

Mon.-Frid. 8:30-6:00

Saturday 9:00-noon

Retail Food List

Updated: November 17, 2009



Homestead Organics

FOOD ITEM	SIZE	PRICE	SIZE	PRICE
BREAKFAST CEREALS AND FOODS				
7 Grain Porridge	1kg	\$5.60	12kg	\$48.25
Buckwheat porridge	0.5kg	\$4.25	4kg	\$24.00
Corn Flakes/Mesa Sunrise	0.750kg	\$9.55	0.750kg	\$9.55
Cream of Rice	0.5kg	\$4.25		
Granola-Cran Almond	1kg	\$19.50	10kg	\$135.00
Granola-Hemp/Ginger	1kg	\$14.90	11.34kg	\$120.00
Hazelnut Spread	0.35kg	\$6.99		
Jams, various flavours	235g	\$3.70		
Peanut Butter	0.5kg	\$6.75	Almond B.	500g\$16.75
Tahini	0.5kg	\$7.75	Case 12	\$90.00
BAKING SUPPLIES				
All Spice	26g	\$3.50		
Almond Extract	118ml	\$7.00		
AppleCider Mulling sp	34g	\$2.75		
BakingPowder-no aluminum	500g	\$4.75	2.27kg	\$18.85
Cinnamon, ground	30g	\$3.00		
Cloves-whole	31.7g	\$4.25		
Chocolate Chips	227g	\$5.80		
Garlic Powder	103g	\$5.75	.454 kg	\$12.85
Ginger-Crystalized	150g	\$4.85		
Ginger-ground	26.3g	\$3.50		
Lemon / Orange Peel	100g	\$3.50		
Mustard-ground	38g	\$3.15		
Nutmeg-whole	32G	\$4.00		
Savory	30g	\$3.05		
Tumeric	30g	\$3.35		
Vanilla Extract	118ml	\$10.25		
DAIRY PRODUCTS - FROZEN & REFRIGERATED FOODS*				
Almond Breeze Bever.	.946L	\$3.00		
Butter, salted or not	454gr	\$9.99	Case of 15	\$145.75
Cheese-Emmentalslice	0.180kg	\$5.95		
Cheese-Medium Che	0.325kg	\$9.15	0.340kg	\$11.15
Cheese-Mild Cheddar	325g	\$8.80	340g	\$11.15
Cheese - Mozzarella	0.325kg	\$8.85	0.340kg	\$10.85
Cheese - Old Cheddar	0.325kg	\$11.25	0.340kg	\$11.25
Ice cream, Mapleton's	0.5kg	\$7.30	11.4L*	\$94.50
Milk-2%	2L*			
Tofu	500g	\$2.40		
Kefir-Reg./Light#	1L	\$6.25	#\$2.00 bottle &\$1.00	
Yogurt -Pinehedge#	1L	\$5.95	jar deposit included	
Yogurt-Mapleton	750ml	\$4.60		
<i>*Milk, cream and other dairy products available upon request. Please call and we will bring in your special orders!</i>				
DRIED FRUIT				
Apricots-Turkey	0.5kg	\$8.20	12.5kg	\$146.00
Cranberries w/cane sugar	0.25kg	\$7.15(*)	1kg	\$20.50(*)
Figs, Black Mission	0.5kg	\$8.50	13.7kg	\$166.90
Medjool Dates-USA	0.5kg	\$12.00	4.98 kg	\$90.00
Prunes-USA	0.5kg	\$11.00	13.7kg	\$216.00
Raisins, Sultanas-Tur.	1kg	\$7.70	12.5kg	\$74.10
Raisins, Thompson Tur	1kg	\$8.30	12.5kg	\$74.00
Raisins, Thompson-US	1kg	\$9.65	13.6kg	\$94.00
Tomatoes, sundried	0.25kg	\$10.00	2kg	\$62.00

