

GRAIN & CEREAL

9 Grain Cracked	5 lbs/ 7.13	25 lbs/ 26.74
9 Grain Rolled	5 lbs/ 6.55	25 lbs/ 24.56
Triticale Flakes	5 lbs/ 4.70	25 lbs/ 17.63
Cracked Wheat	5 lbs/ 5.03	25 lbs/ 18.86
Cornmeal - Medium	5 lbs/ 8.68	25 lbs/ 32.55
Popcorn - Yellow	5 lbs/ 6.80	25 lbs/ 25.50
Millet - Hulled	5 lbs/ 15.50	25 lbs/ 58.13
Oats Rolled- Regular or Quick	10 lbs/ 10.74	25 lbs/ 22.13
Oats Rolled - Reg Org	10 lbs/ 18.56	25 lbs/ 38.25
Oats- Thick	10 lbs/ 10.74	25 lbs/ 22.13
Oats - Steel Cut	5 lbs/ 5.60	25 lbs/ 21.00
Oats - Reg Rolled GF		25 lbs/ 59.40
Kamut Grain Organic	5 lbs/ 25.00	25 lbs/ 93.75
Wheat - Hard Red	10 lbs/ 9.32	25 lbs/ 19.20
Wheat - Hard White	10 lbs/ 11.87	25 lbs/ 24.45
Wheat Germ	2 lbs/ 3.55	5 lbs/ 7.10
Quinoa - White Organic	2 lbs/ 8.85	5 lbs/ 17.70
Rye, Rolled, Organic	5 lbs/ 7.30	25 lbs/ 27.38
Spelt Berries, Organic	5 lbs/ 9.75	25 lbs/ 36.56

FLOUR

White Rice Flour	5 lbs 10.64	10 lbs 19.36
Brown Rice Flour	5 lbs 11.76	10 lbs 21.40
Garbanzo/ Chickpea Flour	5 lbs 15.30	10 lbs 27.85
Pastry Flour– Unbleached	5 lbs 5.20	10 lbs 9.46
Rye Flour, Dark, Organic	5 lbs 11.30	10 lbs 20.57
Sorghum Flour, Sweet White	5 lbs 14.20	10 lbs 25.84
Unbleached, Harvest Gold	10 lbs 7.64	25 lbs 15.75
Unbleached White Flour, Org	5 lbs 10.90	10 lbs 19.84
Vital Wheat Gluten	5 lbs 19.30	10 lbs 35.13
Whole Wheat Flour , Spring	10 lbs 7.64	50 lbs 30.03
Whole Wheat Flour, Org	5 lbs 9.94	10 lbs 18.09
Whole White Wht Flour, Org	5 lbs 13.10	10 lbs 23.84

Darral's Spring '24 Schedule

Delivery Date	City	Time	Place	Last Day To Order
Mar 3	Zillah	11:30-12:00 pm	Shell Gas Station	Feb 25
3	Yakima	1:00-1:30 pm	SDA Church	25
3	Monroe	5:00-6:00 pm	Best West	25
4	Arlington	8:30-9:30 am	SDA Church	25
4	Lynnwood	10:30-11:00 am	Cypress SDA School	25
4	Kirkland	11:30am-12:00 pm	SDA Church	25
4	Puyallup	1:00-2:00 pm	SDA Church	25
4	Lacey	3:00-4:00 pm	SDA Church	25
5	Chehalis	8:30-9:30 am	SDA Church	25
5	Ridgefield	10:30-11:30 am	NPUC	25
5	Battle Ground	12:00-12:30 pm	SDA Church	25
5	Pleasant Hill	3:00-4:00 pm	ECA School	25
5	Roseburg	5:30-6:30 pm	SDA Church	25
Mar 20	Moses Lake	10:00-10:45am	SDA Church	Mar 10
20	Wenatchee	12:30-1:00pm	SDA Church	10
20	Chelan	3:15-3:30pm	SDA Church	10
20	Leavenworth	5:00-5:30pm	SDA Church	10
April 7	Ontario	12:00-12:30 pm	St. West of Best West	Mar 31
7	Caldwell	1:15-1:45 pm	Gem State	31
7	Boise	2:30-3:30 pm	Clover Dale	31
8	Salt Lake City	8:30-9:30 am	Summit/Mill Creak	31
8	Logan	11:00-11:30 am	SDA Church	31
8	Lava Hot Springs	1:30-2:30 pm	I Am	31
8	Idaho Falls	4:30-5:00 pm	SDA Church	31
9	Twin Falls	8:30-9:00 am	Hilltop SDA School	31
9	Baker City	12:00-12:30 pm	SDA Church	31
9	La Grande	2:00-2:30 pm	SDA Church	31
9	Pendleton	4:00-4:30 pm	SDA Church	31



