

Idaho's Bounty Food Co-op, Inc. July 2010 List of Changed Products

Vegetables

Cucumbers

#	Product	Type	Price
Cabalo's Orchard & Gardens			
	Pickling Cucumbers - Bread and Butter Size		
	Order number of bags. Fresh picked 4"-6" pickling cucumbers approximately 1" in diameter. Perfect for Bread and Butter Pickles or Large Dill pickles, also great for eating plain or in salads. Sold by the 2 lb bag of cucumbers. This amount will generally make 16 -20 quarts of pickles. Our produce is grown using organic methods of production however we are not "Certified Organic".	All Natural	\$3.19/bag
#1804			
	Pickling Cucumbers - Bread and Butter Size		
	Order number of boxes. Fresh picked 4"-6" pickling cucumbers approximately 1" in diameter. Perfect for Bread and Butter Pickles or Large Dill pickles. Sold by the half Bushel Box that contains 22lbs of cucumbers. This amount will generally make 16 -20 quarts of pickles. Our produce is grown using organic methods of production however we are not "Certified Organic".	All Natural	\$32.47/half bushel
#1833			
	Pickling Cucumbers - Gherkins Size		
	Order number of bags. Fresh picked 2"-3" pickling cucumbers approximately 1/2" in diameter. Perfect for Baby Gherkins Pickles. Sold by the 2 lb bag of cucumbers. Our produce is grown using organic methods of production however we are not "Certified Organic".	All Natural	\$3.46/bag
#1807			
	Pickling Cucumbers - Gherkins Size		
	Order number of boxes. Fresh picked 2"-3" pickling cucumbers approximately 1/2" in diameter. Perfect for Baby Gherkins Pickles. Sold by the half Bushel Box that contains 22lbs of cucumbers. This amount will generally make 16 -20 quarts of pickles. Our produce is grown using organic methods of production however we are not "Certified Organic".	All Natural	\$35.18/half bushel
#1834			
	Pickling Cucumbers - Small Dills Size		
	Order number of bags. Fresh picked 3"-4" pickling cucumbers approximately 3/4" -1" in diameter. Perfect for whole dill pickles or just eating fresh. Sold by the 2 lb bag of cucumbers. Our produce is grown using organic methods of production however we are not "Certified Organic".	All Natural	\$3.19/bag
#1835			
	Pickling Cucumbers - Small Dills Size		
	Order number of boxes. Fresh picked 3"-4" pickling cucumbers approximately 3/4" -1" in diameter. Perfect for whole Dill Pickles. Sold by the half Bushel Box that contains 22lbs of cucumbers. This amount will generally make 16 -20 quarts of pickles. Our produce is grown using organic methods of production however we are not "Certified Organic".	All Natural	\$32.47/half bushel
#1806			

Rice Family Farms

	Cucumber slicers		
#587	Order number of cucumbers. 8 inch average slicer cucumber....sweet and juicy new crop picked every other day	Certified Organic	\$1.29/cucumber
	Cucumber slicers		
#1750	Order number of 5 lb. bags. 7-10 inch average slicer cucumbers....sweet and juicy new crop picked every other day.	Certified Organic	\$8.50/5lb bag

Fresh Beans

#	Product	Type	Price
Rice Family Farms			
	1 # Bag Organic French Fillet Beans		
#1762	Order number of bags. Harder to pick...but awesome flavor and taste when they finally get on your fork.	Certified Organic	\$3.99/1#bag
	1 # Bag Organic Yellow French Fillet Beans		
#1785	Order number of bags. Harder to pick...but awesome flavor and taste when they finally get on	Certified Organic	\$3.99/1#bag

your fork. These are very slender and tender yellow bean

Greens and Lettuces

#	Product	Type	Price
Fair Mountain Farm			
	Bright Lights Swiss Chard(1/2 pound bag)		
#652	Order number of bags. Colorful and tasty & tender.We cut it medium-size before it gets "stalky". Amazingly vibrant colors!	All Natural	\$4.32/1/2# bag

Rice Family Farms

	Fennel		
#1705	Order number of bulb/plants. Beautiful Large delicious fresh pulled fennel plants. Entire plant, bulb, roots, stalks and ferns	Certified Organic	\$3.99/bulb/plant
	Lettuce, Green Leaf all season		
#1664	Order number of heads. Best Green Leaf all season Lettuce we have found. It is like half green leaf and crist lower leafs like romaine...great variety of lettuce.	Certified Organic	\$2.49/head
	Rainbow Chard		
#1665	Order number of bunches. Attractive bunch of red green yellow and Orange chard stalks	Certified Organic	\$2.49/bunch
	Red/purple Red bor Kale		
#1666	Order number of bunches. Certified organic Purple/red leafed Kale	Certified Organic	\$2.49/bunch
	Ripbor Green Kale		
#2645	Order number of bunches. Beautiful Certified organic standard Green Kale	Certified Organic	\$2.49/bunch

