

# Sourdough Girls and Wholy Living Order Form ~ SPRING 2019 prices subject to change ALL GMO Free

GRAINS, FLOUR, OATMEAL and POPCORN All grains are chemical free or organic and GMO Free	Weight (lbs)	Price (\$)	Qty	Total Cost	SEEDS ~ NUTS ~ SWEETENERS ~ OILS	Weight (lbs)	Price (\$)	Qty	Total Cost
Prairie Gold — hard white spring wheat berries high protein,	25 / 50	25 / 40			Chia Seeds - Black - Organic	1 / 5	6 / 24		
Bronze Chief Wheat — hard red spring wheat, 45# is a pail	25 / 50	25 / 37			Golden Flax Seeds — lowers cholesterol, omega oils	5 <sup>1</sup> / 25 <sup>1</sup>	8 / 32		
<b>HEIRLOOM or ANCIENT Grains, Lower Gluten, non-hybridized</b>					Pumpkin Seeds- Medium size, protein rich, eliminates parasites! <b>Organic</b>	5	22		
Kamut — Egyptian grain, wheat substitute, soft bread	5 / 25 / 50	12 / 40 / 72			Sesame Seeds—make your own tahini, crackers, Organic	5	17		
Einkorn— Ancient grain, soft bread, lower gluten	5 / 25	20 / 92			Sunflower Seeds - raw, unsalted, shelled, Organic	5 / 25	19 / 78		
Red Fife Hard Wheat,	5 / 50	15 / 93			Almond s- Please choose : Slivered, Sliced, Dry Roasted, Salted or RAW	5	36		
Spelt— low gluten, complete protein	5 / 50	12 / 69			Brazil Nuts	5	60		
Soft White Pastry Berries — perfect for pie crusts, cookies, muffins, angel food cakes	5 / 25 / 50	9 / 25 / 48			Cashews — raw large pieces, roast for 15 minutes at 225	5	38		
7 Grain Mix — unique blend of hard wheat, oats, soft white, rye, triticale, barley and spelt	25	32			Hazelnuts, whole, super food, Raw	5	50		
9 Grain Mix Rolled w/ Flax Seeds- great for granola & hot cereal	25 / 50	29 / 54			Peanuts - Dry roasted OR Salted, please Specify	5	15		
Natural White Unbleached Flour , Wheat Montana Chemical Free Organic Type 00 White Flour—Pizza flour, no additives	10/ 25 / 50 50	10/ 25/ 46 65			Pecans — medium pieces or halves, Please Specify	2.5 / 5	35 / 65		
Regular Rolled Oats OR Quick Rolled Oats (PLEASE SPECIFY)	25 / 50	27 / 49			Walnut Pieces — pieces OR Halves, Please Specify	5	30		
Certified Organic Rolled Oats Or Quick Oats (PLEASE SPECIFY) GLUTEN FREE Rolled Oats	25 / 50 50	40 / 77 77			Peanut Butter, Creamy or Crunchy, salted, Natural	35#	96		
Corn - Whole for corn bread - Organic - non GMO	5 / 25	9 / 29			Peanut Butter, Cream y or Crunchy, Organic, salted	22#	100		
Oat Groats - roll your own oats in the Roller Flaker, Organic Steel Cut Oats— Organic	5 / 25 / 50	11 / 39 / 77			Peanut Butter, Creamy or Crunchy, Natural, Lightly Salted	1 GAL	46		
Whole Rye, Higher in protein than wheat, lower gluten, delicious	5 / 25	9 / 29			Peanut Butter, Homogenized w/ Non GMO oil, Creamy only	35#	96		
Hulled Barley from Delta Junction — great milled or in soups	5 / 25	8 / 22			Agave Syrup- Organic Dark Amber	1 gal	55		
Hulled Barley— Organic, Oregon grown	5 / 25	9 / 32			Honey- RAW , Clover , Organic, LOWER PRICE!!	1 gal	60		
Buckwheat groats- gluten free, good sprouts & pancakes, organic	5 / 25	16 / 65			Honey, Mountain Wildflower — delicious, full of enzymes	1 gal / 40#	65 / 140		
White Quinoa (Keenwa) - Mill for flour, cook like rice GF, white Tri Color Quinoa, brown, red and white quinoa mixed, GF	5 / 25	18 / 73 20 / 92			Maple syrup <sup>1</sup> — Organic, delicious and very dark	1 gal	80		
Millet — serve like rice, excellent for restoring alkaline, organic	5 / 25 / 50	9 / 34 / 64			Molasses — Old Fashioned Sweet Table	32 oz / 1 gal	9 / 27		
Long Grain Brown Rice, Lundberg Family, <b>ORGANIC</b>		<b>16 / 67</b>			Molasses— Blackstrap, less refined so stronger flavor	32 oz / 1 gal	9 / 29		
Long Grain Brown Rice, Lundberg, Eco Farmed	5 / 25	11 / 46			Evaporated Cane Sugar - Mix w/Molasses for brown sugar	50	74		
Short Grain Brown Rice, Lundberg, Eco Farmed	5 / 25	10 / 39			Coconut Oil - organic, no odor or flavor	1 or 5 gal	40 / 137		
WHITE Basmati Rice, <b>ORGANIC</b>	5 / 25	19 / 82			Coconut Oil - Extra Virgin, organic - Non Refined	1 or 5 gal	60 / 217		
WHITE Basmati Rice, Eco Farmed	5 / 25	13 / 56			Shortening - Organic Palm Fruit, 18 month shelf life	4.5 / 33 lb	21 / 86		
BROWN Basmati Rice, Eco Farmed	5	12 / 51			Grapeseed Oil, high vit. 3, Omega 6, High smoke point-460	25 oz	11		
WILD RICE Blend, Lundberg	5	22			OLIVE OIL Extra Virgin, Organic - Excellent quality	1 gallon	38		
Yellow Popcorn - Organic, Delicious, FEW 'Old Maids'	5 / 25	10 / 47			Sunflower Oil, Organic, neutral taste and high smoke pt.	1 gallon	30		
Multi Popcorn Organic , higher antioxidants than yellow popcorn	5 / 25	12 / 51			<b>TOTAL PAGE 1</b>				