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 Order Line **1-800-956-6089**

Darral's Spring '24 Schedule

Delivery Date	City	Time	Place	Last Day To Order
April 14	Spokane Valley	10:30-11:00	SDA School	April 7
14	Coeur D'Alene	12:00-12:30 pm	SDA Church	7
14	Missoula	4:30-5:30 pm	SDA School	7
15	Hamilton	8:30-9:30 am	SDA Church	7
15	Butte	12:30-1:30 pm	3 Bears	7
15	Helena	3:00-4:00 pm	SDA Church	7
15	Fairfield	5:30-6 pm	Ransom Household	7
16	Greats Fall	8:30-9:30 am	SDA School	7
16	Condon	12:30 pm	Post Office	7
16	Kalispell	2:30-3:30 pm	SDA Church	7
16	Ronan	5:00-6:00 pm	SDA School	7
April 21	Bozeman	5:00-6:00 pm	SDA School	Apr. 14
22	Billings	12:00-1:00 pm	SDA Church	14
22	Miles City	4:00-4:30 pm	SDA Church	14
23	Glendive	9:00-9:30 am	SDA Church	14
23	Dickerson	11:30 am-12:30 pm	SDA Church	14
23	Bowman	2:00-2:30 pm	Hospital	14
23	Spearfish	5:00-5:30 pm	SDA Church	14
24	Moorcroft	9:30-10:00 am	Coffee Cup Fuel	14
24	Gillette	10:30-11:00 am	SDA Church	14
24	Buffalo	12:30-1:00 pm	SDA Church	14
24	Casper	3:00-3:30 pm	SDA Church	14
24	Sheridan	6:00-6:30 pm	SDA Church	14



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WORTHINGTON / LOMA LINDA PRODUCTS

Multicase Discount 5cs + /\$2off/ per cs

Good only on cases listed below

WORTHINGTON FROZEN PRODUCTS

Dinner Roast	one 2 lb	19.79
Dinner Roast	6/2 lb	110.99
Sausage Links	8/6.4 oz	42.79
Stakelets	8/9 oz	43.29
Leanies - Deli Dogs	8/7.65 oz	42.99
Tuna Rolls	12/12 oz	74.69
Frozen Rolls Chicketts, Prosaage	12/16 oz	107.99
Frozen Rolls Chicken, Chicketts, Corned Beef, Ham, Salami, Turkey, Vegan Smoked Turkey	4/4 lb. 4 lb.Ea.	136.49 36.39
Deli Slices - Chicken, Corned Beef, Dinner Roast, Ham, Salami, Turkey	8/6.9 oz 6.9 oz ea.	42.79 5.79

MORNINGSTAR FROZEN PRODUCTS

Chicken Nuggets	6/14ct	31.89
Corn Dogs	8/4 ct	42.49
Griller Crumbles	6/9.5 oz	31.89
Breakfast Links	168 ct	92.29
Breakfast Patties	112 ct	88.69
Breakfast Strips	18/5.34 oz	75.99
Grillers	4/12 ct	55.89

MISC. VEGETARIAN

Chiliman Chili	15 oz	3.99 ea	12/15 oz	41.39
Chai Pow Yu	10 oz	2.99 ea	24/10 oz	57.69
Mun Chai Ya	10 oz	2.99 ea	24/10 oz	57.69
Curry Chai Pow Yu	10 oz	2.99 ea	24/10 oz	57.69
Lo Han Chai	10 oz	2.99 ea	24/10 oz	57.69
Lindsay Green Olives	8 oz	3.49 ea	12/8 oz	38.79
Kaffree Roma	7 oz	7.89 ea	6/7 oz	44.29
Nutolene	14.6 oz		6/14.6oz	37.99

