

Harvest Dec

BRAND	CATEGORY
CADIA	Baking Supplies
New Glarus	Beer
Desert Essence	Body Care
Everyone Nourishing	Body Care
Mill Creek	Body Care
Mill Creek	Body Care
Mill Creek	Body Care
CADIA	Broth
CADIA	Canned Beans
CADIA	Canned Seafood
CADIA	Canned Seafood
CADIA	Canned Veggies
CADIA	Canned Veggies
CADIA	Canned Veggies
CADIA	Cereal
CADIA	Chips
CADIA	Coconut Milk
CADIA	Coconut Milk

Equal Exchange	Coffee
CADIA	Condiments
CADIA	Cookies
CADIA	Cookies
CADIA	Cookies
SASSY COW	Dairy
SASSY COW	Dairy
SASSY COW	Dairy
SILK	Dairy
SILK	Dairy
Yerba Prima	Digestive Health
CADIA	Dried Beans & Legumes
CADIA	Dried Beans & Legumes
CADIA	Dried Fruits
State Line	Eggs
CADIA	Frozen Fruits
CADIA	Frozen Veggies
CADIA	Fruit Preserves & Jellies
CADIA	Fruit Preserves & Jellies

CADIA	Fruit Preserves & Jellies
CADIA	Household Supplies
Gaia	Immunity Support
Natural Factors	Immunity Support
Nutiva	Immunity Support
OM	Immunity Support
OM	Immunity Support
Megafood	Joint Health
Good Harvest	Meat & Seafood
Good Harvest	Meat & Seafood
Good Harvest	Meat & Seafood
Ney's	Meat & Seafood
Jarrow	Mineral
Life Extension	Mineral
Natural Factors	Mineral
Natural Factors	Mineral
Vitamer	Mineral
CADIA	Non-Dairy Butter
CADIA	Nut Butters
CADIA	Oil & Vinegar
Dr. Bronner	Oral Health
Dr. Bronner	Oral Health

Kal	Vitamin
Natural Factors	Vitamin
Natures Way	Vitamin
Vitamer	Vitamin
Our Daily	Wine
Our Daily	Wine
Our Daily	Wine

il Prices as of 3/22/25

PRODUCT DESCRIPTION	Size	Size	Price
FLOUR ALL PURP UNBLCH ORG	5	LB	\$ 7.99
Fat Squirrel Ale	6	EA	\$ 8.49
IPA	6	EA	\$ 8.49
Spotted Cow Farmhouse Ale	6	EA	\$ 8.49
Two Women Lager	6	EA	\$ 8.49
Coconut Conditioner	8	OZ	\$ 8.19
Coconut Shampoo	8	OZ	\$ 8.19
Fragrance Free Conditioner	8	OZ	\$ 8.19
Fragrance Free Shampoo	8	OZ	\$ 8.19
Lotion Citrus Mint	32	OZ	\$ 11.99
Lotion Coconut & Lemon	32	OZ	\$ 11.99
Lotion Lavender & Aloe	32	OZ	\$ 11.99
Lotion Unscented	32	OZ	\$ 11.99
Deodorant Aloe	2.5	OZ	\$ 5.99
Deodorant Lavender	2.5	OZ	\$ 5.99
Deodorant Unscented	2.5	OZ	\$ 5.99
BROTH CHKN FREE RANGE LOW SODIUM ORG	32	OZ	\$ 2.29
BROTH CHKN FREE RANGE ORG	32	OZ	\$ 2.29
BROTH VGTBL LS ORG	32	OZ	\$ 2.29
BROTH VGTBL ORG	32	OZ	\$ 2.29
BEAN BLACK ORG	15	OZ	\$ 1.29
BEAN BLACK REFRIED ORG	16	OZ	\$ 1.79
BEAN GARBANZO ORG	15	OZ	\$ 1.29
BEAN GREAT NORTHERN ORG	15	OZ	\$ 1.29
BEAN KIDNEY ORG	15	OZ	\$ 1.29
BEAN PINTO ORG	15	OZ	\$ 1.29
BEAN REFRIED ORG	16	OZ	\$ 1.79
TUNA ALBACORE SOLID	5	OZ	\$ 2.49
TUNA TONGOL CHNK LT	5	OZ	\$ 2.29
VEG CORN SWEET CAN ORG	15	OZ	\$ 2.49
VEG GRN BEAN CUT CAN ORG	14.5	OZ	\$ 2.49
VEG PEAS SWEET CAN ORG	15	OZ	\$ 2.49
CEREAL ALMOND CLUSTERS	11	OZ	\$ 3.99
CEREAL RAISIN BRAN ORG	12	OZ	\$ 4.69
GRANOLA BLUEBERRY FLAX	13	OZ	\$ 3.99
GRANOLA CHOC HAZELNUT	11	OZ	\$ 3.99
GRANOLA HONEY ALMOND	13	OZ	\$ 3.99
GRANOLA HONEY OAT	12	OZ	\$ 3.99
CHEDDAR CHEESE CURLS	7	OZ	\$ 2.79
MILK COCONUT LIGHT ORG	13.5	FO	\$ 1.99
MILK COCONUT ORG	13.5	FO	\$ 2.29

