

## Wholy Living Price List & Order Form ~ Fall 2018

<sup>1</sup> <b>Organic</b> <b>ALL GRAINS ARE NON-GMO</b> <sup>2</sup> <b>Certified Chemical Free</b> *store 6 to 18 months only	Weight (lbs)	Price (\$)	Qty	Total Cost
Prairie Gold <sup>2</sup> — hard white spring wheat berries high protein, Excellent gluten content for fluffy bread	5 / 50 45 (Pail)	8 / 40		
Bronze Chief <sup>2</sup> — hard red spring wheat, more robust flavor, best for sprouting	5 / 50	8 / 36		
Kamut <sup>1</sup> — Egyptian grain, wheat substitute, soft bread	5 / 25 / 50	15 / 40 / 72		
Spelt <sup>2</sup> — most easily digested, good bread, complete /protein, Alkaline grain	5 / 50	12 / 68		
Soft White Pastry Berries <sup>1</sup> — ORG perfect for pie crusts, cookies, muffins, angel food cakes	25 50	29 50		
7 Grain Mix <sup>2</sup> — unique blend of hard wheat, oats, soft white, rye, triticale, barley and spelt	25	33		
7 Grain Mix Rolled w/ Flax Seeds <sup>2</sup> - great for granola & hot cereal	8 / 50	20 / 66		
Natural White Unbleached Flour <sup>2</sup> THE BEST available!	25 / 50	25 / 46		
Regular Rolled Oats OR Quick Rolled Oats (circle preference)	25 / 50	25 / 46		
Certified Organic Rolled Oats <sup>1</sup> Or GLUTEN FREE Rolled Oats,	50	73		
Corn - Whole for corn bread <sup>1</sup> — Organic - non GMO GF	5 / 25	10 / 40		
Oat Groats <sup>1</sup> — roll your own oats in the Roller Flaker	5 / 25 / 50	10 / 45 / 75		
Whole Rye <sup>1</sup>	5 / 25	11 / 27		
Hulled Barley from Delta Junction — great milled or in soups Hulled Barley <sup>1</sup> — Oregon Grown, ORGANIC	5 / 25	7.50 / 21 10 / 44		
Sorghum Grain <sup>1</sup> - GF baking, add 1 T arrowt / cup sorghum flour	<b>NEW</b> 5 / 25	11 / 42		
Buckwheat groats <sup>1</sup> - gluten free, good sprouts & pancakes	5 / 25	16 / 72		
White Quinoa (Keenwa) <sup>1</sup> - Mill for flour, cook like rice GF Tri-colored Quinoa <sup>1</sup> just looks & tastes so much better than white!	5 / 25	18 / 73 20 / 93		
Millet <sup>1</sup> — serve like rice, excellent for restoring alkaline balance to the body, alias 'bird seed' GF	5 / 25	11 / 47		
Brown Rice <sup>11*</sup> Lundberg Family grown in CA - long grain Cooks in Sizzle in 15 minutes <b>ORGANIC GF</b>	5 / 25	16 / 63		
Brown Rice <sup>1*</sup> Lundberg Family grown in CA - long grain Cooks in Sizzle in 15 minutes. <b>ECO FARMED</b> Limited Chemicals	5 / 25	10 / 45		
Yellow Popcorn <sup>1</sup> — Organic, Delicious, FEW 'Old Maids' Multicolored Popcorn <sup>1</sup> — Organic, Better tasting than plain Yellow	5 / 25	14 / 47 14 / 50		
<b>Einkorn</b> <sup>1</sup> — soft, flavorful wheat for sensitive bellies <b>Ancient grain, soft bread, lower gluten</b>	5 / 25	20 / 90		
<b>Amaranth</b> <sup>1</sup> — organic GF	5	13		