Chili—Spicy	12/15 oz	49.39
Chili	12/50 oz	161.29
Choplets	12/13 oz	84.99
Diced Chik	12/13 oz	80.69
Fri Chik	12/12 oz	80.69
Fri Chik - Low Fat	12/12.5 oz	80.69
Fri Chik - Large	12/42 oz	201.59
Prime Steaks	12/13 oz	80.69
Prime Steaks	12/47 oz	201.59
Saucettes	12/15 oz	72.79
Super Links	12/15 oz	72.79
Super Links	6/96 oz	161.29
Skallops	12/15 oz	72.79
Skallops	12/50 oz	201.59
Vegetable Steaks	12/15 oz	72.79
Vegetarian Burger	12/15 oz	72.79
Vegetarian Burger	12/50 oz	201.59
Veja Links	12/15 oz	72.79
Veja Links - Low Fat	12/15 oz	72.79
Big Franks	12/15 oz	65.99
Big Franks - Low Fat	12/15 oz	65.99
Big Franks	6/96 oz	161.29
Fried Chk'n w/ Gravy	12/13 oz	80.69
Linketts	12/15 oz	72.79
Linketts - Large	6/96 oz	161.29
Little Links	12/15 oz	72.79
Redi-Burger	12/15 oz	72.79
Swiss Steak w/ Gravy	12/13 oz	80.69
Swiss Steak w/ gravy – Large	12/47 oz	201.59
Tender Bits	12/15 oz	84.89
Tender Rounds w/ Gravy	12/15 oz	72.79
Vege-Burger	12/15 oz	72.79
Simple Franks (Blue)	12/20 oz	84.59

DRIED

Apples, ring, Org	1 lb	21.48	5 lbs	64.50
Apricots, Turkish SO/2	2 lbs	28.80	5 lbs	57.60
Banana Chips, Sweetened	2 lbs	7.80	5 lbs	15.60
Cranberries Dried-Sugar Sweet	2 lbs	16.85	5 lbs	25.30
Dates, Deglet Nor (pitted)	2 lbs	11.90	5 lbs	23.80
Dates, Medjool Choice	2 lbs	13.15	5 lbs	26.30
Dates, Oat Covered Date Pieces	2 lbs	8.40	5 lbs	16.80
Mango Slices no So2	2 lbs	23.10	5 lbs	46.20
Ginger Slices Natural	2 lbs	19.70	5 lbs	39.40
Ginger Chunks Natural	2 lbs	18.25	5 lbs	36.50
Pineapple Rings no SO/2	2 lbs	24.75	5 lbs	49.50
Prunes, Pitted Ashlock, No so/2	2 lbs	16.50	5 lbs	33.00
Cherry– Bing, Natural Pitted	2 lbs	30.00	5 lbs	60.00
Raisins, Organic Thompson	2 lbs	9.40	5 lbs	18.80
Raisins, Thompson	2 lbs	8.90	5 lbs	17.80

SEEDS

Chia Seeds Organic	2 lbs	13.35	5 lbs	26.70
Flax Seed - Brown	5 lbs	12.40	10 lbs	22.57
Flax Seed - Brown, Org	5 lbs	13.90	25 lbs	52.13
Flax seed - Golden	10 lbs	22.02	25 lbs	45.38
Flax Seed Meal, Brown	5 lbs	15.60	25 lbs	58.50
Sunflower Kernels Raw	10 lbs	25.30	25 lbs	52.13
Pumpkin Seeds -Raw Chi-nese	5 lbs	25.70	10 lbs	46.77

NUTS

Almonds Whole Raw	5 lbs	30.00	25 lbs	112.50
Brazil Nuts Raw Org	2 lbs	24.00	5 lbs	48.00
Cashews - Large Raw Pieces	5 lbs	29.60	25 lbs	111.00
Rstd. Salted Deluxe mixed nut	1 lb	17.38	5 lbs	83.63
Macadamias Raw Org	1 lb	29.14	5 lbs	87.50
Walnuts Halves & Pieces	5 lbs	36.50	10 lbs	66.43
Pecan Halves	1 lbs	19.88		



