



Flours, Cereals & More!

Minimum 300lbs or \$600 - FREE SHIPPING

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Minimum 300lbs & \$600 - FREE SHIPPING & 2% DISCOUNT

Minimum 300lbs & \$1200 - FREE SHIPPING & 4% DISCOUNT

"Pure Food ... Naturally!"

Certified Organic Products



Food Buying Group

Price List April 1, 2022

ORGANIC WHEAT

Red Fife Whole Wheat Flour	
2.27kg	\$ 9.47
10kg	\$ 33.03
25kg	\$ 80.62
Light Red Fife Wheat Flour	
2.27kg	\$ 11.01
10kg	\$ 38.26
25kg	\$ 93.78
Red Fife Wheat Kernels	
10kg	\$ 28.44
25kg	\$ 65.19
Acadia Whole Wheat Flour	
2.27kg	\$ 9.47
10kg	\$ 33.03
25kg	\$ 80.62
Light Acadia Wheat Flour	
2.27kg	\$ 11.01
10kg	\$ 38.26
25kg	\$ 93.78
Acadia Wheat Kernels	
10kg	\$ 28.44
25kg	\$ 65.19
All Purpose Heritage Flour	
2.27kg	\$ 11.01
10kg	\$ 38.26
25kg	\$ 93.78
Whole Wheat Flour	
2.27kg	\$ 7.67
10kg	\$ 28.71
25kg	\$ 69.82
Whole White Flour	
2.27kg	\$ 8.56
11.34kg	\$ 37.75
25kg	\$ 79.07
Hard Wheat Kernels	
10kg	\$ 24.08
25kg	\$ 58.18
Cracked Wheat	
2.27kg	\$ 7.06
10kg	\$ 28.71
25kg	\$ 69.82
Wheat Flakes	
8kg	\$ 22.69
Wheat Bran	
500 g	\$ 2.82
10kg	\$ 11.28
Emmer Flour	
2.27kg	\$ 13.15
10kg	\$ 53.23
25kg	\$ 126.94

Continued...Organic Emmer

Emmer Kernels	
10kg	\$ 36.51
25kg	\$ 83.45

ORGANIC PASTRY WHEAT

Whole Wheat Pastry Flour	
2.27kg	\$ 8.62
10kg	\$ 30.34
Soft Wheat Kernels	
10kg	\$ 21.30
25kg	\$ 51.30

ORGANIC CEREAL & MIXES

Couscous (Regular & Whole Wheat)	
2.27kg	\$ 19.36
11.34kg	\$ 93.07
Saint John Valley Cereal	
2.27kg	\$ 8.60
10kg	\$ 28.55
7-Grain Cereal	
2.27kg	\$ 9.37
10kg	\$ 34.88
25kg	\$ 85.25
12-Grain Cereal	
2.27kg	\$ 12.65
10kg	\$ 45.50
25kg	\$ 109.62
Maritime Sunshine Pancake Mix	
2.27kg	\$ 11.24
10kg	\$ 44.76
Buckwheat Pancake Mix	
2.27kg	\$ 11.45
10kg	\$ 44.10
Whole Wheat Pancake Mix	
2.27kg	\$ 11.34
10kg	\$ 39.42
Cornucopia Mix	
910g	\$ 6.42
Rainbow Medley Mix	
700g	\$ 5.34
Pharaoh's Favourite Mix	
700g	\$ 5.80
Trail Cookie Mix	
1.5kg	\$ 22.07
3 kg	\$ 42.82
case 8*1.5kg	\$ 168.59
case 4*3kg	\$ 161.84

ORGANIC OILS

Olive Oil	
750 ml	\$ 22.46
3L	\$ 70.66

Continued...Organic Oils

Sunflower Oil	
750 ml	\$ 14.88
3L	\$ 40.82
Canola Oil	
750ml	\$ 14.88
Grapeseed Oil (non-organic)	
case (6 x 750ml)	\$ 77.12
750ml	\$ 14.50
Coconut Oil	
454g	\$ 13.95
Alpha Mills Canola Oil	
500 ml	\$ 11.74
4 L	\$ 55.90
ORGANIC PASTAS	
Whole Wheat Spaghetti	
300g	\$ 4.74
5kg	\$ 49.37
Whole Wheat Elbows	
450g	\$ 6.08
6kg	\$ 53.69
Spelt Spaghetti	
300g	\$ 5.71
5kg	\$ 58.03
Spelt Elbows	
340g	\$ 5.58
6kg	\$ 64.06
Veggie Spirals	
5kg	\$ 49.37
Veggie Fusilli	
300g	\$ 4.79
6kg	\$ 57.16
Veggie Elbows	
450g	\$ 6.09
6kg	\$ 62.44
Veggie Shells	
300g	\$ 4.70
5kg	\$ 52.04
Whole Wheat Fettucini	
230g	\$ 4.09
Spelt Fettucini	
230g	\$ 4.32
Spinach Fettucini	
230g	\$ 4.20
Spelt Noodles (soup)	
400g	\$ 6.00
Whole Wheat Linguini	
230g	\$ 4.03
Whole Wheat Penne	
5kg	\$ 46.49
continue...	