Springs of Life

	Swiss Chard		
#1521	Order number of pounds. Swiss Chard freshly pick from our garden. -(1/2 pound available too).	All Natural	\$6.76/pound

Misc. Vegetables

#	Product	Type	Price
Fair Mountain Farm			
	Baby Bok Choi		
#2082	Order number of bags. Extra small and succulent(several bagged together).Wonderful steamed, stir fried, or raw in a salad. Very nutritious & oh so delicious!	All Natural	\$4.00/10 oz. bag
	Baby Turnips		
#566	Order number of bags. White(ping pong ball size)tender and sweet. Eat raw in salads or lightly cooked	All Natural	\$4.00/average ten

Sugar Loaf Farm

	Rhubarb		
#2626	Order number of 1 lb bags. Fresh picked, hand rinsed, tender rhubarb. Grown all natural without chemicals, pesticides, etc. Perfect for your favorite dessert, chutney, and compotes. Or try as a relish over your favorite fish! One pound is approximately 10-15 stalks and is about 3 cups chopped.	All Natural	\$3.75/1 lb bag

Onions

#	Product	Type	Price
Rice Family Farms			
	Candy Onions w/green tops		
#795	Order number of bunches. The ones we are known for....A unique offering of a bunch of 2-3 Mid-day sweet onions fresh pulled with green tops. You won't find this down many produce isles.	Certified Organic	\$3.99/bunch
	Green Salad Onions		
#581	Order number of bunches. Parade Bunching onions organically grown	Certified Organic	\$1.69/bunch

Peas

#	Product	Type	Price
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MM Heath Farms Inc.

#548	Peas, English, 1 lbs Order number of bags. shelling peas. 1lb. bag	Certified Organic	\$4.10/1# bag
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Prairie Sun Farm

#1753	Sugar Snap Peas Order number of bags. 10-ounce bag of delicious tender and sweet snap peas. Eat them pod and all.	All Natural	\$5.17/bag
#615	sweet English shelling peas Order number of bags. Great to pop open and snack on in front of the TV. Barely cook after shelling as they are small and tender. One pound bag.	All Natural	\$5.14/bag

Rice Family Farms

#582	1 pound Bag of Snow Peas Order number of bags. Snow Peas	Certified Organic	\$4.99/bag
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Potatoes

#	Product	Type	Price
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MM Heath Farms Inc.

#1656	Potatoes, New Yukons, 2.5# Order number of bags. Organic New Yukon Potatoes, 2.5 lbs	Certified Organic	\$5.14/2.5# bag
#1046	Potatoes, new reds, 2.5# Order number of bags. Organic new red potatoes 2.5# bag	Certified Organic	\$5.14/2.5 lbs bag

Peaceful Belly

#2771	new red potatos Order number of bags. these potatos are so fresh that the skins peel off with your fingers. Only gardners and potato farmers know that potatos are best this fresh but we will share it with you. Sold in 4lb bags. Because of their high water content do not fry them they will turn into mush. They are so creamy and they melt in your mouth. Sorry they will come dirty but if we washed the dirt off the skins would remove. Enjoy this rare treat.	Certified Organic	\$9.47/4lb bag
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Rice Family Farms

#2774	2# net New Red Potatoes (NEW CROP) Order number of nets. Now digging Beautiful FRESH new red potatoes from our fields. New variety...looks and tastes great!	Certified Organic	\$3.99/2# net
#2775	3# bag Yukon Gold Potatoes(NEW CROP) Order number of bags. Now digging FRESH YUKON potatoes from our fields. They are coming out looking fresh and with that usual yummy Yukon taste.	Certified Organic	\$4.75/3# bag

Root Vegetables

#	Product	Type	Price
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Rice Family Farms

#585	Bunched Red Ace Beets w/tops (large bunch)New Crop Order number of bunches. 10 bunched Red Ace Beets with tops for greens also. This is Dad and I's 13th year of growing this excellent fresh pulled and storage beet variety.	Certified Organic	\$2.80/bunch
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Sugar Loaf Farm

#2658	Pink Beauty Radishes Order number of bunches. Heirloom Pink Beauty Radishes have a mild, pastel pink root with a crisp, white inside that is sweet & tasty. One bunch has 10 radishes with the greens attached. These fresh picked & hand washed radishes are grown all natural without any chemicals, pesticides, etc.	All Natural	\$2.00/bunch
#2784	Purple Top White Globe Turnips Order number of bunches. Pre 1880, these heirloom turnips are sweet and mild. The colorful root adds Vitamin C and fiber to a variety of dishes. They can be mashes like potatoes, sliced raw for salads, or added to soups. One bunch has five turnips that average 2" - 4". These fresh	All Natural	\$4.00/bunch

picked & hand rinsed turnips are grown all natural without any chemicals, pesticides, etc.

