	CHANAKARA MELON GREEN TEA	18 CT	3.22	3.22	2.74	2.74
3977	STASH	CHANAKARA RED BERRY ROOIBOS	18 CT	3.22	3.22	2.74	2.74
3981	STASH	CHANAKARA VANILLA HONEYBUSH	18 CT	3.22	3.22	2.74	2.74
3984	STASH	CHANAKARA WHITE LOTUS TEA	18 CT	3.22	3.22	2.74	2.74
3962	STASH	DECAF TEA CHAI SPICE	18 CT	2.19	2.19	1.86	1.86
3963	STASH	DECAF TEA EARL GREY	18 CT	2.19	2.19	1.86	1.86
3968	STASH	DECAF TEA ENGLISH BREAKFAST	18 CT	2.19	2.19	1.86	1.86
3966	STASH	DECAF TEA GREEN PREMIUM	18 CT	2.19	2.19	1.86	1.86
3967	STASH	DECAF TEA VANILLA NUT CREME	18 CT	2.19	2.19	1.86	1.86
3985	STASH	EXOTICA TEA CHINA WHITE	20 CT	3.06	3.06	2.60	2.60
3960	STASH	FUSION TEA GREEN AND WHITE	18 CT	2.19	2.19	1.86	1.86
3965	STASH	GREEN TEA CHAI	20 CT	2.19	2.19	1.86	1.86
3961	STASH	GREEN TEA MOROCCAN MINT	20 CT	2.19	2.19	1.86	1.86
3964	STASH	GREEN TEA PREMIUM	20 CT	2.19	2.19	1.86	1.86
3971	STASH	GREEN TEA SAMPLER	18 CT	2.19	2.19	1.86	1.86
3950	STASH	HERBAL TEA BLUEBERRY	20 CT	2.19	2.19	1.86	1.86
3951	STASH	HERBAL TEA CHAMOMILE	20 CT	2.19	2.19	1.86	1.86

# Clipper

OF ENGLAND

## About Antioxidants

It's the antioxidant content of the tea that is essentially responsible for its healthy image. The class of antioxidants in tea - polyphenols - are proven to counteract the damage caused by "free radical" cells in the body; however antioxidant levels in tea do vary. In regular tea, the fermentation process that turns the leaves black diminishes antioxidants slightly. Taking milk in tea is also believed to inhibit the benefits of antioxidants. Green tea is a very potent source of antioxidants, and white tea exceptionally so, containing around three times the antioxidant levels of green tea.

### WHITE TEAS

White tea is made from the downy, unopened buds of the tea plant.



### Organic White Tea

Drinking white tea is said to be an almost spiritual experience. This exceptional organic white tea has a clean, warm flavor with a gentle sweetness. This tea is very high in antioxidants.

### Organic White Tea with Vanilla

This delightful single estate white tea is infused with a natural vanilla flavor enhancing and complementing this sweet white tea.

(continued on page 117)



two leaves and a bud

all you need for great tea

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STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>TEA - CONT.</b>							
3948	STASH	HERBAL TEA LEMON GINGER SHARP	20 CT	2.19	2.19	1.86	1.86
3949	STASH	HERBAL TEA LICORICE SPICE	20 CT	2.19	2.19	1.86	1.86
3954	STASH	HERBAL TEA MANGO PASSIONFRUIT	20 CT	2.19	2.19	1.86	1.86
3955	STASH	HERBAL TEA PEPPERMINT	20 CT	2.19	2.19	1.86	1.86
3970	STASH	HERBAL TEA SAMPLER	18 CT	2.19	2.19	1.86	1.86
3953	STASH	HERBAL TEA WILD RASPBERRY	20 CT	2.19	2.19	1.86	1.86
3974	STASH	TEA OF INDIA KASHMIRI CHAI	18 CT	2.49	2.49		
3973	STASH	TEA OF INDIA KOPILI ASSAM	18 CT	2.49	2.49	1.99	1.99
3976	STASH	TEA OF INDIA SAMPLER	18 CT	2.49	2.49		
6003	TAYLORS	TEA YORKSHIRE GOLD	40 BAGS	3.99	3.99	3.59	3.59
33019	TAYLORS	TEA YORKSHIRE GOLD bulk	80 BAGS	7.75	7.75		
33020	TAYLORS	TEA YORKSHIRE RED	40 BAGS	3.09	3.09		
3480	TRADMED	BREATHE EASY	16 BAGS	3.69	3.69	3.29	3.29
3503	TRADMED	BREATHE EASY	30/16 BAGS	3.69	110.70	2.95	88.50
3510	TRADMED	CALIFORNIA CHAI ORG	16 BAGS	3.69	3.69	3.19	3.19
3482	TRADMED	COLD CARE PM	16 BAGS	3.69	3.69		
3519	TRADMED	CRAN AID	16 BAGS	3.69	3.69		
3483	TRADMED	EASY NOW TEA	16 BAGS	3.69	3.69	3.14	3.14
3485	TRADMED	EATER'S DIGEST TEA	16 BAGS	3.69	3.69		
3484	TRADMED	ECHINACEA PLUS ORG	16 BAGS	3.69	3.69		
3507	TRADMED	ECHINACEA PLUS ORG	30/16 BAGS	3.69	110.70	2.95	88.50
3520	TRADMED	EVERYDAY DETOX TEA	16 BAGS	3.69	3.69		
3481	TRADMED	EVERYDAY DETOX TEA	30/16 BAGS	3.69	110.70	2.95	88.50
3486	TRADMED	FEMALE TONER	16 BAGS	3.69	3.69		
3509	TRADMED	GINGER YERBA MATE' TEA	16 BAGS	3.69	3.69		
3490	TRADMED	GYPSY COLD CARE	16 BAGS	3.69	3.69		
3504	TRADMED	GYPSY COLD CARE	30/16 BAGS	3.69	110.70	2.95	88.50
3492	TRADMED	MOTHER'S MILK ORG	16 BAGS	3.69	3.69		
3532	TRADMED	ORG CHAMOMILE	16 BAGS	3.19	3.19		
3526	TRADMED	ORG ECHINACEA ELDER	16 BAGS	3.69	3.69		
3528	TRADMED	ORG EVERYDAY GREEN TEA w/GINGE	16 BAGS	3.69	3.69		
3501	TRADMED	ORG GINGER AID	16 BAGS	3.69	3.69	3.14	3.14
3515	TRADMED	ORG GINGER AID	30/16 BAGS	3.69	110.70	2.95	88.50
3527	TRADMED	ORG GOLDEN GINGER	16 BAGS	3.69	3.69		
3497	TRADMED	ORG GREEN TEA	16 BAGS	3.69	3.69		
3512	TRADMED	ORG GREEN TEA	30/16 BAGS	3.69	110.70	2.95	88.50
3494	TRADMED	ORG NIGHTY NIGHT	16 BAGS	3.69	3.69	3.14	3.14
3511	TRADMED	ORG NIGHTY NIGHT	30/16 BAGS	3.69	110.70	2.95	88.50
3478	TRADMED	ORG PEPPERMINT	16 BAGS	3.19	3.19		
3599	TRADMED	ORG RASPBERRY LEAF	16 BAGS	3.69	3.69		
3595	TRADMED	PAU d' ARCO	16 BAGS	3.69	3.69		
3496	TRADMED	PMS TEA	16 BAGS	3.69	3.69		
3498	TRADMED	PREGNANCY TEA	16 BAGS	3.69	3.69		
3502	TRADMED	SMOOTH MOVE	16 BAGS	3.69	3.69		
3477	TRADMED	ST JOHN'S WORT/GOOD MOOD	16 BAGS	3.69	3.69		
3506	TRADMED	THROAT COAT	16 BAGS	3.69	3.69	3.29	3.29
3505	TRADMED	THROAT COAT	30/16 BAGS	3.69	110.70	2.95	88.50
3487	TRADMED	THROAT COAT LEM-ECHINACEA	16 BAGS	3.69	3.69		
3508	TRADMED	WOMAN'S LIBERTY	16 BAGS	3.69	3.69		
9115	TWININGS	BLENDERS VARIETY TEA	20 BAGS	2.49	2.49		
9109	TWININGS	CEYLON ORANGE PEKOE	20 BAGS	2.49	2.49		
9116	TWININGS	DARJEELING	20 BAGS	2.49	2.49		
9112	TWININGS	DECAF EARL GREY	20 BAGS	2.49	2.49		
9113	TWININGS	DECAF ENGLISH BREAKFAST	20 BAGS	2.49	2.49		
9114	TWININGS	DECAF IRISH BREAKFAST	20 BAGS	2.49	2.49		
9117	TWININGS	EARL GREY	20 BAGS	2.49	2.49		
32023	TWININGS	EARL GREY 50ct	50 CT	4.30	4.30		
9110	TWININGS	EARL GREY tin	100 GR	3.99	3.99		
9118	TWININGS	ENGLISH BREAKFAST	20 BAGS	2.49	2.49		
32022	TWININGS	ENGLISH BREAKFAST 50 ct	50 CT	4.30	4.30		
9111	TWININGS	ENGLISH BREAKFAST tin	100 GR	3.99	3.99		
32017	TWININGS	GREEN	20 CT	2.59	2.59		
32019	TWININGS	GREEN CHAMOMILE	20 CT	2.59	2.59		
32020	TWININGS	GREEN DECAF	20 CT	2.59	2.59		
32018	TWININGS	GREEN JASMINE	20 CT	2.59	2.59		
32021	TWININGS	INDIAN SPICED CHAI	20 CT	2.49	2.49		
9119	TWININGS	IRISH BREAKFAST	20 BAGS	2.49	2.49		
32015	TWININGS	LADY GREY	20 CT	2.49	2.49		
32016	TWININGS	PRINCE OF WALES	20 CT	2.49	2.49		
41101	TWO LEAV	ALPINE BERRY HERBAL	15 CT	5.50	5.50	4.95	4.95
41095	TWO LEAV	ASSAM BREAKFAST ORG	15 CT	5.50	5.50	4.95	4.95
41096	TWO LEAV	DARJEELING ORG	15 CT	5.50	5.50	4.95	4.95
41097	TWO LEAV	EARL GREY ORG	15 CT	5.50	5.50	4.95	4.95
41100	TWO LEAV	JASMINE PETAL CHINESE GREEN	15 CT	5.50	5.50	4.95	4.95
41102	TWO LEAV	LEMON ROOIBOS ORG	15 CT	5.50	5.50	4.95	4.95
41103	TWO LEAV	MOUNTAIN HIGH CHAI	15 CT	5.50	5.50	4.95	4.95
41099	TWO LEAV	ORANGE SENCHA GREEN ORG	15 CT	5.50	5.50	4.95	4.95
41104	TWO LEAV	PEPPERMINT ORG	15 CT	5.50	5.50	4.95	4.95
41106	TWO LEAV	SAMPLER TEA PACK	8 CT	2.69	2.69	2.42	2.42
41098	TWO LEAV	TAMAYOKUCHA EXTREME GREEN	15 CT	5.50	5.50	4.95	4.95
41105	TWO LEAV	WHITE PEONY	15 CT	5.50	5.50	4.95	4.95

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
3742	YAMA	GENMAI TEA	6/16 BAGS	1.45	8.70		
3741	YAMA	GREEN TEA	6/16 BAGS	1.45	8.70		
3744	YAMA	JASMINE TEA	6/16 BAGS	1.45	8.70		
1932	YOGITEA	AFRICAN REDBUSH PEACH	16 BAGS	2.69	2.69		
2026	YOGITEA	ANDES YERBA MATE	16 BAGS	2.69	2.69	2.39	2.39
1964	YOGITEA	BEDTIME TEA ORG	16 BAGS	3.09	3.09		
1931	YOGITEA	BREATHE DEEP	16 BAGS	3.09	3.09		
1994	YOGITEA	CALMING	16 BAGS	3.09	3.09		
2029	YOGITEA	COCOA SPICE	16 BAGS	2.69	2.69		
1933	YOGITEA	COLD SEASON	16 BAGS	3.09	3.09		
2027	YOGITEA	DECAFFE ROAST TEA	16 BAGS	2.69	2.69	2.39	2.39
1935	YOGITEA	DE-TOX	16 BAGS	3.09	3.09		
1937	YOGITEA	ECHINACEA IMMUNE SUPPORT	16 BAGS	3.09	3.09		
1954	YOGITEA	EGYPTIAN LICORICE	16 BAGS	2.69	2.69	2.39	2.39
1934	YOGITEA	EGYPTIAN LICORICE MINT	16 BAGS	2.69	2.69		
1996	YOGITEA	FASTING	16 BAGS	3.09	3.09	2.79	2.79
1997	YOGITEA	GET REGULAR	16 BAGS	3.09	3.09	2.79	2.79
1945	YOGITEA	GINGER ORG	16 BAGS	3.09	3.09		
1947	YOGITEA	GINGKO I.Q.	16 BAGS	3.09	3.09	2.79	2.79
1939	YOGITEA	GINSENG ROYAL VITALITY	16 BAGS	3.09	3.09		
2019	YOGITEA	GREEN SUPER ANTIOXIDANT	16 BAGS	3.09	3.09		
1963	YOGITEA	GREEN TEA ENERGY	16 BAGS	3.09	3.09		
1951	YOGITEA	GREEN TEA REJUVENATION	16 BAGS	3.09	3.09		
2021	YOGITEA	GREEN TRIPLE ECHINACEA	16 BAGS	3.09	3.09	2.79	2.79
1949	YOGITEA	GREEN w/KOMBUCHA	16 BAGS	3.09	3.09		
2018	YOGITEA	GREEN w/KOMBUCHA DECAF	16 BAGS	3.09	3.09		
2028	YOGITEA	HIBISCUS PARADISE	16 BAGS	2.69	2.69		
1929	YOGITEA	JOINT COMFORT	16 BAGS	3.09	3.09		
1960	YOGITEA	KAVA STRESS RELIEF	16 BAGS	3.46	3.46	3.06	3.06
1941	YOGITEA	LEMON GINGER	16 BAGS	3.09	3.09		
1952	YOGITEA	ORIGINAL CLASSIC INDIA	16 BAGS	2.69	2.69	2.39	2.39
2015	YOGITEA	PEACH DETOX	16 BAGS	3.09	3.09		
2017	YOGITEA	RASPBERRY GINGER	16 BAGS	3.09	3.09		
2023	YOGITEA	SIMPLY GREEN	16 BAGS	2.69	2.69		
2024	YOGITEA	SIMPLY GREEN DECAF	16 BAGS	2.69	2.69		
1999	YOGITEA	STOMACH E-Z	16 BAGS	3.09	3.09		
1943	YOGITEA	THROAT COMFORT	16 BAGS	3.09	3.09		
1956	YOGITEA	VANILLA/HAZELNUT	16 BAGS	2.69	2.69	2.29	2.29
2013	YOGITEA	WOMAN'S DONG QUAI TONIC TEA	16 BAGS	3.09	3.09		
2014	YOGITEA	WOMAN'S MOON CYCLE	16 BAGS	3.09	3.09	2.79	2.79
1955	YOGITEA	YOGI LOOSE TEA ORIGINAL	3 OZ	2.85	2.85		
4963	ZHENAS	TIN CHAMOMILE BLESSINGS ORG	30 BAGS	6.75	6.75	5.75	5.75
4968	ZHENAS	TIN GRACIOUS GREEN ORG	36 BAGS	6.75	6.75	5.75	5.75
4966	ZHENAS	TIN GRAND GREEN ORG w/mint	36 BAGS	6.75	6.75	5.75	5.75
4965	ZHENAS	TIN GYPSY KING CHAI ORG black	36 BAGS	6.75	6.75	5.75	5.75
4967	ZHENAS	TIN GYPSY LOVE ORG black	36 BAGS	6.75	6.75		
4969	ZHENAS	TIN LEMON JASMINE ORG green	36 BAGS	6.75	6.75	5.75	5.75
4981	ZHENAS	TIN RASP EARL GREY ORG black	36 BAGS	6.75	6.75	4.95	4.95
4973	ZHENAS	TIN RED LAVENDER ORG herbal	36 BAGS	6.75	6.75	5.75	5.75
4983	ZHENAS	TIN WHITE CANTALOUPE ORG white	30 BAGS	6.75	6.75	5.75	5.75
<b>TEA CONCENTRATES</b>							
1511	DAVIDRIO	POWER CHAI POWDER s	14 OZ	7.99	7.99		
5380	OREGCHAI	CHAI LATTE CONC ORIGINAL s	12/32 OZ	3.85	46.20	3.08	36.96
5384	OREGCHAI	CHAI LATTE ORIGINAL concent s	1.5 GAL	23.99	23.99		
<b>VEGETABLES</b>							
4540	ARTCHK	ARTICHOKE HEARTS 8-10cnt can	14 OZ	2.34	2.34		
31202	BAJAMAR	ASPARAGUS SPEARS WHITE Spain	12.25 OZ	5.29	5.29		
0726	BELLE	DANDELIONS in WATER	16 OZ	2.34	2.34		
3771	FARM MKT	PUMPKIN ORG can	15 OZ	2.20	2.20	1.87	1.87
3773	FARM MKT	PUMPKIN PIE MIX ORG can	15 OZ	2.47	2.47	2.10	2.10
3775	FARM MKT	SWEET POTATO PUREE ORG can	15 OZ	2.20	2.20	1.87	1.87
2515	NATIVE	ARTICHOKE HEARTS QUARTERED	14.12 OZ	2.99	2.99	2.54	2.54
2516	NATIVE	ARTICHOKE HEARTS WHOLE	9.9 OZ	2.99	2.99	2.54	2.54
0117	NATIVE	HEARTS OF PALM ORG	14 OZ	3.09	3.09	2.63	2.63
4366	ROLAND	MUSHROOMS BUTTON SLICED	16 OZ	3.45	3.45		
4365	ROLAND	MUSHROOMS BUTTON WHOLE	4 OZ	1.18	1.18		
32038	ROLAND	MUSHROOMS WILD FOREST jar	6.5 OZ	3.61	3.61	3.25	3.25
5515	WESTBRAE	CANNED CORN ORG	15.25 OZ	1.59	1.59		
5516	WESTBRAE	CANNED GRN BEAN Blue Lake ORG	14.5 OZ	1.59	1.59		
5517	WESTBRAE	CANNED SWEET PEAS ORG	15 OZ	1.59	1.59		
<b>VEGETABLES, PEPPERS</b>							
5832	MARCOPO	ROASTED PEPPERS w/ GARLIC	19 OZ	2.65	2.65		
4809	MEDORG	ORG RSTD RED+YELLOW PEPPERS	16 OZ	4.99	4.99		
4808	MEDORG	ORG RSTD YELLOW PEPPERS	16 OZ	4.99	4.99	4.49	4.49
9625	PELPNSE	FIRE RSTD SWT RED PEPPERS WHL	13 OZ	4.27	4.27	3.63	3.63
32043	ROLAND	CHILI PEPPERS IN VINEGAR jar	3.35 OZ	1.35	1.35		

# Clipper

OF ENGLAND

## Organic White Tea with Ginger

With the addition of organically grown ginger, this organic single estate tea has a zesty flavor.

## Organic White Tea with Orange

White tea from Fujian region of China is gently enhanced with the fruity edge of natural orange flavor.

## Organic White Tea with Peppermint

A superb single estate white tea with a natural peppermint flavor that gives this tea a fresh taste and can also aid in digestion.

## Organic White Tea with Raspberry

The finest organic single estate white tea with the fruity addition of sweet and natural raspberry flavor.

## Organic White Tea with Cinnamon

This fine single estate white tea is enhanced with organically grown cinnamon, imparting a warm spicy flavor and aroma.





For the Holidays  
**VICTORIA'S  
GOURMET**

Holiday & Gift Ideas

### Mulling Spices

Victoria Taylor's Mulling Spices are a wonderful balance of cinnamon, allspice and cloves rounded with citrus notes from orange and just a hint of licorice from star anise. The aroma of mulling spices brings images of Fall and a hot cup of Mulled Apple Cider. These mulling spices are wonderful for traditional recipes such as Mulled Cider and Spiced Apple Sauce.

Ingredients: A Blend of Spices, Orange Peel and Spice Extractives.



## HOLIDAY MULLED CIDER

Pour 1/2 gallon of apple cider into a medium saucepan. Use a small piece of cheese cloth to tie up 3 Tbsp. of Victoria Taylor's Mulling Spices. Add them to the cider and simmer for 20 minutes. Serve warm in mugs.

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>VEGETABLES, TOMATOES</b>							
30012	BELLA	TOMATOES SAN MARZANO WHL ORG	12/28 OZ	2.29	27.48		
0341	BIONAT	TOMATO PASTE ORG Italy jar	7 OZ	1.60	1.60	1.44	1.44
0339	BIONAT	TOMATOES CRUSHED ORG Italy	12/28.2 OZ	2.25	27.00		
0338	BIONAT	TOMATOES DICED ORG Italy	12/28.2 OZ	2.25	27.00		
0336	BIONAT	TOMATOES DICED ORG Italy	12/14.1 OZ	1.60	19.20		
0340	BIONAT	TOMATOES STRAINED ORG Italy	6/24 OZ	2.25	13.50		
0335	BIONAT	TOMATOES WHL PEELED ORG Italy	12/14.1 OZ	1.60	19.20	1.44	17.28
0337	BIONAT	TOMATOES WHL PEELED ORG Italy	12/28.2 OZ	2.25	27.00	1.99	23.88
20141	CIAO	CHERRY TOMATOES ORG	24 OZ	4.57	4.57		
30630	EDEN	TOMATOES CRUSHED ROMA ORG	15 OZ	1.49	1.49		
30631	EDEN	TOMATOES CRUSHED ROMA ORG	28 OZ	2.19	2.19		
30632	EDEN	TOMATOES DICED ROMA ORG	14.5 OZ	1.49	1.49		
30633	EDEN	TOMATOES DICED W/GRN CHILES OG	14.5 OZ	1.49	1.49	1.29	1.29
30634	EDEN	TOMATOES WHL PEELED ROMA ORG	28 OZ	2.15	2.15		
30635	EDEN	TOMATOES WHL PEELED W/BASIL OG	28 OZ	2.15	2.15		
3431	FAMOSO	TOMATOES Italy w/basil	12/28 OZ	1.07	12.84		
4544	FAMOSO	TOMATOES SAN MARZANO Italy	12/28 OZ	2.29	27.48		
8349	MUIRGLN	ORG FIRE RSTD TOMATO CRUSHED	12/28 OZ	2.19	26.28		
8327	MUIRGLN	ORG FIRE RSTD TOMATO CRUSHED	12/14.5 OZ	1.50	18.00	1.35	16.20
8330	MUIRGLN	ORG FIRE RSTD TOMATO DICED	12/28 OZ	2.19	26.28		
8350	MUIRGLN	ORG FIRE RSTD TOMATO DICED	12/14.5 OZ	1.50	18.00	1.35	16.20
8352	MUIRGLN	ORG TOM DICED w/BASIL&GARLIC	12/14.5 OZ	1.38	16.56		
8343	MUIRGLN	ORG TOMATO CRUSHED W/BASIL	12/28 OZ	2.05	24.60		
8334	MUIRGLN	ORG TOMATO DICED	12/28 OZ	2.05	24.60		
8344	MUIRGLN	ORG TOMATO DICED	12/14.5 OZ	1.38	16.56		
4250	MUIRGLN	ORG TOMATO PEELED GRD	12/28 OZ	2.05	24.60		
4252	MUIRGLN	ORG TOMATO PEELED WHL	12/28 OZ	2.05	24.60		
8346	MUIRGLN	ORG TOMATO PUREE	12/28 OZ	2.05	24.60		
8347	MUIRGLN	ORG TOMATO SAUCE CHUNKY	12/28 OZ	2.05	24.60		
8348	MUIRGLN	ORG TOMATO SAUCE N/S	12/15 OZ	1.38	16.56		
8342	MUIRGLN	PASTE ORG TOMATO	6 OZ	.90	.90		

## TERRA NOSTRA ORGANIC CHOCOLATE



Best Tasting Organic Chocolate



Terra Nostra™ Organic Chocolate Bars are the inspiration of Karlo Flato, a fifth generation chocolatier whose extraordinary creations combine his family's century-old passion for chocolate with modern technology and organic ingredients. Terra Nostra™ chocolates are recognized for their satin texture, flavor consistency, enduring quality...and most of all, their exquisite flavor.

### 15% OFF IN APRIL

All Dark Chocolate, Milk Chocolate, Fruit-Yogurt Chocolate, and Non-Dairy Rice Milk Chocolate Bars, as well as Terra Nostra's Truffle Tea and Truffle Collection!

TM  
**Clipper**  
OF ENGLAND



White tea is among the most revered and highly sought after teas in the world.

Clipper White Tea is from single estate in the Fujian region of China. This range of white teas harnesses the beneficial properties and enhances the flavors naturally.