**CHOCOLATE ~ BAKING ESSENTIALS ~ DRIED FRUIT**

**BEANS ~ SOUP FIXINS ~ SALTS ~ MILK ~ VINEGAR**

	Weight	Price	Qty	Total	DRY BEANS ~ 5# & 25# SIZE ~ All USA grown	Weight In pounds	Price	Quantity	Total Cost
Arrowroot Powder-use like cornstarch & in deodorant	1 / 5	8 / 22			Black Beans - Organic	5 / 25	12 / 54		
Baking Powder Rumford — no aluminum, fast acting! Baking Soda	5 lb	20 10			Red Kidney - Organic	5	14		
Milk Chocolate chips, contains dairy and soy, addicting!	5	29			Pinto ~ Organic	5 / 25	14 / 53		
Dark Chocolate 70%, soy & dairy free, organic, Regular	2.5 / 5	22 / 41			Garbanzo - Organic	5 / 25	14 / 65		
Semi Sweet, soy& dairy Free,56%, <u>Regular, Mini or Chunks, Organic</u>	2.5 / 5	20 / 36			Green Split Peas - Organic	5 / 25	10 / 43		
Dark Or Semi Sweet Chocolate, Organic <u>contains soy/dairy</u>	5	34			Great Northern - Organic	5 / 25	15 / 54		
STEVIA SWEETENED Chocolate chips, Lily's, Dark Chocolate	9 oz	7			13 Bean Fiesta Mix—prepare with broth & veg stew	5	13		
Cocoa Powder—10-12% Dutch cocoa, Cocoa Powder– 10-12% , Organic	5	21 33			Green Lentils—Organic Red Lentils-Organic, product of Turkey	5 / 25 5 / 25	13 / 51 15 / 63		
Dough Enhancer — extends shelf life, Contains GMO	1	7.50			Beef Broth Mix OR Chicken Broth Mix OR Vegetable Broth Mix CHOOSE which one , gluten free	1	7.50		
Sunflower Lecithin, use in place of dough enhancer/gluten	16 oz	7			Dehydrated Veggies-carrots, celery, tomatoes, peppers, spinach Add to soups, rice. Run in coffee mill & use powder in dips, bread and crackers! So good!	1	11		
SAF Yeast—makes 80 loaves of bread	1	5			Dehydrated Potato Slices Pail - great in spud casseroles	7	45		
Vegalene Pan Spray — Aerosol, lasts & lasts, may contain GMO	14 oz	9			Dehydrated Potato Shreds Pail - rehydrates quickly, good as hash browns, add to soup ~ delicious!	7	45		
Vital Wheat Gluten	1# / 5 lb	5 / 17			Celtic Sea Salt <sup>1</sup> —80 trace minerals, pure, fine ground	1 / 5	8 / 50		
Pure Vanilla Powder use tsp as tsp <b>Vanilla Extract , Four Fold, 4 types of vanilla beans vanilla Vanilla Extract, Organic</b>	<b>1.5# Powder</b> <b>16oz / 32 oz</b> <b>16 oz/ 32 oz</b>	25 16 / 30 24 / 46			Celtic Sea Salt Crystals -coarse for grinders, diissolves in liquids	5	24		
Pure Almond Extract Liquid or Powder? Love at 1st SNIFF!	8 oz/ 1.5 #	12 / 20			PINK Himalayan Salt - FINE COURSE, for use with a grinder	5 / 22 1	14 / 52 7		
Real Maple Extract— great for camping mixes/oatmeal packets	8 oz / 1.5#	12 / 20			Real Salt—similar to Celtic but harvested in Utah	26 oz / 25	10 / 88		
<b>Nutritional Yeast</b> - adds nutrients to baked goods, or popcorn	1 / 2.5	11 / 21			Whole Milk Powder, Organic	16 oz / 5 #	12 / 51		
Apples, Soft, skinless, sulphured		38			Buttermilk Powder– use for light/fluffy baking	5	16		
Apricots - DICED, sulphured, in rice flour, Apricots– Whole Turkish, sulphured	5	18 21			Coconut Milk Powder- shelf stable, organic Coconut Milk Canned, organic, NO Guar Gum	1 / 5 case of 12	16 / 54 40		
Cherries - Dried Bing –not sweetened, unsulphured	5	56			Morning Moos Chocolate Flavored Protein Powder– hot or cold (#10 can only in chocolate available) Morning Moos Milk Flavored Protein Powder #10 can / Pail avail.	#10 Can = 5 gal Pail makes 50 gal	20 choc 20 milk 162 milk pail		
Coconut - chipped, larger pieces, organic , unsweetened Coconut– Medium flakes, unsweetened, organic	2.5 / 5 / 25	13 / 26 / 96 11 / 22 / 95			Apple Cider Vinegar, Organic, Raw	1 qt / 1 gall 5 gal	6 / 18 / 75		
Cranberries– Sweetened with Apple Juice	5	28			Sesame Sticks– Salted or Honey Roasted, snack or Salad topping Made with spelt flour	1 / 5	5 / 23		
Dates, Pieces rolled in GF oat flour, unsulphured Dates, Whole pitted, organic, unsulphured	5	17 25							
Mangoes, Unsulphured, Pears, natural, unsulphured Peaches, natural, yellow, unsulphured Prunes, pitted, unsulphured	5 2.5 2.5 5	28 26 28 42							
Raisins - Golden, sulphured Flame Raisins, made from red grapes Thompson, Organic Current Raisins, very small in size	5	22 19 23 23							
<b>TOTAL PAGE 2</b>									