Summer Squash

Product

Type

Price

Cabalo's Orchard & Gardens

#	Product	Type	Price
#1876	Green Zucchini Squash Order number of bags. Fresh picked 6"-10" Green Zucchini Squash. Sold by the 2 lb bag that contains approximately 4-5 squash. Our produce is grown using organic methods of production however we are not "Certified Organic".	All Natural	\$3.45/bag
#1881	Yellow Zucchini Squash Order number of bags. Fresh picked 6"-10" Yellow Zucchini Squash. Sold by the 2 lb bag that contains approximately 4-5 squash. Our produce is grown using organic methods of production however we are not "Certified Organic".	All Natural	\$3.45/bag

Rice Family Farms

#1689	Zucchini squash Order number of 1 lb bags. 6-12" tender zucchini	Certified Organic	\$1.99/ 1 lb bag
#1752	Zucchini squash Order number of 5 lb bags. 6-11" tender zucchini	Certified Organic	\$8.00/5 lb bag

Tomatoes

#	Product	Type	Price
#659	Cherry tomatoes Order number of bags. Mixed colors and shapes: red, orange, pink, yellow. sweet gourmet style--tiny and beautiful. Half pound container. Please recycle by returning the containers.	All Natural	\$4.40/bag

Fruits

Berries and Strawberries

#	Product	Type	Price
#1630	strawberries Order number of pints. Beautiful red ripe strawberries--very sweet varieties. One full pound. Please recycle plastic container by returning it for me. Pesticide-free like all our produce.	All Natural	\$8.12/ pound

Waterwheel Gardens

#1767	Blackberries - Basket Order number of Half Pints. Chester and Triple Crown Blackberries. Big, Sweet and Juicy! Just like you get from us at the Market.	All Natural	\$6.76/Half Pint
#2652	Blueberries - Basket Order number of Half Pints. Fresh Blueberries are finally here! Great for everything! :)	All Natural	\$7.44/Half Pint

Cherries

#	Product	Type	Price
#2746	"Bing" Cherries - 1+ LBS Order number of Bags. Sweet and Tasty! Darker and sweeter than last week. 1+lbs bag.		\$6.76/Bag

Herbs

Fresh Herbs

#	Product	Type	Price
#558	Basil 2 oz bags Order number of bags. NO WASTAGE!!! Stemmed and cleaned, cut fresh the day of delivery.	All Natural	\$3.95/bag

Waterwheel Gardens

#2545	Bunch of fresh Tarragon Order number of bags. Fresh picked Tarragon.	All Natural	\$2.99/bag
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Dairy and Eggs

Cheese

#	Product	Type	Price
Amaltheia Dairy			
	Plain, Organic Chevre, 4 oz. Order number of 4 oz tubs. <i>Regular, delicious chevre cheese.</i>		
#2386	Chevre is the French name for goat cheese. Chevre is lower in calories than cheese made from cow s milk. It is easier to digest, as it contains short-chain fatty acids, and people with a lactose intolerance can usually eat goat cheese. It contains calcium, phosphorus, and minerals as in cow s milk, but has higher levels of potassium, vitamin A, thiamin, and niacin. Plain, Organic Chevre, 8 oz. Order number of 8 oz pkgs. <i>Regular, delicious chevre cheese.</i>	Certified Organic	\$4.75/4 oz
#2389	Chevre is the French name for goat cheese. Chevre is lower in calories than cheese made from cow s milk. It is easier to digest, as it contains short-chain fatty acids, and people with a lactose intolerance can usually eat goat cheese. It contains calcium, phosphorus, and minerals as in cow s milk, but has higher levels of potassium, vitamin A, thiamin, and niacin. Roasted Garlic, Organic Chevre, 4 oz. Order number of 4 oz tubs. <i>Delicious chevre cheese with smooth garlic taste.</i>	Certified Organic	\$7.75/8 oz pkg
#2387	Chevre is the French name for goat cheese. Chevre is lower in calories than cheese made from cow s milk. It is easier to digest, as it contains short-chain fatty acids, and people with a lactose intolerance can usually eat goat cheese. It contains calcium, phosphorus, and minerals as in cow s milk, but has higher levels of potassium, vitamin A, thiamin, and niacin. Roasted Garlic, Organic Chevre, 8 oz. Order number of 8 oz pkgs. <i>Delicious chevre cheese with smooth garlic taste.</i>	Certified Organic	\$4.99/4 oz
#2390	Chevre is the French name for goat cheese. Chevre is lower in calories than cheese made from cow s milk. It is easier to digest, as it contains short-chain fatty acids, and people with a lactose intolerance can usually eat goat cheese. It contains calcium, phosphorus, and minerals as in cow s milk, but has higher levels of potassium, vitamin A, thiamin, and niacin. Spiced Pepper, Organic Chevre, 4 oz. Order number of 4 oz tubs. <i>Chevre cheese with a little extra spice.</i>	Certified Organic	\$8.00/8 oz pkg
#2388	Chevre is the French name for goat cheese. Chevre is lower in calories than cheese made from cow s milk. It is easier to digest, as it contains short-chain fatty acids, and people with a lactose intolerance can usually eat goat cheese. It contains calcium, phosphorus, and minerals as in cow s milk, but has higher levels of potassium, vitamin A, thiamin, and niacin. Spiced Pepper, Organic Chevre, 8 oz. Order number of 8 oz pkgs. <i>Chevre cheese with a little extra spice.</i>	Certified Organic	\$4.99/4 oz
#2391	Chevre is the French name for goat cheese. Chevre is lower in calories than cheese made from cow s milk. It is easier to digest, as it contains short-chain fatty acids, and people with a lactose intolerance can usually eat goat cheese. It contains calcium, phosphorus, and minerals as in cow s milk, but has higher levels of potassium, vitamin A, thiamin, and niacin.	Certified Organic	\$8.00/8 oz pkg