FLOUR				
7-Grain Flour	1kg	\$5.45		
All-Purpose, unbl'd	1.5kg	\$6.00	10kg	\$33.50
All-Purpose, unbl'd*	20kg	\$57.85		
Barley flour	1kg	\$4.40	10kg	\$31.50
Buckwheat flour-whole	1kg	\$4.65	10kg	\$31.00
Cornmeal	1kg	\$5.00	10kg	\$37.80
Hard white/ no germ	1.5kg	\$6.50	10kg	\$31.00
Hard white/ no germ	20kg	\$57.80	22.7kg	\$65.50
Hard white/ with germ	1.5kg	\$6.00	10kg	\$28.50
Hard white/ with germ	25kg	\$72.99		
Hard whole wheat	1.5kg	\$3.75	10kg	\$17.85
Hard Whole wheat	25kg	\$45.00		
Kamut	1kg	\$4.70	10kg	\$33.45
Oat	1kg	\$3.15	12kg	\$26.75
Rice flour-whole grain	1kg	\$4.65	10kg	\$35.10
Rice flour-white	1kg	\$10.30	10kg	\$70.15
Rye	1kg	\$2.80	10kg	\$20.00
Soft white -Pastry	1.5kg	\$5.60	10kg	\$26.85
Soft whole-Pastry	1.5kg	\$5.60	10kg	\$26.85
Spelt-light	1kg	\$5.50	10kg	\$39.00
Spelt light	25kg	\$92.85		
Spelt whole	1kg	\$4.40	10kg	\$32.80
Spelt whole	25kg	\$78.95		
<i>Most flours are available in 20kg bags. Call at least 2 weeks ahead to give us time to bring it in fresh!</i>				
GRAINS				
Barley - pearled	1kg	\$2.90	22.7kg	\$46.65
Barley - pot, hulled	1kg	\$2.60	22.7kg	\$41.65
Barley flakes	0.3kg	\$3.75	1.5kg	\$17.20
Buckwheat grain	1kg	\$2.50	22.7kg	\$28.00
Buckwheat groats Chi.	1kg	\$3.55	22.7kg	\$57.35
Bulgur	0.5kg	\$2.50	11.34kg	\$40.65
Couscous	0.5kg	\$4.50	11.34kg	\$73.00
Flax seed, brown	0.5kg	\$2.65	22.7kg	\$86.00
Flax seeds, golden	0.5kg	\$3.30	22.7kg	\$95.00
Hemp Seed Nuts	340g	\$15.00	Case of 6	\$80.50
Kamut kernels	1kg	\$3.85	22.7kg	\$62.30
Millet - hulled	1kg	\$3.30	22.7kg	\$54.50
Oat bran	0.5kg	\$2.35	12kg	\$40.00
Oat Flakes - Large	1kg	\$4.00	12kg	\$34.90
Oat Flakes-Large	20kg	\$50.00		
Oat Flakes-Quick	1kg	\$3.75	12kg	\$32.50
Oat Flakes-Quick	20kg	\$55.25		
Oat groats, stabilized	1kg	\$3.70	22.7kg	\$59.50
Oats - steel cut	0.5kg	\$1.90	12kg	\$33.00
Popcorn	1kg	\$4.75	22.7kg	\$76.65
Pumpkin Seeds	0.25kg	\$4.25	0.5kg	\$8.05
Pumpkin Seeds	25kg	\$348.90		
Quinoa	1kg	\$10.75	11.34kg	\$87.45
Rye flakes	0.5kg	\$1.50	11.34kg	\$24.50
Rye kernels	1kg	\$2.25	22.7kg	\$35.95
Sesame seed, dehulled	0.5kg	\$4.45	22.7kg	\$145.00
Sesame seed, whole	0.5kg	\$5.50	11.34kg	\$81.10
Soya flakes, stabilized	0.5kg	\$4.30	11.34kg	\$64.65
Spelt kernels	1kg	\$4.35	25kg	\$77.75
Sunflower, dehulled	0.5kg	\$2.55	11.34kg	\$41.75
Wheat kernels - hard	1kg	\$2.00	22.7/20kg	\$32.35/52.55
Wheat kernels - soft	1kg	\$1.90	25kg	\$33.75
Wheat bran	0.5kg	\$1.00	10kg	\$14.25
Wheat germ	0.3kg	\$5.80	3kg	\$41.40
HEALTH & BEAUTY AIDS				