<b>SEEDS ~ NUTS ~ SWEETENERS ~ OILS</b>	Weight (lbs)	Price (\$)	Qty	Total Cost
Chia Seeds - Black <b>or WHITE! NEW</b> Organic	1 / 5	8 / 26		
Golden Flax Seeds <sup>2</sup> — lowers cholesterol, omega oils	5 / 25	7 / 30		
Pumpkin Seeds <sup>1</sup> - Medium size, protein rich, eliminates parasites! Chop & use in bread, trail mix <b>Organic</b>	5	20		
Sesame Seeds — natural , make your own tahini, ORG	5	18		
Sunflower Seeds - raw, unsalted, shelled, Organic USA	5 / 25	17 / 70		
Almond - excellent quality ~ Raw ~ non pariel Slivered, great for baking, cold cereals, trail mixes	5	Raw 37 Sliver 35		
Cashews — raw pieces, roast for 15 minutes at 225	5	38		
Hazelnuts - whole, super food, Raw, absolutely delicious! Peanuts - Dry roasted - delicious - make your own pb	5	49 15		
Pecans — <b>medium pieces OR halves</b> (circle your choice)	2.5 / 5	35 / 60		
Walnut Pieces — <b>large OR small pieces</b> (circle your choice) Brazil Nuts <b>NEW SIZE</b>	5 2.5	36 27		
Peanut Butter, <b>Creamy or Crunchy</b> better than Adams, Salted (circle your choice )	35	93		
Peanut Butter, CREAMUNCHY just peanuts, no stir no salt	Gallon	42		
Agave Syrup <sup>1</sup> - Organic Dark Amber sweeter than Honey - low glycemic, good choice for diabetics	1 gal	47		
Honey <sup>1</sup> - Raw Organic , Clover	1 gal	74		
Honey, Mountain Wildflower — delicious, full of enzymes, minimally processed	1 gal / 40#	59 / 155		
Maple syrup <sup>1</sup> — Grade A, dark, organic, delicious	1 gal	77		
Molasses — Old Fashioned Sweet Table	1 gal	27		
Molasses - Blackstrap	1 gal	21		
Evaporated Cane Juice Sugar <sup>1</sup> - use 1/3 less, better than Refined. Mix w/ molasses for fabulous brown sugar	<b>5</b> / 50	<b>9</b> / 74		
Xylitol - alternative sugar made of birch syrup	5	30		
Coconut Oil - organic, no odor or flavor	1 or 5 gal	34 / 133		
Coconut Oil - Extra Virgin, organic - smells & tastes like coconut - I use it for deodorant & face cream	1 or 5 gal	51 / 190		
Shortening <sup>1</sup> - Organic Palm Fruit, 18 month shelf life	1 gallon / 33	23 / 86		
OLIVE OIL Extra Virgin, Organic - Excellent quality	Gallon	43		
SUNFLOWER OIL <sup>1</sup> expeller pressed, non GMO <b>NEW</b>	Gallon	30		

**BAKING ESSENTIALS & DRIED FRUIT PRODUCTS**

	Weight	Price	Qty	Total
Arrowroot Powder-use like cornstarch & in deodorant	1 / 5	7 / 15		
Baking Powder Rumford — no aluminum, fast acting!	5 lb	20		
Baking Soda <b>NEW</b>	1 / 5 lb	3 / 10		
Chips ~ Milk Chocolate - addicting!	5 / 25	28 / 130		
Chips ~ Dark Chocolate - <b>organic</b>	5	32		
Chips ~ <b>Vanilla</b> ECJ Sugar sweetened	5	24		
Chips ~ <b>Peanut Butter</b> , ECJ Sugar sweetened	5	29		
Cocoa Powder—10-12% Dutch cocoa, not bitter, use 1/3 less	5	20		
Dough Enhancer — extends shelf life, soft bread	1 / 5	7.50 / 27.50		
Sunflower Lecithin ~ substitute for DE, to avoid soy—works!	16 oz	7.50		
SAF Yeast—makes 80 loaves of bread	1	5		
Vegalene Pan Spray — Aerosol, lasts & lasts!!!	14 oz	8.50		
Coconut Oil Vegalene Spray - wipe nozzle when necessary	18 oz	9.50		
Non GMO Vegalene	21 oz	10.50		
Vital Wheat Gluten	1# / 5 lb	5 / 17		
Pure Vanilla Powder & <b>NEW ~ LIQUID</b> — use same t for tsp	<b>8 oz Liquid</b> 1.5# Powder	24 / 25		
Pure Almond Extract Liquid or Powder? Love at 1st SNIFF!	8 oz Liquid 1.5# Powder	12 / 20		
Real Maple Extract—add 1/4 tsp to 12 oz of agave for fabulous maple syrup Love at 1st SNIFF!	8 oz <b>1.5# Powder</b>	12 / 20		
<b>Nutritional Yeast</b> - adds incredible nutrients to baked goods	1 / 5	13 / 46		
Apples Rings, Soft & chewy ~ great snack or rehydrate	5	42		
Apricots - diced, sulfured, in rice flour	5	18		
Cherries - Dried Bing , very yummy from CA.	5	56		
Coconut - chipped, larger pieces, organic , unsweetened	5 / 25	21 / 84		
Coconut—shredded like Almond Joy texture, organic, un sw	5	22		
Cranberries - sweetened w/apple juice	5	28		
Dates - pieces rolled in oat flour	5 / 30	15 / 73		
<b>FIGS - white soft &amp; chewy, good snack &amp; male food NEW</b>	1 / 5	12 / 55		
Raisins - golden, sulfured	5	20		
Thompson seedless raisins <b>NEW &amp; ORGANIC</b>		22		