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Cornbread Muffin Mix	24 oz/ 4.39	4/24oz / 14.99
Homestyle Pancake Mix	24 oz/ 5.69	4/24oz / 19.49
Corn Flour, Gold MASA	24 oz/ 3.99	4/24oz / 13.99
Brown Rice Flour, GF, Org	24 oz/ 7.59	4/24oz / 25.99
White Rice Flour, GF, Org	24 oz/ 7.49	4/24 oz / 25.69
Teff Flour	20 oz/ 7.99	4/20 oz / 27.79
WW Pastry Flour, Org	5 lbs/ 9.69	4/5 lbs / 33.29
Artisan Bread Flour	5 lbs/ 7.79	4/5 lbs / 26.69
Whole Spelt Flour, Org	20 oz/ 4.99	4/20oz / 17.39
Spelt Flour, Whole	22 oz/ 4.89	4/22oz / 16.69
Sweet White Rice Flour	24 oz/ 5.99	4/24oz / 20.79
Unbleached White flour, Org	5 lbs/ 9.69	4/5 lbs / 33.29
Whole Wheat Flour, Org	5 lbs/ 9.69	4/5 lbs / 33.29
Guar Gum	8 oz/ 8.59	5/8oz / 36.59
Egg Replacer, GF	12 oz/ 4.99	8/12 oz / 21.49
Flatbread Mix Grain Free	7.05oz/ 3.99	5/7.05oz / 16.99
Blueberry Muffin Mix Grain	9 oz/ 6.39	5/9oz / 27.29
Choc Cake Mix Grain Free	10.5oz/ 5.59	5/10.5oz / 23.89
Brownie Mix Grain Free	12 oz/ 6.39	5/12oz / 26.99
Granola, Cinnamon Raisin	12 oz/ 4.89	4/12oz / 16.49
Gluten Flour	20 oz/ 8.99	4/20oz / 30.89
Potato Flakes	16 oz/ 5.29	4/16oz / 17.59
Soup Mix, 13 Bean	29 oz/ 6.39	4/29oz / 21.89
Soup Mix Vegi	28 oz/ 5.89	4/28 oz / 20.29
Whole Grain Bean Soup Mix	26 oz/ 5.99	4/26oz / 20.39

Cannellini Beans	24 oz/ 12.39	4/24 oz / 42.49
Yeast Active Dry	8 oz/ 5.99	5/8oz / 25.79
Blanched Almond Meal, GF	32 oz/ 20.39	4/32oz / 69.59
Flaxseed Meal, Org	16 oz/ 5.99	4/16oz / 20.79
Coconut Flour, Org	16 oz/ 6.29	4/16oz / 20.99
Granola, Apple Blueberry, GF	12 oz/ 5.99	4/12 oz / 20.39
Granola, Honey Oat, GF	12 oz/ 5.99	4/12 oz / 20.39
Buttermilk Powder, Swt Milk	24 oz/ 13.39	4/24 oz / 45.79
Milk Powdered, Nonfat Dry	22 oz/ 12.99	4/22 oz / 44.49
Brown Rice Cereal GF	26 oz/ 5.99	4/26oz / 20.69
6 grain Hot Cereal, Org	24 oz/ 5.29	4/24 oz / 17.99
8 Grain Cereal GF	25 oz/ 4.99	4/25 oz / 16.99
Ten Grain Cereal	25 oz/ 3.99	4/25 oz / 13.99
Muesli	18 oz/ 5.99	4/18oz / 20.39
Muesli, GF	16 oz/ 7.39	4/16oz / 25.29
Mighty Tasty Hot Cereal, GF	24 oz/ 5.29	4/24 oz / 17.89
Quick Cooking Steel Cut Oats	22 oz/ 4.59	4/22 oz / 15.59
Steel Cut Oats, Org	24 oz/ 6.29	7/24 oz / 20.99
Scottish Oatmeal	20 oz/ 4.99	4/20oz / 16.99
Oats Rolled Thick, Org	32 oz/ 7.39	4/32oz / 25.39
Oats Rolled Thick, Org, GF	32 oz/ 10.29	4/32oz / 34.89
Raw Buckwheat Groats, Org	16 oz/ 6.49	4/16oz / 22.29
Swt White Sorghum Grain GF	22 oz/ 4.49	4/22 oz / 15.29
Whole Grain Teff	24 oz/ 8.59	4/24 oz / 29.29
Bulgar Red Wheat	24 oz/ 4.29	4/24 oz / 14.39
Red Quinoa Grain, Org	13 oz/ 6.99	6/13 oz / 30.29
Tri-Color Quinoa Grain Org	13 oz/ 6.99	6/13 oz / 30.29

