

Organic	Name	Type	Botanical Name	Last Updated - 8/16/20
Yes	5 Spice	Powder		<b>All prices subject to change.</b>
Yes	Allspice	Ground		<b>Availability may be limited for some items.</b>
Yes	Anise	Seed		
Not Listed	Arrowroot	Powder		
Yes	Asafoetida	Powder	ferula asafoetida	
Yes	Ashwagandha	Powder		
Yes	Basil	Crushed Leaf		
Yes	Bay Leaves	Whole Leaf	laurus nobilis	
Yes	Beet Root	Powder	Beta Vulgaris Rubra	
Not Listed	Bentonite Clay	Powder	Montmorillonite	
Not Listed	Black Cohosh	Root		
Yes	Black Peppercorns	Whole		
Yes	Black Pepper	Medium Grind		
Yes	Burdock	Root	Arctium Lappa	
Yes	Calendula	Petals	calendula officinalis	
Yes	Caraway Seed	Whole Seed		
Not Listed	Cardamom Seed	Ground		
Yes	Cardamom Seed	Pods		
Yes	Carob	Powder		
Yes	Catnip	Crushed Leaf	Nepeta Cataria	
Yes	Cayenne	Powder		
Yes	Celery Salt	Ground		
Not Listed	Celery Seed	Whole Seed		
Yes	Ceylon Cinnamon	Ground	Cinnamomum Verum	
Yes	Chia Seeds	Seed		
Yes	Chicory Root	Granules	Cichorium Intybus	
Yes	Chili Powder	Powder		
Yes	Chlorella	Powder		
Yes	Cilantro	Coriandreem Sativrem		
Yes	Cinnamon (Vietnamese) Powder	Ground	Cinnamomum Loureiroi	
Yes	Cinnamon Burmanii Sticks			
Not Listed	Cloves	Ground		
Yes	Cloves	Whole		
Yes	Cocoa	Powder		
Yes	Cocoa (Black, Alkalized)	Powder		
Not Listed	Comfrey	Crushed Leaf		
Not Listed	Comfrey Root	Crushed Root		
Yes	Coriander Seed	Powder	Coriandrum Sativum	
Yes	Coriander Seed	Whole		
Yes	Cumin	Seed	Nigella Sativa	
Not Listed	Cumin	Powder		
Yes	Cumin	Whole		
Yes	Curry Powder	Powder		
Not Listed	Damiana Leaf	Leaf		
Yes	Dandelion Root	Chunks		
Yes	Dill Seed	Seed		
Not Listed	Dill Weed	Leaf		
Yes	Don Quai	Powder		
Yes	Echinacea Purpurea	Root		
Yes	Elder Flowers	Crushed Flowers		
Yes	Elderberries	Whole		
Yes	Eucalyptus	Leaf		
Yes	Fennel	Seed		
Yes	Fenugreek	Seed		
Yes	Feverfew	Crushed Leaf		
Not Listed	French Green Clay	Powder		
Yes	Garam Masala	Powder		
Yes	Garlic	Minced	Allium Sativum	
Yes	Garlic	Granules		
Yes	Garlic	Powder		
Conventional	Garlic Salt	Granulized		
Not Listed	German Chamomile	Whole Flower	Matricaria Chamomilla	
Yes	Ginger	Root		