Blue Sage Farm

#1579	Feta style Cheese Order number of packages. 100% sheep milk's cheese feta. Each package is about 8 oz	All Natural	\$8.05/package
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Eggs

#	Product	Type	Price
Blue Sage Farm			

#453	Izzy Order number of dozen. You'll enjoy a colorful assortment in each carton, with a new label drawn each week by Izzy. The mobile chicken house is moved to fresh grass every few days and an electrified netting keeps the predators at bay.	All Natural	\$4.60/dozen
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Crossroads Ranch

#367	Heritage Duck Eggs Order number of dozen. We are taking a much needed break, fixing our feathers, and just generally kicking back - swimming in our pond and basking in the sun. See you later.	All Natural	\$4.60/dozen
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Golden Premier Farms

#2271	Beautiful Golden Brown Eggs Order number of Dozen. All Natural Brown Eggs. Our eggs are graded AA. Our chicks are raised to full grown healthy chickens right here on the farm. Our chickens are fed our own blend of all natural and organic whole grains. We never use GM products, Antibiotics, Hormones and Steroids. Eggs are the most vitamin and mineral enriched natural product on the market today. We hope you enjoy the eggs from our farm to your kitchen. Enjoy!!!! The dozen you order are all large - huge eggs.	80% Organic	\$4.49/Dozen
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Simon Boers Chevon LLC

#2011	EGGS Order number of dozen. Firm, deep yellow yolks and delicious flavor. Fresh brown, white and off-white eggs from our small flock of frisky hens.(Rhode Island Reds, Austra Whites & Aracaunas) Our hens roam the gardens and field on our farm. Eggshell color makes no difference in nutritional content of eggs!	All Natural	\$3.75/dozen
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Meats

Beef Grass-Finished

#	Product	Type	Price
#1869	Tri-Tip Order number of packages. You will be billed for exact weight (approx. 3 - 5 pounds) This is a barbeque dream. It can be marinated, covered with your favorite rub or just grilled.	All Natural	\$10.82/pound

Rabbit

#	Product	Type	Price
Golden Premier Farms			
#2378	Fresh Whole Rabbit Meat (Fryer) (Grill-Fry-Bake-Cast Iron-Camp) Order number of Packages. You will be billed for exact weight (approx. 2.5 - 3.5 lbs.s) Our rabbit meat is all natural and top quality. Heart, liver, and kidneys may be included. Rabbit meat when cooked is very tender and has a very sweet enjoyable flavor. It is all white meat. 1 whole fryer rabbit per package and sold in an uncooked frozen state. Enjoy!!! We do. Any questions feel free to call.	All Natural	\$7.44/lbs.
#2293	Fresh Whole Rabbit Meat (Roaster) (Requires long Low Cooking) Order number of packages. You will be billed for exact weight (approx. 3 - 7.5 pounds) Rabbit meat is the healthiest alternative to all the other meats. The U.S. Department of Agriculture has stated that domestic rabbit meat is the "Most Nutritious meat available known to man". Research shows that rabbit meat has been recommended for special diets as; heart disease diets, diets for the elderly, low sodium diets, low fat diets, diabetic diets, and weight reduction diets. Other meats can't say that. Our rabbit meat is all natural and top quality. Heart, liver, and kidneys may be included. 1 whole roaster rabbit per package and sold in an uncooked frozen state. Mmmm Mmmm Great Health. Enjoy!!! We do. Any questions feel free to call.	All Natural	\$6.99/pound

Poultry

Chicken

#	Product	Type	Price
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Church's Backyard Farm

Chicken 3-4# small

#934	Order number of chickens. You will be billed for exact weight (approx. 3 - 4 pounds) Our chickens spend most of thier lives out on the pasture doing what comes natural to a chicken,digging,grubbing, dusting,eating, sunbathing or resting in the shade. They are fed Zamzows All Natural Broiler feed, Kelp, Comfrey,Probiotics,Brewers Yeast,Grass, our own Spring water and my homemade Chickie cake(egg and cornmeal) when young. Thats what makes a Good eatin' Chicken!! YUMMY!	All Natural	\$4.74/pound
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Chicken 4-5# med.