Bulk Coffee	PER	LB	\$ 12.99
Org Bird of Paradise	16	OZ	\$ 10.99
Org Breakfast Blend	16	OZ	\$ 10.99
Org French Roast	16	OZ	\$ 10.99
Org Love Buzz	16	OZ	\$ 10.99
Org Peruvian	16	EA	\$ 10.99
KETCHUP ORG	24	OZ	\$ 3.29
MAYONNAISE ORG	32	OZ	\$ 8.99
MUSTARD DIJON ORG	8	OZ	\$ 2.49
MUSTARD HONEY ORG	8	OZ	\$ 2.49
MUSTARD WHL GRAIN ORG	8	OZ	\$ 2.49
MUSTARD YELLOW CLSSC ORG SQUEEZ	14	OZ	\$ 2.29
COOKIE SNDWCH CHOC ORG	10.5	OZ	\$ 3.99
COOKIE SNDWCH MAPLE ORG	11.4	OZ	\$ 4.79
COOKIE SNDWCH VNLLA ORG	10.5	OZ	\$ 3.99
1% Natural Milk	1	GAL	\$ 3.99
2% Natural Milk	1	GAL	\$ 3.99
Skim Natural Milk	1	GAL	\$ 3.99
Almond Milk, Unsweetened	0.5	GAL	\$ 4.49
Almond Milk, Vanilla	0.5	GAL	\$ 4.49
Daily Fiber Formula	12	OZ	\$ 12.99
BEAN BLACK DRY ORG	16	OZ	\$ 3.29
BEAN PINTO DRY ORG	16	OZ	\$ 3.29
RAISIN SUNDRD ORG	15	OZ	\$ 5.99
Large Organic Eggs	1	DZ	\$ 6.29
FRUIT BANANA SLICED ORG	10	OZ	\$ 3.29
FRUIT BLEND TRIPLE BERRY ORG	10	OZ	\$ 3.69
FRUIT BLND TRIPL BRY ORG	10	OZ	\$ 3.69
FRUIT BLUEBERRIES ORG	10	OZ	\$ 3.69
FRUIT CHERRIES SWT PTTD ORG	10	OZ	\$ 3.69
FRUIT MANGO ORG	10	OZ	\$ 3.69
FRUIT PEACH SLICES ORG	10	OZ	\$ 3.69
FRUIT PINEAPPLE ORG	10	OZ	\$ 3.69
FRUIT POMGRNT KERNLS ORG	10	OZ	\$ 3.99
FRUIT STRAWBERRIES ORG	10	OZ	\$ 3.69
VEG BEAN GREEN CUT ORG	16	OZ	\$ 3.99
VEG BROCCOLI FLORETS ORG	16	OZ	\$ 3.99
VEG CALIF BLEND ORG	16	OZ	\$ 3.99
VEG CORN SUPERSWEET ORG	16	OZ	\$ 3.99
VEG MIXED ORG	16	OZ	\$ 3.99
VEG PEAS & SHOESTRNG CARROT OR	16	OZ	\$ 3.99
VEG PEAS ORG	16	OZ	\$ 3.99
JELLY GRAPE CONCORD ORG	13	OZ	\$ 3.99
PRESERVE APRICOT ORG	13	OZ	\$ 3.99