[www.clipper-teas.com](http://www.clipper-teas.com)

**VIVANI**  
Premium - Organic

Top quality cocoa beans

The vanilla we use is real bourbon vanilla

100% organic

High cocoa content in each variety

Our dark chocolates are made without the use of soy lecithin

To learn more about Vivani Organic Chocolate, please visit us at : [www.vivani.de](http://www.vivani.de)

## The ART of Chocolate



Dark with 72% cocoa



Milk chocolate



Milk Chocolate with Hazelnuts



Dark with Orange



Dark with Espresso



Dark with Lemon



Dark with 85% cocoa



Dark with Green Tea

# HOUSEHOLD, YARD & MISCELLANEOUS



STOCK # BRAND ITEM DESCRIPTION SIZE PRICE EXT SALE PRICE EXT

## HOUSEHOLD, YARD & MISCELLANEOUS

4531	ROLAND	BAMBOO SKEWERS 10inch 3mm	100 CNT	.64	.64		
50105	ABI	BOTTLE SQUARE glass	12/500 ML	1.99	23.88	1.79	21.48
50106	ABI	BOTTLES SWING TOP glass	12/250 ML	2.55	30.60		
2189	ABI	CANDLE PURE BEESWAX 8 inch	EACH	1.51	1.51		
0209	ABI	CHOPSTICKS Cherry finish	1PAIR	1.29	1.29		
9999	ABI	CLIP STRIP 12 steel clips	EACH	2.99	2.99		
2725	ABI	COFFEE BAGS 1# brown	100 CNT	11.85	11.85		
3242	NATBREW	COFFEE FILTERS BROWN #4 cone	40 CNT	1.49	1.49		
3244	NATBREW	COFFEE FILTERS BROWN BASKET	100 CNT	1.29	1.29		
4746	TRIBAL	COFFEE FILTER HEMP #2	EACH	2.23	2.23		
4749	TRIBAL	COFFEE FILTER HEMP #4	EACH	2.51	2.51		
3025	ABI	EMPTY BOTTLES w/caps	12/32 OZ	1.45	17.40		
3019	ABI	EMPTY TUB w/lid	5#	1.65	1.65		
1168	ABI	EMPTY TUBS W/LID	35#	7.15	7.15		
3020	ABI	GLASS BOTTLES Boston Rnd w/cap	12/8 OZ	.94	11.28		
3022	ABI	GLASS BOTTLES Boston Rnd w/cap	12/4 OZ	.79	9.48		
3024	ABI	GLASS BOTTLES Boston Rnd w/cap	24/16 OZ	.99	23.76	.89	21.36
3831	ABI	HONEY JAR GLASS w/WOOD DIPPER	EACH	4.79	4.79		
2279	ABI	PAPER TOWEL RECYLD (white) 85s	15 ROLLS	1.30	19.50		
3027	ABI	PLASTIC QUART DISPENSING BTL	32 OZ	1.35	1.35		
2277	ABI	POLY BAGS 10 X 8 X 24	50 PCS	11.75	11.75		
2268	ABI	POLY BAGS 4 X 2 X 12	100 PCS	3.75	3.75		
2274	ABI	POLY BAGS 4 X 2 X 8	100 PCS	2.85	2.85		
2275	ABI	POLY BAGS 6 X 3 X 15	100 PCS	6.30	6.30		
2276	ABI	POLY BAGS 8 X 4 X 18	100 PCS	8.50	8.50		
0210	ABI	SUSHI MAT BAMBOO 9.5 x 8	EACH	1.89	1.89		
0479	FLOWER	TEA BAGS COTTON	3/PKG	1.15	1.15	1.04	1.04
3180	ABI	TEA BALL MESH 2 inch	EACH	1.99	1.99		
3144	ABI	TEA BALL MESH WITH HANDLE	EACH	2.24	2.24		
5825	ABI	TEAPOT BALL LARGE stainless	EACH	2.85	2.85		
53010	TELIA	TEA FILTERS	50 BAGS	2.35	2.35		
2270	ABI	TOILET PAPER rcyld 500sht/2pl	12 ROLLS	.57	6.84		
2278	ABI	TWISTIES	2000 CNT	4.25	4.25		
2273	ABI	WAXED PAPER BAGS SAND SIZE	1000 EA.	28.15	28.15		
2272	ABI	WAXED PAPER BAGS SAND SIZE	100 EA.	3.95	3.95		

### AIR SCENSE

8718	AIRSCEN	AIR FRESHENER LAVENDER	7 OZ	5.45	5.45		
8716	AIRSCEN	AIR FRESHENER LIME	7 OZ	5.45	5.45		
8715	AIRSCEN	AIR FRESHENER ORANGE	7 OZ	5.45	5.45		
8717	AIRSCEN	AIR FRESHENER VANILLA	7 OZ	5.45	5.45		

### ANTI-PESTO

9548	ANTIPEST	INSECT REPELLENT FOR PLANTS	16 OZ	8.00	8.00		
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### BEYOND GOURMET

0540	BEYOND	BAKING CUP unblch 2.5in	48 CNT	1.19	1.19	1.05	1.05
0541	BEYOND	PARCHMENT PAPER unblch	65FT	3.75	3.75	3.35	3.35

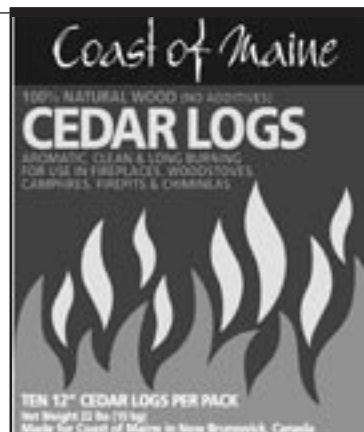
### BIO-KLEEN

50083	BIOKLEEN	ALL PURPOSE CLEANER SPRAY	32 OZ	3.97	3.97	3.57	3.57
50084	BIOKLEEN	AUTOMATIC DISH POWDER	2 LB	7.01	7.01		
50080	BIOKLEEN	BAC-OUT STAIN & ODOR ELIMINATOR	16 OZ	5.44	5.44		
50081	BIOKLEEN	BAC-OUT STAIN & ODOR ELIMINATOR	32 OZ	7.04	7.04		
50082	BIOKLEEN	BAC-OUT W/FOAMING SPRAYER	32 OZ	7.79	7.79		
50095	BIOKLEEN	CITRUS SOY SOLVENT	34 OZ	9.21	9.21	8.21	8.21
50078	BIOKLEEN	CLEANER & DEGREASER	16 OZ	3.94	3.94	3.54	3.54
50079	BIOKLEEN	CLEANER & DEGREASER	32 OZ	5.50	5.50		
50085	BIOKLEEN	HAND DISH SOAP LIQUID	32 OZ	4.77	4.77		
50087	BIOKLEEN	LAUNDRY LIQUID	32 OZ	5.50	5.50		
50088	BIOKLEEN	LAUNDRY LIQUID	64 OZ	9.49	9.49		
50089	BIOKLEEN	LAUNDRY POWDER	5 LB	9.17	9.17		
50090	BIOKLEEN	LAUNDRY POWDER	10 LB	15.71	15.71		
50091	BIOKLEEN	LAUNDRY POWDER PREMIUM	5 LB	11.06	11.06		
50092	BIOKLEEN	OXYGEN BLEACH PLUS	2 LB	5.07	5.07		
50086	BIOKLEEN	PRODUCE WASH	16 OZ	3.97	3.97	3.57	3.57
50093	BIOKLEEN	SOY CREAM CLEANER	32 OZ	4.77	4.77	4.27	4.27
50096	BIOKLEEN	SOY LUBE SL-100	4 OZ	3.45	3.45	3.10	3.10
50094	BIOKLEEN	SOY TOILET SCRUB	32 OZ	4.66	4.66		

### BIO-PAC

8806	BIO-PAC	AUTOMATIC DISH POWDER	50# *	.85	42.50		
8860	BIO-PAC	CITRUS CLEANER ALL PURP	1 GAL	17.25	17.25		
8807	BIO-PAC	CITRUS SPRAY CLEANER	22 OZ	2.50	2.50	2.00	2.00
8801	BIO-PAC	DISH LIQ APPLE-ALOE w/T TREE	22 OZ	2.66	2.66		
8863	BIO-PAC	DISHWASHING LIQUID r	1GAL	8.60	8.60		
8800	BIO-PAC	DISHWASHING LIQUID concen r	5GAL	42.00	42.00		
8869	BIO-PAC	FABRIC SOFTENER r	1GAL	8.99	8.99	8.09	8.09
8865	BIO-PAC	GLASS CLEANER CONCNRTE r	1GAL	14.75	14.75	11.80	11.80
8799	BIO-PAC	LAUNDRY LIQUID ULTRA	32 OZ	4.27	4.27	3.42	3.42
8861	BIO-PAC	LAUNDRY LIQUID ULTRA r	1GAL	8.50	8.50		
8810	BIO-PAC	LAUNDRY LIQUID ULTRA r	5GAL	42.65	42.65	38.65	38.65

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
8804	BIOPAC	LAUNDRY POWDER concentrate	50# *	1.05	52.50	.84	42.00
8809	BIOPAC	LAUNDRY STAIN REMOVER	22 OZ	2.99	2.99	2.69	2.69
8808	BIOPAC	NON-CHLORINE BLEACH POWDER	10#	.99	9.90	.89	8.90
8805	BIOPAC	PINE BATHRM CLENER w/T TREE	22 OZ	2.61	2.61		
8867	BIOPAC	PINE CLEANER CONC. r	1GAL	14.60	14.60		
<b>BLUES BUSTER</b>							
9907	BLUESBST	LIGHTBULB FULLSPEC CLEAR 100WT	1 BULB	4.55	4.55		
9908	BLUESBST	LIGHTBULB FULLSPEC CLEAR 60WT	1 BULB	4.55	4.55	4.05	4.05
9904	BLUESBST	LIGHTBULB FULLSPEC FROST 100WT	1 BULB	4.55	4.55		
9906	BLUESBST	LIGHTBULB FULLSPEC FROST 60WT	1 BULB	4.55	4.55	4.05	4.05
9905	BLUESBST	LIGHTBULB FULLSPEC FROST 75WT	1 BULB	4.55	4.55		
<b>CITRA-SOLV</b>							
8720	CITRASOL	CITRA-CLEAR GLASS CLEANER	32 OZ	3.70	3.70		
8707	CITRASOL	CITRA-DISH AUTOMATIC POWDER	45 OZ	4.29	4.29		
8703	CITRASOL	CITRA-DISH LIQUID	25 OZ	3.09	3.09		
8719	CITRASOL	CITRA-DRAIN CLEANER	22 OZ	3.95	3.95	3.55	3.55
8714	CITRASOL	CITRA-SPOT/STAIN REMOVER	22 OZ	4.30	4.30		
8709	CITRASOL	CITRA-SUDS LIQUID	50 OZ	6.15	6.15		
8712	CITRASOL	CITRA-SUDS POWDER	112 OZ	9.95	9.95		
8713	CITRASOL	CITRA-WOOD CLEANER/POLISH	8 OZ	3.95	3.95		
8723	CITRASOL	NAT. CITRUS CLEANER	1 GAL	33.89	33.89		
8724	CITRASOL	NAT. CITRUS CLEANER	32 OZ	11.40	11.40		
8725	CITRASOL	NAT. CITRUS CLEANER	16 OZ	7.55	7.55		
8727	CITRASOL	READY TO USE SPRAY	22 OZ	3.15	3.15	2.84	2.84
<b>COAST OF MAINE</b>							
50101	COAST ME	LIGHT POTTING MIX BAR HARBOR	16 QT	4.09	4.09		
50100	COAST ME	LOBSTER COMPOST QUODDY BLEND	1 CF	4.29	4.29		
51024	COAST ME	<b>NATURAL CEDAR FIRE LOGS 12in</b>	<b>10 PK</b>	<b>7.66</b>	<b>7.66</b>	<b>6.89</b>	<b>6.89</b>
<b>COUNTRY HEN</b>							
9549	COUNTRY	COMPOST hen manure/sawdust/hay	5#	4.64	4.64		
<b>CROCODILE!</b>							
9901	CROC	CROCLIGHT INSECT REPEL candle	EACH	3.59	3.59	3.19	3.19
<b>DR. BRONNER'S</b>							
8681	DRBRONS	SAL SUDS LIQ CLNR CONC	32 OZ	7.46	7.46		
<b>EARTH FRIENDLY</b>							
8700	EARTHFR1	FRUIT & VEGGIE SPRAYWASH	22 OZ	4.84	4.84	4.34	4.34
<b>EARTH SHELL</b>							
50077	EARTHSHL	HEAVY DUTY BOWL compostable	30/12 OZ	2.14	2.14		
50076	EARTHSHL	HEAVY DUTY PLATE compostable	25/9 INCH	2.51	2.51		
<b>EASTWIND CANDLE CO.</b>							
50107	EASTWIND	CANDLE TAPER 9in BEESWAX	PAIR	6.09	6.09	5.48	5.48
50108	EASTWIND	CANDLES TAPERS 12in BEESWAX	PAIR	7.49	7.49	6.69	6.69
<b>ECOVER</b>							
8733	ECOVER	AUTOMATIC DISHWASH RINS AID	16 OZ	3.32	3.32		
8729	ECOVER	AUTOMATIC DISHWASHING PDR	48 OZ	4.49	4.49		
8736	ECOVER	AUTOMATIC DISHWSHG TABLET	25 TABS	4.15	4.15		
8745	ECOVER	CLEANER FLOOR SOAP	32 OZ	3.39	3.39		
8775	ECOVER	CLEANER TOILET	25 OZ	3.35	3.35	2.85	2.85
8730	ECOVER	DISHWASHING LIQUID HERBAL	16 OZ	2.10	2.10		
8735	ECOVER	DISHWASHING LIQUID HERBAL	32 OZ	3.19	3.19		
8731	ECOVER	DISHWASHING LIQUID LEM/ALOE	32 OZ	3.19	3.19		
8732	ECOVER	DISHWASHING LIQUID LEM/ALOE	16 OZ	2.10	2.10		
8737	ECOVER	HAND CLEANER HEAVY DUTY	150 ML	3.01	3.01	2.56	2.56
8728	ECOVER	LAUNDRY BLEACH Non Chlorine	64 OZ	3.88	3.88		
8740	ECOVER	LAUNDRY FABRIC SOFTENER	32 OZ	3.79	3.79		
8773	ECOVER	LAUNDRY LIQUID WASH	51 OZ	5.70	5.70		
8767	ECOVER	LAUNDRY POWDER Ultra Conc	48 OZ	6.10	6.10	5.49	5.49
8780	ECOVER	LAUNDRY WOOL WASH- Delicate	32 OZ	3.50	3.50		
50128	ECOVER	<b>LIMESCALE REMOVER</b>	<b>16 OZ</b>	<b>3.42</b>	<b>3.42</b>	<b>2.56</b>	<b>2.56</b>
8734	ECOVER	STAIN REMOVER NATURAL	6.8 OZ	2.64	2.64		
<b>EVERT FRESH</b>							
2292	EVRFRESH	BAGS LG (21x9x6.5)	10 BAGS	4.65	4.65		
2291	EVRFRESH	BAGS MED (17x7x4.75)	10 BAGS	2.85	2.85	2.55	2.55
2290	EVRFRESH	BAGS SMALL (15x6x4)	10 BAGS	2.10	2.10		
<b>GARDEN GUYS</b>							
9538	GARDEN	ALL PURPOSE CLEANER	32 OZ	5.40	5.40		
9539	GARDEN	DEGREASER	32 OZ	5.40	5.40		
9540	GARDEN	GLASS CLEANER	32 OZ	5.40	5.40		
9542	GARDEN	ODOR CONTROL	2 OZ	1.79	1.79		
9541	GARDEN	ODOR CONTROL	32 OZ	5.40	5.40	4.85	4.85
9544	GARDEN	STAIN REMOVER	2 OZ	1.79	1.79		
9543	GARDEN	STAIN REMOVER	32 OZ	5.40	5.40	4.85	4.85
<b>GROUNDWORKS ICEMELTER</b>							
2164	GRNDWRK	NATURAL ICEMELTER bag	25#	.39	9.75		
2165	GRNDWRK	NATURAL ICEMELTER jug	12#	.72	8.64		



## Cedar Logs

100% Natural Wood  
(no additives)

**Coast of Maine Cedar Logs** are made entirely of aromatic cedar sawdust and shavings, compressed and extruded into a convenient size. They are easy to start, burn efficiently and won't spit or spark. Their **Cedar Logs** are the all-natural alternative to pre-packaged manufactured logs made with petroleum waxes. All the cedar is harvested in the great north woods of Maine and New Brunswick.

### Their Story

At **Coast of Maine** they are working to create recycling solutions for the agriculture, aquaculture and forestry industries in Maine and Maritime Canada. By helping to coordinate this effort, they bring you the very best of the region while supporting these important rural industries. They believe they have also created a line of exceptional natural products.

### Directions

Use as any natural wood log. These **Cedar Logs** are not impregnated with petroleum waxes or combustible binders. All you need is a little kindling and paper to get them started. You can burn two or more logs at a time. Make sure to store in a dry place.

(continued on page 122)

# Coast of Maine

**Cedar Logs**  
100% Natural Wood  
(no additives)  
continued

## Safety

Please observe the same precautions in starting and managing a Cedar Log fire as with any wood log fire.

Always open your fireplace damper before starting a fire and close only when ashes are cool. Make sure to maintain an adequate supply of air at all times.

Never start a fire using flammable liquids.

Never leave a fire unattended.

With Chimineas, only use one that is properly seasoned and follow the manufacturer's instructions.

**Ten 12" Cedar Logs Per Pack**  
**Net Weight 21 lbs**

### Comparison of Heat Output from Wood Fuels

	Cedar Logs	Hickory	Oak	Maple	Poplar	Pine
Volume (cu ft) needed to produce 1 million BTU	2	4-9	6.2	6.6	8.5	9.4
Density (lbs/cu ft)	68	30	28	26	20	17
BTU/lb	8,329	6,894	5,802	5,824	5,800	6,407
Efficiency	97%	80%	67%	68%	67%	74%
Weight (lbs) to produce million BTUs	120	145	173	172	173	156
Weight of One Full Cord (lbs)	8,721	3,805	3,567	3,330	2,622	2,142

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>GROW MORE</b>							
8710	GROWMRE	DRAIN KLEAR 25 treatments	16 OZ	4.72	4.72	4.22	4.22
<b>IF YOU CARE</b>							
9170	IFYOUCAR	ALUMINUM FOIL 100% RECYCLED	50 SQ FT	3.39	3.39		
9171	IFYOUCAR	BAKING CUPS LARGE	60 CT	.97	.97		
50113	IFYOUCAR	BAKING PAPER IN SHEETS	24 CT	2.77	2.77		
50115	IFYOUCAR	CHEESE CLOTH 72in x 36in	2 SQ YD	2.49	2.49		
9173	IFYOUCAR	COFFEE FILTERS #4	100 CT	2.89	2.89		
50114	IFYOUCAR	NATURAL COOKING TWINE	200 FT	1.89	1.89		
9172	IFYOUCAR	PARCHMENT PAPER	70 SQ FT	3.55	3.55		
<b>MALI'S CHARCOAL</b>							
8946	MALIS	CHARCOL LUMP STYLE NATURAL	10 LB	8.99	8.99	8.09	8.09
<b>NATURAL VALUE</b>							
6700	NATVALUE	BAGS RECLOSE STORAGE QT	25 CT	1.64	1.64		
6654	NATVALUE	BAGS SANDWICH RECLOSABLE	50 CT	1.67	1.67	1.47	1.47
6655	NATVALUE	BAGS STORAGE RECLOSABLE gal	20 CT	1.84	1.84		
6656	NATVALUE	BAGS TALL KITCHEN 13gal degra	15 CT	1.91	1.91		
6657	NATVALUE	BAGS TRASH 33gal degra	10 CT	2.29	2.29		
6596	NATVALUE	NAPKINS 100% RECYCLED	120 CT	1.49	1.49		
6697	NATVALUE	PLASTIC WRAP 100ft	100 FT	1.25	1.25		
6698	NATVALUE	SLIDER BAGS STORAGE QT	20 CT	1.89	1.89		
6699	NATVALUE	SLIDER SEAL FREEZER BAGS GAL	10 CT	1.89	1.89	1.69	1.69
6595	NATVALUE	TOILET PAPER 100% RECYLD retai	4 PK	2.09	2.09	1.89	1.89
6658	NATVALUE	UNBLEACHED WAXED PAPER 75ft	75 FT	1.89	1.89		
6659	NATVALUE	UNBLEACHED WAXED PAPER BAGS	60 CT	2.23	2.23		
<b>NEEM</b>							
9432	NEEM	OUTDOOR STICKS CITRONELLA	10 PK	2.40	2.40		
<b>NO SURVIVOR</b>							
8497	NOSURVIV	PC FLOOR TRAP grain beetle	1 KIT	7.79	7.79		
8490	NOSURVIV	PHEROMONE CLOTH MOTH TRAP	1 KIT	9.95	9.95		
8495	NOSURVIV	PHEROMONE GRAIN MOTH TRAP	1 KIT	6.95	6.95	6.25	6.25
8496	NOSURVIV	REPLACEMENT LURE (Grain Moth)	EACH	3.95	3.95		
8498	NOSURVIV	REPLACEMENT LURE FLOOR TRAP	EACH	2.88	2.88		
<b>ORGANICA</b>							
9547	ORGANICA	K+ NEEM INSECT/FUNGICIDE RTU	32 OZ	7.60	7.60	6.80	6.80
<b>ORANGE-MATE</b>							
0602	ORNGMT	AIR MIST ORANGE-MATE	3.5 OZ	3.46	3.46		
0605	ORNGMT	AIR MIST LEMON-MATE	7 OZ	5.39	5.39		
0604	ORNGMT	AIR MIST LEMON-MATE	3.5 OZ	3.46	3.46		
0601	ORNGMT	AIR MIST LIME-MATE	7 OZ	5.39	5.39		
0600	ORNGMT	AIR MIST LIME-MATE	3.5 OZ	3.46	3.46		
0603	ORNGMT	AIR MIST ORANGE-MATE	7 OZ	5.39	5.39		
<b>PRO-GRO</b>							
8722	PROGRO	FERTILIZER (5-3-4) ORGANIC	50#	.32	16.00		
<b>SAI BABA NAG CHAMP INCENSE</b>							
9744	SAI BABA	INCENSE NAG CHAMPA sticks15gr	15 GR	.95	.95	.85	.85
9745	SAI BABA	INCENSE NAG CHAMPA sticks40gr	40 GR	1.99	1.99	1.79	1.79
<b>SALTWATER FISH FARM</b>							
7123	SALTWATR	LIQ SEASTART/Vitamin Fort	8 OZ	5.25	5.25		
7125	SALTWATR	LIQ SEAWEEED PLANT FOOD	16 OZ	3.99	3.99		
7124	SALTWATR	LIQ SEAWEEED PLANT FOOD	1 GAL	14.30	14.30		
7129	SALTWATR	LIQ SEAWEEED/FISH FERTILIZER	GAL	16.29	16.29		
7126	SALTWATR	LIQ SEAWEEED/FISH FERTILIZER	16 OZ	4.39	4.39		
7127	SALTWATR	SEA BLEND SOIL CONDITIONER	5#	8.34	8.34		
7119	SALTWATR	SEACOM-PGR seaweed concentrate	8 OZ	4.65	4.65		
7122	SALTWATR	SEAWEEED MEAL	26 OZ	3.65	3.65		
7121	SALTWATR	SEAWEEED MEAL	5#	6.15	6.15		
<b>SEASONED SKEWERS</b>							
50116	SEASND	SKEWERS CITRUS ROSEMARY	10 CT	5.35	5.35		
50118	SEASND	SKEWERS HONEY BOURBON	10 CT	5.35	5.35		
50121	SEASND	SKEWERS INDIAN MANGO CURRY	10 CT	5.35	5.35		
50117	SEASND	SKEWERS MEXICAN FIESTA	10 CT	5.35	5.35		
50120	SEASND	SKEWERS THAI COCONUT LIME	10 CT	5.35	5.35		
<b>SEVENTH GENERATION</b>							
9693	SEVENTH	ALL PURP CLEANER FREE&CLEAR	32 OZ	3.88	3.88		
9684	SEVENTH	AUTO DISH GEL LEMON SCENT	45 OZ	4.39	4.39		
9683	SEVENTH	AUTO DISH POWDER FREE & CLEAR	45 OZ	4.39	4.39	3.89	3.89
9686	SEVENTH	BATHROOM CLEANER CITRUS SCENT	32 OZ	3.88	3.88		
50069	SEVENTH	BATHROOM TISSUE 1000sheet 1ply	12 ROLLS	1.09	13.08		
9668	SEVENTH	BATHROOM TISSUE 400sht/2ply	4 PACK	3.60	3.60		
9667	SEVENTH	BATHROOM TISSUE 500sht/2ply	12 ROLLS	1.05	12.60	.95	11.40
9694	SEVENTH	CARPET CLEANER CITRUS SCENT	32 OZ	3.88	3.88		
9680	SEVENTH	CHLORINE FREE BLEACH LIQ 21 Id	64 OZ	4.30	4.30		
9691	SEVENTH	CITRUS CLEANER & DEGREASER	32 OZ	3.88	3.88		
9681	SEVENTH	DISH LIQUID CITRUS SCENT	25 OZ	3.04	3.04		
9682	SEVENTH	DISH LIQUID FREE & CLEAR	25 OZ	3.04	3.04		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
50071	SEVENTH	DISH LIQUID LAVENDER	25 OZ	2.86	2.86		
50072	SEVENTH	FACIAL TISSUES 175 sheet 2 ply	3 BOXES	2.29	6.87		
9692	SEVENTH	GLASS CLEANER FREE&CLEAR	32 OZ	3.88	3.88		
9690	SEVENTH	KITCHEN CLEANER CITRUS SCENT	32 OZ	3.88	3.88		
9685	SEVENTH	LAUNDRY LIQUID BABY 16 loads	50 OZ	6.03	6.03		
9676	SEVENTH	LAUNDRY LIQUID CITRUS 50 loads	150 OZ	13.80	13.80		
9677	SEVENTH	LAUNDRY LIQUID FREE&CLEAR 50ld	150 OZ	13.80	13.80		
50070	SEVENTH	LAUNDRY LIQUID LAVNDR 33 loads	100 OZ	9.17	9.17		
9696	SEVENTH	LAUNDRY LIQUID SENSITIVE 16lds	50 OZ	5.65	5.65		
9678	SEVENTH	LAUNDRY POWDER CITRUS 42 loads	112 OZ	11.85	11.85	10.65	10.65
9679	SEVENTH	LAUNDRY POWDER FREE&CLEAR 42ld	112 OZ	11.85	11.85	10.65	10.65
9670	SEVENTH	NAPKINS NATURAL 500sht/1ply	EACH	5.75	5.75		
9669	SEVENTH	PAPER TOWELS NAT 120sht/2ply	6 PACK	10.55	10.55		
9687	SEVENTH	TOILET CLEANER MINT SCENT	32 OZ	3.88	3.88	3.48	3.48