Organic	Name	Type	Botanical Name	Last Updated - 8/16/20
Not Listed	Ginkgo	Leaf		
Yes	Goldenseal	Powder	Hydrastis Canadensis	
Not Listed	Gotu Kola	Mixed	Hydrocotyl Asiatica	
Yes	Hawthorn	Leaf & Flower		
Not Listed	Herbes de Provence	Mixed		
Yes	Hibiscus	Flowers		
Not Listed	Hops	Flowers		
Yes	Horehound	Mixed	Marrulrium Vulgare	
Not Listed	Horsetail	Mixed		
Yes	Hyssop	Mixed	Hyssopus Officinalis	
Yes	Juniper Berries	Whole Dry Berries		
Not Listed	Kava Root	Powder	Kava Kava	
Not Listed	Kelp	Powder		
Yes	Lavender	Flowers		
Yes	Lemon Balm	Mixed	Melissa officialnalis	
Not Listed	Lemon Peel	Dried Peel		
Yes	Lemongrass	Mixed		
Yes	Licorice Root	Root	Glycyrrhiza glabra	
Yes	Maca	Powder		
Yes	Marjoram	Crushed Leaf		
Not Listed	Marshmallow Root	Dried Root		
Yes	Milk Thistle	Seed	Silybum marianum	
Yes	Moringa Leaf	Powder	Moringa Oleifera	
Not listed	Motherwort	Mixed		
Yes	Mugwort	Mixed	Artemesia Vulgrais	
Not Listed	Mullein	Leaf	Verbrascum Thapsus	
Yes	Nutmeg	Ground		
Yes	Oat Straw	Straw		
Yes	Onion Flakes	Minced Dried Onion	allium cepa	
Yes	Onion Granule	Granulized		
Yes	Orange Peel	Peel		
Yes	Oregano	Leaf		
Yes	Parsley	Crushed Leaf		
Yes	Passionflower	Mixed		
Not Listed	Pau D'Arco Bark	bark	Jabebiuia Impetiginosa	
Yes	Pennyroyal	Mixed	Mentha Pulegium	
Not Listed	Peppermint	Leaf		
Conventional	Pickling Spice	Mixed		
Conventional	Pink Peppercorns	Whole		
Yes	Pink Rosebuds	Buds	Rosa Centifolia	
Conventional	Poppyseed	Seed		
Yes	Poultry Seasoning	Powder	Mixture	Sage, thyme, onion, marjoram, black pepper, celery seed, red pepper
Yes	Pumpkin Spice	Powder		
Conventional	Pysllium Husk	Powder		
Yes	Rainbow Peppercorns	Whole		
Yes	Raspberry Leaf	Mixed		
Not listed	Red Chilis	Crushed		
Yes	Red Clover	Whole Flower		
Yes	Red Ginseng	Root	Panax Ginseng	
Yes	Red Rosebuds	Mixed		
Not Listed	Redmond Real Salt	Granular		
Yes	Rosehips	Mixed		
Yes	Rosemary	Leaf		
Not Listed	Sage	Powder		
Conventional	Sassafras Root	Bark		
Not Listed	Schisandra Berries (Wu-Wei-Zi)	Whole		
Yes	Senna Leaf	Leaf	Senna Alexandrina	
Yes	Skullcaps	Mixed		
Yes	Slippery Elm	Powder		
Yes	Smoked Spanish Paprika	Powder		
Yes	Spearmint	Leaf		
Yes	Spinach Powder	Powder	Spinacia Oleracea	
Yes	Spirulina Powder	Powder	Arthrospira Platensis	

Organic	Name	Type	Botanical Name	Last Updated - 8/16/20
Not Listed	St. John's Wort	Mixed		
Yes	Star Anise	Whole		
Not Listed	Stinging Nettles	Mixed		
no	Sumac	Powder		
Yes	Sweet Paprika	Powder		
Yes	Taco Seasoning	Mixed Powder		
Yes	Tarragon	Mixed		
Not Listed	Thyme Leaf	Leaf		
Yes	Turmeric	Ground		
Not Listed	Uva Ursi Leaf	Leaf		
Yes	Valerian Root	Root	Valeriana Officinalis	
Yes	Vanilla	Whole Bean		
Yes	Vegetarian Broth	Powder	Blend	
Yes	Wheatgrass	Powder	Triticum Aestivum	
Yes	White Ginseng	Root Powder		pre-packaged
Not Listed	White Incense Sage	Mixed		
Yes	White Peppercorns	Ground	Piper Nigrum	
Yes	White Willow	Bark		
Yes	Whole Brown Mustard	Seed		
Yes	Whole Nutmeg	Seed		
Yes	Whole Yellow Mustard	Seed		
Not Listed	Wild Yam Root	Root Bits		
Yes	Wormwood	Mixed		
Yes	Yarrow	Mixed		
Yes	Yellow Ground Mustard	Powder		
Conventional	Zaatar	Mixed Spices		