<b>Sizzle Pressure Pots by BRK</b>				
<b>Lifetime Guarantee– 10 Year Free Replacement Parts</b>				
<b>~ Pots are Stainless Steel for all cooking surfaces except in oven</b>				
<b>~Save Time and Energy –cook in half the time, easy cleanup</b>				
<b>~Perfect Gift for Mothers Day, Graduation, Wedding, etc</b>				
	Price	Quantity	Total	
Four Liter Pot with Pressure Lid Green Orange Black (choose one)	129			
Six Liter Pot with Pressure Lid Green Orange Black (choose one)	139			
Eight Liter Pot with Pressure Lid Green Orange Black (choose one)	149			
Ten Liter Pot with Pressure Lid Green Orange Black (choose on	159			
Perforated basket keeps food off bottom OR non-perforated for custards	40			
Original BRK 6 Liter pressure cooker with lids (pressure/glass)	189			
<b>Sweet Tooth Healthier Treats all treats are GMO free and Fair Trade</b>				
Dark Chocolate Coconut Chews— Or Lemon Coconut chews, CHOOSE	1	10		
MINI Peanut Butter Cups— Organic	1 / 5	11 / 52		
Rainbow Drops (vegetable or fruit dye, similar to M&M's)	1 / 5	8 / 35		
Jelly Beans OR Watermelon Rings, Organic, fruit juice/sugar, gluten free	1 / 5	10 / 45		
Yogurt Covered RAISINS or PRETZELS, Choose	1 / 5	8 / 35		
Gluten Free, Coconut Items, Spices and Pasta	Size	Price	Quantity / Total	
Coconut Sugar - RAW, ORGANIC, Extremely low glycemic index,	5 / 25	22 / 85	/	
Coconut Flour— Organic	5 / 25	16 / 66		
Coconut Aminos, Raw Organic, Great soy sauce substitute	16 oz /1 gal	12 / 60		
Bragg's Liquid Aminos, non gmo soy	32 oz /1 gal	10 / 36		
Almond Meal / Flour - BLANCHED (natural is \$31 for 5#)	5	39	/	
Corn Starch, Organic	1 / 5	7 / 25		
Potato Starch,	5 / 25	5 / 63		
Sorghum, Grain OR Flour, organic	5 / 25	10 / 34		
Tapioca Starch, Organic	5 / 25	13 / 53	/	
Xylitol - alternative sugar made of birch		30		
Gelatin, Beef, unflavored, use in yogurt, jel lo , custards, etc..		11		
Buttermilk Ranch Dressing Mix, add 1T to 8 oz sour cream, milk, or yogurt		7	1	
<b>Cinnamon, Organic</b>		10		
Cumin, organic OR Cayenne, 140,000 HU		12		
<b>Curry Ingredients : Pepper, Coriander, Cumin, Fenugreek, Ginger, Garlic, Turmeric, Mild, Organic</b>		11		
Chili Powder, Medium		8		
<b>Garlic, CHOOSE: Granules OR Powder, Organic</b>		14		
Italian Seasoning: basil, garlic, marjoram, oregano, rosemary, sage, savory and thyme		9		
<b>Onion, CHOOSE: Minced Or Powder, Organic</b>		12		
<b>Seasoning Salt, uses real salt and no msg, like Lawry's</b>		9		
Taco Seasoning, uses real salt, no msg		9		
<b>Turmeric, Ground , Organic</b>		16		
<b>Total Consumables page 3</b>				