### SHAMIANA

50110	SHAMIANA	CHARCOAL NATURAL LUMP HRDWOOD	10#	5.49	5.49		
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### SPROUTMAN

51006	SPROUT	SPROUTING BAG ORG HEMP	EACH	6.59	6.59		
51007	SPROUT	SPROUTING CHART wheel	EACH	3.25	3.25		

### TRIBAL FIBERS

5723	TRIBAL	HANDTOWEL BLUEBRY HEMP/COTTON	18 X 24	4.74	4.74		
5731	TRIBAL	HANDTOWEL COFFEE HEMP/COTTON	18 X 24	4.74	4.74		
5726	TRIBAL	HANDTOWEL OATMEAL HEMP/COTTON	18 X 24	4.74	4.74		
5717	TRIBAL	NAPKIN BLUEBRY HEMP/COTTON	18 X 18	3.29	3.29		
5735	TRIBAL	NAPKIN COFFEE HEMP/COTTON	18 X 18	3.29	3.29		
5719	TRIBAL	NAPKIN OATMEAL HEMP/COTTON	18 X 18	3.29	3.29		
5718	TRIBAL	NAPKIN SPRUCE HEMP/COTTON	18 X 18	3.29	3.29		
5720	TRIBAL	NAPKIN WINE HEMP/COTTON	18 X 18	3.29	3.29		
4758	TRIBAL	OVEN MITT BLUEBRY 100% HEMP	EACH	4.46	4.46		
5737	TRIBAL	OVEN MITT CHOCOLATE 100% HEMP	EACH	4.46	4.46		
4759	TRIBAL	OVEN MITT COFFEE 100% HEMP	EACH	4.46	4.46		
4756	TRIBAL	OVEN MITT OATMEAL 100% HEMP	EACH	4.46	4.46		
4757	TRIBAL	OVEN MITT SPRUCE 100% HEMP	EACH	4.46	4.46		
4755	TRIBAL	OVEN MITT WINE 100% HEMP	EACH	4.46	4.46		
5713	TRIBAL	PLACEMAT BLUEBRY HEMP/COTTON	14 X 18	3.29	3.29		
5733	TRIBAL	PLACEMAT COFFEE HEMP/COTTON	14 X 18	3.29	3.29		
5715	TRIBAL	PLACEMAT OATMEAL HEMP/COTTON	14 X 18	3.29	3.29		
5714	TRIBAL	PLACEMAT SPRUCE HEMP/COTTON	14 X 18	3.29	3.29		
4753	TRIBAL	POTHOLDER BLUEBRY 100% HEMP	EACH	3.34	3.34		
5722	TRIBAL	POTHOLDER CHOCOLATE 100% HEMP	EACH	3.34	3.34		
4750	TRIBAL	POTHOLDER COFFEE 100% HEMP	EACH	3.34	3.34		
4751	TRIBAL	POTHOLDER OATMEAL 100% HEMP	EACH	3.34	3.34		
4754	TRIBAL	POTHOLDER SPRUCE 100% HEMP	EACH	3.34	3.34		
4752	TRIBAL	POTHOLDER WINE 100% HEMP	EACH	3.34	3.34		

### VERMONT SOAPWORKS

8057	VERMTSOA	FRUIT & VEGGIE WASH ORG	16 OZ	5.34	5.34		
8051	VERMTSOA	LIQUID SUNSHINE CLEANER ORG	1 GAL	18.49	18.49		
8062	VERMTSOA	LIQUID SUNSHINE CLEANER ORG	32 OZ	6.70	6.70		

### WAY OUT WAX

5750	WAYWAX	CANDLE PILLAR CITRUS HARMONY	2.5X2.5IN	4.75	4.75	4.25	4.25
5753	WAYWAX	CANDLE PILLAR CITRUS HARMONY	2IN X 4IN	3.65	3.65	3.25	3.25
5746	WAYWAX	CANDLE PILLAR COZY HOME	3IN X 3IN	4.75	4.75	4.25	4.25
5749	WAYWAX	CANDLE PILLAR COZY HOME	2IN X 4IN	3.65	3.65	3.25	3.25
5748	WAYWAX	CANDLE PILLAR ESSENTIAL LOVE	3IN X 3IN	4.75	4.75	4.25	4.25
5754	WAYWAX	CANDLE PILLAR ESSENTIAL LOVE	2IN X 4IN	3.65	3.65	3.25	3.25
5755	WAYWAX	CANDLE PILLAR EUCALYPTUS	1.5X6IN	3.40	3.40	3.05	3.05
5760	WAYWAX	CANDLE PILLAR LAVENDER	2IN X 4IN	3.65	3.65	3.00	3.00
5751	WAYWAX	CANDLE PILLAR NORTHERN FOREST	2IN X 4IN	3.65	3.65	3.25	3.25
5744	WAYWAX	CANDLE PILLAR NORTHERN FOREST	3IN X 3IN	4.75	4.75	4.25	4.25
5758	WAYWAX	CANDLE PILLAR ORANGE	2IN X 4IN	3.65	3.65	3.25	3.25
5761	WAYWAX	CANDLE PILLAR PATCHOULI	2IN X 4IN	3.65	3.65	3.25	3.25
5752	WAYWAX	CANDLE PILLAR SWEET DREAMS	2IN X 4IN	3.65	3.65	3.25	3.25
5745	WAYWAX	CANDLE PILLAR SWEET DREAMS	2.5X2.5IN	4.75	4.75	4.25	4.25
5773	WAYWAX	CANDLE PILLAR UNSCENTED	2 X 4.5IN	2.75	2.75	2.45	2.45
4781	WAYWAX	CANDLE TIN CITRONELLA HEMP	12 OZ	6.49	6.49	5.84	5.84
4769	WAYWAX	CANDLE TIN CITRUS HARMONY	4 OZ	3.38	3.38	2.98	2.98
4770	WAYWAX	CANDLE TIN COZY HOME	4 OZ	3.38	3.38	2.98	2.98
4771	WAYWAX	CANDLE TIN ESSENTIAL LOVE	4 OZ	3.38	3.38	2.98	2.98
4772	WAYWAX	CANDLE TIN NORTHERN FOREST	4 OZ	3.38	3.38	2.98	2.98
4773	WAYWAX	CANDLE TIN SWEET DREAMS	4 OZ	3.38	3.38	2.98	2.98
4782	WAYWAX	CANDLE TUB CITRONELLA HEMP	2#	9.95	9.95	8.95	8.95
50104	WAYWAX	GLASS VOTIVE BLUE SWEET DREAMS	2 IN	3.25	3.25	2.90	2.90
50103	WAYWAX	GLASS VOTIVE GREEN FOREST	2 IN	3.25	3.25	2.90	2.90
5770	WAYWAX	VOTIVE AROMATHERAPY EUCALYPTUS	18 CNT	1.00	18.00		
5766	WAYWAX	VOTIVE AROMATHERAPY LAVENDER	18 CNT	1.00	18.00		
5771	WAYWAX	VOTIVE AROMATHERAPY ORANGE	18 CNT	1.00	18.00		
5767	WAYWAX	VOTIVE AROMATHERAPY PATCHOULI	18 CNT	1.00	18.00		
4764	WAYWAX	VOTIVE CITRUS HARMONY	18 CNT	1.00	18.00		

# ECOVER

Power Of Nature

## Limescale Remover



Your personal advantages

for bath, shower, tiles, tubs & basins

removes limescale and soap scum effectively

fresh fragrance from plant based ingredients

Chrome-friendly

Environmental advantages

plant based ingredients

quick and complete biodegradability

minimum impact on aquatic life

no animal testing

approved by Vegan Society

safe for septic tanks

### Ecover History

Ecover started 25 years ago as a small soap company in Northern Belgium. Since then, they have evolved into an international leader in the development and production of environmentally sustainable laundry, dishwashing and general household cleaning products.

# NATURAL REMEDIES & SUPPLEMENTS



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
4765	WAYWAX	VOTIVE COZY HOME	18 CNT	1.00	18.00		
4766	WAYWAX	VOTIVE ESCENTIAL LOVE	18 CNT	1.00	18.00		
4767	WAYWAX	VOTIVE NORTHERN FOREST	18 CNT	1.00	18.00		
4768	WAYWAX	VOTIVE SWEET DREAMS	18 CNT	1.00	18.00		
5772	WAYWAX	VOTIVE UNSCENTED	18 CNT	1.00	18.00		

## NATURAL REMEDIES & SUPPLEMENTS

2504	ABI	PSYLLIUM HUSK POWDER	16 OZ	7.30	7.30		
8050	ABI	BEE POLLEN (Domestic)	1#	11.50	11.50		

### ACTION LABS

70148	ACTION	GLUCOSAMINE COMPLEX 500mg	60 CAP	11.69	11.69		
70149	ACTION	GLUCOSAMINE DRINK MIX ORANGE	240 GR	13.72	13.72		
70142	ACTION	ACTION MAN DAILY MULTI	60 TAB	18.43	18.43	16.43	16.43
70143	ACTION	ACTION TABS MADE FOR MEN	60 TAB	12.33	12.33	10.99	10.99
70144	ACTION	SUPER HORNY GOAT WEED for men	60 TAB	14.20	14.20	11.99	11.99

### ADORA

31016	ADORA	CALCIUM DARK CHOCOLATE disks	30 CT	4.39	4.39		
31015	ADORA	CALCIUM MILK CHOCOLATE disks	30 CT	4.39	4.39		

### ALACER

70151	ALACER	2 PACK EMERGEN-C LEMON LIME	18/2PK	10.99	10.99		
70153	ALACER	2 PACK EMERGEN-C RASPBERRY	18/2PK	10.99	10.99	9.89	9.89
70152	ALACER	2 PACK EMERGEN-C TANGERINE	18/2PK	10.99	10.99	9.89	9.89
8604	ALACER	EMERGEN C CRANBERRY	36 CNT	9.96	9.96		
8603	ALACER	EMERGEN C LEMON LIME	36 CNT	9.96	9.96		
8606	ALACER	EMERGEN C MIXED BRY W/CALCIUM	36 CNT	11.49	11.49	9.19	9.19
8605	ALACER	EMERGEN C TANGERINE	36 CNT	9.96	9.96		
8607	ALACER	EMERGEN C TROPICAL	36 CNT	9.96	9.96		
8609	ALACER	EMERGEN-C JR STRAWBRY	36 CNT	11.49	11.49	9.19	9.19
8619	ALACER	EMERGEN-C LITE CITRUS	36 CNT	9.96	9.96		
8621	ALACER	EMERGEN-C LITE MSM Lemonlime	36 CNT	11.49	11.49	9.19	9.19
70049	ALACER	EMERGEN-C POWER FOR JOINTS	36 CNT	11.49	11.49		
8654	ALACER	EMERGEN-C RASPBERRY	36 CNT	9.96	9.96		
73002	ALACER	IMMUNE DEFENSE DRINK MIX	36 CNT	11.49	11.49		
73001	ALACER	LOZNGES IMMUNE DEFEN lem hon	6 PK	5.25	31.50		

### AMERICAN HEALTH & NUTRITION

8784	AMHLTH	ACIDOPHILUS CHEWABLE BLUEBRY	100 TAB	5.34	5.34	4.74	4.74
8785	AMHLTH	ACIDOPHILUS CHEWABLE STRWBRY	100 TAB	5.34	5.34	4.74	4.74
8787	AMHLTH	PAPAYA ENZYME ORIGINAL	100 TAB	2.97	2.97		
8789	AMHLTH	PAPAYA ENZYME ORIGINAL	250 TAB	5.34	5.34		

### BACH

9209	BACH	RESCUE REMEDY CREAM	50GR	10.20	10.20	9.20	9.20
9208	BACH	RESCUE REMEDY large	20ML	11.88	11.88		
9207	BACH	RESCUE REMEDY small	10ML	7.98	7.98		

### BOERICK & TAFEL

7935	BOERICK	ALPHA CF COLD&FLU	40 TABS	7.49	7.49		
7920	BOERICK	ARNICA GEL ARNIFLORA	2.75 OZ	8.55	8.55		
7922	BOERICK	CALENDULA GEL CALIFLORA	2.75 OZ	8.55	8.55	7.70	7.70
7928	BOERICK	ECZEMA CREAM FLORASONE	1 OZ	7.10	7.10	6.39	6.39
7927	BOERICK	PSORIASIS CREAM PSORIAFLOR	1 OZ	7.10	7.10	6.39	6.39
7923	BOERICK	STING STOP SOOTHING GEL	2.75 OZ	8.55	8.55	7.70	7.70

### BIORION

9816	BOIRON	OSCILLOCOCCINUM COLD/FLU	6 DOSE	10.75	10.75		
9817	BOIRON	OSCILLOCOCCINUM COLD/FLU	3 DOSE	5.85	5.85		

### COMVITA

70181	COMVITA	CHILDRENS LEMON HNY ELIXIR	8 OZ	9.19	9.19	6.89	6.89
70182	COMVITA	CHILDRENS LEMON HNY LOLLIPOPS	10 POPS	6.49	6.49	4.87	4.87
70176	COMVITA	LOZENGES PROPOLIS LEMON HNY	12 LOZ	4.80	4.80	3.60	3.60
70178	COMVITA	LOZENGES PROPOLIS MINT	12 LOZ	4.80	4.80	3.60	3.60
70177	COMVITA	LOZENGES PROPOLIS ORIGINAL	12 LOZ	4.80	4.80	3.60	3.60
70183	COMVITA	PROPOLIS HERBAL ELIXIR	8 OZ	8.91	8.91	6.68	6.68
70179	COMVITA	THROAT SPRAY PROPOLIS	1.05 OZ	6.87	6.87	5.15	5.15

### CRYSTAL GARDEN HERBAL

9711	CRYSTAL	EASIAC	2 OZ	9.84	9.84	8.84	8.84
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### EMERITA

71056	EMERITA	MENOPAUSE PLUS FORMULA	60 TAB	14.14	14.14		
7062	EMERITA	PRO-GEST CREAM	4 OZ	24.80	24.80	22.29	22.29

**ESSENTIAL FOODS**

8903	ESSENTL	ONE DAILY all family forte	30 TAB	5.69	5.69		
8908	ESSENTL	ANTIOXIDANT	30 TAB	6.73	6.73		
8906	ESSENTL	BLUE FOOD wild blueberry	90 TAB	17.31	17.31		
8907	ESSENTL	BONE & JOINT	90 TAB	13.99	13.99		

**FIRST ORGANICS**

70167	FIRST OG	VITAMIN C COMPLEX ORG	60 CAP	10.00	10.00		
70166	FIRST OG	VITAMIN E COMPLEX ORG	60 CAP	12.49	12.49		
70169	FIRST OG	DAILY MULTIPLE 70% ORG	90 CAP	18.00	18.00		
70168	FIRST OG	IMMUNE COMPLEX ORG	90 CAP	18.00	18.00		

**FOOD SCIENCE OF VERMONT**

**VITAMINS**

9954	FOODSCIE	B COMPLEX slow release	90 TAB	5.97	5.97		
9955	FOODSCIE	B COMPLEX-75	60 TAB	5.75	5.75		
9978	FOODSCIE	B-12 SUBLINGUAL 1000 mcg	100 TAB	6.15	6.15		
9972	FOODSCIE	C-500 NATURAL 500mg	100 TAB	3.85	3.85		
9973	FOODSCIE	E-400 MIXED TOCO 400IU	100 CAP	9.60	9.60		
9932	FOODSCIE	FOLIC ACID	60 CAPS	5.40	5.40		
9984	FOODSCIE	UNIQUE C 1000	90 TAB	6.75	6.75		
9985	FOODSCIE	UNIQUE C 1000	60 TAB	4.50	4.50	4.00	4.00
9986	FOODSCIE	VITAMIN A 10,000IU	100 CAP	2.40	2.40	2.15	2.15
9987	FOODSCIE	VITAMIN A 25,000IU	100 CAP	3.40	3.40	3.05	3.05

**MULTI-VITAMINS**

9963	FOODSCIE	DAILY BEST VEG MULTI	60 TAB	7.99	7.99		
9967	FOODSCIE	KIDS SUPERIOR MULTI chewable	90 TAB	7.67	7.67		
9969	FOODSCIE	MENS SUPERIOR MULTI	120 TAB	14.85	14.85	11.88	11.88
9975	FOODSCIE	PRENATAL SUPERIOR	150 TAB	12.25	12.25		
9981	FOODSCIE	TEEN SUPERIOR chewable	90 TAB	7.80	7.80		
9988	FOODSCIE	WOMEN SUPERIOR MULTI	120 TAB	13.85	13.85	11.08	11.08

**MINERALS**

9949	FOODSCIE	CALCIUM CITRATE PLUS	120 TAPS	4.85	4.85		
9957	FOODSCIE	CAL-MAG 500mg/200mg	90 TAB	5.25	5.25		
9959	FOODSCIE	CHROMEMATE 200mcg chromium	90 TAB	5.80	5.80		
9938	FOODSCIE	SELENIUM CITRATE	60 CAPS	3.10	3.10		
9990	FOODSCIE	ZINC PICOLINATE w/VIT C 15mg	60 CAP	4.67	4.67		

**HERBAL REMEDIES**

9953	FOODSCIE	BLACK CURRANT SEED OIL w/GLA	90 CAP	10.45	10.45		
9992	FOODSCIE	GRAPE SEED EXTRACT 100mg	60 CAP	8.75	8.75		

**NATURAL REMEDIES**

9993	FOODSCIE	5-HTP (HYDROXYTRYPTOPHAN)	90 CAP	16.75	16.75		
9950	FOODSCIE	AANGAMIK DMG 125mg	90 TAB	13.70	13.70		
9945	FOODSCIE	ALLER-DMG	60 TABS	14.34	14.34		
9971	FOODSCIE	ALL-ZYME	90 TAB	7.49	7.49	6.74	6.74
9931	FOODSCIE	BROMELAIN	60 TABS	8.05	8.05		
9960	FOODSCIE	COENZYME Q-10 30mg	60 CAP	12.85	12.85		
9966	FOODSCIE	GLUCOSAMINE PLUS	60 CAP	9.25	9.25		
9995	FOODSCIE	L-CARNITINE	30 CAPS	6.50	6.50		
9968	FOODSCIE	L-LYSINE 500mg	100 TAB	3.97	3.97		
9933	FOODSCIE	L-TYROSINE	60 CAPS	5.65	5.65	4.99	4.99
9970	FOODSCIE	MSM 1000mg	90 CAP	4.79	4.79		
9974	FOODSCIE	OLIVIR 500mg veg	90 CAP	19.40	19.40		
2565	FOODSCIE	SAMe 200mg	30 CAP	18.00	18.00		
9977	FOODSCIE	SEA MUSSEL PLUS	90 CAP	14.05	14.05		
9996	FOODSCIE	SOY ISOFLAVONES	60 CAPS	10.08	10.08	8.06	8.06
73005	FOODSCIE	SOY PROTEIN POWDER CHOCOLATE	1 #	10.28	10.28		
73004	FOODSCIE	SOY PROTEIN POWDER VANILLA	1 #	10.28	10.28		
9936	FOODSCIE	SUPERIOR GREENS powder	9.95 OZ	17.30	17.30	13.84	13.84

**FUTUREBIOTICS**

**MULTIVITAMINS**

9376	FUTURE	VEGETARIAN SUPER MULTI	120 TAB	10.77	10.77		
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**HERBAL REMEDIES**

9286	FUTURE	BILBERRY 125mg complex	60 CAP	6.57	6.57		
9688	FUTURE	CRANBERRY PLUS	90 TAB	8.67	8.67	7.67	7.67
73011	FUTURE	CRANBIOTIC	60 TAB	9.98	9.98		
9409	FUTURE	ECHINACEA PROPOLIS & ESTER C	50 CAPS	9.57	9.57		
9283	FUTURE	GARLIC ECHIN GOLDEN SEAL+	120 TAB	13.17	13.17		
9382	FUTURE	GARLIC ECHINACEA GOLDENSEAL	60 TAB	7.77	7.77		
9294	FUTURE	GINKGO BILOBA 30mg	45 TAB	4.77	4.77		

**NATURAL REMEDIES**

73010	FUTURE	ACNE ADVANCE	90 TAB	14.98	14.98		
9394	FUTURE	CHOLESTA-LO w/GARLIC +	60 TAB	5.97	5.97		
9396	FUTURE	COLON GREEN	150 TAB	8.97	8.97		
9741	FUTURE	DHEA 25mg	75 CAP	7.77	7.77		
9375	FUTURE	GLUCOSAMINE/CHONDROITIN CMPX	50 CAP	17.97	17.97	14.38	14.38
9290	FUTURE	LONGEST LIVING ACIDOPHILUS	100 CAP	6.87	6.87		
9390	FUTURE	LONGEST LIVNG ACIDOPHILUS PLUS	100 CAP	8.67	8.67		
9391	FUTURE	MELATONIN 3mg	60 TAB	4.17	4.17		
9289	FUTURE	M-S-M (bio/sulfur) 400mg	90 TABS	6.57	6.57		
9275	FUTURE	M-S-M POWDER w/VIT C	4 OZ	17.37	17.37		
73009	FUTURE	OMEGA Q10	30 CAP	17.48	17.48		
9292	FUTURE	RELAX & SLEEP FORMULA 2	60 TAB	5.97	5.97		
9674	FUTURE	TRYMPTONE	90 CAP	11.97	11.97	10.17	10.17
9392	FUTURE	VEGETARIAN ENZYME COMPLEX	90 TAB	7.77	7.77		



Winter Wellness

Honey has long been recommended for coughs, colds and sore throats. It helps to soothe and has anti-bacterial actions. Manuka honey, which forms the base for these great-tasting products, has exceptional properties in this regard.

Coughs and colds can be caused by foreign viruses and bacteria. We rely on our own individual immune systems to eradicate these foreign organisms. The immune system can be likened to the body's police force. It fights, destroys and removes foreign invaders. Propolis helps to make the immune system work more efficiently; just as a police force with cars and radios functions more efficiently, so does an immune system with propolis.

Propolis has a soothing and cooling action on the throat, which helps to explain why people with sore throats have taken it for centuries.

Suitable for all ages and stages, this range of products is a powerful, natural arsenal designed to fight winter ills. This range has been developed specifically to meet your family's needs over the winter season.



(continued on page 126)



## Children's Wellness

Most parents would agree that the health of their children is of prime importance. It is distressing to see little ones succumbing to the symptoms of those seemingly inevitable winter ills.

**Comvita Children's Products** naturally support the immune system, soothe throats and help clear the airways. The formulations contain natural ingredients and are free from artificial colors and sweeteners.

**Comvita Children's Natural Cough Elixir** and **Comvita Children's Natural Lollipops** both combine natural Manuka Honey and Propolis in alcohol-free formulations. Their natural children's products are designed for their pleasant taste and soothing qualities.