"Pure Food ... Naturally!"

1-866-277-6371



Certified Organic Products

No Additives



No Preservatives

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continued...Organic Pastas

Spelt Penne	
340g	\$ 5.58
Kamut Spaghetti	
340g	\$ 5.58
Kamut Penne	
340g	\$ 5.58
Kamut Elbow	
340g	\$ 5.58

ORGANIC KAMUT

Kamut Flour	
2.27kg	\$ 11.08
10kg	\$ 37.35
25kg	\$ 91.43
Kamut Kernels	
10kg	\$ 34.97
25kg	\$ 90.46

ORGANIC SPELT

Whole Spelt Flour	
2.27kg	\$ 11.50
10kg	\$ 43.76
25kg	\$ 100.89
Light Spelt Flour	
2.27kg	\$ 13.15
10kg	\$ 53.23
25kg	\$ 126.94

Spelt Kernels	
10kg	\$ 36.51
25kg	\$ 83.45
Spelt Flakes	
8kg	\$ 33.34
Spelt Bran	
10kg	\$ 14.17

ORGANIC RYE

Whole Rye Flour	
2.27kg	\$ 7.26
10kg	\$ 26.74
25kg	\$ 63.87
Cracked Rye	
10kg	\$ 26.54
Rye Kernels	
10kg	\$ 21.30
25kg	\$ 51.30
Rye Flakes	
8kg	\$ 22.78

ORGANIC OATS

New Found Oatmeal	
1.82kg	\$ 7.41
8kg	\$ 25.36
20kg	\$ 57.93
Oat Groats	
10kg	\$ 32.95
2.27kg	\$ 8.42

Continued...Organic Oats

Scottish Oatmeal	
2.27kg	\$ 8.53
10kg	\$ 29.33
Oat Flour	
2.27kg	\$ 11.54
10kg	\$ 45.86
20kg	\$ 85.69

ORGANIC BARLEY

Whole Barley Flour	
2.27kg	\$ 11.39
10kg	\$ 48.77
25kg	\$ 119.98
Hulled Barley	
2.27kg	\$ 10.32
10kg	\$ 31.30

ORGANIC GOLDEN SUGAR

2.27kg	\$ 12.16
10kg	\$ 53.52
25kg	\$ 115.32

ORG 70% DARK CHOCOLATE CHIPS

910 g	\$ 24.65
2.27 kg	\$ 57.82
5 kg	\$ 130.09

ORGANIC LOW GLUTEN PRODUCTS

Buckwheat Flour	
2.27kg	\$ 17.20
10kg	\$ 67.82
Buckwheat Groats	
2.27kg	\$ 19.11
11.34kg	\$ 93.84
Cornmeal	
2.27kg	\$ 9.26
10kg	\$ 33.96
Corn Flour	
2.27kg	\$ 9.26
10kg	\$ 33.96

Corn Kernels	
10kg	\$ 28.75
25kg	\$ 62.11
Corn Bran	
10kg	\$ 14.18
Hulled Millet	
2.27kg	\$ 16.41
11.34kg	\$ 72.34

Quinoa	
2.27kg	\$ 29.24
11.34kg	\$ 136.08
Popping Corn	
2.27kg	\$ 15.85
11.34kg	\$ 76.92
Long Grain Brown Rice	
2.27kg	\$ 13.28
11.34kg	\$ 57.21

continued...Low Gluten Products

White Basmati Rice	
2.27kg	\$ 21.30
11.34kg	\$ 99.39
Brown Basmati Rice	
2.27kg	\$ 19.80
11.34kg	\$ 92.35
Brown Rice Flour	
2.27kg	\$ 14.80
10kg	\$ 59.04
Amaranth (Grain)	
2.27kg	\$ 20.41
11.34kg	\$ 90.98

ORGANIC SEEDS

Brown Flax Seed	
2.27kg	\$ 16.19
11.34kg	\$ 72.82
22.7kg	\$ 145.77
Yellow Flax Seed	
2.27kg	\$ 18.63
11.34kg	\$ 89.33
22.7kg	\$ 170.05
Hulled Sunflower Seed	
2.27kg	\$ 17.62
11.34kg	\$ 84.99
Unhulled Sesame Seed	
2.27kg	\$ 27.06
11.34kg	\$ 123.65
Pumpkin Seed	
2.27kg	\$ 36.65
10kg	\$ 150.65
Hemp Seed	
300g	\$ 14.31
910g	\$ 42.80
2.27kg	\$ 95.34

Maritime Grown

Organic Pumpkin Seed (Raw)	
200g	\$ 11.84
1kg	\$ 39.58

ORGANIC SPROUTING SEEDS

Alfalfa Seed	
910g	\$ 22.44
2.27kg	\$ 53.58
11.34kg	\$ 252.53
Red Clover Seed	
910g	\$ 15.71
2.27kg	\$ 37.73
Radish Seeds	
910g	\$ 19.79
2.27kg	\$ 47.20
Ancient Eastern Blend	
910g	\$ 16.37
2.27kg	\$ 36.77
continue...	