**SOUP FIXINS' ~ SEASONINGS ~ DAIRY**

DRY BEANS ~ 5# & 25# SIZE ~ PREMIUM USA GROWN ~ best we can order	Weight In pounds	Price	Quantity	Total Cost
Black Beans - Organic	5 / 25	12 / 47		
Red Kidney - Organic	5 / 25	18 / 58		
Pinto ~ Organic	5 / 25	14 / 52		
Garbanzo - Organic	5 / 25	16 / 55		
Green Split Peas - Organic	5 / 25	12 / 38		
Great Northern - Organic	5 / 25	15 / 51		
13 Bean Fiesta Mix—prepare with broth & veg stew blend in BRK in 30 minutes	5 / 25	13 / 51		
Green Lentils—Organic	5 / 25	13 / 55		
Beef Broth Mix- All below good for soup or hot drink				
Chicken Broth Mix -	1	7.50		
Vegetable Broth Mix Circle your choices				
Dehydrated Veggies-carrots, celery, tomatoes, peppers Add to soups, rice. Run in coffee mill & use powder in dips, bread and crackers! So good!	1	11		
Dehydrated Potato Shreds OR Slices in Pail - rehydrates quickly, Use as hash browns, add to soup ~ delicious!	7	45		
Celtic Sea Salt <sup>1</sup> —80 trace minerals, pure, fine ground	1 / 5	9 / 49		
Celtic Sea Salt Crystals - coarse crystals. Will dissolve in liquids	5	24		
<b>PINK Himalayan Salt</b> - raw, pure, high mineral & iron content 1# is fine ~ 5 & 50#ers more like small crystals	2.5 / 5 / 22	8 / 15 / 50		
<b>SEASONINGS! Montreal Steak, Pizza, Italian, Cinnamon Ranch Dressing Mix, Circle your choice (s)</b>	1	9		
Seasonings:, ORGANIC : Garlic OR Onion Granules	1	13		
Buttermilk Powder- use for light, fluffy baking	5	16		
Morning Moos Milk Flavored Protein Powder - Delicious, Easy to Digest	#10 Can makes 5.5 gal 35# Pail makes 50 gal	20 can 170 pail		
Morning Moos Chocolate Flavored Protein Powder- delicious hot or cold	#10 Can Makes 3.5 gal	20 can		

**Sizzle Pressure Pots by BRK**  
**Lifetime Guarantee– 10 Year Free Replacement Parts**  
**~ Pots are Stainless Steel for all cooking surfaces except in oven**  
**~Save Time and Energy –cook in half the time, easy cleanup**  
**~Take pot to the cabin/camping, no power needed!**  
**~One Handed Locking Lid –open your lid at anytime during cooking**  
**~Frozen chicken breast in 10 min. then shred in Bosch w/wire whips**  
**~Perfect Gift for Mothers Day, Graduation, Wedding, etc**

	Price	Quantity	Total
<b>4 Liter Pot with Pressure Lid Green Black Orange (choose one)</b>	<b>129</b>		
<b>6 Liter Pot with Pressure Lid Green Black Orange (choose one)</b>	<b>139</b>		
<b>8 Liter Pot with Pressure Lid Green Black Orange (choose one)</b>	<b>149</b>		
<b>10 Liter Pot with Pressure Lid Green Black Orange (choose one)</b>	<b>159</b>		
<b>Meat Trivet - I use it for everything except soup &amp; cooking grains</b>	<b>12.50</b>		
<b>Perforated Basket ~ I use it all the time food to keep from scorching</b>	<b>40</b>		
<b>Non-perforated Basket ~ cook custards etc in Sizzle</b>	<b>40</b>		

**Sweet Tooth Healthier Treats**

Dark Chocolate Coconut Chews— Like a mounds but Better!! Organic 'Reeses' milk chocolate mini chips <b>in stock again!</b>	1 / 5	10 / 35 10 / 49	
Milk Chocolate Rainbow Drops— uses vegetable or fruit dyes, like M&Ms Yogurt covered Raisins - back by popular demand!	1 / 5	8 / 37.50 7 / 33	
<b>Palmer Trail Mix</b> : Slivered Almonds, Dark Chocolate chips, pumpkin seeds, sunflower seeds, Grab and Go, leave in glove box for a snack.	1 / 5	8 / 35	