## Children's Cough Elixir

**Children's Natural Cough Elixir** contains **Active Manuka Honey**, Propolis and Echinacea in an alcohol-free formulation. This tasty strawberry-flavored natural formula is designed to soothe the throat and support the immune defences during the winter season.

*Active Ingredients:* Manuka honey, propolis extract. Also contains: honey, apple cider vinegar, water, citric acid, propylene glycol, carrageenan, peppermint oil, eucalyptus oil, clove leaf oil, lemon flavor xanthan gum, fennel oil.

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>TEEN FORMULAS</b>							
9403	FUTURE	DERMA TEEN	90 CAP	8.37	8.37		
9381	FUTURE	MVTEEN (Multi for Teens)	90 CAP	5.37	5.37		
<b>WOMEN'S FORMULAS</b>							
9672	FUTURE	ADVANCED MENOPHASE	90 CAP	10.17	10.17	8.99	8.99
9402	FUTURE	HAIR SKIN & NAILS	75 TAB	6.57	6.57	5.26	5.26
9360	FUTURE	HAIR SKIN & NAILS	135 TAB	10.20	10.20		
9364	FUTURE	MULTIVIT PLUS for WOMEN	60 TAB	6.87	6.87		
9366	FUTURE	MULTIVIT PLUS for WOMEN	120 TAB	11.97	11.97		
9368	FUTURE	PMS FORTE	50 TAB	6.27	6.27	5.64	5.64
73008	FUTURE	VITOMEGA WOMEN	90 TAB	9.98	9.98		
<b>MEN'S FORMULAS</b>							
8145	FUTURE	HI ENERGY MULTI for MEN	120 TABS	13.76	13.76	11.01	11.01
8147	FUTURE	HI ENERGY MULTI for MEN	60 TABS	8.37	8.37		
9386	FUTURE	PROSTABS	90 TAB	7.77	7.77		
73007	FUTURE	VITOMEGA MEN	90 TAB	9.98	9.98		
<b>GENISOY</b>							
5835	GENISOY	PROTEIN POWER F/F	16 OZ	11.49	11.49	10.29	10.29
5837	GENISOY	PROTEIN SHAKE CHOC F/F	22.2 OZ	11.49	11.49		
5849	GENISOY	PROTEIN SHAKE STRAW/BANANA	24.7 OZ	11.49	11.49		
5836	GENISOY	PROTEIN SHAKE VAN F/F	22.7 OZ	11.49	11.49		
5846	GENISOY	ULTRA SHAKE CHOC	23 OZ	13.69	13.69		
5840	GENISOY	ULTRA SHAKE VANILLA	22 OZ	13.69	13.69		
5845	GENISOY	ULTRA SOY POWDER	17 OZ	13.69	13.69		
<b>GUARABEE</b>							
73020	GUARABEE	GUARANA EXTRACT	10/4PK	7.07	70.70	6.36	63.63
<b>HERBON</b>							
9589	HERBON	COUGH DROPS ORG ELDER/CHERRY	15 CT	2.11	2.11		
9591	HERBON	COUGH DROPS ORG MAND ORANGE	15 CT	2.11	2.11		
9590	HERBON	COUGH DROPS ORG TROPICAL LEMON	15 CT	2.11	2.11		
<b>HERBS FOR KIDS</b>							
3656	HERBSKID	ECHINACEA/ASTRAGALUS	1 OZ	6.45	6.45		
3659	HERBSKID	ECHINACEA/EYEBRIGHT	1 OZ	6.45	6.45		
3651	HERBSKID	ECHN/GLDRT-BLKBERRY FLVR	1 OZ	6.45	6.45		
3652	HERBSKID	ECHN/GLDRT-ORANGE FLVR	1 OZ	6.45	6.45		
3661	HERBSKID	ELDETRUSSIN SYRUP	4 OZ	7.10	7.10		
3668	HERBSKID	HOREHOUND BLEND	1 OZ	6.45	6.45		
3654	HERBSKID	NETTLES & EYEBRIGHT	1 OZ	6.45	6.45		
3674	HERBSKID	SWEET ECHINACEA	1 OZ	6.45	6.45		
3682	HERBSKID	WILLOW/GARLIC OIL(ear)	1 OZ	6.45	6.45		
<b>HONEY GARDEN APIARIES</b>							
5596	HONEYGAR	PROPOLIS THROAT SPRAY & WASH	1 OZ	5.99	5.99		
0622	HONEYGAR	REJUVENATION TONIC	8 OZ	9.99	9.99		
0620	HONEYGAR	HONEY COUGH SYRUP CHERRY	4 OZ	6.45	6.45	5.75	5.75
5592	HONEYGAR	HONEY COUGH SYRUP CHERRY	8 OZ	9.99	9.99	8.99	8.99
5580	HONEYGAR	HONEY w/ELDRYBRY EXT & PROPLS	4 OZ	6.45	6.45	5.75	5.75
<b>LILY OF THE DESERT</b>							
7890	LILYDES	ALOE VERA GEL ORG	32 OZ	5.31	5.31		
7891	LILYDES	ALOE VERA JUICE ORG	16 OZ	2.96	2.96		
7892	LILYDES	ALOE VERA JUICE ORG	32 OZ	4.96	4.96		
7893	LILYDES	ALOE VERA JUICE ORG	GAL	15.69	15.69		
7894	LILYDES	ALOE VERA WHOLE LEAF JUIC ORG	32 OZ	5.67	5.67		
<b>MONTANA BIG SKY</b>							
70129	MONTANA	BEE POLLEN	100 TAB	5.63	5.63	4.99	4.99
70131	MONTANA	BEE POLLEN & SIBERIAN GINSENG	90 CAP	6.16	6.16	5.54	5.54
70133	MONTANA	BEE POLLEN GRANULES	8 OZ	13.19	13.19	11.87	11.87
70130	MONTANA	BEE POLLEN/ROYAL JELLY/PROP	90 CAP	9.49	9.49	8.49	8.49
70134	MONTANA	PROPOLIS	90 CAP	11.12	11.12	9.99	9.99
70135	MONTANA	PROPOLIS & ECHINACEA	90 CAP	8.94	8.94	7.94	7.94
70140	MONTANA	PURE ENERGY	90 CAP	7.83	7.83	6.99	6.99
70141	MONTANA	PURE ENERGY	150 CAP	11.20	11.20	9.99	9.99
70138	MONTANA	ROYAL JELLY & GINSENG	60 CAP	8.94	8.94	7.99	7.99
70137	MONTANA	ROYAL JELLY 1000 mg	60 CAP	16.72	16.72		
70139	MONTANA	ROYAL JELLY 30K mg CRMD HONEY	11 OZ	15.11	15.11	13.60	13.60
70136	MONTANA	ROYAL JELLY 500 mg	60 CAP	11.12	11.12		
70132	MONTANA	SAW PALMETTO & BEE POLLEN	60 CAP	9.54	9.54	8.54	8.54
<b>NATURE'S ANSWER</b>							
71063	NATSANS	RED YEAST RICE 600MG	90 CAPS	14.87	14.87		
71064	NATSANS	SAMBUCUS & ESTER C	60 VCAP	7.15	7.15		
<b>NUTIVA</b>							
70174	NUTIVA	HEMP PROTEIN POWDER ORG	16 OZ	10.84	10.84		
70175	NUTIVA	HEMP PROTEIN POWDER ORG pkts	12/1.1 OZ	1.23	14.76	.99	11.88
70170	NUTIVA	HEMPSEED OIL ORG	16 OZ	9.95	9.95		
70171	NUTIVA	HEMPSEED OIL ORG	32 OZ	19.15	19.15	17.15	17.15
<b>NUTRITION NOW</b>							
<b>MULTIVITAMINS</b>							
9827	NUTNOW	ANTI-OX MULTI ADULT FORMULA	90 TABS	7.79	7.79		
9825	NUTNOW	MULTI-EARTH FORCE VIT-MINERAL	90 TABS	12.00	12.00		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>MINERALS</b>							
9833	NUTNOW	CALCIUM CITRATE MAGNESIUM	120 CAPS	6.59	6.59		
9860	NUTNOW	CALCIUM SOFT CHEWS CHOC	75 CT BOX	6.43	6.43		
9859	NUTNOW	CALCIUM SOFT CHEWS FRUIT	75 CT BOX	6.43	6.43		
<b>COLD REMEDIES</b>							
9808	NUTNOW	COLD KING ECHINACEA ORAN CHEW	60 TABS	3.85	3.85		
9807	NUTNOW	COLD KING ECHINACEA RASP CHEW	60 TABS	3.85	3.85		
9809	NUTNOW	COLD KING ECHINACEA STRAW CHEW	60 TABS	3.85	3.85		
9811	NUTNOW	COLD KING ECHINACEA/ZINC CHEW	60 TABS	3.85	3.85		
9813	NUTNOW	COLD KING ZINC LOZENGES ORANG	60 TABS	3.85	3.85		
9814	NUTNOW	COLD KING ZINC LOZENGES RASP	60 TABS	3.85	3.85		
<b>HERBAL REMEDIES</b>							
9834	NUTNOW	FLAX SEED ORGANIC	90 GELS	3.85	3.85		
9854	NUTNOW	QUERCETIN PLUS SINUS FORM	60 CAPS	7.50	7.50		
<b>CHILDREN'S FORMULAS</b>							
9836	NUTNOW	RHINO ACIDOPHILUS	60 TABS	4.80	4.80		
9837	NUTNOW	RHINO CALCIUM cherry	60 TABS	2.99	2.99		
9839	NUTNOW	RHINO ECHINACEA	60 TABS	3.85	3.85		
9840	NUTNOW	RHINO ECHINACEA LIQUID	2 OZ	5.25	5.25		
9844	NUTNOW	RHINO ESTER-C	60 TABS	3.85	3.85		
9843	NUTNOW	RHINO GUMMY BEAR VITAMINS	60 CHEWS	5.99	5.99		
9848	NUTNOW	RHINO GUMMY BEAR VITAMINS	180 CHEWS	14.99	14.99		
9841	NUTNOW	RHINO VITES CHEWABLE	90 TABS	5.15	5.15		
9831	NUTNOW	RHINO ZINC	60 TABS	2.99	2.99		
<b>WOMEN'S FORMULAS</b>							
9829	NUTNOW	YEAST DEFENSE for women	60CAPS	6.00	6.00		
<b>DIGESTIVE AIDS</b>							
9806	NUTNOW	CALCIUM DIGEST SUPPORT	60WAFERS	3.59	3.59		
9856	NUTNOW	DANDELION/MILK THISTLE CLEANSE	60CAPS	4.49	4.49		
9855	NUTNOW	FIBER ACIDOPHILUS COLON CARE	6OZ PWDR	7.79	7.79		
9822	NUTNOW	PB-8 PROBIOTIC ACIDOPHILUS	60CAPS	7.50	7.50		
9823	NUTNOW	PB-8 PROBIOTIC ACIDOPHILUS	120CAPS	12.50	12.50		
9830	NUTNOW	PB-8 PROBIOTIC ACIDOPHILUS VEG	60CAPS	7.50	7.50		
<b>QUANTUM</b>							
71065	QUANTM	ELDERBERRY C SYRUP	4 OZ	9.97	9.97	8.47	8.47
<b>SIMILASAN</b>							
70125	SIMILASN	DROPS ALLERGY EYE RELIEF	10 ML	8.75	8.75	7.75	7.75
70124	SIMILASN	DROPS DRY EYE RELIEF	10 ML	8.75	8.75	7.75	7.75
70127	SIMILASN	NASAL SPRAY SINUS RELIEF	15 ML	8.75	8.75		
70165	SIMILASN	NASAL SPRAY HAY FEVER	.5 OZ	8.75	8.75	7.75	7.75
<b>SPECTRUM</b>							
8128	SPECTRM	EVENING PRIMROSE OIL (ref)	100CAP	12.17	12.17		
8116	SPECTRM	FISH OIL OMEGA 3 1000mg	100 CAP	7.35	7.35		
8129	SPECTRM	FLAX BORAGE OMEGA 3 ORG (ref)	100CAP	9.27	9.27		
8111	SPECTRM	FLAX OIL ENRICHED OMEGA-3 ORG	8 OZ	6.82	6.82	4.99	4.99
8114	SPECTRM	FLAX OIL ULTRA HI LIGNAN ORG	100CAP	7.64	7.64		
8122	SPECTRM	FLAX OIL VEG OMEGA 3 ORG (ref)	100CAP	7.26	7.26		
8126	SPECTRM	FLAX OIL VEG OMEGA 3 ORG (ref)	16 OZ	12.05	12.05		
<b>THOMPSON NUTRITIONALS</b>							
<b>VITAMINS &amp; MINERALS</b>							
6706	THMSON	B6 100mg	60 TAB	2.09	2.09		
6727	THMSON	C powder	8 OZ	3.70	3.70	3.30	3.30
6709	THMSON	C250 CHEW w/ACEROLA PUNCH	90 CHEWS	3.70	3.70		
6720	THMSON	C500 CHEWABLE ORANGE	60 CHEWS	3.00	3.00		
6728	THMSON	E400 w/MIXED TOCOPHEROLS 400iu	60 SG	5.95	5.95		
6729	THMSON	FOLIC ACID 800mcg	30 TAB	1.34	1.34		
6730	THMSON	INOSITOL 500mg	30 CAP	1.66	1.66	1.46	1.46
6738	THMSON	CALCIUM CITRATE w/MAGNESIUM	120 TAB	4.72	4.72		
6742	THMSON	MAGNESIUM 100mg	120 TAB	2.84	2.84		
6743	THMSON	POTASSIUM 99mg	90 TAB	2.51	2.51		
6744	THMSON	SELENIUM yeast-free 200mcg	30 TAB	2.25	2.25	1.99	1.99
<b>HERBAL REMEDIES</b>							
6749	THMSON	ALFALFA 500mg	180 TAB	5.84	5.84		
6750	THMSON	BILBERRY EXTRACT 60mg	60 CAP	8.42	8.42	7.42	7.42
6751	THMSON	GARLIC & PARSLEY	90 CAP	2.69	2.69		
<b>NATURAL REMEDIES</b>							
6753	THMSON	ALPHA LIPOIC ACID 250mg	60 CAP	11.12	11.12		
6754	THMSON	CLA 1000mg	30 GEL	5.94	5.94		
6752	THMSON	CO Q-10 60mg	30 GELS	10.72	10.72		
6747	THMSON	L-5-HTP 50mg	30 CAP	4.07	4.07		
6748	THMSON	LECITHIN 1200mg	120 SG	5.73	5.73		
6760	THMSON	LOVE THE BEANS	50 CAP	3.97	3.97		
70150	THMSON	SPIRULINA HAWAIIAN	100 TAB	4.66	4.66		
<b>CHILDREN'S FORMULAS</b>							
6707	THMSON	C100 CHILD CHEWABLE ORANGE	100 CHEWS	2.69	2.69		
<b>WOMEN'S FORMULAS</b>							
6758	THMSON	WOMENS THERAPY	90 TAB	5.90	5.90		



## Children's Natural Lollipops

10 lollipops

**Comvita Children's Natural Lollipops** combine the power of Propolis with the soothing action of **Active UMF 10+ Manuka Honey**. This completely natural lollipop "tackles the tickle" for children and the young at heart. Children above 2 years of age: suck up to 3 lollipops per day.

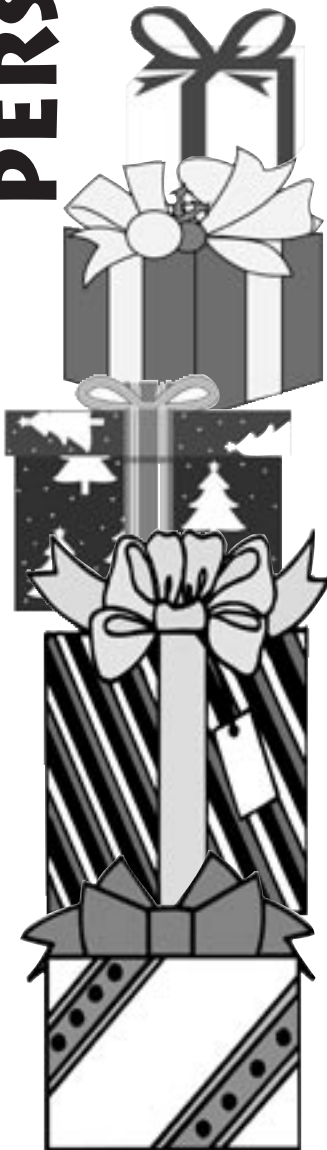
### Features

- Natural lollipops containing no artificial colours or sweeteners
- Unique Active UMF® Manuka Honey is well-known for its anti-bacterial and soothing effects, combining with bioflavonoid rich Propolis
- Propolis helps to support the immune system, whilst directly fighting bacteria and viruses
- Throat irritation is relieved by the anaesthetic action of Propolis
- A great tasting lemon and honey formulation in a base of South Pacific cane sugar
- Children above 2 years of age can have up to 3 lollipops per day
- A great therapeutic treat for kids with sore throats and coughs
- Can benefit and be enjoyed by those 'young at heart' to help 'tackle the tickle' of sore throats
- Combine with the Children's Natural Cough Elixir to soothe and ease away the miseries of cold and flu symptoms

*Ingredients: sugar, corn sugar, active Manuka honey, propolis solids, lemon flavor, menthol, peppermint oil.*

(continued on page 129)

# PERSONAL CARE



STOCK # BRAND ITEM DESCRIPTION SIZE PRICE EXT SALE PRICE EXT

## PERSONAL CARE

### ALL TERRAIN

6826	ALL TERR	BANDAGES ADULT latex-free	25 CT	2.88	2.88	2.58	2.58
6827	ALL TERR	BANDAGES KIDS latex free	25 CT	2.88	2.88	2.58	2.58
6834	ALL TERR	ITCH & BITE RELIEF SPRAY	2 OZ	2.99	2.99		
6825	ALL TERR	KIDS HERBAL ARMOR LOTION SPF15	4 OZ	5.39	5.39		
6824	ALL TERR	KIDS HERBAL ARMOR SPRAY	4 OZ	4.79	4.79	4.29	4.29
6828	ALL TERR	GRIME BAR	4 OZ	3.59	3.59		
6833	ALL TERR	SKIN RELIEF BAR poison ivy/oak	4 OZ	3.59	3.59		

### ANCIENT SECRETS

9818	ANCIENTS	NASAL CLEANSING POT	EACH	10.17	10.17		
50053	ANCIENTS	NETI:HEALING SECRETS book	EACH	5.97	5.97		

### AYATE

7466	AYATE	100% NATFIBER WASHCLOTH	EACH	3.98	3.98		
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### BEE & FLOWER SOAP

7588	BEE FLWR	BAR SOAP GINSENG	2.65 OZ	.48	.48	.43	.43
7589	BEE FLWR	BAR SOAP JASMINE	2.65 OZ	.48	.48	.43	.43
7586	BEE FLWR	BAR SOAP ROSE	2.65 OZ	.48	.48	.43	.43
7587	BEE FLWR	BAR SOAP SANDLEWOOD	2.65 OZ	.48	.48	.43	.43

### BIO-PAC

8866	BIOPAC	CASTILE PEPPERMINT W/ALOE r	1GAL	14.80	14.80		
8868	BIOPAC	CASTILE UNSCENTED W/ALOE r	1GAL	10.42	10.42		
8862	BIOPAC	CONDITIONER HERBAL r	1GAL	10.76	10.76		
8864	BIOPAC	SHAMPOO HERBAL W/ALOE r	1GAL	10.76	10.76		

### BORN AGAIN / AT LAST NATURAL

9495	BORN AGN	EQUI-GEST PROGESTERONE CREAM	2 OZ	14.75	14.75		
9497	BORN AGN	MSM CREAM	2OZ	5.13	5.13		
9491	BORN AGN	WILD YAM CREAM	2 OZ	10.26	10.26		
9492	BORN AGN	WILD YAM GEL EXTRA STRENGTH	2 OZ	12.86	12.86	11.56	11.56
9494	BORN AGN	WILD YAM VAGINAL MOISTURE GEL	1.5 OZ	5.06	5.06		
9498	BORN AGN	MSM HERBAL BAR SOAP	3 OZ	2.99	2.99	2.69	2.69

### BOSTON JOJOBA

7406	BOSTON	PURE JOJOBA OIL	4 OZ	6.25	6.25		
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### CHANDRIKA

0520	CHANDR	AYURVEDIC SOAP BAR	75 GR	.89	.89		
70116	CHANDR	SANDALWOOD SOAP	75 GR	.99	.99		

### COMVITA

70180	COMVITA	VITAMIN E CREAM w/pollen & hny	3.5 OZ	10.56	10.56		
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### CROCODILE!

9903	CROC	HERBAL INSECT REPEL roll on	2 OZ	3.59	3.59		
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### DR. BRONNER'S

8739	DRBRONS	BAR SOAP ALMOND CASTILE ORG	5 OZ	2.59	2.59		
8742	DRBRONS	BAR SOAP BABY CASTILE ORG	5 OZ	2.59	2.59		
8746	DRBRONS	BAR SOAP LAVENDER CASTILE ORG	5 OZ	2.59	2.59		
8748	DRBRONS	BAR SOAP PEPEMNT CASTILE ORG	5 OZ	2.59	2.59		
8750	DRBRONS	BAR SOAP ROSE CASTILE ORG	5 OZ	2.59	2.59		
8751	DRBRONS	BAR SOAP TEA TREE CASTILE ORG	5 OZ	2.59	2.59		
8659	DRBRONS	ALMOND OIL CASTILE SOAP ORG	8 OZ	3.70	3.70		
8753	DRBRONS	ALMOND OIL CASTILE SOAP ORG	16 OZ	5.80	5.80	5.20	5.20
8741	DRBRONS	ALMOND OIL CASTILE SOAP ORG	32 OZ	9.35	9.35		
8754	DRBRONS	ALMOND OIL CASTILE SOAP ORG	GAL	32.50	32.50		
8755	DRBRONS	BABYMILD CASTILE SOAP ORG	16 OZ	5.80	5.80		
8743	DRBRONS	BABYMILD CASTILE SOAP ORG	32 OZ	9.35	9.35		
8759	DRBRONS	BABYMILD CASTILE SOAP ORG	GAL	32.50	32.50		
8744	DRBRONS	EUCALYPTUS CASTILE SOAP ORG	32 OZ	9.35	9.35		
8757	DRBRONS	EUCALYPTUS CASTILE SOAP ORG	GAL	32.50	32.50		
8758	DRBRONS	LAVENDER CASTILE SOAP ORG	16 OZ	5.80	5.80		
8747	DRBRONS	LAVENDER CASTILE SOAP ORG	32 OZ	9.35	9.35		
8764	DRBRONS	LAVENDER CASTILE SOAP ORG	GAL	32.50	32.50		
8762	DRBRONS	PEPPERMINT CASTILE SOAP ORG	GAL	32.50	32.50		
8760	DRBRONS	PEPPERMINT CASTILE SOAP ORG	16 OZ	5.80	5.80		
8691	DRBRONS	PEPPERMINT CASTILE SOAP ORG	8 OZ	3.70	3.70	3.30	3.30
8749	DRBRONS	PEPPERMINT CASTILE SOAP ORG	32 OZ	9.35	9.35	8.35	8.35
8761	DRBRONS	PEPPERMINT CASTILE SOAP ORG	1/2 GAL	17.40	17.40		
8688	DRBRONS	TEA TREE CASTILE SOAP ORG	8 OZ	3.70	3.70		
8763	DRBRONS	TEA TREE CASTILE SOAP ORG	GAL	32.50	32.50		
8752	DRBRONS	TEA TREE CASTILE SOAP ORG	32 OZ	9.35	9.35		