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No Additives



No Preservatives

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Continued...Organic Sprouting Seeds

Broccoli Brassica Blend	
910g	\$ 43.67
2.27kg	\$ 97.76
Crunchy Bean Mix	
910g	\$ 16.05
2.27kg	\$ 35.92
Sandwich Booster	
910g	\$ 28.50
2.27kg	\$ 63.78
Spicy Lentil Crunch	
910g	\$ 24.44
2.27kg	\$ 54.69
Broccoli Seed	
910g	\$ 74.20
2.27kg	\$ 166.06
Spring Salad Mix	
910g	\$ 41.47
2.27kg	\$ 92.81
Black Chia Seed	
Case 10*350g	\$ 88.24
350g	\$ 9.88
910g	\$ 19.39
2.27kg	\$ 44.22
ORGANIC BEANS & PEAS	
Black Turtle Beans	
2.27kg	\$ 17.37
11.34kg	\$ 78.23
Chickpeas (Garbanzos)	
2.27kg	\$ 24.63
11.34kg	\$ 116.33
Pinto Beans	
2.27kg	\$ 19.73
11.34kg	\$ 81.24
Red Kidney Beans	
2.27kg	\$ 24.70
11.34kg	\$ 108.87
Green Lentils	
2.27kg	\$ 18.22
11.34kg	\$ 84.67
Red Split Lentils	
2.27kg	\$ 17.96
11.34kg	\$ 80.74
Green Split Peas	
2.27kg	\$ 16.53
11.34kg	\$ 77.45
Yellow Split Peas	
2.27kg	\$ 15.59
11.34kg	\$ 72.92
Soy Beans	
2.27kg	\$ 14.07
11.34kg	\$ 61.58

Continued...Organic Peas & Beans

Navy Beans	
2.27kg	\$ 20.74
11.34kg	\$ 97.08
Adzuki Beans	
2.27kg	\$ 23.33
11.34kg	\$ 109.21
Whole Green Peas	
2.27kg	\$ 12.19
11.34kg	\$ 57.46
Mung Beans	
2.27kg	\$ 19.99
11.34kg	\$ 99.79
ORGANIC DRIED FRUIT	
Apples	
454g	\$ 18.98
2.5kg	\$ 84.65
10kg	\$ 283.13
Apricots	
910g	\$ 22.99
5kg	\$ 112.08
12.5kg	\$ 274.04
Medjool Dates	
910g	\$ 23.85
5kg	\$ 121.52
Pitted Prunes	
910g	\$ 22.50
5kg	\$ 118.80
13.63kg	\$ 311.15
Thompson Raisins	
910g	\$ 12.38
5kg	\$ 64.46
13.63kg	\$ 152.28
ORGANIC MARITIME PRODUCTS	
Boates Vinegar	
Organic Apple Cider Vinegar	
.95L	\$ 7.94
4L	\$ 17.33
Organic Perry Vinegar	
500ml	\$ 7.29
Organic Balsamic Style	
Apple Cider Vinegar	
500ml	\$ 10.30
Canadian Organic Maple Company	
Organic Maple Syrup	
250ml	\$ 8.05
375ml	\$ 12.42
1L	\$ 25.85
4L	\$ 92.00
Organic Maple Sugar	
250g	\$ 8.99
500g	\$ 14.48

Just Us! Coffee Roasters Co-Op

Whole Bean Organic Coffee	
Tierra Madre	
French Roast	
Rise Again Blend	
Italian Roast	
Rebel	
910g	\$ 31.72
Magnanimo (Decaf)	
910g	\$ 38.38
Organic Cocoa	
224g	\$ 8.53
Case (6 x 224g)	\$ 50.17
Organic Hot Chocolate Mix	
Mexican Spicy (Milk)	
Peppermint (Dark)	
Classic (Dark)	
300g	\$ 10.91
Case (6 x 300g)	\$ 63.28
Organic Tea	
Green (20/box)	
Black Ceylon (20/box)	
Earl Grey (20/box)	
Single Box	\$ 5.49
Case of 10 boxes	\$ 51.13
Nutsmith Foods	
"Naturally Nutty Nut Butters"	
Peanut Butter - Smooth	
500g	\$ 8.32
4kg	\$ 52.44
10kg	\$ 123.82
Peanut Butter - Crunchy	
500g	\$ 8.32
4kg	\$ 52.44
10kg	\$ 123.82
Almond Butter	
240g	\$ 11.65
Cashew Butter	
240g	\$ 10.79
Sesame Tahini	
500g	\$ 9.15
4kg	\$ 63.78