Toll free: 1-877-984-0480

Fax: (613) 984-0481

1 Union Street
Berwick, Ontario, K0C 1G0

jeannette@homesteadorganics.ca
www.homesteadorganics.ca

Deodorant-Asst'd	50g	\$5.40(*)	Lip Balm	\$3.50(*)
Hand Balm	50g	\$8.10(*)	Facial Clean.	\$12.29(*)
Shampoo-Asst'd	325ml	\$7.95(*)	Conditioner	\$7.95(*)
Toothpaste-various	75ml	\$4.60(*)	Gard. Hand Cream	\$10.45(*)
JUICES				
Apple Juice	300ml	\$1.85		
Conc. Lemon Juice	.200L	\$1.25	12 /case	\$11.30
FruitSoda /Apple Rush	355ml	\$1.85(*)	24bottles	\$44.35
MAPLE SYRUP & HONEY				
Maple Syrup	540ml	\$12.15		
Organic Honey	375ml	\$5.80		
NUTS				
Almonds-Spain	0.5kg	\$9.75	25kg	\$348.00
Brazil nuts-Peru	0.5kg	\$14.30	20lbs	\$408.80
Cashews – pieces	0.5kg	\$8.75	22.7kg	\$282.35
Cashews-whole	0.5kg	\$15.70	22.7kg	\$508.00
Desiccated Coconut	0.5kg	\$3.35	11.34kg	\$54.25
Pistachios, salted-USA	0.5kg	\$15.50(*)	11.34kg	\$251.00(*)
Pistachios, unsalted	0.5kg	\$15.00	11.34kg	\$244.00
Walnuts -USA	0.5kg	\$21.00	9.07kg	\$344.00
OILS & VINEGAR				
Apple Cider Vinegar	.946ml	\$6.99	3.8L	Sp. Ord.
Balsamic Vinegar	0.5L	\$15.00	3.0L	\$84.50
Canola oil	1L	\$16.15		
Coconut Butter	.908kg	\$16.45		
Flax oil*	0.25L	\$7.15	<i>Larger size Special Order</i>	
Hempseed Oil*	0.5L	\$17.00		Special Ord.
Olive oil- Spain	1L	\$23.25	BioCuisine	\$21.50
Safflower oil	0.5l	\$12.85		
Sesame oil	0.5L	\$13.85		
Sunflower oil	0.5L	\$7.15		
PASTA				
Brown Rice-various	0.5kg	\$6.40	4.5kg	\$41.50
Brown Rice -lasagne	0.5kg	\$6.75	4.5kg	\$43.75
Durum Semolina –var.	0.5kg	\$5.40-6.15	4.5-6.0kg	\$35-39.75
Kamut – various	454-500g	\$5.35	5-10kg	\$30.65-71.80
Kamut/Veg. Spirals	0.5kg	\$6.35	5kg	\$45.50
Quinoa/Rice spaghetti	0.227kg	\$4.00	12/case	\$40.00
Spelt- various	454-500g	\$5.00	4-10kg	\$32.95-\$68
Spinach Spaghetti	0.5kg	\$4.00	5kg	\$28.00
Vegetable –various	0.5kg	\$3.95	5-6kg	\$27.75-\$46.60
Whole Wheat-various	454-500g	\$3.80	5-5.448kg	\$27.15-\$50
PRESERVED FOODS				
Canned beans, various	540ml	\$3.00		
Canned tomatoes-ass't	796ml	\$3.00	Cs.(12)	\$34.35
Dips & Gravies	19.9g-42.5g	\$2.10		
Fajita mix	28g	\$2.25		
Frozen Vegetables	500ml	\$4.75	Mixedfruit	\$6.20
Pasta sauces	700ml	\$5.50	Cs (12)	\$68.00
Pesto	140ml	\$6.35	Cs (12)	\$72.50
Tamari sauce	592ml	\$7.85		
Tapioca Starch	.25kg	\$3.50	Case of 6	\$18.50
Tomato Paste	156ml	\$1.15	Cs (24)	\$26.50
Sloppy Joe Mix	40gr	\$2.10		
Wild Mushroom Gravy	24g	\$1.75		
PULSES				
Adzuki beans	1kg	\$5.20	11.34kg	\$42.30
Black turtle beans	1kg	\$5.15	11.34kg	\$41.65
Chick peas	1kg	\$4.70	11.34kg	\$38.25
Lentils, French	1kg	\$4.50	22.7kg	\$72.85
Lentils, green	1kg	\$4.75	22.7kg	\$76.00