### ECODENT

7419	ECODENT	DAILY RINSE CLEAN MINT	8 OZ	5.93	5.93		
7418	ECODENT	DENTAL FLOSS vegan	100 YRD	3.29	3.29		
7412	ECODENT	TOOTHPOWDER ANISE	2 OZ	3.89	3.89		
7413	ECODENT	TOOTHPOWDER CINNAMON	2 OZ	3.89	3.89		
7416	ECODENT	TOOTHPOWDER EXTRABRITE WHITE	2 OZ	4.73	4.73		
7414	ECODENT	TOOTHPOWDER LEMON LIME	2 OZ	3.89	3.89		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
7415	ECODENT	TOOTHPOWDER MINT	2 OZ	3.89	3.89		
7417	ECODENT	TOOTHPOWDER TARTAR GUARD	2 OZ	4.73	4.73		
<b>EMERITA</b>							
71059	EMERITA	EMBODY MASSAGE OIL	8 OZ	7.45	7.45	6.70	6.70
71060	EMERITA	JOY BOX sexual vitality items	EACH	16.69	16.69	14.69	14.69
71058	EMERITA	NATURAL LUBRICANT	2 OZ	5.71	5.71	5.11	5.11
71057	EMERITA	OH WARMING LUBRICANT	2 OZ	5.71	5.71		
71061	EMERITA	LOTION DEEP COOLING	8 OZ	8.36	8.36		
71062	EMERITA	LOTION DEEP HYDRATING	8 OZ	8.36	8.36		
<b>FUCHS</b>							
7422	FUCHS	REPLACEMENT HEADS SOFT 4pk	EACH	2.85	2.85		
7455	FUCHS	TOOTHBR NAT BRISTLE ADT Vmed	EACH	1.41	1.41		
7454	FUCHS	TOOTHBR NAT BRISTLE ADT Vsoft	EACH	1.41	1.41		
7453	FUCHS	TOOTHBR NAT BRISTLE CHILD med	EACH	1.41	1.41		
7420	FUCHS	TOOTHBRSH SOFT 3 replace heads	EACH	2.97	2.97		
<b>GRAMPAS GARDEN</b>							
70185	GRAMPAS	BODY SPA SHAWL green dot	20 X 28IN	23.00	23.00	20.70	20.70
70184	GRAMPAS	BODY SPA SHAWL navy dot	20 X 28IN	23.00	23.00	20.70	20.70
70186	GRAMPAS	BODY SPA SHAWL celestial print	20 X 28IN	21.00	21.00	18.90	18.90
70196	GRAMPAS	BREATHE E-Z OIL	4 OZ	6.00	6.00	5.40	5.40
70201	GRAMPAS	BREATHE E-Z PILLOW w/pepp oil	EACH	4.50	4.50	4.05	4.05
70191	GRAMPAS	EYE/SINUS PACK green satin	4 X 8.5IN	8.00	8.00	7.20	7.20
70190	GRAMPAS	EYE/SINUS PACK purple satin	4 X 8.5IN	8.00	8.00	7.20	7.20
70188	GRAMPAS	JOINT/NECK PACK blk watch	5 X 15.5IN	14.00	14.00	12.60	12.60
70187	GRAMPAS	JOINT/NECK PACK celestial	5 X 15.5IN	14.00	14.00	12.60	12.60
70189	GRAMPAS	JOINT/NECK PACK pansy print	5 X 15.5IN	14.00	14.00	12.60	12.60
70199	GRAMPAS	TEDDY PACK brown	EACH	8.00	8.00	7.20	7.20
70197	GRAMPAS	TEDDY PACK pink	EACH	8.00	8.00	7.20	7.20
70200	GRAMPAS	TEDDY PACK light blue	EACH	8.00	8.00	7.20	7.20
70198	GRAMPAS	TEDDY PACK oatmeal	EACH	8.00	8.00	7.20	7.20
70193	GRAMPAS	THERA PACK blk watch plaid	16 X 12IN	14.00	14.00	12.60	12.60
70192	GRAMPAS	THERA PACK celestial print	16 X 12IN	14.00	14.00	12.60	12.60
70194	GRAMPAS	THERA PACK pansy print	16 X 12IN	14.00	14.00	12.60	12.60
70195	GRAMPAS	THERAPEUTIC MASSAGE OIL	4 OZ	6.00	6.00	5.40	5.40
<b>HOME HEALTH</b>							
9899	HOMEHLTH	CASTOR OIL	32 OZ	8.22	8.22		
9900	HOMEHLTH	CASTOR OIL	8 OZ	3.22	3.22		
<b>HONEY GARDEN APIARIES</b>							
5582	HONEYGAR	HONEY HOUSE HEALING SALVE	.85 OZ	4.99	4.99	4.49	4.49
<b>ISLAND'S OWN</b>							
70012	ISLAND	HERBAL SAVIOR SALVE	2 OZ	5.49	5.49		
9184	ISLAND	INSECT REPELLANT	2 OZ	4.49	4.49		
70011	ISLAND	MUSCLE & ARTHRITIS SALVE	2 OZ	6.99	6.99		
9183	ISLAND	POISON IVY REMEDY	4 OZ	3.65	3.65		
70013	ISLAND	PSORIASIS AID SALVE	2 OZ	4.44	4.44		
<b>J R LIGGETT</b>							
9704	JRLIGGETT	BAR SHAMPOO DAMAGED HAIR	3.5 OZ	3.59	3.59		
9700	JRLIGGETT	BAR SHAMPOO HERBAL	3.5 OZ	3.59	3.59		
9703	JRLIGGETT	BAR SHAMPOO ORIGINAL	3.5 OZ	3.59	3.59		
9701	JRLIGGETT	BAR SHAMPOO TEA TREE	3.5 OZ	3.59	3.59		
<b>KISS MY FACE</b>							
7766	KISS	GIFT/TRAVEL BAG CHEAP KISS	7PC BAG	6.00	6.00		
73012	KISS	KISSES ON TRIAL BAG 9pc	EACH	7.50	7.50	6.75	6.75
73014	KISS	TRIAL ANTISTRESS SHOWER GEL	6/1 OZ	.83	4.98	.75	4.48
73015	KISS	TRIAL COOL MINT SHAVE	6/1 OZ	.83	4.98	.75	4.48
73017	KISS	TRIAL FRAG FREE DEODORANT	6/1 OZ	.83	4.98	.75	4.48
73016	KISS	TRIAL HONEY CALENDULA MOIST	6/1 OZ	.83	4.98	.75	4.48
73018	KISS	TRIAL OLIVE ALOE BAR SOAP	6/1 OZ	.83	4.98	.75	4.48
73013	KISS	TRIAL PEAR MOISTURE SOAP	6/1 OZ	.83	4.98	.75	4.48
73019	KISS	TRIAL WHITENING TOOTHPASTE	6/7.5 OZ	.83	4.98	.75	4.48
7957	KISS	SOAP BIG KISS EUCLYPTUS GRPFRT	10 OZ	5.97	5.97		
7959	KISS	SOAP BIG KISS LAV TANGERINE	10 OZ	5.97	5.97		
7958	KISS	SOAP BIG KISS PEP RSMRY WNTRGN	10 OZ	5.97	5.97		
7960	KISS	SOAP BIG KISS SWT ORANGE LIME	10 OZ	5.97	5.97		
7803	KISS	SOAP CHAMOMILE OLIVE BAR	4 OZ	1.20	1.20		
7802	KISS	SOAP OLIVE & ALOE BAR	4 OZ	1.20	1.20		
7804	KISS	SOAP OLIVE & ALOE BAR	8 OZ	1.79	1.79		
7774	KISS	SOAP OLIVE & GRN TEA BAR	8 OZ	1.79	1.79		
7776	KISS	SOAP OLIVE & LAVENDER BAR	8 OZ	1.79	1.79		
7777	KISS	SOAP OLIVE & VERBENA BAR	8 OZ	1.79	1.79		
7854	KISS	SOAP PURE OLIVE OIL BAR	8 OZ	1.79	1.79		
7800	KISS	SOAP PURE OLIVE OIL BAR	4 OZ	1.20	1.20		
80156	KISS	TRAY CHIC GRN TEA SOAP w/tray	EACH	2.99	2.99		
7864	KISS	KIDS GRAPE BUBBLE WASH	12 OZ	3.57	3.57		
7860	KISS	LIQ SOAP GERMSASIDE TEA TREE	9 OZ	2.39	2.39		
7858	KISS	LIQUID SOAP ALMOND CREME	9 OZ	2.39	2.39		
7758	KISS	LIQUID SOAP FRAGRANCE-FRE	9 OZ	2.39	2.39	2.09	2.09



## Lozenges

Great for "tackling the tickle", **Comvita Fortacold Lozenges** combine the power of Propolis with the soothing qualities of pure New Zealand honey. **Comvita Fortacold Lozenges** will soothe your throat and help your body's immune system fight winter ills.

## Lemon & Honey Lozenges

*Ingredients: sugar, corn sugar, active Manuka honey, propolis solids, lemon flavor, menthol, peppermint oil, humectant (magnesium silicate).*

## Coolmint Lozenges

*Ingredients: Sugar, corn sugar, active manuka honey 4.7%, propolis solids 0.5%, menthol, peppermint oil, humectant (magnesium silicate).*

## Original Lozenges Aniseed

*Ingredients: sugar, corn sugar, active Manuka honey, propolis solids, aniseed oil, humectant (magnesium silicate).*



(continued on page 130)



## Propolis Throat Spray

Comvita Propolis comes from unspoiled areas of New Zealand where deciduous trees produce resin to protect their young buds and exposed areas. Honeybees gather the resin on their back legs and carry it to the hive where they mix it with beeswax and enzymes to make Propolis. Propolis sterilizes and seals the hive, protecting it from bacterial, viral and fungal infections. Thus Propolis is known as "nature's best defence".

Propolis is rich in a certain group of antioxidants called flavonoids (also known as bioflavonoids). Flavonoids are powerful, free-radical scavengers that give strong support to the human body's natural immune system at the cellular level and assist with cell regeneration.

**Propolis Throat Spray** combines the antibacterial and anaesthetic properties of bee propolis with essential oils of aniseed, peppermint, clove and myrrh to provide a refreshing oral hygiene spray and breath freshener.

*Ingredients: water, Manuka honey, pure New Zealand propolis, lecithin, sorbic acid, peppermint oil, clove oil, aniseed oil and myrrh.*



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>KISS MY FACE - CONT.</b>							
7830	KISS	LIQUID SOAP OLIVE & ALOE	9 OZ	2.39	2.39	2.09	2.09
7772	KISS	LIQUID SOAP OLIVE & ALOE	GAL	21.54	21.54		
7831	KISS	LIQUID SOAP ORANGE BLOSSOM	9 OZ	2.39	2.39		
7833	KISS	LIQUID SOAP PATCHOULI	9 OZ	2.39	2.39		
7832	KISS	LIQUID SOAP PEACH	9 OZ	2.39	2.39		
7827	KISS	LIQUID SOAP PEACHES & CREAM	GAL	21.54	21.54	19.39	19.39
7834	KISS	LIQUID SOAP PEAR	9 OZ	2.39	2.39		
7769	KISS	LIQUID SOAP PEAR REFILL	GAL	23.94	23.94		
7872	KISS	MOISTURE SHOWER GEL COLD/FLU	16 OZ	5.37	5.37		
7867	KISS	MOISTURE SHOWER GEL EARLY RISE	16 OZ	5.37	5.37		
7869	KISS	MOISTURE SHOWER GEL EARLYBED	16 OZ	5.37	5.37		
7828	KISS	MOISTURE SHOWER GEL PATCHOL	16 OZ	5.37	5.37		
70045	KISS	ORG FOAM REFILL GRPFRT BERGMT	17.5 OZ	5.97	5.97		
70046	KISS	ORG FOAM REFILL LAV CHAM	17.5 OZ	5.97	5.97		
70047	KISS	ORG FOAM REFILL LEM GINGER	17.5 OZ	5.97	5.97		
70048	KISS	ORG FOAM REFILL RSMRY MELON	17.5 OZ	5.97	5.97		
7953	KISS	ORG FOAM SOAP GRAPEFRT BERGT	8.75 OZ	4.17	4.17		
7950	KISS	ORG FOAM SOAP LAVENDER CHAM	8.75 OZ	4.17	4.17		
70043	KISS	ORG FOAM SOAP LEM GINGER	8.75 OZ	4.17	4.17		
70044	KISS	ORG FOAM SOAP RSMRY MELON	8.75 OZ	4.17	4.17		
7840	KISS	FACIAL ALL DAY PROTECTIVE CRM	4 OZ	5.97	5.97		
7842	KISS	FACIAL ALL NIGHT MOISTURE CRM	4 OZ	5.97	5.97		
7846	KISS	FACIAL DAILY SCRUB/WEEKLY MASK	5 OZ	4.17	4.17		
7750	KISS	FACIAL MOIST PEACH & CRM/ALPHA	4 OZ	5.37	5.37		
7848	KISS	FACIAL O&A CITRUS CLEANSE	3.75 OZ	4.17	4.17		
7762	KISS	MOIST ALPHA ALOE FRAG-FR OILFR	16 OZ	5.97	5.97	5.07	5.07
7760	KISS	MOIST ALPHA ALOE VAN OIL FREE	16 OZ	5.97	5.97	5.07	5.07
7829	KISS	MOIST PEACH & CRM w/ALPHAHYDRX	16 OZ	5.97	5.97	5.07	5.07
7871	KISS	MOISTURIZER CHINESE BOTANICAL	16 OZ	5.97	5.97	5.37	5.37
7819	KISS	MOISTURIZER EVERYDAY SPF 15	11 OZ	7.17	7.17	6.37	6.37
7820	KISS	MOISTURIZER HONEY & CALENDULA	4 OZ	2.39	2.39		
7821	KISS	MOISTURIZER HONEY & CALENDULA	16 OZ	5.97	5.97		
7771	KISS	MOISTURIZER HONEY & CALENDULA	GAL	29.94	29.94		
7764	KISS	MOISTURIZER LAVENDER+SHEA BTR	4 OZ	2.39	2.39		
7805	KISS	MOISTURIZER LAVENDER+SHEA BTR	16 OZ	5.97	5.97	5.37	5.37
7874	KISS	MOISTURIZER O&A FRAG FREE	16 OZ	5.97	5.97	5.37	5.37
7823	KISS	MOISTURIZER OIL FREE W/NaPCA	16 OZ	5.97	5.97	5.37	5.37
7825	KISS	MOISTURIZER OLIVE & ALOE	4 OZ	2.39	2.39		
7826	KISS	MOISTURIZER OLIVE & ALOE	16 OZ	5.97	5.97		
7765	KISS	MOISTURIZER OLIVE & ALOE	GAL	29.94	29.94		
7824	KISS	MOISTURIZER PATCHOULI	16 OZ	5.97	5.97		
7814	KISS	MOISTURIZER VITAMIN A & E	4 OZ	2.39	2.39		
7815	KISS	MOISTURIZER VITAMIN A & E	16 OZ	5.97	5.97		
7954	KISS	ORG MOISTURIZER C'S THE DAY	11 OZ	5.97	5.97		
7955	KISS	ORG MOISTURIZER FILTHY RICH	11 OZ	5.97	5.97		
7956	KISS	ORG MOISTURIZER TIGHTEN UP	11 OZ	5.97	5.97		
73003	KISS	ULTRA CREME ALMOST BUTTER ORG	6 OZ	5.97	5.97		
71032	KISS	COND BIG BODY LAV/CHAM	11 OZ	4.77	4.77		
71033	KISS	COND MISS TREATED ROSA/MINT	11 OZ	4.77	4.77		
71031	KISS	COND WHENEVER GRN TEA/LIME	11 OZ	4.77	4.77		
7838	KISS	SHAMPOO BIG BODY LAV/CHAM	11 OZ	4.77	4.77	4.27	4.27
7876	KISS	SHAMPOO MISS TREATED ROSA/MINT	11 OZ	4.77	4.77	4.27	4.27
7862	KISS	SHAMPOO WHENEVER GRN TEA/LIME	11 OZ	4.77	4.77	4.27	4.27
7817	KISS	STYLING GEL UPPER MNGMT GRPFRT	8 OZ	4.77	4.77		
71034	KISS	STYLING MOUSSE HOLD UP	11 OZ	4.77	4.77		
71038	KISS	DEOD LIQUID ROCK FRAG FREE	3 OZ	2.99	2.99		
71040	KISS	DEOD LIQUID ROCK LAVENDER	3 OZ	2.99	2.99		
71037	KISS	DEOD LIQUID ROCK PATCHOULI	3 OZ	2.99	2.99		
71039	KISS	DEOD LIQUID ROCK SCENTED	3 OZ	2.99	2.99	2.69	2.69
71041	KISS	DEOD LIQUID ROCK SUMMER	3 OZ	2.99	2.99	2.69	2.69
71042	KISS	DEOD STICK FRAG FREE	2.48 OZ	2.99	2.99	2.69	2.69
71044	KISS	DEOD STICK LAVENDER	2.48 OZ	2.99	2.99		
71046	KISS	DEOD STICK PATCHOULI	2.48 OZ	2.99	2.99		
71043	KISS	DEOD STICK SCENTED	2.48 OZ	2.99	2.99		
71045	KISS	DEOD STICK SUMMER	2.48 OZ	2.99	2.99		
71036	KISS	MOISTURE SHAVE COOL MINT	11 OZ	3.57	3.57	3.17	3.17
7759	KISS	MOISTURE SHAVE FRAG-FREE	11 OZ	3.57	3.57	3.17	3.17
7753	KISS	MOISTURE SHAVE KEY LIME	11 OZ	3.57	3.57	3.17	3.17
71035	KISS	MOISTURE SHAVE LAVENDER SHEA	8.5 OZ	3.57	3.57	3.17	3.17
7761	KISS	MOISTURE SHAVE PATCHOULI	11 OZ	3.57	3.57	3.17	3.17
7881	KISS	SUNBLOCK SPRAY ON SPF 30	4 OZ	5.97	5.97		
7882	KISS	SUNBLOCK w/OAT PROTEIN SPF 18	4 OZ	5.97	5.97		
7884	KISS	SUNBLOCK w/OAT PROTEIN SPF 30	4 OZ	5.97	5.97		
7877	KISS	SWY FLOTTER NATRL INSECT REPEL	4 OZ	4.77	4.77		
7755	KISS	MOUTHWASH FRESHBREATH ORG	8.45 OZ	3.57	3.57		
7752	KISS	TOOTHPASTE TRIPLE ACTION ORG	3.4 OZ	3.57	3.57		
7754	KISS	TOOTHPASTE WHITENING ORG	3.4 OZ	3.57	3.57		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>LAFE'S</b>							
8086	LAFE'S	CRYSTL STONE w/HOLDER large	6 OZ	3.00	3.00		
8085	LAFE'S	PUMP SPRAY DEOD w/ALOE	8 OZ	3.49	3.49		
8084	LAFE'S	PUSH-UP STICK DEOD CRYSTAL	4.25 OZ	4.27	4.27		
8083	LAFE'S	ROLL-ON DEOD w/HEMP OIL ACTIVE	3 OZ	3.69	3.69		
8080	LAFE'S	ROLL-ON DEOD w/HEMP OIL LAVNDR	3 OZ	3.69	3.69		
8082	LAFE'S	ROLL-ON DEOD w/HEMP OIL POWDER	3 OZ	3.69	3.69		
8081	LAFE'S	ROLL-ON DEOD w/HEMP OIL UNSCNT	3 OZ	3.69	3.69		
8078	LAFE'S	TWIST STICK DEO ACTIVE	2.5 OZ	3.69	3.69	3.29	3.29
8074	LAFE'S	TWIST STICK DEO FRESH	2.5 OZ	3.69	3.69	3.29	3.29
8079	LAFE'S	TWIST STICK DEO LAVENDER	2.5 OZ	3.69	3.69	3.29	3.29
8077	LAFE'S	TWIST STICK DEO UNSCENTED	2.5 OZ	3.69	3.69	3.29	3.29

**LEWEY'S ECOBLEND**

70112	LEWEY'S	INSECT REPELLENT	4 OZ	6.43	6.43		
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**LIGHT MOUNTAIN HENNA**

9728	LIGHTMTN	HENNA AUBURN	4 OZ	3.95	3.95		
9737	LIGHTMTN	HENNA BLACK	4 OZ	3.95	3.95		
9729	LIGHTMTN	HENNA BRIGHT RED	4 OZ	3.95	3.95		
9733	LIGHTMTN	HENNA BURGUNDY	4 OZ	3.95	3.95		
9736	LIGHTMTN	HENNA CHESTNUT	4 OZ	3.95	3.95		
9735	LIGHTMTN	HENNA DARK BROWN	4 OZ	3.95	3.95		
9731	LIGHTMTN	HENNA LIGHT BROWN	4 OZ	3.95	3.95		
9727	LIGHTMTN	HENNA LIGHT RED	4 OZ	3.95	3.95		
9734	LIGHTMTN	HENNA MAHOGANY	4 OZ	3.95	3.95		
9732	LIGHTMTN	HENNA MEDIUM BROWN	4 OZ	3.95	3.95		
9726	LIGHTMTN	HENNA NEUTRAL no color	4 OZ	3.95	3.95		
9730	LIGHTMTN	HENNA RED	4 OZ	3.95	3.95		

**LILY OF THE DESERT**

7899	LILYDES	75% ALOE OINTMENT w/ A & E	2 OZ	2.80	2.80	2.50	2.50
7897	LILYDES	ALOE VERA GEL 99% ORG	12 OZ	5.75	5.75	5.15	5.15
7898	LILYDES	ALOE VERA GEL 99% ORG	4 OZ	2.80	2.80	2.50	2.50

**LUCKY TIGER**

9512	LUCKYTGR	MENS BODY SCRUB	8 OZ	8.70	8.70	6.99	6.99
9513	LUCKYTGR	MENS HAIR GEL	8 OZ	8.10	8.10	6.99	6.99

**MAGGIE'S**

52077	MAGGIES	CAMISOLE BLACK LARGE	EACH	9.75	9.75	8.75	8.75
52079	MAGGIES	CAMISOLE BLACK MEDIUM	EACH	9.75	9.75	8.75	8.75
52076	MAGGIES	CAMISOLE BLACK X-LARGE	EACH	9.75	9.75	8.75	8.75
52062	MAGGIES	CAMISOLE MINT LARGE	EACH	9.75	9.75	8.75	8.75
52061	MAGGIES	CAMISOLE MINT MEDIUM	EACH	9.75	9.75	8.75	8.75
52063	MAGGIES	CAMISOLE MINT X-LARGE	EACH	9.75	9.75	8.75	8.75
52072	MAGGIES	CAMISOLE NATURAL SMALL	EACH	9.75	9.75	8.75	8.75
52075	MAGGIES	CAMISOLE NATURAL X-LARGE	EACH	9.75	9.75	8.75	8.75
52069	MAGGIES	CAMISOLE TERRACOTTA MED	EACH	9.75	9.75	8.75	8.75
52071	MAGGIES	CAMISOLE TERRACOTTA X-LARGE	EACH	9.75	9.75	8.75	8.75
52101	MAGGIES	CAMISOLE WHITE MEDIUM	EACH	9.75	9.75	8.75	8.75
52100	MAGGIES	CAMISOLE WHITE SMALL	EACH	9.75	9.75	8.75	8.75
52103	MAGGIES	CAMISOLE WHITE X-LARGE	EACH	9.75	9.75	8.75	8.75
52017	MAGGIES	SOCKS CREW 99% ORG NAT lg	PAIR	4.69	4.69		
52016	MAGGIES	SOCKS CREW 99% ORG NAT med	PAIR	4.69	4.69		
52015	MAGGIES	SOCKS CREW 99% ORG NAT small	PAIR	4.69	4.69		
52018	MAGGIES	SOCKS CREW 99% ORG NAT xl	PAIR	4.69	4.69		
52006	MAGGIES	SOCKS CREW BLACK 10-13	PAIR	4.69	4.69		
52005	MAGGIES	SOCKS CREW BLACK 9-11	PAIR	4.69	4.69		
52009	MAGGIES	SOCKS CREW DENIM BLUE 9-11	PAIR	4.69	4.69		
52011	MAGGIES	SOCKS CREW EGGPLANT 9-11	PAIR	4.69	4.69		
52001	MAGGIES	SOCKS CREW NATURAL 9-11	PAIR	4.69	4.69		
52003	MAGGIES	SOCKS CREW NB WHITE 9-11	PAIR	4.69	4.69		
52008	MAGGIES	SOCKS CREW OLIVE 10-13	PAIR	4.69	4.69		
52007	MAGGIES	SOCKS CREW OLIVE 9-11	PAIR	4.69	4.69		
52014	MAGGIES	SOCKS CREW TIE DIE 10-13	PAIR	7.79	7.79		
52035	MAGGIES	SOCKS KIDS NAT 2PK infant	2 PK	4.24	4.24		
52036	MAGGIES	SOCKS KIDS NAT 2PK toddler	2 PK	4.24	4.24		
52037	MAGGIES	SOCKS KIDS TIE DIE 1PK infant	1 PK	5.99	5.99		
52038	MAGGIES	SOCKS KIDS TIE DIE 1PK toddler	1 PK	5.99	5.99		
52029	MAGGIES	SOCKS MANTRA earth peace 9-11	PAIR	5.49	5.49		
52028	MAGGIES	SOCKS MANTRA i am calm 9-11	PAIR	5.49	5.49		
52027	MAGGIES	SOCKS MANTRA just breathe 9-11	PAIR	5.49	5.49	4.89	4.89
52030	MAGGIES	SOCKS MANTRA sweet dreams 9-11	PAIR	4.70	4.70		
52034	MAGGIES	SOCKS SPORT BLACK 10-13	PAIR	5.49	5.49		
52033	MAGGIES	SOCKS SPORT BLACK 9-11	PAIR	5.49	5.49		
52032	MAGGIES	SOCKS SPORT WHITE 10-13	PAIR	5.49	5.49		
52031	MAGGIES	SOCKS SPORT WHITE 9-11	PAIR	5.49	5.49		
52021	MAGGIES	SOCKS WOOL CREW BLACK 9-11	PAIR	9.41	9.41		
52026	MAGGIES	SOCKS WOOL CREW MOCHA 10-13	PAIR	9.41	9.41		
52020	MAGGIES	SOCKS WOOL CREW NATURAL 10-13	PAIR	9.41	9.41		
52041	MAGGIES	SOCKS YOUTH CREW BLACK 6-7yrs	PAIR	3.64	3.64		
52042	MAGGIES	SOCKS YOUTH CREW BLACK 8-9yrs	PAIR	3.64	3.64		
52039	MAGGIES	SOCKS YOUTH CREW NAT 6-7yrs	PAIR	3.64	3.64		



**Fortacold Herbal Elixir**

**Propolis Herbal Elixir** is a herbal formulation designed to provide temporary relief from the symptoms of coughs, colds, flu and throat infections.