#935	Order number of chickens. You will be billed for exact weight (approx. 4 - 5 pounds) Our chickens spend most of thier lives out on pasture doing what comes naturally to a chicken, digging, grubbing,dusting, eating, sunbathing,or resting in the shade. They are fed Zamzows All Natural Broiler feed, Kelp, Comfrey, Probiotics, Brewers Yeast, grass,our own Spring water and when young my homemade Chickie cake(egg and cornmeal).That's what makes a Good eatin' Chicken! Yummy!	All Natural	\$4.74/pound
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MM Heath Farms Inc.

Whole Chicken, Organic, small

#820	Order number of chickens. You will be billed for exact weight (approx. 2.5 - 3 lbs) Certified Organic whole chicken, Order by number of chickens	Certified Organic	\$4.60/lbs
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Beans, Lentils, Peas

Dry Beans

#	Product	Type	Price
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Timeless Seeds. Inc.

Black Kabuli® Chickpea

Order number of 16 oz. packas.

This week only! 10% off all Timeless Seeds 16 oz packages.

#2395	This heirloom chickpea boasts a distinctive, charcoal black skin, which is high in anthocyanins, a powerful antioxidant. It is a trademarked variety that, as far as we know, is truly a one-of-a-kind chickpea and is available only from Timeless. It has a fuller, earthier flavor than standard chickpeas (garbanz beans). Its skin is also thicker and tougher. It's best to soak the Black Kabuli overnight to reduce cooking time, which will be more than 1 hour if not soaked. The Black Kabuli always catches the imagination of chefs, who like its distinctive presentation in salads and soups. It will bleed a bit during cooking, so it's best to cook it alone and add it to recipes after its cooked. For an exciting "black and tan" effect in any chickpea soup or salad, substitute the Black Kabuli for 1/2 the garbanzo beans (cooking each in its own pan).	Certified Organic	\$5.48/16 oz.
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Lentils

#	Product	Type	Price
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Timeless Seeds. Inc.

Black Beluga(R) Lentil, 16 oz. retail package

Order number of packages.

This week only! 10% off all Timeless Seeds 16 oz packages.

#2244	The caviar of lentils! This is our hallmark heirloom black lentil, which we introduced to the natural food industry in 1994. Small, black, distinctive in soups or salads. 24% protein (higher than any other variety of lentil), excellent source of dietary fiber and folates. Chefs love this one! No soaking necessary. Cooks in 20 minutes at a simmer.	Certified Organic	\$4.32/16 oz. pkg
#2283	Du Puy Lentil, 16 oz. retail package Order number of packages.	Certified Organic	\$4.24/package

This week only! 10% off all Timeless Seeds 16 oz packages.

Considered the premier lentil by Europeans and while take cloth chefs, this lentil originated in the le Puy region of France. It's beautiful speckled blue and green seedcoat is reminiscent of a smooth stone in a mountain stream. It is rightly valued by gourmet chefs around the world for its smooth, creamy texture and slightly peppery finish. The Du Puy holds its body well when cooked, so is well suited for soups and cold salads that will be eaten as leftovers. No soaking necessary. Cooks in 25 minutes at a simmer.

#2245 **Green Lentil, 16 oz. retail package**
Order number of packages.

Certified \$4.10/16 oz pkg
Organic

This week only! 10% off all Timeless Seeds 16 oz packages.

This large green lentil has a satisfying earthy flavor that is well suited for hearty and meat based soups, chili, and baked lentil dishes. Excellent source of protein, dietary fiber, folates. No soaking necessary. Cooks in 30 minutes at a simmer.

#2282

\$4.56/package

Harvest Gold(R) Lentil, 16 oz. package

Order number of packages.

Certified
Organic

This week only! 10% off all Timeless Seeds 16 oz packages.

This quick cooking lentil is the color of sunshine, with a mild sweet flavor. It's outer skin has been removed, so cooking time is less than 10 minutes at a simmer. The Harvest Gold(R) is well suited for Indian dals and pureed soups, as a high- protein and fiber ingredient for dips and baked goods. Try it blended with cooked rice, a dash of salt, and bit of toasted sesame oil.

#2281

\$4.56/package

Petite Crimson Lentil, 16 oz. package

Order number of packages.

Certified
Organic

This week only! 10% off all Timeless Seeds 16 oz packages.

Small, pretty, delicate, the Petite Crimson is the most feminine of all lentils. The outer skin has been removed revealing a vibrant red-orange interior. Cooking time is 5 to 8 minutes at a simmer, so it makes a quick and nutritious side dish. Overcooking will cause the lentil to "mush out", so it is often used for pureed soups. This is the lentil called "masoor dal" in Indian cuisine. When fully cooked, the lentil turns yellow.