Lentils, red split	1kg	\$8.70	11.34kg	\$70.35
Mung beans	1kg	\$4.95	11.34kg	\$40.00
Navy beans	1kg	\$4.90	11.34kg	\$39.80
Peas – Green split	1kg	\$3.50	22.7kg	\$57.85
Peas – Green whole	1kg	\$2.00	22.7kg	\$32.85
Peas – Yellow split	1kg	\$4.20	22.7kg	\$67.99
Peas – Yellow whole	1kg	\$1.85	22.7kg	\$29.00
Pinto beans	1kg	\$5.35	11.34kg	\$43.40
Red Kidney beans	1kg	\$5.25	11.34kg	\$43.50
Soybeans	1kg	\$2.05	25kg	\$37.00

RICE				
Basmati- Brown Rice	1kg	\$7.60	11.34kg	\$61.75
Basmati- White Rice	1kg	\$7.90	25kg	\$141.65
Jasmine- White Rice	1kg	\$8.25	25kg	\$147.00
Long Grain- Brown	1kg	\$3.70	25kg	\$66.00
Wild Rice	0,5kg	\$16.95	22.7kg	\$605.00

SALT & SPICES				
Bay leaves, whole	14g	\$0.90	454g	\$20.70
Black Pepper-ground	44.2g	\$3.15		
Parsley Flakes	7g	\$3.15		
Sea salt – coarse grey	0,5kg	\$2.65	5kg	\$21.60
Sea salt-Coarse Grey	10kg	\$37.80		
Sea salt – fine grey	0,5kg	\$4.00	5kg	\$32.25
Sea Salt –Fine Grey	10kg	\$54.00		

FRONTIER HERBS/SPICES- available by special order

SNACKS				
Chocolate Bars	40g	\$2.50 (*)		
Chocolate bars-Assort.	100g	\$4.00(*)	Orange/Dark	\$4.00(*)
Cool Hemp Cookies	60g	\$1.85(*)		
Crackers-asst. flavours	184g	\$5.00	250g	\$3.90
Everyone's Org. Bars	30g	\$1.25(*)	12 bars	\$10.85(*)
Hemp Seeds	340g	\$14.00		
Lärabar** (various)	51g	\$2.50(*)	16 bars	\$37.45(*)
Milk Choc. Cashews	125g	\$6.10(*)		
Oskri Bars**	53g	\$1.75(*)	Case	\$24.95(*)
QuePasaTortilla chips	454g	\$4.25(*)		Salted,yellow
Quinoa Crunchies-asst	85g	\$3.75(*)	Cs/15	\$48.65
Salsa, mild & medium	430ml	\$4.75	Cs./12	\$53.60
Soy nuts- no salt	250g	\$2.30	5kg	\$33.00
Soy nuts-salted	250g	\$2.30(*)	5kg	\$33(*)

SPROUTING SEEDS				
Cress	0.1kg	\$1.15	5kg	\$40.85
Fenugreek	250g	\$3.40		
Mustard seed	0.1kg	\$0.50	5kg	\$7.50
Oat Groats, raw	1kg	\$3.25	12kg	\$28.00
Radish seed	0,1kg	\$1.00	5kg	\$22.00
Red Clover seed	0,1kg	\$1.00	5kg	\$35.60
Sprouters	1 unit	\$25.00(*)	Tony Hornick model	

SUGAR, TEA & COFFEE				
Hot Chocolate-Asst.	275-336g	\$7.20	Cocoa 225g	\$6.35
MountainPath Coffees	454g	\$13.75	De-caf	\$15.80
MountainPath Coffees	2.27kg	\$58.75	2.27kg	\$70.00
Stash Teas	18bags	\$4.50		
Sugar – Sucanat	1kg	\$7.80	22,7kg	\$139.00
Sugar– Golden	1kg	\$2.90	25kg	\$51.00
Sugar-Demerara	1kg	\$4.20	25kg	\$74.70

Retail Food Notes: (*) : GST applies/TPS (**): Not organic/ Pas biologique

- Prices subject to change at any time without notice.
- Retail discount over \$300: 4% on pickup if paid COD (not credit cards). Buying clubs: 10% on pickup with min \$500 purchase COD (except dairy). Wholesale discount to retail food stores over \$300.
- Sp. Or. –Special Order, Call 2 weeks in advance.

Toll free: 1-877-984-0480
Fax: (613) 984-0481

1 Union Street
Berwick, Ontario, K0C 1G0

jeannette@homesteadorganics.ca
www.homesteadorganics.ca