<b>STORAGE CONTAINERS &amp; KITCHEN TOOLS</b>			
Item	Price	Quantity	Total
6 gal. round white pail with standard lid 5 Gal Rectangle bucket, with hinged lid, hold 35#	9 Round 8.50 rect		
1 Gallon Pail & Lid - White - Handy when dividing out large bags etc 2 Gallon Pail and Lid, White (lid is a gamma lid) , great for 25# bags	5 10		
Gamma Lids — screw on lid for 6 gal. pail ~ Various Colors	9		
1 / 2 Gallon 'Squatty' Wide Mouth Jars with lids - Set of 6	25		
Mason 1/ 2 Gallon Storage / Canning Jars - Case of 6 with lids & rings	20		
Gallon Storage Jars Case of 4 with lids ~ Perfect for soaking & storing	25		
CHICAGO METALLIC COMMERCIAL PANS with Sure Glaze Finish	Integrated	Into the	Pan!
Bread Pan - Regular 8" Loaf Pan ~ 1# Loaf	15		
Bread Pans - Long 12" Loaf Pan ~ 1.5 # Loaf	18		
Cookie Sheets OR Mini Loaf Pan 5 5/8"	18 / 9		
Man - Size Muffin Pan - 6 place - Mini Quiche, Pizza, Cakes!	30		
<b>BAKING TOOL SET ~ Jumbo Silicone Wok Mat / Dough Divider, Scraper</b> <b>NEW</b> Measuring Cups & Spoons Set / Stainless Steel 2 C Scoop	10 / 7 10 / 10 29 Set		
<b>Digital Scale ~</b> Weigh dough, ingredients, proportions in gr, #, oz	25		
BAKING MAT fits perfectly In COOKIE SHEET PAN - bakes best cookies!	15		
COOKIE / ICE CREAM SCOOPS ~ three sizes ~ 1 1/2 t, 1 1/2 T , 4 T	18 each		
Deodorant Dispenser , roll on style, reusable - holds 2.5 oz Mix: 2/3 C liquefied coconut oil w/ 1/2 C baking soda & 1/2 C arrowroot	3 for 6		
PASTA EQUIPMENT ~ Pasta Roller makes 3 kinds of pasta 5# Semolina flour	45 5		
SILICONE MAT WITH PIE CRUST GUIDES	12		
THERMOMETER — For breads, meats, poultry - digital or needle face	10		
BREAD BAGS 100 in pack with Twisties	8.50		
Ceramic Butter Bell ~ keep butter fresh at room temp	9		
<b>BIG MOUTH CHOPPER / SLICER ~</b> Better than the Alligator! Two dicing sizes & one slicer, stainless steel blades, self contained!	<b>45</b>		
Bamboo Utensils (stirring)	7		
Bamboo Cutting Board 12 x 10 / 16 x 12	17 / 20		
Tortilla press, 8# press,	26		
Com Masa, organic, for corn tortillas or tamales. 5#	12		
TOTAL NON CONSUMABLES			