**Gluten Free & Coconut Items**

	Size	Price	Quantity / Total
Coconut Sugar - RAW, ORGANIC, Extremely low glycemic index, nutrient rich	5 / 25	23 / 80	/
Coconut Aminos - RAW, ORGANIC Great soy sauce substitute	16.9 oz / gallon	11 / 57	/
<b>Coconut Milk Powder</b> - mix with water for smoothies, shakes, ice cream Hot chocolate	1 / 5	11 / 50	/
Almond Meal / Flour - super quality	5	30	/
Coconut Flour - <b>back by popular demand</b> , ORGANIC GF	5 / 25	15 / 66	
<b>GF All Purpose Flour</b> - garb bean, potato & tapioca starch, sorghum, fava bean flour	<b>25 NEW</b>	63	
<b>Tapioca Flour</b> - use in GF mixes <b>BOTH NEW</b> <b>Potato Starch</b>	5 / 25 22 oz / 25	14 / 54 6 / 63	
<b>Sorghum Grain</b> ~ add to GF mixes w/ 1 T arrowroot or egg white / C flour	<b>5 / 25 NEW</b>	10 / 40	
Gelatin, Beef ~ (unflavored) use in yogurt & make your own JELLO!	1	11	

**STORAGE CONTAINERS & KITCHEN TOOLS**

Item	Price	Quantity	Total
6 gal. round white pail with lid or purchase the gamma lid 4 gal. square white pail with lid	9 Rd 7 Square		
5.3 gal rectangular pail with hinged lid ~ looks like square pail—holds 35#	8.50 <b>NEW</b>		
1 Gallon Pail & Lid - White - Handy when dividing out large bags etc 2 Gallon Pail with Gamma - White ~ Great 'PANTRY' size pail	5 10 <b>NEW</b>		
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	19		
Gallon Storage Jars Case of 4 with lids ~ Perfect for soaking & storing	25		
<b>CHICAGO METALLIC COMMERCIAL PANS with Sure Glaze Finish</b>	<b>Integrated</b>	<b>Into the</b>	<b>Pan!</b>
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</b> ~ Jumbo Silicone Work Mat /Dough Divider, Scraper <b>NEW</b> Stainless Steel 2 C Scoop	10 / 7 / 10 25 Set		
<b>Digital Scale</b> ~ Weigh dough, ingredients, proportions in grams, #, 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 arrowrt	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		
BIG MOUTH CHOPPER / SLICER ~ Better than the Alligator! Two dicing sizes & one slicer, stainless steel blades, self contained!	<b>45</b>		
Bamboo Utensils (stirring) Bamboo Cutting Board 12 x 10 / 16 x 12	7 17 / 20		
<b>Tortilla Press 8" for nice size Tortillas</b> <b>Organic Corn Masa to make tamales Ask for recipe &amp; how to!!! NEW</b>	26 12 for 5#		
<b>TOTAL NON CONSUMABLES</b>			

<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 (stone replacements) dual purpose mill!	279 <b>NEW 45</b>	Rose gold, black, red, blue, green, charcoal, white	
Nutrimill Classic — Lifetime Warranty, 16 C drawer canister, variable speed & texture / Bagger	199 / 35		
Bosch Plus Universal, Dough Hook, Wire Whips — 800 watts, 4 speeds, automatic. Transmission, makes 6 Loaves & A base for ALL THESE ATTACHMENTS: DOUGH HOOK EXTENDER <b>ICE CREAM MAKER fits UNIVERSAL PLUS, not the older models</b>	389  <b>49</b>		
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 L'Chef Meat Grinder ` coarse/fine disk, stuffer, light weight	149 79	Grinder <b>NEW</b>	
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, a MUST	.75		
PASTA ROLLER SET ~ 3 roller attach directly to Bosch Wide-lasagna, angel hair, fettuccini <b>NEW</b> Pasta Maker attaches to original Meat Grinder - 10 shapes	175 150		
Coffee / Seed / Herb Mill - flax, sunflower, sesame, grains	25		
L'EQUIP Dehydrator Filter Pro w/ digital timer & temp settings Extra Fruit Leather Trays set of 10 Set of 2 Extra Trays	125 12 25		
<b>Roller Flaker / Family Mill Direct fit to Bosch Hand Base to manually mill or roll grains Adapter for Bosch</b>	<b>125 each item</b> <b>35</b>		
<b>RED PERSONALIZED BLENDER with 2 Smoothie Jars and bonus Seed Jar ~ blades also fit canning jar! NEW</b>	<b>45</b>		