PRESERVE BLUEBERRY ORG	13	OZ	\$ 3.99
PRESERVE MIXED BERRY ORG	13	OZ	\$ 3.99
PRESERVE MORLO CHERRY ORG	13	OZ	\$ 3.99
PRESERVE RASPBERRY ORG	13	OZ	\$ 3.99
PRESERVE STRAWBERRY ORG	13	OZ	\$ 3.99
DISH SOAP LIQ CITRUS	25	OZ	\$ 3.99
DISH SOAP LIQ FREE&CLEAR	25	OZ	\$ 3.99
FABRIC SFTNR FREE&CLEAR	50	OZ	\$ 6.29
FABRIC SFTNR LAVENDER	50	OZ	\$ 6.29
LAUNDRY DTRGNT LIQ 2X FREE&CLR	100	OZ	\$ 11.99
LAUNDRY DTRGNT LIQ 2X LAVENDER	100	OZ	\$ 11.99
TISSUE BATH 12PK 250CT	1	EA	\$ 8.99
TISSUE BATH 4PK 250CT	1	EA	\$ 3.79
TISSUE FACIAL 1PK 85CT	1	EA	\$ 1.59
TOWEL PAPER SNG RL 120CT	1	EA	\$ 2.19
Elderberry Tonic	4	OZ	\$ 14.59
Wild Alaskan Fish Oil	90	EA	\$ 13.89
Organic MCT Oil	32	OZ	\$ 39.99
Lions Mane	90	EA	\$ 22.99
Master Blend	80	EA	\$ 22.99
Tumeric Curcumin	60	EA	\$ 12.49
Boneless Pork Chops - 2 lb Minimum	1	lb	\$ 3.99
Pasture Raised Ground Beef - 3 lb Minimum	1	lb	\$ 6.49
Pork Tenderloin - 3 lb Minimum	1	LB	\$ 4.99
Chicken Breast, Natural - 3 lb Minimum	1	lb	\$ 5.49
Bone Up	120	EA	\$ 13.99
Magnesium Citrate	100	EA	\$ 9.99
Zinc Chelate	90	EA	\$ 6.49
Zinc Citrate	90	EA	\$ 6.49
Whole Iron Caps	60	EA	\$ 12.99
SPREAD BUTTERY VEGAN ORG	13	OZ	\$ 4.99
ALMOND BTTR CRMY ORG	16	OZ	\$ 12.99
ALMOND BTTR CRUNCHY	16	OZ	\$ 8.99
PEANUT BTTR CRMY ORG	16	OZ	\$ 5.99
PEANUT BTTR CRNCHY ORG	16	OZ	\$ 5.99
SUNFLOWER SEED BTTR ORG	16	OZ	\$ 6.49
OIL CANOLA ORG	32	FO	\$ 6.49
OIL CCNUT VIRG UNREFINED ORG	14	FO	\$ 7.29
OIL OLIVE XVR MEDTRN ORG	500	ML	\$ 9.49
Refined Avocado Oil	16.9	OZ	\$ 7.99
VINEGAR APPLE CIDER ORG	32	OZ	\$ 5.69
VINEGAR BALSAMIC ORG	500	ML	\$ 4.99
Anise Toothpaste	5	OZ	\$ 6.29
Cinnamon Toothpaste	5	OZ	\$ 6.29