Peas

#	Product	Type	Price
Timeless Seeds. Inc.			
	Yellow Split Peas, 16 oz. retail package Order number of packages. This week only! 10% off all Timeless Seeds 16 oz packages.		
#2246	Milder, sweeter flavor than green split peas. Try them in your favorite recipe calling for peas, use for soups & dips. Good source of dietary fiber and protein. Cooks in about 1 hr. at simmer with no soaking.	Certified Organic	\$3.67/16 oz pkg

Oats, Grains, Flours and Pastas

Edible Seeds

#	Product	Type	Price
Timeless Seeds. Inc.			
	Golden Flax seed, 16 oz. retail package Order number of 16 oz. pkgs. This week only! 10% off all Timeless Seeds 16 oz packages.		
#2260	Order number of 14 oz. packages. Gold flax is high in heart-healthy Omega-3 EFA oils and dietary fiber. All the benefits of flax oil and milled flax are in the whole seed, with no need for refrigeration. For best results, grind before use in a small coffee grinder, and use on oatmeal, salads, pancakes, yogurt and as an ingredient in baked goods. Attractive as whole seed in breads.	Certified Organic	\$4.53/16 oz. pkg.

Flour

#	Product	Type	Price
Four Seasons Farm			
	Whole Wheat Flour (Hard Red Spring Wheat) Order number of 5 lbs.		
#2412	Hard Red Spring Wheat is a hard, red-brown colored, high protein wheat. This wheat produces an excellent bread flour. Grown locally, naturally and spray-free. <i>This whole wheat flour is stone-ground and comes in a food-grade plastic-lined paper bag.</i>	All Natural	\$9.98/5 lb
	Whole Wheat Flour (Hard Red Spring Wheat) Order number of 23 lbs.		
#2413	Hard Red Spring Wheat is a hard, red-brown colored, high protein wheat. This wheat produces an excellent bread flour. Grown locally, naturally and spray-free. <i>This whole wheat flour is stone-ground and comes sealed in a food-grade 5 gal. bucket with a <u>Gamma Lid</u>.</i>	All Natural	\$41.94/23 lb

Wheat Berries (Whole Grain)

#	Product	Type	Price
Four Seasons Farm			
#2407			\$6.95/5 lb

Wheat Berries (Hard Red Spring)

Order number of 5 lbs.

All
Natural

Hard Red Spring Wheat is a hard, red-brown colored, high protein wheat. This wheat produces an excellent bread flour. Grown locally, naturally and spray-free.

Wheat berries come unground in a food-grade plastic-lined paper bag.

Wheat Berries (Hard Red Spring)

Order number of 30 lbs.

#2409	Hard Red Spring Wheat is a hard, red-brown colored, high protein wheat. This wheat produces an excellent bread flour. Grown locally, naturally and spray-free.	All Natural	\$33.82/30 lb
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Wheat berries come unground in a food-grade 5 gal. bucket with a Gamma Lid.

Wheat Berries (Hard Red Spring)

Order number of 50 lbs.

#2400	Hard Red Spring Wheat is a hard, red-brown colored, high protein wheat. This wheat produces an excellent bread flour. Grown locally, naturally and spray-free.	All Natural	\$46.97/50 lb
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Wheat berries come unground in 50 lb. sealed multiwall bags.

Timeless Seeds. Inc.

Purple Prairie(R) Barley, 16 oz. retail package

Order number of packages.

This week only! 10% off all Timeless Seeds 16 oz packages.

This heirloom cereal grain originated in the Nile River Valley 8,000 years ago, and has been part of Tibetan mountain agriculture for centuries. Unlike pearled barley, the naturally hullless Purple Prairie(R) is a true whole grain with all its nutrition and dietary fiber intact. This barley is 15% protein, high in beta glucans and dietary fiber, and has a sweet smoky flavor that adds both substance and flavor dimension to soups and salads. Soak overnight and cook in the morning as a hot cereal. Grind it for a beautiful pastel purple flour that can be substituted for up to 10% in yeast breads and up to 50% in muffins and pancakes. Many people who are sensitive to wheat can tolerate this hullless barley. Hullless barley has a very low Glycemic Index of 23--less than half that of whole wheat! Cooks in 1 hour or more at a simmer, or may be soaked overnight to reduce cooking to 1/2 hour.

#2284		Certified Organic	\$2.85/package
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Prepared Food (Non-Refrigerated)

Jams and Jellies

#	Product	Type	Price
Home Sweet Homemade			
#132	Apple Butter Order number of jars. Great Grandma's recipe! Ingredients: apple, sugar, cinnamon, gloves.	All Natural	\$9.81/jar
#134	Apricot Jam Order number of jars. Ingredients: apricots, sugar, lemon & pectin	All Natural	\$9.47/jar
#135	Blackberry Jam Order number of jars. Ingredients: blackberries, sugar, & pectin	All Natural	\$9.81/jar
#133	Blueberry Jam Order number of jars. Ingredients: blueberries, sugar, lemon, & pectin.	All Natural	\$7.44/jar
#136	Boysenberry Jam Order number of jars. Ingredients: boysenberries, sugar, & pectin	All Natural	\$9.81/jar
#155			\$9.47/jar

