



Beans - Canned > Organic Plain Beans

Aduki Beans, Organic, 15 oz 102970
Black Beans, Organic, 15 oz 102980
Black Eyed Peas, Organic, 15 oz 103120
Black Soybeans, Organic, 15 oz 103050
Butter Beans (Baby Lima), Organic, 15 oz 103130
Cannellini (White Kidney) Beans, Organic, 15 oz 103100
Garbanzo Beans (Chick Peas), Organic, 15 oz 102960
Great Northern Beans, Organic, 15 oz 103004
Kidney Beans, Organic, 15 oz 102990
Navy Beans, Organic, 15 oz 103000
Pinto Beans, Organic, 15 oz 102950
Small Red Beans, Organic, 15 oz 103110

Beans - Canned > Organic Refried Beans

Refried Black Beans, Organic, 16 oz 103160
Refried Black Soy & Black Beans, Organic, 15 oz 103180
Refried Kidney Beans, Organic, 15 oz 103170
Refried Pinto Beans, Organic, 16 oz 103150
Spicy Refried Black Beans, Organic, 16 oz 103200
Spicy Refried Pinto Beans, Organic, 16 oz 103190

Beans - Canned > Organic Rice & Beans

Cajun Rice & Small Red Beans, Organic, 15 oz 103230
Caribbean Rice & Black Beans, Organic, 15 oz 103215
Mexican Rice & Black Beans, Organic, 15 oz 103218
Moroccan Rice & Garbanzo Beans, Organic, 15 oz 103213
Rice & Kidney Beans, Organic, 15 oz 103220
Rice & Pinto Beans, Organic, 15 oz 103205
Spanish Rice & Pinto Beans, Organic, 15 oz 103208

Beans - Canned > Organic Seasoned Beans

Baked Beans with Sorghum & Mustard, Organic, 15 oz 103080
Caribbean Black Beans, Organic, 15 oz 103145
Chili Beans w Jalapeno & Red Pepper, Organic, 15 oz 103070
Lentils w/Onion & Bay Leaf, Organic, 15 oz 103090
Spicy Pinto Beans, Organic, 15 oz 103040

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Beans - Dry

Organic Dry Black Turtle Beans - 1 pound box, 16 oz 102820
Organic Dry Dark Red Kidney Beans - 1 pound box, 16 oz 102800
Organic Dry Garbanzo Beans (chick peas) - 1 pound box, 16 oz 102750
Organic Dry Green Lentils - 1 pound box, 16 oz 102710
Organic Dry Navy Beans - 1 pound box, 16 oz 102845
Organic Dry Pinto Beans - 1 pound box, 16 oz 102905

Chili

Black Bean & Quinoa Chili, 14.5 oz 103234
Great Northern Bean & Barley Chili, 14.5 oz 103238
Kidney Bean & Kamut Chili, 14.5 oz 103236
Pinto Bean & Spelt Chili, 14.5 oz 103232

Fruit & Juices > Dried Fruit

Dried Wild Blueberries, Organic, 4 oz 103260
Montmorency Dried Tart Cherries, 10 lb 103285
Montmorency Dried Tart Cherries, 4 oz 103270

Fruit & Juices > Sauces and Butters

Apple Cherry Sauce, Organic, 25 oz 103350

Japanese Traditional > Imported Specialty

Daikon Radish - Shredded and Dried, 3.5 oz 110100

Japanese Traditional > Miso

Genmai (Brown Rice) Miso, Organic, 12.1 oz 107780

Japanese Traditional > Mushrooms

Maitake Mushrooms, Dried, .88 oz 110040
Shiitake Mushrooms, Dried Sliced, .88 oz 110030
Shiitake Mushrooms, Whole Dried, .88 oz 110020

Pasta > Imported Traditional

Kamut Soba, Organic, 8 oz 101685
Kamut Udon, Organic, 8 oz 101695
Lotus Root Soba, 8.8 oz 108160
Soba, 100% Buckwheat, 8 oz 108300
Soba, 40% Buckwheat, 8.8 oz 108100
Udon, Organic, 100% Whole Grain, 8 oz 101705