*Ingredients: Manuka & Tawari Honeys, Apple Cider Vinegar, Vitamin C (25mg/ml) Bee Propolis, Echinacea, Irish Moss, Peppermint Oil, Eucalyptus Oil, Clove Leaf Oil, Tea Tree Oil, Fennel and Fenugreek.*



**Bee Pollen & Vitamin E Cream**

Comvita Vitamin E and Pollen Cream is a rich combination of natural moisturizing ingredients, including Vitamin E, Bee Pollen and Comvita Manuka Honey, designed to help nourish, soothe and rejuvenate dry skin.

*Ingredients: water, sesame oil, vitamin E, glycerine, stearyl alcohol, cetyl alcohol, polysorbate 60, aloe vera gel, Avocado oil balm mint extract, bergamot oil, calendula extract, carbomer, cedarwood oil, chamomile extract, comfrey extract, diazolidinyl urea, Geranium oil, honeysuckle extract, lemon oil, manuka honey, methylparben, nettle extract, omega-6 oil, peach kernel oil, bee pollen, propylparaben, rosemary extract, sorbic acid, wheatgerm oil, witch hazel and ylang-ylang oil.*

# Grampa's Garden

Made in Maine

Therapeutic Products  
for Comfort and  
Health

**Grampa's Garden** provides all-natural therapy and comfort products for those who want to live a healthy life. These self-care products help relax, balance and rejuvenate the body, mind and soul.

Most of their products are made in Maine/USA by people who care about your health and protecting the environment.

## Body Spa Shawl



Wrap yourself in aromatic warmth. Their largest Natural Pac. This micro-waveable body shawl can be used for therapy on your full back, abdomen, across the shoulders or to wrap up an injured arm or leg. It's a great bed warmer. Also very popular to warm the therapists treatment table. For inflammation and swelling, just place the body shawl into the freezer.

19.5" x 27.5"

**Body Shawl Fabric choices: Green dot, Navy dot and Celestial Print.**

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STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>MAGGIE'S - CONT.</b>							
52040	MAGGIES	SOCKS YOUTH CREW NAT 8-9yrs	PAIR	3.64	3.64		
52043	MAGGIES	SOCKS YOUTH CREW TIE DIE 6-7yr	PAIR	5.99	5.99		
52044	MAGGIES	SOCKS YOUTH CREW TIE DIE 8-9yr	PAIR	5.99	5.99		
52097	MAGGIES	TEE LONG SLEEVE BLACK LG	EACH	12.10	12.10		
52096	MAGGIES	TEE LONG SLEEVE BLACK MED	EACH	12.10	12.10		
52092	MAGGIES	TEE LONG SLEEVE NAT LG	EACH	11.20	11.20		
52090	MAGGIES	TEE LONG SLEEVE NAT SMALL	EACH	11.20	11.20		
52087	MAGGIES	TEE SHORT SLEEVE BLACK LG	EACH	9.25	9.25		
52086	MAGGIES	TEE SHORT SLEEVE BLACK MED	EACH	9.25	9.25		
52081	MAGGIES	TEE SHORT SLEEVE BLUE MED	EACH	9.25	9.25		
52080	MAGGIES	TEE SHORT SLEEVE BLUE SM	EACH	9.25	9.25		
52105	MAGGIES	TEE SHORT SLEEVE NAT MED	EACH	6.39	6.39		
52107	MAGGIES	TEE SHORT SLEEVE NAT XL	EACH	6.39	6.39		
52047	MAGGIES	TIGHTS BLACK LARGE	EACH	13.69	13.69	11.64	11.64
52046	MAGGIES	TIGHTS BLACK MEDIUM	EACH	13.69	13.69	11.64	11.64
52045	MAGGIES	TIGHTS BLACK SMALL	EACH	13.69	13.69	11.64	11.64
52053	MAGGIES	TIGHTS CHOCOLATE LARGE	EACH	13.69	13.69	11.64	11.64
52052	MAGGIES	TIGHTS CHOCOLATE MEDIUM	EACH	13.69	13.69	11.64	11.64
52051	MAGGIES	TIGHTS CHOCOLATE SMALL	EACH	13.69	13.69	11.64	11.64
52059	MAGGIES	TIGHTS GREY LARGE	EACH	13.69	13.69		
52057	MAGGIES	TIGHTS GREY SMALL	EACH	13.69	13.69	11.64	11.64
52050	MAGGIES	TIGHTS NATURAL LARGE	EACH	13.69	13.69		
52048	MAGGIES	TIGHTS NATURAL SMALL	EACH	13.69	13.69		
52055	MAGGIES	TIGHTS OLIVE MEDIUM	EACH	13.69	13.69	11.64	11.64
52054	MAGGIES	TIGHTS OLIVE SMALL	EACH	13.69	13.69		
<b>MAINE ACCENT</b>							
0364	MAINEACC	LAVENDER WATER	4 OZ	3.09	3.09	2.69	2.69
0368	MAINEACC	ROSE WATER	4 OZ	3.09	3.09	2.69	2.69
0359	MAINEACC	SPRAYER PUMP for WATERS	EACH	.50	.50		
<b>MERRY HEMPSTERS</b>							
7475	MERRYHMP	BUMP & BRUISE SALVE TUBE	.60 OZ	2.40	2.40	2.15	2.15
7474	MERRYHMP	COOL HEMP MUSCLE RUB TUBE	.60 OZ	2.80	2.80		
7476	MERRYHMP	CUT & SCRAPE SALVE TUBE	.60 OZ	2.40	2.40		
7477	MERRYHMP	HEMP BABY SALVE TUBE	.60 OZ	2.40	2.40	2.15	2.15
7478	MERRYHMP	HEMP TATOO BALM SPF 18 TUBE	.60 OZ	2.40	2.40	2.15	2.15
7472	MERRYHMP	HOT HEMP MUSCLE RUB TUBE	.60 OZ	2.80	2.80		
7484	MERRYHMP	VEGAN HEMP LIP BALM 1 of each	4/14 OZ	1.75	7.00		
7479	MERRYHMP	VEGAN HEMP LIP BALM ASSORTED	24/14 OZ	1.50	36.00		
<b>MOUNTAIN OCEAN</b>							
7571	MTOCEAN	LIP TRIP SPF 15	.165 OZ	3.27	3.27		
7572	MTOCEAN	MOIST SKIN TRIP COCONUT	8 OZ	6.65	6.65		
<b>NATRACARE</b>							
70001	NATRACAR	BABY BATH ORG	250 ML	7.73	7.73		
70002	NATRACAR	BABY SHAMPOO ORG	250 ML	7.73	7.73		
5814	NATRACAR	PADS NIGHT-TIME	10CT	3.56	3.56	3.03	3.03
5808	NATRACAR	PADS REGULAR	14CT	2.85	2.85	2.42	2.42
5806	NATRACAR	PADS SLENDER	20CT	3.22	3.22	2.74	2.74
5810	NATRACAR	PADS SUPER	12CT	2.85	2.85	2.42	2.42
5807	NATRACAR	PADS ULTRA-WINGS ind wrapped	14CT	3.56	3.56	3.03	3.03
5801	NATRACAR	PANTY LINERS TANGA/THONG	30 CT	2.12	2.12	1.89	1.89
5804	NATRACAR	PANTY SHIELDS	30CT	2.29	2.29		
5823	NATRACAR	PANTY SHIELDS CURVED	30 CT	2.15	2.15		
5805	NATRACAR	TAMPONS REG w/app ORG	16CT	4.99	4.99		
5800	NATRACAR	TAMPONS REGULAR ORG	20CT	4.25	4.25		
5802	NATRACAR	TAMPONS SUPER ORG	20CT	4.25	4.25		
5803	NATRACAR	TAMPONS SUPER ORG	10CT	2.49	2.49		
5816	NATRACAR	TAMPONS SUPER PLUS ORG	20CT	4.75	4.75		
5809	NATRACAR	TAMPONS SUPR w/app ORG	16CT	4.99	4.99		
<b>NATURE'S ALCHEMY</b>							
0462	NATSALCH	AROMA BATH BREATHE DEEP	1 OZ PKT	1.05	1.05		
0463	NATSALCH	AROMA BATH CALM SEAS	1 OZ PKT	1.05	1.05		
0464	NATSALCH	AROMA BATH LAVENDER	1 OZ PKT	1.05	1.05	.95	.95
0466	NATSALCH	AROMA BATH RESTFUL SLEEP	1 OZ PKT	1.05	1.05	.95	.95
0467	NATSALCH	AROMA BATH SPORTS RELIEF	1 OZ PKT	1.05	1.05	.95	.95
8873	NATSALCH	ESSNTL OIL BERGAMOT	.5 OZ	7.70	7.70		
8874	NATSALCH	ESSNTL OIL CEDARWOOD	.5 OZ	2.07	2.07		
8875	NATSALCH	ESSNTL OIL CINNAMON CASSIA	.5 OZ	4.25	4.25		
8876	NATSALCH	ESSNTL OIL CITRONELLA	.5 OZ	2.20	2.20		
8872	NATSALCH	ESSNTL OIL CLOVE BUD	.5 OZ	3.79	3.79		
8879	NATSALCH	ESSNTL OIL EUCALYPTUS	.5 OZ	2.49	2.49		
8880	NATSALCH	ESSNTL OIL FIR NEEDLE	.5 OZ	3.55	3.55		
8877	NATSALCH	ESSNTL OIL GERANIUM	.5 OZ	7.15	7.15		
8883	NATSALCH	ESSNTL OIL LAVENDER	.5 OZ	5.40	5.40		
8885	NATSALCH	ESSNTL OIL LEMON	.5 OZ	2.39	2.39		
8887	NATSALCH	ESSNTL OIL ORANGE	.5 OZ	1.89	1.89		
8888	NATSALCH	ESSNTL OIL PATCHOULI	.5 OZ	5.95	5.95		
8889	NATSALCH	ESSNTL OIL PEPPERMINT	.5 OZ	3.59	3.59		

**NATURE'S ALCHEMY - CONT.**

8890	NATSALCH	ESSNTL OIL ROSEMARY	.5 OZ	3.50	3.50		
8891	NATSALCH	ESSNTL OIL ROSEWOOD	.5 OZ	4.23	4.23		
8892	NATSALCH	ESSNTL OIL TEA TREE	.5 OZ	4.50	4.50		
8893	NATSALCH	ESSNTL OIL YLANG YLANG	.5 OZ	6.40	6.40		
8895	NATSALCH	OIL APRICOT KERNEL	4 OZ	2.73	2.73		
8896	NATSALCH	OIL GRAPESEED	4 OZ	2.54	2.54		
8897	NATSALCH	OIL HEMP SEED	4 OZ	5.45	5.45		
8898	NATSALCH	OIL SWEET ALMOND	4 OZ	3.01	3.01		

**NATURE'S GATE**

73029	NATSGATE	ACNE BODY WASH	8 OZ	8.99	8.99	8.09	8.09
70024	NATSGATE	BODY WASH GRAPEFRUIT GINGER	12 OZ	5.99	5.99		
70022	NATSGATE	BODY WASH ORANGE PATCHOULI	12 OZ	5.99	5.99		
70021	NATSGATE	BODY WASH PEAR & RED TEA	12 OZ	5.99	5.99		
70023	NATSGATE	BODY WASH PERSIMMON GERAMIUM	12 OZ	5.99	5.99		
73023	NATSGATE	BRONZER CLEAN CITRUS	6 OZ	8.99	8.99	8.09	8.09
73022	NATSGATE	BRONZER FRESH FLORAL	6 OZ	8.99	8.99	8.09	8.09
73024	NATSGATE	SELF TANNING CREAM	6 OZ	8.99	8.99	8.09	8.09
73021	NATSGATE	MICRODERM ABRASION KIT	EACH	29.99	29.99	26.99	26.99
73042	NATSGATE	ORG BABY DIAPER RASH CREAM	2 OZ	5.99	5.99	5.39	5.39
73040	NATSGATE	ORG BABY GENTLE BODY WASH	6 OZ	5.99	5.99	5.39	5.39
73043	NATSGATE	ORG BABY OIL	6 OZ	5.99	5.99	5.39	5.39
73041	NATSGATE	ORG BABY SOFT LOTION	6 OZ	5.99	5.99	5.39	5.39
8656	NATSGATE	ORGANICS LIQ SOAP ASN PEAR+TEA	12 OZ	3.59	3.59	3.19	3.19
8657	NATSGATE	ORGANICS LIQ SOAP GRPFRT+GINGR	12 OZ	3.59	3.59	3.19	3.19
7618	NATSGATE	ORGANICS LIQ SOAP LAVENDER+ALO	12 OZ	3.59	3.59	3.19	3.19
8665	NATSGATE	ORGANICS LIQ SOAP ORNG+PATCHLI	12 OZ	3.59	3.59	3.19	3.19
8666	NATSGATE	ORGANICS LIQ SOAP PERSMN+GER	12 OZ	3.59	3.59	3.19	3.19
7621	NATSGATE	ORGANICS LIQ SOAP TTREE+BLUCYP	12 OZ	3.59	3.59	3.19	3.19
7620	NATSGATE	ORGANICS LIQ SP LGRASS+CLARYSG	12 OZ	3.59	3.59	3.19	3.19
7629	NATSGATE	ORGANICS SHOWER GEL CHAM/VERBE	12 OZ	5.39	5.39		
7631	NATSGATE	ORGANICS SHOWER GEL CUCUMBER/M	12 OZ	5.39	5.39		
7627	NATSGATE	ORGANICS SHOWER GEL LAVENDER/A	12 OZ	5.39	5.39		
7628	NATSGATE	ORGANICS SHOWER GEL LEMONGRASS	12 OZ	5.39	5.39		
7675	NATSGATE	SOAP LIQUID ANTISEPTIC	12.5 OZ	3.75	3.75		
7494	NATSGATE	SOAP LIQUID ANTISEPTIC	GAL	27.72	27.72		
70036	NATSGATE	ACNE TREATMENT KIT	EACH	17.99	17.99		
70029	NATSGATE	SKIN DAILY SPF 15 MOISTURIZER	2 OZ	5.37	5.37	4.56	4.56
70025	NATSGATE	SKIN DEEP CLEANSING FACIAL WASH	8 OZ	5.37	5.37	4.56	4.56
70035	NATSGATE	SKIN EYE ULT COMFORT CREAM	1 OZ	8.97	8.97	7.62	7.62
70014	NATSGATE	SKIN FACIAL SCRUB REVITALIZING	5 OZ	5.97	5.97	5.07	5.07
70031	NATSGATE	SKIN GENTLE MOIST FACE TONER	8 OZ	5.38	5.38	4.57	4.57
70103	NATSGATE	SKIN ORG BRIGHTEN SERUM	1.1 OZ	17.97	17.97	15.27	15.27
70100	NATSGATE	SKIN ORG C TEXTURE SERUM	1.7 OZ	20.97	20.97	17.82	17.82
70020	NATSGATE	SKIN ORG CLEANSER IN THE BEGIN	4 OZ	11.97	11.97		
70102	NATSGATE	SKIN ORG DAY HYDRATOR	1.7 OZ	14.97	14.97	12.72	12.72
70104	NATSGATE	SKIN ORG NIGHT THERAPY	1 OZ	14.97	14.97	12.72	12.72
70019	NATSGATE	SKIN ORG TONE BACK THE CLOCK	4 OZ	11.97	11.97	10.77	10.77
70101	NATSGATE	SKIN ORG WRINKLE SERUM	1.1 OZ	17.97	17.97		
7492	NATSGATE	MOIST SKIN THERAPY TEA TREE	18 OZ	5.55	5.55		
7499	NATSGATE	MOIST SKIN THERPY COLLOID/OTML	18 OZ	5.55	5.55		
8615	NATSGATE	MOISTURIZER FRAGRANCE FREE	18 OZ	4.05	4.05		
8625	NATSGATE	MOISTURIZER HERBAL	18 OZ	4.05	4.05		
8626	NATSGATE	MOISTURIZER HERBAL ORIGINAL	GAL	20.16	20.16		
8627	NATSGATE	MOISTURIZER SKIN THERAPY	GAL	26.88	26.88		
8650	NATSGATE	ORGANICS LOTION ASN PEAR+RDTEA	12 OZ	5.99	5.99		
7617	NATSGATE	ORGANICS LOTION CHAMO/LEM	12 OZ	5.39	5.39	4.79	4.79
8652	NATSGATE	ORGANICS LOTION GRPFRT+GINGER	12 OZ	5.99	5.99	5.39	5.39
7613	NATSGATE	ORGANICS LOTION LAVENDER+ALOE	12 OZ	5.39	5.39		
7614	NATSGATE	ORGANICS LOTION ORG+CHOC MINT	12 OZ	5.39	5.39		
8653	NATSGATE	ORGANICS LOTION ORNG+PATCHOULI	12 OZ	5.99	5.99	5.39	5.39
8655	NATSGATE	ORGANICS LOTION PERSMN+ROSEGER	12 OZ	5.99	5.99	5.39	5.39
7616	NATSGATE	ORGANICS LOTN LGRASS+SGE NaPCA	12 OZ	5.39	5.39		
8635	NATSGATE	ORIGINAL SKIN THERAPY LOTION	18 OZ	5.55	5.55		
7670	NATSGATE	VITAMIN E OIL (40,000IU)	2 OZ	5.31	5.31		
7501	NATSGATE	CALMING CONDITIONER TEA TREE	18 OZ	4.77	4.77		
7500	NATSGATE	CONDITIONER ALOE VERA	18 OZ	3.15	3.15		
73034	NATSGATE	CONDITIONER ANIT AGING	8.25 OZ	8.99	8.99	8.09	8.09
7502	NATSGATE	CONDITIONER CHAMOMILE	18 OZ	3.15	3.15		
73031	NATSGATE	CONDITIONER COLOR TREATED HAIR	8.25 OZ	8.99	8.99	8.09	8.09
7525	NATSGATE	CONDITIONER HERBAL	18 OZ	3.75	3.75		
7530	NATSGATE	CONDITIONER HERBAL	GAL	19.53	19.53		
7555	NATSGATE	CONDITIONER JOJOBA	18 OZ	3.15	3.15		
70018	NATSGATE	HAIR MASQUE ALOE MOISTURIZING	4 OZ	5.37	5.37		
73035	NATSGATE	HAIR MASQUE ANTI AGING	4 OZ	8.99	8.99	8.09	8.09
70016	NATSGATE	HAIR MASQUE CHAM REPLENISH	4 OZ	5.37	5.37		
73032	NATSGATE	HAIR MASQUE COLOR TREATED	4 OZ	8.99	8.99	8.09	8.09
70015	NATSGATE	HAIR MASQUE HYDRATING HERB	4 OZ	5.37	5.37		
70017	NATSGATE	HAIR MASQUE JOJOBA REVITALIZE	4 OZ	5.37	5.37		



**Eye/Sinus Pac**



Now with Washable Cover (With or without elastic strap.) This popular therapy pack provides soothing relief from sinus congestion, eye strain and headache pain. The warmth from the grains and spices opens your sinuses by increasing blood flow to the area. May be used as a cold pack to reduce swelling around the eyes.

**4" x 8.5"**

**Eye/Sinus Pack Fabric choices:  
Purple or Green Satin.**

**Joint/Neck Pac**



Their most versatile pac. The innovative heated joint/neck pack attaches with velcro around your neck, joints and lower back to provide you with hot or cold therapy even when you are on the go. Designed after the cervical neck collar to support your head and neck. Great for sports injuries. Includes hand washable cover and Velcro extension for the back.

**5" x 15.5"**

**Joint/Neck Pac Available colors: Black Watch Flannel, Celestial Velvet, Pansy.**

(continued on page 136)

# Grampa's Garden

## Thera-Pac



Hot therapy packs feel like a warm hug. Based on customer feedback and market research this unique design conforms easily around the upper back, upper chest and base of neck. It is lower in the back with channeled construction to keep the natural grains and spices evenly distributed over your muscles. They constructed this pac with fleece on one side and cotton/flannel fabric on the other side to provide effective hot and cold therapy.