	Champagne Jelly Order number of jars. Ingredients: champagne wine, sugar, lemon, & pectin.	All Natural	
#137	Cherry Jam Order number of jars. Ingredients: cherries, sugar, lemon, & pectin.	All Natural	\$8.12/jar
#138	Cran-Raspberry Jam Order number of jars. Ingredients: cranberries,raspberries,sugar, & pectin.	All Natural	\$8.79/jar
#147	Elderberry Jelly Order number of jars. Ingredients: Wild elderberries from the South Hills, sugar, & pectin.	All Natural	\$13.53/jar
#146	Honey Order number of jars. Honey is raw and comes from Buhl, this is just the way the Bees made it.	All Natural	\$8.12/jar
#69	Huckleberry Jam Order number of jars. Ingredients: Idaho huckleberries,sugar, lemom, & pectin.	All Natural	\$14.88/jar
#149	Jalapeno Jelly - HOT Order number of jars. Ingredients:Jalapenos grown in our own garden, sugar, apple vinegar, & pectin and atouch of food coloring for looks.	All Natural	\$8.46/jar
#151	Orange Marmalade Order number of jars. Ingredients: oranges, lemon, & pectin.	All Natural	\$7.44/jar
#152	Peach Jam Order number of jars. Ingredients: peachs, sugar, lemon, & pectin.	All Natural	\$7.44/jar
#153	Pear Jam Order number of jars. Ingredients: pears, sugar, lemon, & pectin.	All Natural	\$7.44/jar
#141	Plum Jam Order number of jars. Ingredients: plums, sugar, lemon,& pectin.	All Natural	\$7.44/jar
#142	Raspberry Order number of jars. Ingredients: raspberries,sugar,& pectin.	All Natural	\$8.46/jar
#150	Raspberry Jalapeno Jam Order number of jars. Ingredients:Jalapenos, Raspberries,sugar,apple vinegar, & pectin.	All Natural	\$8.46/jar
#143	Raspberry Rhubarb Jam Order number of jars. Ingredients: raspberries, rhubarb, sugar, lemon, & pectin.	All Natural	\$8.46/jar
#145	Strawberry Jam Order number of jars. Ingredients: strawberries, sugar, & pectin.	All Natural	\$7.44/jar

Beverages

Coffee

#	Product	Type	Price
Hailey Coffee Company			
	Barkin' Beans Order number of packages. Hailey Coffee Company is partnering with The Wood River Animal Shelter. With the purchase of Barkin Beans, \$2.00 will be donated to the Animal Shelter to help further its animal welfare programs. The Shelter promotes companion animal welfare by providing temporary shelter for homeless pets, adopting them to qualified homes, & reducing animal abuse, neglect, & overpopulation through community education & spay/neuter services. The Animal Shelter is a no kill shelter, safely housing any adoptable animal until a loving home is found.	Certified Organic	\$12.18/pound
#2202			
	Colombian Order number of packages. Certified organic, shade grown,fair trade and "Cafe Femenino". A classic South American coffee, medium bodied, smooth, with a hint of brightness. The beans are from Columbia, locally roasted in Hailey. We recommend storing the beans in the freezer for freshness and flavor.	Certified Organic	\$11.84/pound
#403			
	Dark Island Blend Order number of packages. A delightful blend of Kauai and French Roast creating a medium bodied coffee with floral undertones and a hint of dark roast. Locally roasted in Hailey. We recommend storing the beans in the freezer for freshness and flavor.	Certified Organic	\$12.18/pound
#411			
	Decaf French Roast Order number of packages. Certified organic, shade grown and Swiss water process decaffeinated. This method is most preferred as it is a decaffeination process without	Certified Organic	\$11.84/pound
#420			

chemicals. Roasted locally in Hailey. We recommend storing the beans in the freezer for freshness and flavor.

Decaf Guatemala

#418 Order number of packages. Certified organic, shade grown and Swiss water process decaffeinated. This method is most preferred as it is a decaffeination process without chemicals. Locally roasted in Hailey. We recommend storing the beans in the freezer for freshness and flavor. Certified Organic \$11.84/pound

Decaf Peru Andes Gold

#417 Order number of packages. Certified organic, shade grown and Swiss water process decaffeinated. This method is most preferred as it is a decaffeination process without chemicals. Locally roasted in Hailey. We recommend storing the beans in the freezer for freshness and flavor. Certified Organic \$11.84/pound

Decaf Sumatra

#419 Order number of packages. Certified organic, shade grown, fair trade and Swiss water process decaffeinated. This method is most preferred as it is a decaffeination process without chemicals. Locally roasted in Hailey. We recommend storing the beans in the freezer for freshness and flavor. Certified Organic \$12.18/pound

Decaf Taza Del Valle

#416 Order number of packages. Certified organic, shade grown. A Swiss water process, decaffeinated coffee; a method that is preferred as it is a decaffeination process without chemicals. Decaf Taza is Hailey Coffee Company's very own espresso blend which smooth, flavorful, robust beans which is traditional to northern Italy. Locally roasted in Hailey. We recommend storing the beans in the freezer for freshness and flavor. Certified Organic \$11.84/pound

Ethiopia

#404 Order number of packages. A wonderfully unique coffee, medium bodied with a winy characteristic. The beans are from Ethiopia, locally roasted in Hailey. We recommend storing the beans in the freezer for freshness and flavor. \$11.84/pound