Peppermint Toothpaste	5	OZ	\$ 6.29
Spearmint Toothpaste	5	OZ	\$ 6.29
Mouthwash	12	OZ	\$ 5.99
PASTA FARFALLE ORG	16	OZ	\$ 1.99
PASTA FUSILLI ORG	16	OZ	\$ 1.99
PASTA LINGUINE ORG	16	OZ	\$ 1.99
PASTA PENNE ORG	16	OZ	\$ 1.99
PASTA SPAGHETTI ORG	16	OZ	\$ 1.99
SAUCE PASTA ARRBIAATA ORG	24	OZ	\$ 3.49
SAUCE PASTA ARRBIAATA ORG	24	OZ	\$ 3.49
SAUCE PASTA MARINARA ORG	24	OZ	\$ 3.49
SAUCE PASTA RSTD GAR ORG	24	OZ	\$ 3.49
SAUCE PASTA TOM BASL ORG	24	OZ	\$ 3.49
POPCORN 3PK MICRO LT SALT ORG	9.9	OZ	\$ 3.29
POPCORN LGHT SALT ORG	5	OZ	\$ 2.99
POPCORN WHT CHDR ORG	4	OZ	\$ 2.99
Probiotic	60	EA	\$ 21.29
Baby Carrots	2	lb	\$ 4.49
Organic Bananas	1	LB	\$ 0.99
RICE JASMINE	32	OZ	\$ 4.99
RICE JASMINE	32	OZ	\$ 4.99
QUINOA TRI COLOR ORG	16	OZ	\$ 4.79
RICE BRWN LONG GRAIN ORG	32	OZ	\$ 4.99
RICE BRWN SHRT GRAIN ORG	32	OZ	\$ 5.49
RICE WHT LONG GRAIN ORG	32	OZ	\$ 4.99
SEED CHIA ORG	12	OZ	\$ 5.49
Melatonin 3mg	60	EA	\$ 5.99
Melatonin 5mg	60	EA	\$ 6.99
3 in 1 Soap Coconut Lemon	32	OZ	\$ 9.99
3 in 1 Soap Lavender Aloe	32	OZ	\$ 9.99
3 in 1 Soap Unscented	32	OZ	\$ 9.99
3 in 1 Soap Vanilla + Lavender	32	OZ	\$ 9.99
Eucalyptus Soap	3.5	OZ	\$ 3.99
Vegetable Based Soap	3.9	OZ	\$ 3.99
Pea Protein	1	LB	\$ 26.99
Pumpkin Protein	1	LB	\$ 29.99
Sunflower Protein	1	LB	\$ 22.99
HONEY WILDFLOWER ORG	16	OZ	\$ 6.99
TOMATO CRUSHED W BASIL ORG	28	OZ	\$ 2.79
TOMATO DICED NSA ORG	14.5	OZ	\$ 1.79
TOMATO DICED ORG	28	OZ	\$ 2.79
TOMATO DICED ORG	14.5	OZ	\$ 1.79
TOMATO PASTE ORG	6	OZ	\$ 1.29
TOMATO SAUCE ORG	15	OZ	\$ 1.79

Multisaurus	90	EA	\$ 14.99
Vitamin C	90	EA	\$ 9.99
Vitamin D 10,000IU	120	EA	\$ 15.39
Vitamin D 1000IU	90	EA	\$ 4.69
Vitamin D 2000IU	120	EA	\$ 8.49
Vitamin D 5000IU	120	EA	\$ 11.49
Mens 50+ Ultra Potency Vitamin	60	EA	\$ 21.99
Mens Ultra Potency Vitamin	60	EA	\$ 22.99
Womens 50+ ultra Potency Vitamin	60	EA	\$ 21.99
Womens Ultra Potency Vitamin	60	EA	\$ 21.99
B-Complex	60	EA	\$ 12.99
Cabernet Sauvignon	1	EA	\$ 9.49
Chardonnay	1	EA	\$ 9.49
Red	2	EA	\$ 9.49