**16.5" x 12"**

**Thera-Pac Fabric choices:  
Black Watch Flannel,  
Celestial Velvet, Pansy.**

## Teddy-Pac



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>NATURE'S GATE - CONT.</b>							
73038	NATSGATE	HAIR SPRAY ALCOHOL FREE	8.25 OZ	8.99	8.99	8.09	8.09
73036	NATSGATE	HAIR STRAIGHTENING BALM	6 OZ	8.99	8.99	8.09	8.09
73037	NATSGATE	STYLING GEL HOLD THAT POSE	6 OZ	8.99	8.99	8.09	8.09
73039	NATSGATE	STYLING PUTTY	2 OZ	8.99	8.99	8.09	8.09
8648	NATSGATE	ORGANICS COND ASN PEAR+RD TEA	12 OZ	4.79	4.79		
7607	NATSGATE	ORGANICS COND CHAMO+LM VRBNA	12 OZ	4.19	4.19		
8649	NATSGATE	ORGANICS COND GRPFRT+GINGER	12 OZ	4.79	4.79		
7602	NATSGATE	ORGANICS COND LAVENDER+ALOE	12 OZ	4.19	4.19		
7604	NATSGATE	ORGANICS COND LEMONGRASS+CLARY	12 OZ	4.19	4.19		
8646	NATSGATE	ORGANICS COND ORNGE+PATCHOULI	12 OZ	4.79	4.79		
8647	NATSGATE	ORGANICS COND PERSMN+ROSE GER	12 OZ	4.79	4.79		
7609	NATSGATE	ORGANICS COND TEATREE+BL CYPS	12 OZ	4.19	4.19		
8638	NATSGATE	ORGANICS SHAMP ASN PEAR+RD TEA	12 OZ	4.79	4.79	4.31	4.31
7606	NATSGATE	ORGANICS SHAMP CHAMO+LM VRBENA	12 OZ	4.19	4.19	3.77	3.77
8643	NATSGATE	ORGANICS SHAMP GRPFRT+GINGER	12 OZ	4.79	4.79	4.31	4.31
7601	NATSGATE	ORGANICS SHAMP LAVENDER+ALOE	12 OZ	4.19	4.19	3.77	3.77
7603	NATSGATE	ORGANICS SHAMP LMNGRS+CLAR	12 OZ	4.19	4.19	3.77	3.77
8636	NATSGATE	ORGANICS SHAMP ORNGE+PATCHOULI	12 OZ	4.79	4.79	4.31	4.31
8637	NATSGATE	ORGANICS SHAMP PERSMN+ROSE GER	12 OZ	4.79	4.79	4.31	4.31
7608	NATSGATE	ORGANICS SHAMP TEATREE+BL CYPS	12 OZ	4.19	4.19	3.77	3.77
7585	NATSGATE	RAINWTR CONDITIONER AWAPUHI	18 OZ	3.45	3.45		
7495	NATSGATE	RAINWTR CONDITIONER HEMP	18 OZ	3.45	3.45		
7590	NATSGATE	RAINWTR CONDITIONER HENNA	18 OZ	3.45	3.45		
7600	NATSGATE	RAINWTR SHAMPOO AWAPUHI	18 OZ	3.45	3.45		
7605	NATSGATE	RAINWTR SHAMPOO BABY	18 OZ	3.20	3.20		
7496	NATSGATE	RAINWTR SHAMPOO HEMP	18 OZ	3.45	3.45		
7615	NATSGATE	RAINWTR SHAMPOO HENNA	18 OZ	3.45	3.45		
7625	NATSGATE	RAINWTR SHAMPOO REGULAR	18 OZ	3.20	3.20		
7510	NATSGATE	SHAMPOO ALOE VERA	18 OZ	3.20	3.20		
73033	NATSGATE	SHAMPOO ANTI AGING	8.25 OZ	8.99	8.99	8.09	8.09
7635	NATSGATE	SHAMPOO CALMING TEA TREE	18 OZ	4.77	4.77		
7504	NATSGATE	SHAMPOO CHAMOMILE	18 OZ	3.20	3.20		
73030	NATSGATE	SHAMPOO COLOR TREATED HAIR	8.25 OZ	8.99	8.99	8.09	8.09
7545	NATSGATE	SHAMPOO HERBAL	18 OZ	3.20	3.20		
7540	NATSGATE	SHAMPOO HERBAL	GAL	16.44	16.44		
7565	NATSGATE	SHAMPOO JOJOBA	18 OZ	3.20	3.20		
7701	NATSGATE	DEOD ROLL-ON SPRI FRESH	3 OZ	2.75	2.75		
7703	NATSGATE	DEOD STICK SPRI FRESH	2.5 OZ	2.75	2.75		
7702	NATSGATE	DEOD STICK WINTER FRESH unscen	2.5 OZ	2.75	2.75		
70106	NATSGATE	ORG DEOD GRPFRT/GINGER	1.7 OZ	3.29	3.29		
70107	NATSGATE	ORG DEOD ORNG/PATCHOULI	1.7 OZ	3.29	3.29		
70105	NATSGATE	ORG DEOD PEAR/RED TEA	1.7 OZ	3.29	3.29		
70108	NATSGATE	ORG DEOD PERSIM/GERANIUM	1.7 OZ	3.29	3.29		
7694	NATSGATE	AQUABLOCK SPF 30	4 OZ	5.37	5.37	4.83	4.83
7697	NATSGATE	SUNBLOCK KIDS SPF-30	4 OZ	5.37	5.37	4.83	4.83
7687	NATSGATE	SUNBLOCK LOTION SPF-15	4 OZ	4.77	4.77	4.29	4.29
7689	NATSGATE	SUNBLOCK LOTION SPF-30	4 OZ	5.37	5.37	4.83	4.83
70110	NATSGATE	SUNCARE KIDS GIGGLEBERRY SPF30	4 OZ	5.49	5.49	4.94	4.94
70109	NATSGATE	SUNCARE SAVE FACE & BODY SPF15	4 OZ	4.77	4.77	4.29	4.29
73028	NATSGATE	MOUTHWASH RASP MINT W/FLUOR	14.5 OZ	4.19	4.19	3.77	3.77
73026	NATSGATE	MOUTHWASH PEPP W/FLUORIDE	14.5 OZ	4.19	4.19	3.77	3.77
7654	NATSGATE	TOOTHPASTE CHERRY GEL w/fluori	5 OZ	2.95	2.95		
7638	NATSGATE	TOOTHPASTE CREME DE ANISE	6 OZ	2.79	2.79		
7642	NATSGATE	TOOTHPASTE CREME DE MINT	6 OZ	2.79	2.79		
7640	NATSGATE	TOOTHPASTE CREME DE PEPPERMINT	6 OZ	2.79	2.79		
7623	NATSGATE	TPASTE WHITENING GEL	6 OZ	4.20	4.20		
73025	NATSGATE	TPST PEPP WHITENING W/FLUOR	5 OZ	4.19	4.19	3.77	3.77
73027	NATSGATE	TPST RASP MINT WHITENING W/FLU	5 OZ	4.19	4.19	3.77	3.77
7634	NATSGATE	ZAP BREATH STRIPS ANISE GRNTEA	12/24 CT	1.73	20.76		
<b>NEEM</b>							
9433	NEEM	OUTDOOR SPRAY HERBAL Deet free	4 OZ	5.37	5.37		
<b>NUTIVA</b>							
70173	NUTIVA	COCONUT OIL ORG	29 OZ	15.65	15.65		
70172	NUTIVA	COCONUT OIL ORG	15 OZ	11.45	11.45		
<b>PRESERVE</b>							
70037	PRESERVE	RAZOR BLADES	5 PK	3.55	3.55	3.20	3.20
70038	PRESERVE	RAZORS RECYCLABLE	4 PK	4.99	4.99	4.49	4.49
70039	PRESERVE	TOOTHBRUSH JR SOFT	EACH	2.57	2.57		
70040	PRESERVE	TOOTHBRUSH MEDIUM	EACH	2.85	2.85		
70041	PRESERVE	TOOTHBRUSH SOFT	EACH	2.85	2.85		
70042	PRESERVE	TOOTHBRUSH ULTRA SOFT	EACH	2.85	2.85		
<b>SAI BABA NAG CHAMPA</b>							
70010	SAIBABA	NAG CHAMPA SOAP	5 OZ	2.57	2.57	2.27	2.27
<b>SEVENTH GENERATION</b>							
9662	SEVENTH	BABY DIAPERS LARGE 22-37lbs	34 CT	13.18	13.18	11.86	11.86
9661	SEVENTH	BABY DIAPERS MEDIUM 12-18lbs	38 CT	13.18	13.18	11.86	11.86

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
9660	SEVENTH	BABY DIAPERS SMALL 8-14lbs	56 CT	13.18	13.18	11.86	11.86
9663	SEVENTH	BABY DIAPERS X LARGE 27+lbs	30 CT	13.18	13.18	11.86	11.86
9665	SEVENTH	BABY WIPES REFILL	80 CT	3.85	3.85		
9666	SEVENTH	BABY WIPES TRAVEL PACK	3/40 CT	2.47	7.41		
9664	SEVENTH	BABY WIPES TUB	80 CT	4.06	4.06		
70155	SEVENTH	PADS MAXI OVERNIGHT	14 CT	3.53	3.53	3.13	3.13
70154	SEVENTH	PADS MAXI REGULAR	24 CT	3.53	3.53	3.13	3.13
70157	SEVENTH	PADS ULTRATHIN OVERNIGHT	14 CT	3.53	3.53		
70156	SEVENTH	PADS ULTRATHIN REGULAR	18 CT	3.53	3.53		
70158	SEVENTH	PADS ULTRATHIN SUPER LONG	16 CT	3.53	3.53		
70159	SEVENTH	PANTLINERS	45 CT	3.53	3.53		
70163	SEVENTH	TAMPONS REG w/appl ORG	16 CT	4.84	4.84	4.34	4.34
70160	SEVENTH	TAMPONS REGULAR ORG	20 CT	4.24	4.24		
70161	SEVENTH	TAMPONS SUPER ORG	20 CT	4.24	4.24	3.80	3.80
70162	SEVENTH	TAMPONS SUPER PLUS ORG	20 CT	4.24	4.24	3.80	3.80
70164	SEVENTH	TAMPONS SUPER w/appl ORG	16 CT	4.84	4.84	4.34	4.34

#### SHADOW LAKE

70111	SHADOW	LIQ SOAP EUCALYPTUS SPRMINT	16 OZ	3.95	3.95		
70113	SHADOW	LIQ SOAP FRESH GINGER	16 OZ	3.95	3.95		
70114	SHADOW	LIQ SOAP PEPPERMINT	16 OZ	3.95	3.95		
70115	SHADOW	LIQ SOAP VANILLA ALMOND	16 OZ	3.95	3.95		

#### SMILE BRITE

9743	SMILEBRT	TONGUE CLEANER	EACH	4.17	4.17		
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#### SUL-RAY

9500	SUL-RAY	ACNE TREATMENT SOAP	3 OZ	3.83	3.83	3.43	3.43
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#### SUPERLAN

5793	SUPERLAN	LANOLIN TUBE FOR LIPS	.35 OZ	2.39	2.39		
5791	SUPERLAN	LANOLIN MOISTURE CREAM	4 OZ	10.39	10.39	9.29	9.29
5841	SUPERLAN	LITE LANOLIN MOISTURE CREAM	4 OZ	11.84	11.84		

#### TIGERS BALM

70005	TIGER	PAIN RELIEVING PATCH	5 CT	4.29	4.29		
8910	TIGER	ULTRA SPORT nonstain tin	1.7 OZ	8.84	8.84		

#### TOM'S OF MAINE

6970	TOMS	SOAP DEODORANT UNSCENTED	4 OZ	2.86	2.86		
6966	TOMS	SOAP MOISTURIZING CALENDULA	4 OZ	2.86	2.86		
6968	TOMS	SOAP MOISTURIZING LAVANDER	4 OZ	2.86	2.86		
6967	TOMS	SOAP MOISTURIZING UNSCENTED	4 OZ	2.86	2.86		
6974	TOMS	DEOD STICK CALENDULA	2.25 OZ	4.09	4.09		
6972	TOMS	DEOD STICK HONEYSUCKLE ROSE	2.25 OZ	4.09	4.09		
6971	TOMS	DEOD STICK UNSCENTED	2.25 OZ	4.09	4.09		
6973	TOMS	DEOD STICK WOODSPICE	2.25 OZ	4.09	4.09		
6960	TOMS	FLOSS FLAT SPEARMT anti-plaque	32 YDS	2.97	2.97		
6963	TOMS	MOUTHWASH CINNAMINT	16 OZ	4.36	4.36		
6965	TOMS	MOUTHWASH PEPPERMINT BKSODA	16 OZ	4.36	4.36		
6962	TOMS	MOUTHWASH SPEARMINT	16 OZ	4.36	4.36		
6989	TOMS	TPASTE ANTIGINGIVITIS PEPP	6 OZ	4.10	4.10	3.69	3.69
6991	TOMS	TPASTE HOME0 APRICOT	5.2 OZ	4.10	4.10	3.69	3.69
6982	TOMS	TPASTE no/FL SENSITIVE WTRMINT	4 OZ	4.30	4.30		
6954	TOMS	TPASTE P&M CINNAMINT	6 OZ	4.36	4.36		
6955	TOMS	TPASTE P&M FENNEL	6 OZ	4.36	4.36		
6951	TOMS	TPASTE P&M GINGERMINT BSODA	6 OZ	4.36	4.36		
6952	TOMS	TPASTE P&M PEPPERMINT	6 OZ	4.36	4.36		
6953	TOMS	TPASTE P&M SPEARMINT	6 OZ	4.36	4.36		
6987	TOMS	TPASTE TARTAR/WHITENING FENNEL	6 OZ	4.16	4.16		
6986	TOMS	TPASTE TARTAR/WHITENING PEPP	6 OZ	4.16	4.16		
6961	TOMS	TPASTE w/FL CHILD ORANGE MANGO	4 OZ	3.40	3.40		
6958	TOMS	TPASTE w/FL CHILD STRAWBERRY	4 OZ	3.40	3.40		
6981	TOMS	TPASTE w/FL GINGERMINT BKSODA	6 OZ	4.16	4.16	3.74	3.74
6959	TOMS	TPASTE w/FL PEPMINT BKSODA	6 OZ	4.16	4.16	3.74	3.74
6957	TOMS	TPASTE w/FL SPEARMINT	6 OZ	4.16	4.16		
6956	TOMS	TPASTE w/FL WINTERMINT	5.2 OZ	4.16	4.16		

#### ULTIMATE SHAVE

7403	ULTIMATE	SHAVE UNISEX MOISTURE SHAVE	.3 OZ	2.77	2.77	2.47	2.47
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#### VERMONT SOAPWORKS

8036	VERMTSOA	AROMATHERAPY MIST LAVENDER	2 OZ	2.67	2.67	2.37	2.37
8038	VERMTSOA	AROMATHERAPY MIST ORANGE	2 OZ	2.67	2.67		
8037	VERMTSOA	AROMATHERAPY MIST PEPPMINT	2 OZ	2.67	2.67		
7984	VERMTSOA	BAR CITRUS SUNRISE	3.50 OZ	2.39	2.39		
7976	VERMTSOA	BAR OATMEAL LAVENDER	3.50 OZ	2.39	2.39		
7972	VERMTSOA	BRICK OATMEAL LAVENDER ORG	12 IN	17.95	17.95		
7971	VERMTSOA	UNWRAP BUTTER BAR	3.50 OZ	1.70	1.70		
7970	VERMTSOA	UNWRAP PATCHOULI HEMP	3.50 OZ	1.70	1.70		
7969	VERMTSOA	UNWRAP TEA TREE	3.50 OZ	1.70	1.70		
7974	VERMTSOA	UNWRAPPED CITRUS SUNRISE	3.50 OZ	1.70	1.70		
7975	VERMTSOA	UNWRAPPED LAVENDER	3.50 OZ	1.70	1.70		
7963	VERMTSOA	UNWRAPPED LEMONGRASS	3.50 OZ	1.70	1.70		
7962	VERMTSOA	UNWRAPPED OATMEAL LAVENDER	3.50 OZ	1.70	1.70		
7961	VERMTSOA	UNWRAPPED PEPPERMINT MAGIC	3.50 OZ	1.70	1.70		

DECEMBER 2006 PRICES MAY BE SUBJECT TO CHANGE WITHOUT NOTICE

# Grampa's Garden

## Teddy Pac

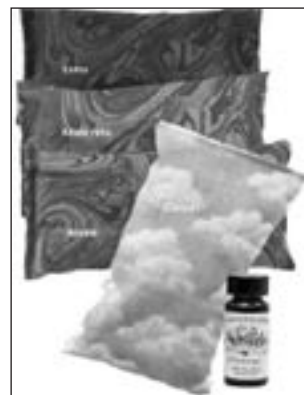
Their **Teddy Pac** is a new and improved design! Now with a removable, washable cover. This cuddly warm Teddy will soothe your children's aches and pains while providing comfort for a peaceful nights sleep. Keep in freezer for those unexpected bumps and bruises. Very safe embroidered face!

**7.75" diameter.**

**Teddy-Pac Color choices:**

Oatmeal with Jungle Boogie back, Brown with Baby Safari back, Pink with Jungle Boogie back, Light Blue with Blue Burbur/Jungle Boogie back.

## Breathe E-Z Pillow - Aromatherapy Pillow



This minty medicine pillow will open your sinuses and refresh your mind. Simply breathe in the therapeutic herbal aroma at your home, office or while traveling. May reduce fatigue and nausea. Includes 1/4 oz. Peppermint essential oil for re-scenting pillow and enhancing the aromatherapy benefits. Measures

**3" x 5"**

(continued on page 142)

# PET CARE & FOOD



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>VERMONT SOAPWORKS - CONT.</b>							
8030	VERMTSOA	BATH & SHOWER GEL LAVENDER ORG	8 OZ	4.59	4.59	4.09	4.09
8032	VERMTSOA	BATH & SHOWER GEL ORANGE ORG	8 OZ	4.59	4.59		
8031	VERMTSOA	BATH & SHOWER GEL PEPPERMINT ORG	8 OZ	4.59	4.59		
8033	VERMTSOA	BATH & SHOWER GEL TEATREE ORG	8 OZ	4.59	4.59		
7968	VERMTSOA	LIQUID CASTILE LAVENDER ORG	16 OZ	3.53	3.53		
7967	VERMTSOA	LIQUID CASTILE PEPPERMINT ORG	16 OZ	3.53	3.53		
7966	VERMTSOA	LIQUID CASTILE SWT ORANGE	16 OZ	3.53	3.53		
7965	VERMTSOA	LIQUID CASTILE TEA TREE ORG	16 OZ	3.53	3.53	3.13	3.13
7964	VERMTSOA	LIQUID CASTILE UNSCENTED ORG	16 OZ	3.53	3.53	3.13	3.13



## PET CARE & FOOD

### BO'S BONES

9746	BO'S	3D BONES ORG	8 OZ	7.16	7.16	6.44	6.44
9749	BO'S	DOG BONES DOVE SHAPE ORG	8 OZ	5.73	5.73	5.13	5.13
9751	BO'S	DOG BONES TUNES SHAPE ORG	8 OZ	5.73	5.73	5.13	5.13

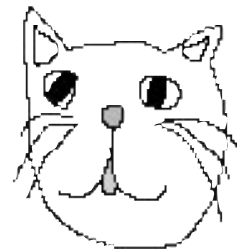
### CASTOR & POLLUX

7516	CASTOR	BREWERS YEAST TABLETS	500 TAB	5.59	5.59		
7513	CASTOR	CAT VITAMINS NATURAL	60 TAB	5.59	5.59	4.99	4.99
7491	CASTOR	CAT TREATS CHICKEN FLAVOR	2.5 OZ	2.13	2.13		
7490	CASTOR	CAT TREATS SEAFOOD FLAVOR	2.5 OZ	2.13	2.13	1.81	1.81
7512	CASTOR	CATNIP TOY MOUSE OG refillable	EACH	2.08	2.08	1.77	1.77
7468	CASTOR	DOG TRT GOOD BUDDY CHEESE	16 OZ	3.17	3.17		
7467	CASTOR	DOG TRT GOOD BUDDY JERKY	10 STIX	3.05	3.05		
7469	CASTOR	DOG TRT GOOD BUDDY PNUIT BTR	16 OZ	3.17	3.17		
7514	CASTOR	DOG VITAMINS NATURAL	60 TAB	4.89	4.89	4.39	4.39
7515	CASTOR	GLUCOSAMINE TABLETS	120 TAB	12.60	12.60		
7532	CASTOR	LEASH HYDRANT/BONE NAVY	5/8 X4 FT	7.03	7.03		
7531	CASTOR	LEASH HYDRANT/BONE RED	5/8 X 4 FT	7.03	7.03		
7462	CASTOR	ORGANIX CAT FOOD ADULT	6#	14.10	14.10	11.99	11.99
7461	CASTOR	ORGANIX CAT FOOD ADULT	3#	7.95	7.95	7.15	7.15
7463	CASTOR	ORGANIX CAT FOOD ADULT	15#	27.70	27.70		
7465	CASTOR	ORGANIX CAT TREATS	2 OZ	2.15	2.15	1.83	1.83
7464	CASTOR	ORGANIX DOG COOKIES	12 OZ	3.95	3.95		
7459	CASTOR	ORGANIX DOG FOOD ADULT	6#	11.82	11.82	10.05	10.05
7460	CASTOR	ORGANIX DOG FOOD ADULT	15#	26.19	26.19	22.26	22.26
7489	CASTOR	OUT SPOT STAIN/ODOR SPRAY	16 OZ	4.89	4.89		
7528	CASTOR	RAWHIDE NAT KNOT BONES	4 PK	1.89	1.89		
7527	CASTOR	RAWHIDE NAT MINI KNOT BONES	10 PK	1.52	1.52		
7529	CASTOR	RAWHIDE NAT TWIST STICKS	14 PK	1.39	1.39		
7524	CASTOR	RAWHIDE NATURAL BRAID 10in	4 PK	2.69	2.69		
7526	CASTOR	RAWHIDE NATURAL RING	4 PK	2.19	2.19		
7523	CASTOR	RAWHIDE NATURAL STICK 10in	4 PK	3.17	3.17		
7522	CASTOR	RAWHIDE NATURAL STICK 5in	5 PK	1.89	1.89		
7521	CASTOR	RAWHIDE PRESSED BONE 10.5in	EACH	3.17	3.17		
7517	CASTOR	RAWHIDE PRESSED BONE 4.5in	EACH	1.26	1.26		
7518	CASTOR	RAWHIDE PRESSED BONE 6.5in	EACH	1.52	1.52		
7520	CASTOR	RAWHIDE PRESSED BONE 8.5in	EACH	2.60	2.60		

### DOGHOUSE KITCHEN

7000	DOGHOUSE	DOG TREATS PNUIT BTR HNY hearts	12 OZ	4.59	4.59	4.09	4.09
7009	DOGHOUSE	DOG TREATS REINDOG REWARDS	12 OZ	4.59	4.59	4.09	4.09
7007	DOGHOUSE	DOG TREATS SPICE OG bone shape	12 OZ	4.59	4.59	4.09	4.09
7006	DOGHOUSE	DOG TREATS YAM hydrant ORG	12 OZ	4.59	4.59	4.09	4.09
53003	DOGHOUSE	TREATS DOG PEANUT BUTTER ORG	5#	5.15	25.75		
53001	DOGHOUSE	TREATS DOG SPICE OF LIFE ORG	5#	5.15	25.75		
53002	DOGHOUSE	TREATS DOG YAM ORG	5#	5.15	25.75		

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>MC PHEARSON</b>							
52110	MACPHRSN	CAT TREAT BAKING KIT w/recipes	EACH	6.13	6.13	5.49	5.49
52109	MACPHRSN	K-9 DOG BISCUIT KIT w/recipes	EACH	6.13	6.13	5.49	5.49
52111	MACPHRSN	K-9 LITTLE TREAT MAKER	EACH	3.50	3.50	3.15	3.15
<b>NATURAL VALUE</b>							
6591	NATVALUE	CAT FOOD BEEF DINNER	24/5.5 OZ	.67	16.08		
6592	NATVALUE	CAT FOOD CHICKEN DINNER	24/5.5 OZ	.67	16.08		
6594	NATVALUE	CAT FOOD SIMMERED SEAFARE	24/5.5 OZ	.67	16.08		
53004	NATVALUE	CAT FOOD TUNA n ALBACORE	24/5.5 OZ	.67	16.08		
53007	NATVALUE	CAT FOOD TUNA n ANCHOVIES	24/5.5 OZ	.67	16.08		
53005	NATVALUE	CAT FOOD TUNA n CHICKEN	24/5.5 OZ	.67	16.08		
6597	NATVALUE	CAT FOOD TUNA n CHKN DINNER	24/5.5 OZ	.67	16.08		
53008	NATVALUE	CAT FOOD TUNA n CRAB	24/5.5 OZ	.67	16.08		
53006	NATVALUE	CAT FOOD TUNA n MACKEREL	24/5.5 OZ	.67	16.08		
53009	NATVALUE	CAT FOOD TUNA n SHRIMP	24/5.5 OZ	.67	16.08		
6593	NATVALUE	CAT FOOD TURKEY n GIBLETS	24/5.5 OZ	.67	16.08		
<b>NEEM</b>							
9434	NEEM	PET SPRAY Deet free	8 OZ	8.97	8.97		
<b>NEURA</b>							
4710	NEURA	DOG FOOD CHICKEN	12/12.5 OZ	1.25	15.00		
4708	NEURA	DOG FOOD CHICKEN/LAMB/RICE	12/12.5 OZ	1.30	15.60		
4706	NEURA	DOG FOOD CHICKEN/RICE	12/12.5 OZ	1.25	15.00	1.09	13.08
<b>OLD MOTHER HUBBARD</b>							
4654	OLDMTHR	DOG BISCUITS LARGE ASST	20#	1.39	27.80		
4675	OLDMTHR	DOG BISCUITS LARGE ASST	3.5#	6.39	6.39		
4662	OLDMTHR	DOG BISCUITS MINI ASST	20 OZ	3.65	3.65		
4650	OLDMTHR	DOG BISCUITS SMALL ASST	20#	1.39	27.80		
4658	OLDMTHR	DOG BISCUITS SMALL ASST	3.5#	6.39	6.39	5.69	5.69
4676	OLDMTHR	DOG BISCUITS SMALL JUST VEGGN	3.3#	6.79	6.79		
4673	OLDMTHR	DOG BISCUITS SMALL PNTUT BUTTER	20 OZ	3.65	3.65	3.25	3.25
<b>SHAGBARK FARM</b>							
9742	SHAGBARK	CATNIP TOY ORG NH grown	EACH	3.59	3.59	3.23	3.23
<b>SWHEAT SCOOP</b>							
6801	SWHEAT	CAT LITTER	40 LB	22.25	22.25		
6802	SWHEAT	CAT LITTER	14 LB	8.25	8.25		
<b>VERMONT SOAPWORKS</b>							
8060	VERMTSOA	PET SHAMPOO ORG	16 OZ	5.34	5.34		
<b>VITATREAT</b>							
9819	VITATREA	JOINT & HIP SUPPORT	100 TABS	5.98	5.98		
9851	VITATREA	MULTI-VITAMIN PUPPY/DOG	60 TABS	3.00	3.00		
<b>WELLNESS</b>							
8991	WELLNES	CAT FOOD CAN BEEF & CHICKEN	24/5.5 OZ	.95	22.80		
8992	WELLNES	CAT FOOD CAN CHICK & HERRING	24/5.5 OZ	.95	22.80	.85	20.40
4691	WELLNES	CAT FOOD CAN CHICK & LOBSTER	24/5.5 OZ	.95	22.80	.85	20.40
8990	WELLNES	CAT FOOD CAN CHICKEN	24/5.5 OZ	.95	22.80		
4699	WELLNES	CAT FOOD CAN SALMON & TROUT	24/5.5 OZ	.95	22.80		
4698	WELLNES	CAT FOOD CAN SARDIN/SHRMP/CRAB	24/5.5 OZ	.95	22.80	.85	20.40
8993	WELLNES	CAT FOOD CAN TURKEY	24/5.5 OZ	.95	22.80		
8994	WELLNES	CAT FOOD CAN TURKEY & SALMON	24/5.5 OZ	.95	22.80	.85	20.40
4681	WELLNES	CAT FOOD DRY SLMN/TRKY/HERRING	12#	2.26	27.12		
4682	WELLNES	CAT FOOD DRY SLMN/TRKY/HERRING	5# 14 OZ	16.59	16.59		
4680	WELLNES	CAT FOOD DRY SUPER 5 ADULT	12#	2.26	27.12		
4677	WELLNES	CAT FOOD DRY SUPER 5 ADULT47	5# 14 OZ	16.59	16.59		
4679	WELLNES	CAT FOOD DRY SUPER 5 LITE	5# 14 OZ	16.59	16.59		
50020	WELLNES	DOG FOOD CAN FISH & SWT POTATO	12/12.5 OZ	1.49	17.88		
4689	WELLNES	DOG FOOD CAN PUPPY	12/12.5 OZ	1.49	17.88		
4686	WELLNES	DOG FOOD CAN SUPER 5 CHICKEN	12/12.5 OZ	1.49	17.88		
50019	WELLNES	DOG FOOD CAN SUPER 5 DUCK	12/12.5 OZ	1.49	17.88		
4687	WELLNES	DOG FOOD CAN SUPER 5 LAMB	12/12.5 OZ	1.49	17.88		
4690	WELLNES	DOG FOOD CAN SUPER 5 SENIOR	12/12.5 OZ	1.49	17.88		
4688	WELLNES	DOG FOOD CAN TURKEY & SWT POT	12/12.5 OZ	1.49	17.88		
50013	WELLNES	DOG FOOD FISH & SWEET POTATO	6#	11.75	11.75		
4684	WELLNES	DOG FOOD FISH & SWEET POTATO	15#	1.57	23.55	1.37	20.55
4683	WELLNES	DOG FOOD FISH & SWEET POTATO	30#	1.42	42.60	1.22	36.60
4685	WELLNES	DOG FOOD SUPER 5 MIX SENIOR	30#	1.42	42.60		
4695	WELLNES	DOG FOOD SUPER CHCKEN 5 MIX	30#	1.35	40.50	1.22	36.60
4693	WELLNES	DOG FOOD SUPER CHICKEN 5 MIX	15#	1.45	21.75		
4696	WELLNES	DOG FOOD SUPER LAMB 5 MIX	30#	1.35	40.50		
4694	WELLNES	DOG FOOD SUPER LAMB 5 MIX	15#	1.45	21.75	1.30	19.50
4697	WELLNES	DOG FOOD SUPER SENIOR 5 MIX	15#	1.57	23.55		
50017	WELLNES	DOG TREATS FRUIT & YOGURT	20 OZ	4.45	4.45		
50018	WELLNES	DOG TREATS PEANUT & HONEY	20 OZ	4.45	4.45		
4711	WELLNES	KITTEN FOOD CHICKEN	24/3 OZ	.69	16.56		



## SHAGBARK FARM

made in New Hampshire

### Organic Catnip Kitty Pouches

It's Party Time!