Expedition Inspiration

#470 Order number of packages. The purpose of Expedition Inspiration Fund for breast cancer research is to raise awareness and monies to benefit breast cancer research through research project funding, public education, and patient support. Additionally, through organized and sponsored outdoor endeavors, Expedition Inspiration promotes the physical and mental well being of breast cancer survivors. Expedition Inspiration has been instrumental in calling attention to the breast cancer epidemic and the urgent need to find a cure. Hailey Coffee Company is excited to partner with Expedition Inspiration and help bring awareness to breast cancer. Hailey Coffee Company is now offering an Expedition Inspiration Blend. With each Expedition Inspiration Blend purchased, \$2.00 will be sent directly to Expedition Inspiration to help further breast cancer research. The Expedition Inspiration Blend is a wonderfully unique coffee, medium bodied with a winy characteristic. The beans are locally roasted in Hailey. We recommend storing the beans in the freezer for freshness and flavor. Certified Organic \$12.18/pound

French Roast

#409 Order number of packages. Certified organic, shade grown. A traditional French roast designed to enhance the characteristics of this dark roasted bean. Locally roasted in Hailey. We recommend storing the beans in the freezer for freshness and flavor. Certified Organic \$11.84/pound

Guatemala Santiago Atitlan

#402 Order number of packages. Certified organic, shade grown. A medium bodied coffee, high acidity, complete multidimensional cup characteristics. The beans are from Guatemala and locally roasted in Hailey. We recommend storing the beans in the freezer for freshness and flavor. Certified Organic \$11.84/pound

Italian Roast

#410 Order number of packages. Certified organic, shade grown. The Italian roast is a unique blend of two of our coffees. Dark roasted to create a robust, full bodied coffee rich in flavor. Roasted locally in Hailey. We recommend storing the beans in the freezer for freshness and flavor. Certified Organic \$11.84/pound

Kauai Estate Reserve

#407 Order number of packages. A medium bodied, smooth coffee with delightful floral undertones. The beans are from Kauai and locally roasted in Hailey. We recommend storing the beans in the freezer for freshness and flavor. \$14.98/pound

Kenya AA

#405 Order number of packages. This coffee is very smooth, medium bodied, with a dry flavor. The beans are from Kenya, locally roasted in Hailey. We recommend storing the beans in the \$11.84/pound

freezer for freshness and flavor.

#414	Mocca Java Blend Order number of packages. a blend of Sumatran and Ethiopian coffee, unique, full bodied, full of flavor. Roasted locally in Hailey. We recommend storing the beans in a freezer for freshness and flavor.	Certified Organic	\$11.84/pound
#408	Nicaragua Savor De Segovia Order number of packages. Certified organic, shade grown. A unique South American coffee, rich in flavor, full bodied, winey characteristics. Locally roasted in Hailey. We recommend storing the beans in a freezer for freshness and flavor.	Certified Organic	\$11.84/pound
#412	Nordic Blend Order number of packages. A French roast and Guatemalan bean blended to a full bodied, dark roast, and is robust in flavor. We recommend storing the beans in a freezer for freshness and flavor.	Certified Organic	\$11.84/pound
#401	Peru Andes Gold Order number of packages. Certified organic, shade grown, a smooth, slightly sweet, medium bodied coffee. Beans from Peru, roasted locally in Hailey. We recommend storing the beans in the freezer for freshness and flavor.	Certified Organic	\$11.84/pound
#406	Sumatra Order number of packages. Certified organic, shade grown, and fair trade. This Indonesian coffee is full bodied, slightly fruity, clean, and exhibits a sweet finish. Sumatra is great for blending and great for espresso. These beans are locally roasted in Hailey. We recommend storing the beans in a freezer for freshness and flavor.	Certified Organic	\$11.84/pound
#415	Taza Del Valle Order number of packages. Certified organic, shade grown. Hailey Coffee Company's very own espresso blend. A smooth, flavorful, robust, traditional to northern Italy. Roasted locally in Hailey. We recommend storing the beans in a freezer for freshness and flavor.	Certified Organic	\$11.84/pound
#413	Tres Bien Order number of packages. Columbian, Ethiopian, and French blended to create a wonderfully medium bodied, smooth coffee with unique characteristics. Roasted locally in Hailey. We recommend storing the beans in your freezer for freshness and flavor.	Certified Organic	\$11.84/pound

Health and Beauty

Soap

#	Product	Type	Price
Boise Soap Company			
#1635	Lavender Glycerin Gel Cleanser Order number of 16 oz. bottles. Lavender Glycerin Gel Cleanser is a mild but effective castile soap. Available in a pump bottle for easy use at the sink on hands and dishes. Also makes a fun, sudsy shower gel. Use it daily in your home or take it camping--it's completely biodegradable and works for all-purpose cleaning! Scented with organic lavender essential oil from Valley View Lavender in Buhl. Available in 16 oz. pump bottles.	All Natural	\$6.01/16oz. bottle