Bulk or Prepackaged	Variety	Price	Last Updated - 8/5/20
PP	Bent Tree Mexico Altura Chiapas (12oz)	\$11.99	
Bulk	Black Squirrel Blend	\$13.79 lb	<b><u>All prices subject to change.</u></b>
PP	Cafe Fair - Decaf (CHEM Free) (10oz)	\$11.59	<b><u>Availability may be limited for some items.</u></b>
PP	Cafe Fair - Decaf French Roast (10oz)	\$11.59	
PP	Cafe Fair - French Roast (10oz)	\$9.89	
Bulk	Cafe Fair Espresso	\$11.99 lb	
Bulk	Cafe Fair Machu Pichu	\$11.59 lb	
Bulk	Yes Armando's Blend	\$12.79 lb	
Bulk	Yes Colombian	\$9.89 lb	
Bulk	Yes Costa Rican Fair Trade	\$10.019 lb	
Bulk	Yes Guatemalan Fair Trade	\$10.09 lb	
Bulk	Yes Jungle Love	\$12.79 lb	
Bulk	Yes Love Buzz	\$12.59 lb	
Bulk	Yes Nicaraguan Fair Trade	\$9.99 lb	
Bulk	Yes Peru Fair Trade	\$10.09 lb	
Bulk	Yes Sumatran Fair Trade	\$9.99 lb	
Bulk	Scribbles - Two Girls Blend	\$13.19 lb	
PP	Scribbles Two Girls Blend (12oz)	\$12.39	

Organic	Name	Type	Last Updated - 8/16/20
Yes	Bancha Tea	Loose Leaf	<b><u>All prices subject to change.</u></b>
Yes	Ceylon Orange Pekoe Black	Loose Leaf	<b><u>Availability may be limited for some items.</u></b>
yes	Chai Tea Blend	Loose Leaf	
No	Cinammon Orange Spice	Loose Leaf	
yes	Cramp Free Women's Tea	Loose Leaf	
Yes	Dragonwell	Loose Leaf	
Yes	Earl Gray	Loose Leaf	
Yes	Genmaicha Green	Loose Leaf	
Yes	Gunpowder	Loose Leaf	
Yes	Jasmine Green	Loose Leaf	
Yes	Kukicha Twig	Loose Leaf	
Yes	Lapsang Souchong	Loose Leaf	
yes	Lemon Ginger	Loose Leaf	
Yes	Matcha	Powder	
Yes	Nepali Black	Loose Leaf	
Yes	Nepali Green Pearl	Loose Leaf	
yes	Rene's Traditional "essiac"	Loose Leaf	
Yes	Rooibos	Loose Leaf	
yes	Winter Sun	Loose Leaf	
yes	Wuyi Oolong	Loose Leaf	
Yes	Yerba Mate	Loose Leaf	
Yes	Yunnan White Moonlight	Loose Leaf	

Kosher	Name	Type	Grind Type	Last Updated - 8/16/20
unknown	Himalyan Pink	Salt	Fine	<b><u>Availability may be limited for some items.</u></b>
yes	Himalyan Pink	Salt	Coarse	<b><u>All prices subject to change.</u></b>
yes	Hiwa Kai	Sea Salt	Coarse	
Yes	Red Alaea	Salt	unspecified	
unknown	Yakima Apple Smoked	Sea Salt	Medium	
unknown	Indian Black Salt (Kala Namak)	Salt	Fine	