These handmade cat toys are stuffed with just the right amount of certified organic catnip from Shagbark Farm in N.H. With 5 on-site testers, we know they're a guaranteed hit!

*Has the kitty been good?  
The kitty deserves catnip.  
Has the Kitty been bad?  
It must need more catnip!*

Let the good times roll!



# REFRIGERATED ITEMS



STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>REFRIGERATED FOODS</b>							
122C	BULK	AMERICAN WHITE SLICED	5#	2.79	13.95		
123C	BULK	AMERICAN YELLOW SLICED	5#	2.79	13.95		
1529	BELGIO	ASIAGO WEDGES (4pcs)	2# R/W	7.30	14.60		
1570	MDFOODS	BABY HAVARTI w/DILL Denmark	7 OZ	2.80	2.80		
90120	ROSENBG	BLUE CHEESE WEDGES	4.4 OZ	2.80	2.80	2.50	2.50
1221	BULK	BLUE DANISH CHEESE	6# R/W	6.95	41.70	6.25	37.50
5730	BELLERV	BRIE WHEEL	8 OZ	3.65	3.65		
5734	REMY	BRIE WHEEL	1 Kilo	12.40	12.40		
90121	SEVRE	CHEVRE BOIT Goat Camembert	6.3 OZ	5.29	5.29		
1347	VERMTBUT	CHEVRE (goat cheese)	10.5 OZ	5.20	5.20		
1366	VERMTBUT	CHEVRE (goat cheese)	4 OZ	2.75	2.75		
112C	BULK	CREAM CHEESE	3#	3.55	10.65		
1573	SOMERDAL	DOUBLE GLOUCESTER England	7 OZ	4.64	4.64		
129C	BULK	FETA CHEESE (V)	9#	3.04	27.36	2.74	24.66
120C	BULK	GOUDA SMOKED IMPORTED	6# R/W	3.25	19.50		
60442	EASTRN	HALLLOUMI CHEESE sheep/goat frz	1# R/W	6.85	6.85	6.15	6.15
119C	BULK	MOZZ/CHEDDAR shredded 50/50%	5#	3.09	15.45		
128C	BULK	MOZZARELLA PART SKIM (V)	6# R/W	2.99	17.94		
118C	BULK	MOZZARELLA shredded PURE	5#	3.09	15.45		
117C	BULK	MOZZARELLA WHOLE MILK (V)	6# R/W	2.99	17.94		
121C	BULK	MUENSTER (V)	6# R/W	3.99	23.94		
125C	BULK	PARMESAN GRATED PURE	5#	4.79	23.95		
1250	BULK	PARMESAN GRATED PURE (tubs)	5#	4.20	21.00	3.75	18.75
111C	BULK	PARMESAN REGGIANITO WHEEL	15# R/W	3.35	50.25		
1118	BULK	PARMESAN SARDO HARD WHEEL	5# R/W	3.99	19.95		
90153	CAHILLS	PORTER CHEESE Ireland	200 GR	5.04	5.04		
126C	BULK	PROVALONE	12# R/W	3.49	41.88		
127C	BULK	ROMANO GRATED PURE (Imported)	5#	4.99	24.95	4.49	22.45
90152	SOCIETE	ROQUEFORT WEDGES	3.5 OZ	4.62	4.62		
1572	CLAWSON	STILTON PORTIONS England	50Z	4.36	4.36		
60444	EASTRN	STRING CHEESE Armen (4pcs) frz	2# R/W	7.59	15.18	6.79	13.58
130C	BULK	SWISS CHEESE	8# R/W	4.29	34.32		
90151	HAWES	WENSLEYDALE Wallace & Gromit	7 OZ	5.53	5.53		
<b>APPLGATE FARM</b>							
60994	APPLGT	SLICED AUTHENTIC PROSCIUTTO	4/4OZ	3.99	15.96		
60995	APPLGT	SLICED PANCETTA	4/4 OZ	3.30	13.20	2.97	11.88
<b>BOILIE</b>							
90154	BOILIE	COWS MILK CHEESE IN OIL	7 OZ	4.41	4.41	3.97	3.97
90155	BOILIE	GOATS MILK CHEESE IN OIL	7 OZ	6.02	6.02	5.42	5.42
<b>CABOT CREAMERY</b>							
3093	CABOT	BUTTER NATURAL	1#	2.95	2.95		
3099	CABOT	BUTTER NATURAL UNSALTED	1#	3.15	3.15		
90140	CABOT	CHEDDAR 50% LIGHT JALAPENO	8 OZ	2.63	2.63	2.33	2.33
90143	CABOT	CHEDDAR EXTRA SHARP	8 OZ	2.63	2.63	2.33	2.33
90144	CABOT	CHEDDAR HUNTERS SHARP	8 OZ	2.63	2.63	2.33	2.33
90141	CABOT	CHEDDAR MILD	8 OZ	2.63	2.63		
104C	CABOT	CHEDDAR MILD	10# R/W	4.09	40.90		
90142	CABOT	CHEDDAR SHARP	8 OZ	2.63	2.63		
133C	CABOT	CHEDDAR SHARP	10# R/W	4.49	44.90	3.99	39.90
109C	CABOT	CHEDDAR SHARP	2#	8.95	8.95		
110C	CABOT	CHEDDAR SHARP	3#	13.28	13.28	11.95	11.95
106C	CABOT	CHEDDAR X-SHARP	10# R/W	4.89	48.90		
1158	CABOT	HABANERO CHEDDAR	8 OZ	2.65	2.65	2.35	2.35
115C	CABOT	MONTEREY JACK	10# R/W	4.39	43.90	3.89	38.90
1151	CABOT	SHREDDED CHEDDAR SHARP	8 OZ	2.49	2.49		
1152	CABOT	SHREDDED MONTEREY JACK	8 OZ	2.49	2.49		
1153	CABOT	SHREDDED MOZZARELLA	8 OZ	2.49	2.49		
1193	CABOT	SLICES AMERICAN WHITE	12 OZ	3.33	3.33		
<b>DANIELE</b>							
3655	DANIELE	SALAMI SLICES W/BLK PEPPER	3 OZ	2.69	2.69		
3657	DANIELE	SALAMI SLICES W/WHT WINE	3 OZ	2.69	2.69		
3650	DANIELE	SALAMI W/BLACK PEPPER CHUB	10 OZ	5.69	5.69		
3653	DANIELE	SALAMI W/WHT WINE CHUB	10 OZ	5.69	5.69		
<b>DEEP ROOT</b>							
9583	DEEPRT	SAUERKRAUT ORG	14 OZ	4.69	4.69		
<b>DEVON</b>							
90118	DEVON	DEVON CREAM	6 OZ	4.29	4.29		
<b>EARTH BALANCE</b>							
90156	EARTHBL	BUTTERY SPREAD NATURAL V	16 OZ	2.60	2.60		
90157	EARTHBL	SHORTENING GF DF	15 OZ	2.60	2.60	2.21	2.21
<b>GALAXY FOODS</b>							
5706	GALAXY	GRATED SOY PARMESAN	4 OZ	2.65	2.65	2.35	2.35
5710	GALAXY	RICE SLICES MOZZARELLA	6 OZ	2.91	2.91	2.61	2.61
5711	GALAXY	RICE SLICES YELLOW AMERICAN	6 OZ	2.91	2.91		
5701	GALAXY	SLICED PEPPER/JACK	6 OZ	2.91	2.91	2.41	2.41

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
5708	GALAXY	SLICED SWISS AMERICAN	6 OZ	2.91	2.91		
5704	GALAXY	SLICED YELLOW AMERICAN	6 OZ	2.91	2.91	2.41	2.41
<b>GRAFTON VILLAGE CHEESE</b>							
8421	GRAFTON	CLASSIC CHEDDAR 2 YR R/M	8 OZ	3.44	3.44		
8417	GRAFTON	CLASSIC CHEDDAR 2 YR R/M	2#	11.36	11.36	9.99	9.99
8428	GRAFTON	CLASSIC CHEDDAR 2 YR R/M cryov	2#	11.36	11.36		
90126	GRAFTON	CLASSIC CHEDDAR 2 YR R/M waxed	1#	6.29	6.29		
8407	GRAFTON	GARLIC CHEDDAR R/M	1#	5.49	5.49		
8408	GRAFTON	GARLIC CHEDDAR R/M	8 OZ	3.04	3.04		
8403	GRAFTON	PREMIUM CHEDDAR 1 YR R/M	8 OZ	2.99	2.99	2.69	2.69
8415	GRAFTON	PREMIUM CHEDDAR 1 YR R/M	5# R/W	4.39	21.95	3.95	19.75
8400	GRAFTON	PREMIUM CHEDDAR 1 YR R/M	3#	13.95	13.95		
90124	GRAFTON	PREMIUM CHEDDAR 1 YR R/M waxed	1#	5.36	5.36		
8409	GRAFTON	SAGE CHEDDAR R/M	8 OZ	3.04	3.04		
8413	GRAFTON	SMOKED CHEDDAR R/M	8 OZ	3.19	3.19		
8416	GRAFTON	SMOKED CHEDDAR R/M	5# R/W	4.79	23.95	4.29	21.45
90125	GRAFTON	SMOKED CHEDDAR R/M waxed	1#	5.64	5.64		
90128	GRAFTON	4 STAR CHED 4 YR R/M	1#	9.57	9.57		
<b>HEINIS</b>							
3895	HEINIS	YOGURT CHEESE GARDEN VEGETABLE	8 OZ	2.99	2.99		
3896	HEINIS	YOGURT CHEESE JALAPENO	8 OZ	2.99	2.99		
3892	HEINIS	YOGURT CHEESE ORIGINAL	8 OZ	2.99	2.99	2.69	2.69
<b>HOUSE</b>							
90116	HOUSE	SHIRATAKI TOFU FETTUCINE	24/8 OZ	1.29	30.96		
90117	HOUSE	SHIRATAKI TOFU NOODLE	24/8 OZ	1.29	30.96		
<b>JANA IMPORTS</b>							
90122	JANA	BUTTER 82% SWEET Europe Style	8.8 OZ	1.73	1.73		
<b>KIM CHEE PRIDE</b>							
6745	KIMCHEE	KIM CHEE CABBAGE HOT	16 OZ	2.62	2.62		
6769	KIMCHEE	KIM CHEE CABBAGE HOT	32 OZ	4.29	4.29		
6746	KIMCHEE	KIM CHEE CABBAGE MILD	16 OZ	2.62	2.62	2.32	2.32
6770	KIMCHEE	KIM CHEE CABBAGE MILD	32 OZ	4.29	4.29	3.79	3.79
<b>LIGHTLIFE</b>							
5418	LIGHTLIF	GIMME LEAN GRD BEEF STYLE	14 OZ	3.05	3.05		
5416	LIGHTLIF	GIMME LEAN GRD SAUSAGE s	14 OZ	3.05	3.05	2.55	2.55
5457	LIGHTLIF	LEAN LINKS ITALIAN	8 OZ	2.70	2.70		
5478	LIGHTLIF	SMART BACON	5 OZ	2.68	2.68		
5437	LIGHTLIF	SMART DOG	12 OZ	2.90	2.90	2.60	2.60
5439	LIGHTLIF	SMART DOGS DELI JUMBO	13.5 OZ	2.90	2.90		
5424	LIGHTLIF	SMART PEPPERONI SLICED	4 OZ	2.68	2.68	2.38	2.38
5470	LIGHTLIF	SMART SLICES BOLOGNA s	6 OZ	2.16	2.16		
5472	LIGHTLIF	SMART SLICES COUNTRY HAM s	6 OZ	2.16	2.16		
5474	LIGHTLIF	SMART SLICES RST TURKEY s	6 OZ	2.16	2.16		
5434	LIGHTLIF	SMOKEY TEMPEH STRIPS bacon	6 OZ	3.05	3.05		
5447	LIGHTLIF	TEMPEH GARDEN VEGETABLE ORG	8 OZ	1.95	1.95		
5436	LIGHTLIF	TEMPEH SOY ORG	8 OZ	1.95	1.95		
5442	LIGHTLIF	TEMPEH THREE GRAIN ORG	8 OZ	1.95	1.95		
5414	LIGHTLIF	TEMPEH WILD RICE ORG	8 OZ	1.95	1.95		
5443	LIGHTLIF	TOFU PUPS	12 OZ	2.90	2.90	2.60	2.60
<b>LISANATTI</b>							
90100	LISAN	ALMOND CHEESE CHEDDAR	8 OZ	2.33	2.33	2.03	2.03
90102	LISAN	ALMOND CHEESE GARLIC HERB	8 OZ	2.33	2.33		
90103	LISAN	ALMOND CHEESE JALAPENO JACK	8 OZ	2.33	2.33	2.03	2.03
90101	LISAN	ALMOND CHEESE MOZZARELLA	8 OZ	2.33	2.33		
90106	LISAN	RICE CHEESE CHEDDAR	11 OZ	3.07	3.07		
90107	LISAN	RICE CHEESE MOZZARELLA	11 OZ	3.07	3.07		
90108	LISAN	RICE CHEESE PEPPER JACK	11 OZ	3.07	3.07		
90104	LISAN	SOY CHEESE CHEDDAR	11 OZ	3.07	3.07	2.61	2.61
90105	LISAN	SOY CHEESE MOZZARELLA	11 OZ	3.07	3.07	2.61	2.61
90111	LISAN	SOY SHREDS 3 CHEESE	8 OZ	2.33	2.33		
90109	LISAN	SOY SHREDS CHEDDAR	8 OZ	2.33	2.33		
90110	LISAN	SOY SHREDS MOZZARELLA	8 OZ	2.33	2.33		
90112	LISAN	SOY SLICES CHEDDAR	8 OZ	2.33	2.33		
90113	LISAN	SOY SLICES SWISS	8 OZ	2.33	2.33	2.03	2.03
<b>MISO MASTER</b>							
3131	MISOMAST	BROWN RICE MISO ORG	16 OZ	6.15	6.15		
3170	MISOMAST	MELLOW WHITE MISO ORG	16 OZ	5.95	5.95		
3129	MISOMAST	TRAD CTRY BARLEY MISO ORG	16 OZ	6.15	6.15		
3130	MISOMAST	TRADITIONAL RED MISO ORG	16 OZ	6.15	6.15		
<b>MT. VIKOS</b>							
3913	MTVIKOS	FETA BARREL AGED Greece	6 OZ	3.84	3.84		
1515	MTVIKOS	FETA SHEEP & GOAT Greek	7 OZ	3.85	3.85		
1513	MTVIKOS	FETA SHEEP & GOAT Greek	4.4#	31.25	31.25	28.15	28.15
3915	MTVIKOS	FETIRI W/CRACKED PEPPER feta	7 OZ	3.85	3.85		
3914	MTVIKOS	FETIRI W/GREEK HERBS feta	7 OZ	3.85	3.85	3.45	3.45
3922	MTVIKOS	HALLOUMI	8 OZ R/W	7.50	3.75		
1516	MTVIKOS	KASSERI SemiSft SHP+GOAT Greek	6 OZ	4.87	4.87		



## THE DOGHOUSE KITCHEN

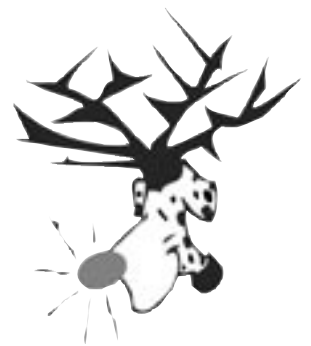
Portland, Maine

### Reindog Rewards

It's the goal of Doghouse Kitchen to make the tastiest treats (to keep Ruphus happy) with the best ingredients (to keep Ruphus healthy) for all their wonderful dog friends. And they love doing it! Whenever possible, they work with local businesses - both for packaging needs as well as produce and dry ingredients.

Their treats are either 100% organic or as close as they can be. All ingredients are human-grade.

And for that special dog on your holiday list...



### Reindog Rewards

Pine tree, bell, star shapes

Ingredients: organic rye flour, organic oat bran, organic brown rice, organic cinnamon, organic nutmeg, organic clove, organic safflower/sunflower oil, Maine wild honey, unsulphured blackstrap molasses, organic skim milk, Maine organic cage-free eggs.

# Grampa's Garden

## Breathe E-Z Oil

A Natural Decongestant. Pure plant essential oil of grapefruit, eucalyptus, frankincense, myrrh and ravensara help to relieve sinus and chest congestion or to assist in breathing. This is also wonderful as a refreshing bath oil.



## Therapeutic Massage Oil

Massage therapists love it. Pure plant essential oil of juniper, rosemary and lavender provides effective therapy to sore muscles and joints while helping to reduce inflammation.

STOCK #	BRAND	ITEM DESCRIPTION	SIZE	PRICE	EXT	SALE PRICE	EXT
<b>MT. VIKOS - CONT.</b>							
3916	MTVIKOS	MANOURI LOGS Greek	2.2# R/W	6.99	15.38	6.29	13.84
1517	MTVIKOS	temp n/a MANOURI Greek	4 OZ	2.99	2.99		
<b>NASOYA</b>							
3029	NASOYA	NOODLES JAPANESE STYLE	6/9 OZ	1.67	10.02		
<b>NEZINSCOTT FARM</b>							
91002	NEZINSC	P/O GREGARIAN ORG hard curd	5# R/W	14.29	71.45		
91006	NEZINSC	P/O GRISWOLD hard cheese goat	5# R/W	21.42	107.10		
91001	NEZINSC	P/O NEZINSCOT ORG creamy ched	5# R/W	14.29	71.45		
<b>ORGANIC VALLEY</b>							
5927	ORG VLY	BUTTER ORG SALTED STICKS	16 OZ	5.96	5.96		
5928	ORG VLY	BUTTER ORG UNSALTED STICKS	16 OZ	5.96	5.96		
5917	ORG VLY	CHEDDAR MILD RAW ORG	8 OZ	4.19	4.19	3.69	3.69
5918	ORG VLY	CHEDDAR SHARP RAW ORG	8 OZ	4.35	4.35		
5915	ORG VLY	COLBY YELLOW ORG	8 OZ	4.05	4.05		
90148	ORG VLY	CREAM CHEESE ORG bar	8 OZ	2.69	2.69		
5916	ORG VLY	FETA ORG cows milk	8 OZ	4.19	4.19		
5920	ORG VLY	MONTEREY JACK RAW ORG	8 OZ	4.19	4.19	3.69	3.69
5921	ORG VLY	MOZZARELLA PART SKIM ORG	8 OZ	4.19	4.19		
5922	ORG VLY	MUENSTER RED RIND ORG	8 OZ	4.19	4.19	3.77	3.77
5926	ORG VLY	PROVOLONE ORG	8 OZ	4.19	4.19		
<b>PINDERS</b>							
8510	PINDERS	PURE HORSERADISH (refrig)	6 OZ	1.75	1.75	1.55	1.55
<b>REAL PICKLES</b>							
90135	REALPICK	ASIAN STYLE CABBAGE ORG	15 OZ	4.45	4.45		
90133	REALPICK	DILL PICKLES ORG	26 OZ	4.45	4.45		
91007	REALPICK	GINGER CARROTS ORG	15 OZ	4.45	4.45		
90136	REALPICK	RING CABBAGE ORG	15 OZ	3.93	3.93		
90134	REALPICK	SAUERKRAUT ORG	15 OZ	3.57	3.57		
<b>RECCA</b>							
8926	RECCA	WHITE ANCHOVY FILLETS jar	7 OZ	8.10	8.10		
<b>RELLA GOOD NON-DAIRY</b>							
3774	RELLA	VEGANRELLA CHEDDAR	8 OZ	3.37	3.37		
3776	RELLA	VEGANRELLA MOZZARELLA	8 OZ	3.37	3.37		
<b>SAW MILL SITE FARM</b>							
9437	SAW MILL	HORSERADISH BEET	8 OZ	2.94	2.94	2.64	2.64
9435	SAW MILL	HORSERADISH FRANK'S ORIGINAL	8 OZ	2.94	2.94		
<b>SHEDS WILLOW RUN</b>							
1613	SHEDS	WILLOW RUN SOY MARGARINE	1#	1.99	1.99	1.69	1.69
<b>SMOKE &amp; FIRE TOFU</b>							
7410	SMK&FIRE	SMKD TOFU BBQ ORG	6 OZ	2.29	2.29		
7408	SMK&FIRE	SMKD TOFU HERBED ORG	6 OZ	2.29	2.29		
7409	SMK&FIRE	SMKD TOFU LEMON/GARLIC ORG	6 OZ	2.29	2.29		
7401	SMK&FIRE	SMKD TOFU SEA VEGETABLE ORG	6 OZ	2.29	2.29		
7411	SMK&FIRE	SMKD TOFU THAI ORG	6 OZ	2.29	2.29		
<b>SOUTH RIVER MISO</b>							
1906	SOUTHRIV	MISO ADZUKI RICE ORG	16 OZ	6.99	6.99		
1900	SOUTHRIV	MISO BARLEY 3 yr ORG	16 OZ	8.10	8.10		
2133	SOUTHRIV	MISO BARLEY 3 yr ORG	9#	7.05	63.45		
1904	SOUTHRIV	MISO CHICK PEA ORG	16 OZ	6.99	6.99		
1908	SOUTHRIV	MISO GOLD MILLET ORG (spec ed)	16 OZ	6.99	6.99		
1907	SOUTHRIV	MISO HEARTY BROWN RICE ORG	16 OZ	8.10	8.10		
1905	SOUTHRIV	MISO SWEET WHITE ORG	16 OZ	6.99	6.99		
2137	SOUTHRIV	MISO SWT BROWN RICE 1yr ORG	16 OZ	6.99	6.99		
2135	SOUTHRIV	temp n/a MISO SWT BROWN RICE 1	9#	5.90	53.10		
<b>SOYATOO!</b>							
90147	SOYATOO	SOY WHIPPED CREAM Vg canister	7 OZ	3.96	3.96	3.56	3.56
<b>SUNJAS</b>							
9530	SUNJAS	CABBAGE KIMCHEE SPICY jar	16 OZ	2.85	2.85		
9531	SUNJAS	RADISH KIMCHEE SPICY jar	16 OZ	2.85	2.85	2.55	2.55
9532	SUNJAS	WHITE KIMCHEE NON-SPICY jar	16 OZ	2.85	2.85	2.55	2.55
<b>TOFUTTI</b>							
1264	TOFUTTI	BTR THAN CRM CHEESE PLAIN	12/8 OZ	2.49	29.88		
<b>TOURNEVT</b>							
6441	TOURNEVT	CHEVRE NOIR Goat cheddar	4.5 OZ	4.99	4.99		
90145	TOURNEVT	GOAT BUTTER	8.9 OZ	6.32	6.32		
<b>YOGOURMET</b>							
5584	YOGOURME	YOGURT STARTER	1OZ	2.99	2.99		