GF Quick Rolled Oats	32 oz/ 8.99	4/32oz / 31.29
GF Regular Rolled Oats	32 oz/ 9.29	4/32oz / 31.39
GF Thick Rolled Oats	32 oz/ 9.29	4/32oz / 31.39
GF Steel Cut Oats	24 oz/ 7.59	4/24oz / 25.89
GF Oat Bran	16 oz/ 4.79	4/16oz / 16.29
GF 1-TO-1 Baking Flour	44 oz/ 10.99	4/44oz / 37.99
GF Homemade Wonderful Bread Mix	16 oz/ 6.59	4/16oz / 22.59
GF Hearty Whole Grain Bread Mix	20 oz/ 7.49	4/20oz / 25.69
GF Paleo Baking Flour	16 oz/ 11.79	4/16oz / 39.99
GF Sweet White Sorghum Flour	22 oz/ 4.99	4/22 oz / 17.49
GF Oat Flour/Whole Grain	18 oz/ 6.59	4/18oz / 22.49
GF Cornbread Mix	20 oz/ 4.39	4/20oz / 14.99
GF Biscuit Baking Mix	24 oz/ 6.29	4/24 oz / 20.99
GF Pancake Mix	24 oz/ 6.59	4/24oz / 22.29
GF Pizza Crust	16 oz/ 4.99	7/16 oz / 17.39
GF Chocolate Chip Cookies	22 oz/ 7.39	4/22oz / 25.29
GF Chocolate Cake Mix	16 oz/ 5.39	4/16oz / 18.49
White Popcorn	30 oz/ 5.49	4/30oz / 18.79
Hemp Seeds Hulled	8 oz/ 10.39	5/8 oz / 44.59
Whey Protein Concentrate	12 oz/ 17.69	4/12oz / 60.39





Barley Flour	25 lbs.	40.43
Buckwheat Flour, Org.	25 lbs.	69.08
Golden Bulger	25 lbs.	58.58
Corn Polenta, Yellow	25 lbs.	36.23
Cornmeal Medium	25 lbs.	32.55
All Purpose White Flour, Unbleached, Org.	25 lbs.	40.88
Flaxseed Meal	25 lbs.	58.50
Chickpea Flour	25 lbs.	45.08
Millet Flour	25 lbs.	42.08
Oats Quick Cook Steel Cut	25 lbs.	35.33
Potato Starch GF	25 lbs.	56.78
Potato Flour	25 lbs.	79.80
Rice Flour, Brown	25 lbs.	44.10
Rice Flour, White	25 lbs.	39.90
Rye Flour, Dark, Org.	25 lbs.	42.38
Tapioca Flour GF	25 lbs.	54.23
Teff Flour	25 lbs.	92.78
GF All Purpose Baking Flour	25 lbs.	56.70
GF Oats Rolled Regular	25 lbs.	59.40
GF Sorghum Flour, Sweet White	25 lbs.	53.25
Corn Flour, Org.	25 lbs.	40.43
Cornmeal, Medium, Org.	25 lbs.	42.83
Corn Polenta, Yellow, Org.	25 lbs.	51.68
Flaxseed Meal, Golden, Org.	25 lbs.	84.38
Whole Wheat Flour, Org.	25 lbs.	37.28