Organic	Name	Type	Botanical Name	Last Updated - 8/16/20
unknown	Capal	Chunk Resin	n/a	<b><u>Availability may be limited for some items.</u></b>
unknown	Dragon's Blood	Chunk Resin	n/a	<b><u>All prices subject to change.</u></b>
yes	Frankincense	Gum Tears	Boswellia Sacra	
wild harvested	Myrrh	Gum Resin	commiphora myrrha	

Organic	Name	Price per lb	Origin	Last Updated - 8/5/20
Yes	Adzuki Beans	3.99	Eaton Rapids, MI	<b><u>Availability may be limited for some items.</u></b>
Yes	Black Beans	2.89		<b><u>All prices subject to change.</u></b>
Yes	Black Eye Peas	3.59		
Yes	French Green Lentils	3.79		
yes	Garbanzo Beans	2.89		
yes	Great Northern Beans	2.99		
Yes	Green Lentils	2.59		
Yes	Green Split Peas	2.39		
Yes	Mung Beans	3.99		
Yes	Navy Beans	2.49		
Yes	Pinto Beans	3.19		
Yes	Red Kidney Beans	4.39		
Yes	Red Lentils	3.89		
Yes	Soy Beans	2.39		
Yes	Yellow Split Peas	2.49	Michigan	



Organic	Name	Type	Price per lb	Origin	Last Updated - 8/5/20
Yes	Almonds	Raw	15.79	Italy	<b>Availability may be limited for some items.</b> <b>All prices subject to change.</b>
Yes	Brazil Nuts	Raw	12.99		
Yes	Cashew Pieces	Raw	9.79		
Yes	Garlic Herb Cashews	n/a	16.99		
Yes	Pecan Halves	Raw	14.99	US/Mexico	
Yes	Pumpkin Seeds	Raw	6.19		
No	Spanish Roasted and Salted Peanuts	n/a	3.99		
Yes	Sunflower Seeds	Raw	4.09		
Yes	Turmeric Ginger Cashews	n/a	16.99		
Yes	Walnuts	Raw	17.99		
No	Almond	Butter	12.39		
Yes	Peanut	Butter	7.89		
Yes	Tahini	Butter	8.99		

Organic	Name	Price per lb	Origin	Last Updated - 8/5/20
Yes	Barley	1.29		<b><u>All prices subject to change.</u></b>
Yes	Basmati Brown Rice	3.89		<b><u>Availability may be limited for some items.</u></b>
Yes	Basmati White Rice	3.89		
Yes	Bulgur	2.99		
yes	Long Grain Brown Rice	3.59		
yes	Lundberg Golden Rose Medium Grain Rice	2.99		
Yes	Lundberg Long Grain Jasmine Rice	3.59		
Yes	Lundberg Wild Rice Blend	6.99		
Yes	Millet	2.79		
Yes	Oat Bran	2.89		
Yes	Popcorn	2.09		
Yes	Quick Oats	1.69		
No	Raw Wheat Germ	1.59		
Yes	Red Quinoa	6.99	Bolivia	
Yes	Rolled Oats (GF)	2.99		
Yes	Short Grain Brown Rice	2.89		
Yes	Stutzman Hard Red Wheat Berries	2.49	Millersburg, OH	
Yes	Stutzman Oat Groats	1.79	Millersburg, OH	
Yes	Stutzman Rolled Oats	1.49	Millersburg, OH	
Yes	Stutzman Sprouted Rolled Oats	2.99	Millersburg, OH	
Yes	Stutzman Steel Cut Oats	2.49	Millersburg, OH	
Yes	Sushi Rice	3.49		
Yes	Thick Rolled Oats	1.99		
Yes	Wheat Bran	1.59		
Yes	White Quinoa	7.99	Bolivia	
Yes	Whole Wheat CousCous	4.39		