Wheat and Rice Udon, Organic, 8 oz 101715

Japanese Traditional > Sea Vegetables

Agar Agar Bars, .5 oz 108960

Arame, 2.1 oz 108840

Hiziki, 2.1 oz 108860

Wakame, 2.1 oz 108900

Pasta > Organic 100% Whole Grain

Kamut & Buckwheat Rigatoni, Organic, 100% Whole Grain, 12 oz 101675

Kamut & Quinoa Twisted Pair, Organic, 100% Whole Grain, 12 oz 101150

Kamut Ditalini, Organic, 100% Whole Grain, 12 oz 101140

Kamut Elbows, Organic, 100% Whole Grain, 14 oz 101670

Kamut Spaghetti, 100% Whole Grain, Organic, 14 oz 101130

Kamut Spirals, 100% Whole Grain, Organic, 12 oz 101100

Kamut Vegetable Spirals, 100% Whole Grain, Organic, 12 oz 101272

Rye Spirals, Organic, 100% Whole Grain, 12 oz 101355

Spaghetti, Organic, 100% Whole Grain, 14 oz 101210

Spelt & Buckwheat Gemelli Organic, 100% Whole Grain, 12 oz 101655

Spelt Ribbons, 100% Whole Grain, Organic, 8 oz 101630

Spelt Spaghetti, Organic, 100% Whole Grain, 14 oz 101660

Spelt Ziti Rigati, 100% Whole Grain, Organic, 12 oz 101635

Pasta > Organic 60% Whole Grain

Flax Rice Spirals, 60% Whole Grain, Organic, 12 oz 101265

Parsley Garlic Spaghetti, 60% Whole Grain, Organic, 14 oz 101595

Small Vegetable Shells, 60% Whole Grain, Organic, 12 oz 101645

Spinach Ribbons, 60% Whole Grain, Organic, 8 oz 101375

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Spinach Spirals, 60% Whole Grain, Organic, 12 oz 101350

Vegetable Alphabets, Organic, 60% Whole Grain, 16 oz 101395

Pasta > Organic Golden Amber Durum

Parsley Garlic Ribbons, Organic, 8 oz 101485

Saffron Ribbons, Organic, 8 oz 101550

Vegetable Ribbons, Organic, 8 oz 101425

Snack Foods > 4 oz Re-sealable

All Mixed Up, 4 oz 112025

All Mixed Up Too, 4 oz 112015

Pistachios, Shelled and Dry Roasted, Organic, 4 oz 113030

Pumpkin Seeds, Dry Roasted & Salted, Organic, 4 oz 113015

Spicy Pumpkin Seeds, Dry Roasted w Tamari, Organic, 4 oz 112365

Tamari Almonds, Dry Roasted, Organic, 4 oz 112425

Wild Berry Mix, Organic, 4 oz 112030

Snack Foods > Popcorn

Popcorn, Yellow, Organic, 20 oz 105400

Tomatoes & Sauerkraut > Organic Sauerkraut

Sauerkraut, Organic, 32 oz 103900

Tomatoes & Sauerkraut > Organic Tomato Products

Pizza Pasta Sauce, Organic, 15 oz 103920

Spaghetti Sauce, No Salt Added, Organic, 25 oz 104030

Spaghetti Sauce, Organic, 25 oz 104020

Whole Grains

Buckwheat, Organic, 16 oz 113040

Kamut Flakes, Organic, 16 oz 113065

Millet, Organic, 16 oz 113035

Oat Flakes, Organic, 16 oz 113050

Quinoa, Organic, 16 oz 106900

Red Quinoa, Organic, 16 oz 106905

Rye Flakes, Organic, 16 oz 113045

Spelt Flakes, Organic, 16 oz 113060

Wild Rice, 7 oz 106920



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Bulk > Fruit and Nut Mixes

Pumpkin Seeds, Dry Roasted & Salted, Organic, 10 lb 113020

Spicy Pumpkin Seeds, Dry Roasted w/Tamari, 10 lb 112360

Tamari Roasted Almonds, Organic, 10 lb 112420

Tamari Roasted Almonds, Organic, 25 lb 112400

Bulk > Miso

Genmai (Brown Rice) Miso, Organic, 22 lb 107520

Bulk > Organic Beans

Aduki Beans, Dry, Organic, 25 lb 102771

Black Beans, Organic - #10 can, 108 oz 102978

Black Soybeans, Dry, Organic, 25 lb 102814

Black Turtle Beans, Dry, Organic, 25 lb 102816

Cannellini (White Kidney) Beans, Organic - #10 Can, 108 oz 103108

Dark Red Kidney Beans, Dry, Organic, 25 lb 102796

Garbanzo Beans (chick peas), Organic - #10 Can, 108 oz 102958

Green Lentils, Dry, Organic, 25 lb 102700

Green Split Peas, Dry, Organic, 25 lb 102725

Kidney Beans (dark red), Organic - #10 Can, 108 oz 102988

Navy Beans, Dry, Organic, 25 lb 102838

Pinto Beans, Dry, Organic, 25 lb 102900

Pinto Beans, Organic - #10 Can, 108 oz 102956

Small Red Beans, Dry, Organic, 25 lb 102850

Bulk > Organic Flour

Hard Red Spring Wheat Flour, Organic, 50 lb 111440

Hard Red Winter Wheat Flour, Organic, 50 lb 111400

Pastry Flour (Soft White Wheat), Organic, 50 lb 111500

Bulk > Organic Grain

Hard Red Spring Wheat, Whole Grain, Organic, 50 lb 105840

Hard Red Winter Wheat, Whole Grain, Organic, 50 lb 105800

Pearled Barley, Organic, 50 lb 106060

Popcorn, Yellow, Organic, 50 lb 105815

Quinoa, Organic, 25 lb 106860

Soft White Winter Wheat, Whole Grain, Organic, 50 lb 105880

Bulk > Pasta

Parsley Garlic Ribbons, Organic, 10 lb 101480

Spaghetti, Organic, 100% Whole Grain, 10 lb 101200

Udon, Organic, 100% Whole Grain, 10 lb 101725

Wheat and Rice Udon, Organic, 10 lb 101735

Bulk > Sea Vegetables

Arame, 2.2 lb 108600

Hiziki, 2.2 lb 108620

Wakame, 2.2 lb 108700