<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 \$1060 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 \$117.50 Value	99	
<b>Nutrimill Classic Package ~ Mill., Bagger, \$234 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	<b>209</b>	
<b>Deluxe Pkg + Soaking &amp; Dehydrating Pkg ~</b> purchase both & get the Bread Starter Kit for \$50 \$1404.50 Value \$999 + \$219 + \$50 = \$1268	1268 <b>Or \$317</b> 4 paymts	

Please return this form by  
**Monday, October 1st** ~ Rec' 7% savings for Credit Card sales or 10% savings when using cash or check, **on the consumables.**

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We accept cash, credit card or check

Page 1	
Page 2	+
Consumable Subtotal	=
Subtract Savings	-
Consumable Total	=
Total non Consumables	+
Bosch & L'Chef	+
Final Total	=

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

## Dehydrated & Freeze Dried Foods packed in #10 cans

More info at [www.augasonfarms.com](http://www.augasonfarms.com)

<i>All foods are dehydrated unless marked FD = freeze dried Opened cans have 1 year shelf life</i>	Weight (oz)	Unopened Shelf Life in years	Price (\$)	Quantity	Total Cost
Carrot Dices	38	25	19		
Spinach Flakes	8	25	18.50		
Super Sweet Dehydrated Corn	16	21	20.50		
FD Green Garden Peas	16	30	20.50		
FD Broccoli Florets	7	30	23		
Onions, Chopped	23	25	14		
Celery, Sliced	18	25	20.50		
Red & Green Peppers	20	25	17		
FD Apple Slices	19	25	20.50		
Banana Slices, Sweet	34	10	14		
FD Raspberries	8	30	41		
FD Blueberries	12	30	43		
FD Strawberries, whole	6.4	30	25.50		
FD Pineapple Chunks	12	30	37		
FD Blackberries, whole <b>NEW</b>	9.63	30	36		
FD Mango chunks <b>NEW</b>	9.52	30	32		
Cheese Blend Powder	52	10	30		
Honey Powder	48	10	15.50		
Butter Powder	36	10	30		
Tomato Powder	58	10	34		
Whole Egg Powder	33	10	27		
Family Pack =1 each can <b>SAVE \$26</b>			492		
Add to consumables on main page, then deduct 7% for CC users, or 10% for check or cash., when ordered by October 1st, 2018	Order 20 cans of your choice & save an additional 5%!				
<b>ENJOY THEM ALL!</b>	<b>TOTAL THIS PAGE</b> 1 year shelf life for opened cans				

## BOOKS and CDs and DVDs

Purchase one with each order cycle for a complete library!	Price	Quantity	Total
Expanding Your Whole Grain Horizons notebook & DVD set March 2011	59		
Expanding Your Whole Grain Horizons Notebook - BRK recipes, Dehydrating information, Soaking Grains Guidelines from March 2012, October 2013 & September 2014 Seminars! Massive amt of info!	20		
<b>How to Dry Foods - Deanna De Long</b> <b>NEW</b>	20		
Healthy Recipes From the Heart of Our Homes — Phyllis & Shirley	26.50		
Margaret's Bread Class DVD, Volume II - Margaret Loew	12 DVD		
Miracle of Coconut Oil / audio CD - Bruce Fife both for \$20	15 / 7 CD		
Nourishing Broth ~ Sally Fallon Our other Canning / Broth Event 'textbook'	22.50 <b>NEW</b>		
Nourishing Traditions - Sally Fallon	27		
Oil Pulling - Bruce Fife	12		
SALT Your Way to Health - David Brownstein, M.D.	15		
So Easy to Preserve ~ Our canning 'textbook' from spring 2017 event	30 <b>NEW</b>		
<b>CLEARANCE OPPORTUNITIES</b>			
Peggy Layton Home Storage Series ~ Beans, Potatoes, Milk & Egg titles	5 each (\$15 value)		
<b>ENJOY THEM ALL!</b>			

Because there are so many #10 cans from Augason Farms, I only order the cans you all order from me, so I do not keep an inventory on hand .  
Be certain to place your order at co-op opportunity by Monday, October 1st!