Instant Legume Flakes

Pinto Bean	1 lb	6.33	5 lbs	19.00
Black Bean	1 lb	7.96	5 lbs	23.90
Green Split Pea Soup	1 lb	6.33	5 lbs	19.00

Dried Meat Alternatives

Soycurls	1 lb	15.52	12 lbs	83.88
TVP Plain Minced	1 lb	4.56	5 lbs	13.70
TVP Beef Chunks	1 lb	6.69	5 lbs	20.10
TVP Beef Minced	1 lb	9.79	5 lbs	29.40

Specialty Breads

Ezekiel 4:9 Original Bread, Flourless	24 oz	4.99
Ezekiel 4:9 Sesame Bread, Flourless	24 oz	4.99
Outside the Breadbox– GF, Vegan, Oat Bread– Original, or Cinnamon Raisin	16 oz	8.99
Outside the Breadbox– GF, Vegan, Bagels– Original, Onion, or Cinnamon Raisin	12 oz	8.49
Outside the Breadbox– GF, Vegan, Dinner Rolls	13 oz	9.49

Spices

Bay Leaf	4 oz	12.42
Cayenne Pepper 90k H. U. Org	4 oz	15.86
Cinnamon Powder Ceylon Org	4 oz	5.86
Garam Masala Org	4 oz	14.68
Parsley Leaf Flakes Org	4 oz	5.87
Turmeric Powder Org	4 oz	3.02
Fenugreek Seed Powder Org	4 oz	2.02
Vanilla Extract Powder Org	4 oz	15.84
Garlic Granules	4 oz	6.59
Onion Granules	4 oz	4.50



Herbs

Chicory Rt Roasted Org	8oz	7.18
Calendula Flowers Whole	8oz	8.41
Comfrey Leaf c/s Org	8oz	15.23
Lavender Flowers Org	8oz	18.67
Ashwagandha Rt c/s Org	8oz	17.58
Psyllium Husk Whole	8oz	11.07
Nettle Leaf c/s Org	8oz	28.85
Pau d' Arco Bark Tea	8oz	8.21
Spearmint Leaves Org	8oz	7.51
Essiac Tea Org	1lb	35.93
Senna Leaf Whole Org	8oz	8.48
Mugwort Org	8oz	11.37
Maca Powder Gelatinized Org	8oz	10.92
Charcoal Powder Activated	8oz	7.00
Bentonite Clay Powder	8oz	2.57

Sprouting Seeds

Salad Blend	8oz	16.94
Sandwich Blend	8oz	17.55

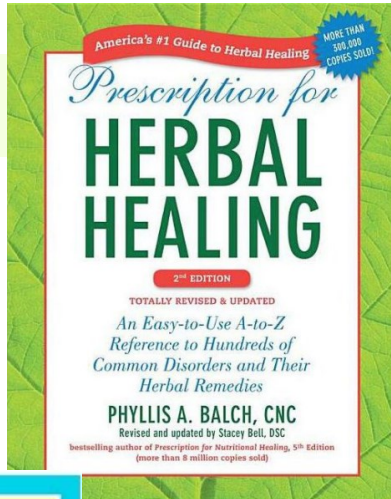
Seitenbacher Products

Organic Blackberry/Raspberry Muesli	13.2 oz	7.69
Organic Berry Temptation Muesli	16 oz	7.69
Organic Chocolate Coconut Muesli	16 oz	7.69
Organic Cashew Almond Muesli	16 oz	7.69
Organic Gluten Free Cranberry Muesli	13.2 oz	8.79
Organic Low Carb Muesli	13.2 oz	8.79
Instant Red Chili Soup 5 pk.	3.5 oz	7.69
Vegan Burger Mix	17.9 oz	6.59
Artisan Pasta Shells	16 oz	5.19

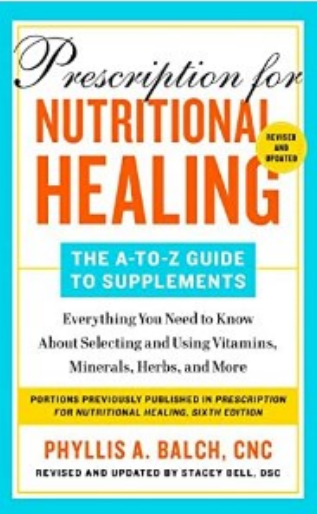
SDA Musical Ministry CD's
3 options available



15⁹⁹
Reg. 18⁹⁹



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40⁰⁰

"Whether you are looking for relief from a specific ailment or simply to achieve and maintain optimum health, Prescriptions for Nutritional Healing: The A-to-Z Guide to Supplements quickly provides access to everything you'll need to design a complete nutritional program."