Organic	Name	Type	Price Per lb	Last Updated - 8/5/20
No	7 Grain Pancake Mix	Mix	1.99	<b><u>All prices subject to change.</u></b>
Yes	Stutzman Golden White Bread Flour	Whole	1.79	<b><u>Availability may be limited for some items.</u></b>
Yes	Stutzman Whole Spelt Flour	Whole	1.99	
Yes	Unbleached White Flour	Whole	1.79	
Yes	Whole Wheat Bread Flour	Whole	1.69	
Yes	Whole Wheat Pastry Flour	Whole	1.19	

Organic	Name	Price Per lb	Last Updated - 8/12/20
Yes	Penne Rigate	3.59	<b><u>All prices subject to change.</u></b>
Yes	Red Lentil Penne	7.99	<b><u>Availability may be limited for some items.</u></b>
Yes	Semolina Veggie Spirals	4.99	

Organic	Name	Price per lb	Last Updated - 8/9/20
No	Chipmunk's Choice Peanut Butter Granola	7.99	<b><u>All prices subject to change.</u></b>
Yes	Chocolate Chunk Cocanola Cocounut Gran	10.99	<b><u>Availability may be limited for some items.</u></b>
Yes	Chocolate Pecan Granola	12.49	
Yes	Coconola Original	11.99	
No	Gingersnap Granola	4.59	
No	Maple Cashew Granola	8.59	
No	Strawberry Vanilla Hemp Granola	4.59	
No	Wild Blueberry Flax Granola	4.59	

Organic	Name	Price per lb	Last Updated - 8/5/20
Yes	Banana Chips	4.39	<b><u>All prices subject to change.</u></b>
Yes	Cane Sugar	2.79	<b><u>Availability may be limited for some items.</u></b>
Yes	Canola Oil (Columbus Organics)	.25 / oz	
No	Carob Almonds	9.99	
No	Chocolate Covered Espresso Beans	10.29	
No	Chocolate Covered Ginger	12.39	
No	Crystalized Ginger	8.99	
No	Dark Chocolate Cashews	12.39	
Yes	Dark Chocolate Chips	9.89	
No	Dark Chocolate Covered Pretzels	5.99	
No	Demerara (Turbinado) Sugar	2.79	
Yes	Honey (local - guyette - wildflower)	4.79	
Yes	Maple Syrup	.59 / oz or 6.05 / lb	
No	Natural Yogurt Pretzels	4.29	
No	Nutritional Yeast	10.99	
Yes	Olive Oil (Zoe's)	.49 / oz	
No	Rainbow Drops	10.99	
No	Save the Forest Chocolate Trail Mix	13.99	
No	Sea Salt	0.89	
Yes	Textured Vegetable Protein	6.59	
Yes	Thompson Seedless Raisins	4.79	

Category	Name	Price	Last Updated: 8/12/20
Soap	Dessert Essence	.49 / oz	<b><u>All prices subject to change.</u></b>
Soap	Dr. Bronner's	.44 / oz	<b><u>Availability may be limited for some items.</u></b>
Soap	Dr. Bronner's Sal Suds	.33 / oz	
Soap	EO Hand Soap	.39 / oz	
Soap	Griffin Creamy Body Wash	.89 / oz	
Soap	Dish Soap	.29 / oz	
Soap	Laundry Soap	.31 / oz	
Soap	Soap Nuts	9.99 / lb	
Soap	Sea Salt	4.59 / lb	
Lotion	Griffin Orange Blossom	.69 / oz	
Lotion	Griffin Omega 3	.89 / oz	
Shampoo/Conditioner	Griffin Daily Shampoo	.69 / oz	
Shampoo/Conditioner	Griffin Daily Conditioner	.69 / oz	
Shampoo/Conditioner	Griffin Restorative Shampoo	.69 / oz	
Shampoo/Conditioner	Griffin Restorative Conditioner	.69 / oz	

Name	Price	Last Updated: 8/12/20
Cat Food	2.99 / lb	<b><u>All prices subject to change.</u></b>
Dog Food	2.29 / lb	<b><u>Availability may be limited for some items.</u></b>
Dog Biscuits	6.29 / lb	