<b>BOSCH &amp; L'CHEF PRODUCTS</b>			
<b>Item</b>	<b>Price</b>	<b>Quantity Or Circle your Choice</b>	<b>Total</b>
Nutrimill Harvest - Old fashioned Stone milling in stylish bamboo housing. Pick your accent color! Gluten Free Kit (silicone cover that makes the Harvest a gluten free grinder)	279 <b>45</b>		
NutriMill Classic — Lifetime Warranty, 16 C drawer canister, variable speed & texture / Bagger	200 / 35		
Bosch Plus Universal, Dough Hook, Wire Whips — 800 watts, 4 speeds, automatic. Transmission, makes 6 Loaves & A base for ALL THESE ATTACHMENTS: ICE CREAM MAKER— fits Universal Plus model not older models SPIRALIZER— make curly fries or veggie noodles, 3 blades	389 49 50		
Bosch Slicer/Shredder — 10 cup bowl with grating, slicing, & French fry stainless steel blades Whisk Whip for light mixtures ~ New Dough Hook <b>NEW Oversize Slicer/Shredder</b> sits on Bosch Bowl. with Slicing & Grating Blades. Add ons~ French Fry &/or Julienne Blades. Blades Are interchangeable in either model S / S	125 15 75 20 30	Slicer Shredder Dough Hook Oversize S / S French Fry Julienne	
Bosch Meat Grinder — heavy-duty work horse Sausage Stuffer-3 tube sizes Lightweight Meat Grinder, not for heavy use	149 50 79	Grinder Stuffer Light grinder	
Cookie Paddles for Bosch with metal whip drive Bowl Scraper cleans the bowl attaches to whip drive Replacement Cookie paddles no metal drive Replacement Wire Whips	35 32 25 15	Cookie w/ drive Bowl Scraper Cookie no drive Wire Whips	
Flour Sifter - Super fine Flour or powdered sugar for Universal Plus or older Universal Model	90	Universal Plus Older Univ	
Bosch Food Processor — 5 cup bowl fits on blender mount for slicing, grating & 'S' blade Citrus Juicer - sits on Bowl motor mount	105 30	Fd Proc Juicer	
Bosch Blender — 6 C workhorse, must for a Bosch owner! Bosch blender, vacuum seal, Bosch Pasta Roller—makes lasagna fettuccine, and angel hair Bosch Pasta extruder-uses meat grinder	75 60 175 189		
Coffee / Seed / Herb Mill - Very Stylish new look	25		
L'EQUIP Dehydrator Filter Pro w/ digital timer & temp Extra Fruit Leather Trays set of 10 Set of 2 Extra Trays	125 12 25		
Roller Flaker OR Family Grain Mill Manual Hand base for flaker or Mill OR attachment for Bosch	125 ea 35 ea		
New Personal Bosch Blender, Red base, 2 smoothie jars and bonus seed jar, can use blades on mason jar too	45		

<b>Packages ~ Select one of these OR make up your own...Equip your Kitchen with THE best!</b>	<b>Unit Price</b>	<b>Total Cost</b>
<b>Universal Plus, Harvest Stone Mill DELUXE PKG~</b> Blender, Dough Hook, Wire Whips, Cookie Paddles, Slicer/Shredder, Roller Flaker, Hook Extender, and Bowl Scraper \$1133.50 Value	\$999 Or \$250 4 paymts	
<b>Artiste Mixer, Harvest Stone Mill,</b> Dough Hook, Wire Whips, Cookie Paddles, Bowl Scraper, Meat Grinder Citrus Juicer, Slicer/Shredder, \$829 Value	\$759 Or \$190 4 paymts	
<b>Bread Making Starter Kit</b> - Supplies for 20 loaves of Bread + 2 Regular Loaf Pans, Vegalene, SAF, 1# D Enh 10# Prairie Gold, 5# Spelt, 5# Kamut, Thermometer Bread Bags, Salt, Whole Grains DVD \$103.50 Value	99	
<b>Nutrimill Classic Package ~ Mill., Bagger, \$235 Value</b>	219	
<b>Soaking &amp; Dehydrating Package ~</b> Filter Pro, 4 gal Jars Mesh Colander, Big Mouth Slicer/Dicer, 10 Fruit Leather Trays \$227 Value	210	
<b>Deluxe Pkg + Soaking &amp; Dehydrating Pkg ~</b> .purchase both & get the Bread Starter Kit for \$50 \$1499 Value \$999 + \$249 + \$50 = \$1298	1268 <b>Or \$325</b> 4 paymts	

Please return this form or your order by  
**Monday, April 8**  
**To receive 10% off Consumables**  
**Please pay 50% or All by April 20th!!**

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(payable to Sourdough Girls)  
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Page 1	
Page 2	+
Page 3	+
Consumable Subtotal	
Subtract Savings 10%	-
Consumable Total	=
Total non Consumables	+
Final Total	=

Name:		
Address:		
City:		
Zip:		Phone:
Email:		