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NON-ORGANIC MARITIME PRODUCT

NON-ORGANIC WHEAT

Whole Wheat Flour	
2.27kg	\$ 7.03
10kg	\$ 21.92
25kg	\$ 52.84
Whole White Flour	
2.27kg	\$ 7.51
10kg	\$ 23.77
25kg	\$ 57.46
Hard Wheat Kernels	
10kg	\$ 17.28
25kg	\$ 41.27

OTHER MARITIME PRODUCTS

Down East Products **

** Applicable Taxes NOT Included

Liquid Laundry Detergent	
750ml	\$ 4.66
4L	\$ 18.96
case (4*4L)	\$ 68.24
Dishwashing Liquid	
750ml	\$ 4.57
4L	\$ 17.25
case (4*4L)	\$ 62.13
Hand & Body Wash	
500ml	\$ 5.39
4L	\$ 18.51
case (4*4L)	\$ 66.64
All Purpose Cleaner	
750ml	\$ 4.66
4L	\$ 15.92
Oxygen Bleach Cleaner	
1.5kg	\$ 14.70

Brighton Botanicals

Single Herbs	
- Spearmint	
28g	\$ 9.42
Culinary Blends	
-Dill & Lemon	
-Garlic Gusto	
28g	\$ 9.42

Non Organic Beans

Soldier Beans -Yellow Eyed Beans	
2.27kg	\$ 17.73
11.34kg	\$ 88.58
22.72kg	\$ 162.17
Jacob's Cattle Beans	

All Natural Homemade Soaps**

*With Essential Oils Only

Lavender - Patchouli	
Lemongrass - Rosemary Peppermint	
Anise - Chai Spice	
Tea Tree - Oatmeal	
Chocolate Mint - Eucalyptus Bar	\$ 6.20

Baking Powder

350g	\$ 8.05
2.27kg	\$ 34.51
10kg	\$ 145.22

Enviro Litter

2.27kg	\$ 7.57
10kg	\$ 24.51

Unpasteurized Bees Honey

Glass Jar	
375 ml	\$ 8.80
500 ml	\$ 12.46
750 ml	\$ 17.60
White Plastic Container	
5 lb	\$ 41.04
7 lb	\$ 55.70

Creamed Honey

- Regular 250ml	\$ 10.25
- Cinnamon 250ml	\$ 10.25
Bees Wax 1 lb Bar	\$ 17.60
Wooden Honey Spool	\$ 5.13
Chaga Tea	
2.5 oz (71g)	\$ 16.12
5 oz (142g)	\$ 30.60

NON-ORGANIC CANADIAN PRODUCTS

Green Beaver Co. **

** Applicable Taxes NOT Included

Toothpaste	
Frosty Mint	
Zesty Orange	
Green Apple	
Star Anise	
Each 75ml Tube	\$ 5.82
Case (12 x 75ml)	\$ 69.66
Deodorant	
Lavender	
Citrus	
Tea Tree	
Unscented	
50g	\$ 7.36
Case (12 x 50g)	\$ 83.33

OTHER PRODUCTS

White Sea Salt	
700g	\$ 3.65
10kg	\$ 42.45
25kg	\$ 78.93
Coarse Grey Sea Salt	
1kg	\$ 5.67
10kg	\$ 47.82
Fine Grey Sea Salt	
500g	\$ 5.05
10kg	\$ 71.46
Fine Grey Sea Salt Shaker	
250g	\$ 5.31

ORGANIC CHEESE (Lactose Free)

Approx. 2.27kg per block	price/kg
Mild Cheddar	\$ 30.06
Medium Cheddar	\$ 31.41
Old Cheddar	\$ 32.54
Extra Old Cheddar	\$ 33.44
Swiss	\$ 33.60
Mozzarella	\$ 28.50
200g blocks	Unit price
Mild Cheddar	\$ 6.86
Old Cheddar	\$ 7.47
Extra Old Cheddar	\$ 7.76
Swiss	\$ 7.76
Mozzarella	\$ 6.72
Gouda	\$ 7.98
Parmesan	\$ 8.03

ORDERING INFORMATION

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 website - www.speervilleflourmill.ca

Speerville Flour Mill utilizes grain grown on family farms in the Maritimes. We make a variety of cereals, flours and grain products and sell a variety of other certified organic products. We are Certified Organic with ECOCERT and guarantee quality. If you are not completely satisfied, please contact us.

** Applicable Taxes NOT Included

"Pure Food ... Naturally!" 1-866-277-6371