SPRING SPECIALS

Product	Size	Sale	Reg
Cadia Organic Pasta	16oz	1.99	2.29
Farfalle or Fusilli			
Cadia Organic Pasta Sauce	24oz	3.49	3.99
Tomato Basil or Marinara			
Cadia Organic Preserves			
Apricot, Blueberry, Morello Cherry, Raspberry, or Strawberry	11oz	3.99	4.49
Cadia Organic Grape Jelly	11oz	3.49	3.99
Legacy 19 oz Can Vege Food	Size	Sale	Reg
Linketts	12/19oz	75.89	84.29
Redi Burger LF	12/19oz	75.89	84.29
Tender Rounds	12/19oz	75.89	84.29
Vegetable Steaks LF	12/20oz	75.89	84.29
Veja Links LF	12/19oz	75.89	84.29

Quantities limited to stock on hand.

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Supplements & Vitamins

Terry Naturally Vegan CuraMed Super Curcumin:	367703293369—200 mg, 60 ct.	32.69
	367703263461—500 mg, 60 ct.	61.49
Natural Factors Chelated Zinc Tablets 25 mg 90 ct.		9.89
Natural Factors Quercetin Capsules 10x Absorption 30 softgels	068958013794	28.79
Natural Factors NAC 600 mg, 60 veg. cap.	068958028187	19.79
American Health Original Papaya Enzyme Chewable 250 ct.	076630501040	9.29
Jarrow Vitamin C Tablet 750 mg, 100 ct.		18.95
PB 8 Probiotic 14 Billion Active Cultures 120 ct.	027917001128	26.99
Heather's Tummy Tea Bloating Support 8.82oz Can	180616000080	16.99

Specialty Items

Bragg's Amino Acids	32oz	10.99
	12/32oz	114.19
Braggs Apple Cider Vinegar Org Molasses, Blackstrap	16oz/ 6.39	32oz/ 9.69
	16 oz	6.99
Food Grade Bucket w/ gasket lid	5 Gal	11.99
Dandy Blend Org Caffeine Free Instant Herbal Beverage	50 Serv	11.29
	156 Serv	28.29
Coffig Org Roasted Fig Caffeine Free Beverage	20 Tea Bag	15.69
	75 Serv	15.99
Coffig Fig & Chickpea	75 Serv	15.99
Karlin Finest- Baking Soda	16 oz	2.19
Rumford- Baking Powder	8.1 oz	4.89
Rumford- Corn Starch	12 oz	4.79
Mxd Vegetable Flakes Soup Base (carrot, celery, potato, red pepper)	1 lb	23.81
	5 lbs	71.50

Darral's Natural Foods, LLC

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Legumes

13 Bean Soup Mix	5 lbs / 9.60	10 lbs/ 17.47
Black Beans	5 lbs / 8.10	10 lbs/ 14.74
Garbanzo Beans Organic	5 lbs / 17.20	10 lbs/ 31.30
Garbanzo Beans	5 lbs / 8.30	10 lbs/ 15.11
Great Northern Beans	5 lbs / 8.80	10 lbs/ 16.02
Kidney - Light Red Beans	5 lbs / 8.80	10 lbs/ 16.02
Lentils, Regular Green	5 lbs / 7.20	10 lbs/ 13.10
Lentils, French, Org	5 lbs / 17.40	10 lbs/ 31.67
Lentils, Decort. Red	5 lbs / 9.30	10 lbs/ 16.93
Limas, Baby	5 lbs / 10.00	10 lbs/ 18.20
Mung Beans Organic	5 lbs / 17.80	10 lbs/ 32.40
Navy Beans	5 lbs / 7.40	10 lbs/ 13.47
Peas, Green Split	5 lbs / 5.40	10 lbs/ 9.83
Pinto Beans	5 lbs / 7.20	10 lbs/ 13.10
Red Beans	5 lbs / 8.30	10 lbs/ 15.11
Soy - Organic	5 lbs / 14.60	10 lbs/ 26.57
Soy Beans	5 lbs / 8.30	10 lbs/ 15.11
White Beans, Small	5 lbs / 7.80	10 lbs/ 14.20

RICE

Calrose White	5 lbs / 10.70	25lbs / 40.13
Long Grain Brown Rice	5 lbs / 5.90	25lbs / 22.13
Long Grain White Rice	5 lbs / 5.60	25lbs / 21.00
Jasmine	10 lbs / 13.65	25lbs / 28.13

In Partnership with Highlands Organic Market



Cocoa Nibs, Org	2 lbs/ 29.50	5 lbs/ 59.00
Wheat Bran	2 lbs/ 2.20	5 lbs/ 4.40
Small Pearl Tapioca	5 lbs/ 9.80	10 lbs/ 17.84
Fructose	5 lbs/ 11.00	10 lbs/ 20.02
Tender Jel Instant	2 lbs/ 12.35	5 lbs/ 24.70
Xylitol Crystals (corn cob)	2 lbs/ 25.45	5 lbs/ 50.90
Dextrose (nonGMO corn)	5 lbs/ 19.90	10 lbs/ 36.22
Turbinado (Demerara)	5 lbs/ 21.17	10 lbs/ 38.53
Erythritol	2 lbs/ 18.90	5 lbs/ 37.80
Nutritional Yeast Flakes Mini	1 lb/ 18.51	2 lbs/ 27.80
Nutritional Yeast Flakes Large	1 lb/ 19.31	2 lbs/ 29.00
Arrowroot Starch	1 lb/ 7.63	5 lbs/ 22.90

GARDEIN

Pudding- Chocolate & Vanilla	4 oz	2.99
Jello- Cherry, Orange, Raspberry	3 oz	2.79
<u>GEFEN VEGAN JEL</u>		
Cherry, Clear, Hawaiian Tropical,	3 oz	2.39
Lemon, Lime, Orange, Raspberry		

Please help us clean up our Mailing List.

Email us at

orders@darralsnaturalfoods.com

And let us know any updates.

Coconut

Coconut Milk Powder, Org.	5 lbs/ 55.10	44 lbs/ 363.66
Coconut Chips Org No/ So2	1lb	5.19
Coconut Macaroon Natural Org	1lb	7.19
Coconut Medium Shred	1lb	7.19

TOFU

Mori Nu Tofu - Firm	12.3 oz/ 3.29 ea	12/12.3oz/ 34.69
Mori Nu Tofu - X Firm	12 .3oz/ 3.29 ea	12/12.3oz/ 34.69

SEASONINGS

Mckays Chicken no MSG	6oz	4.59
Mckays Chicken no MSG	12 oz	8.69
Mckays Chicken no MSG— Bulk	5 lbs	32.30
Mckays Chicken Vegan Jar	12 oz	9.69
Mckays Chicken Vegan — Bulk	5 lbs	34.50
Mckays Beef no MSG	6oz	5.29
Mckays Beef no MSG	12oz	9.69
Mckays Beef no MSG - Bulk	5 lbs	37.10
Mckays Beef Vegan - Bulk	5 lbs	41.60
GW Broth- Brown or Golden	1 oz/ 1.99	24/1oz 43.39
Bakon Yeast— Hickory	3.5 oz	7.39
Salt (non additive) Cargil	5 lbs/ 9.80	10 lbs/ 17.84
Real Salt, Pink	2 lbs/ 12.80	5 lbs/ 25.60
Celtic Salt— Fine	1 lbs/ 20.30	2 lbs/ 30.50
Celtic Salt— Coarse	1 lbs/ 9.26	2 lbs/ 13.90

We appreciate your feedback! What do you want to see us carry? Let us know which items you really like and we will do our best to make them a permanent part of the flyer for future trips. Thank you for your patronage!