

# Meats

## Beef Grass-Finished

### Rattlesnake Ridge Ranch

| ID   | Product Name [ <u>About Producer</u> ]  | Type        | Price        |
|------|---|-------------|--------------|
| #780 | <b>All Natural Beef - Eye of Round</b><br>2 packages available. Order number of packages.<br>Known as the "Poor Mans Tenderloin Fillet", this is the most tender part of the Round cut into a 3/4" thick steak. Perfect for Summertime grilling, or fajitas. Delicious! Each package contains 2 steaks. | All Natural | \$8.99/pound |

## Lamb

### Triple M Bar Ranch

| ID    | Product Name [ <u>About Producer</u> ]   | Type        | Price             |
|-------|--|-------------|-------------------|
| #1259 | <b>Lamb Gathering #16</b><br>4 Gatherings available. Order number of Gatherings.<br>One whole leg of lamb (6-9 lbs. ea.) (Weights are approximate)                     | All Natural | \$90.00/Gathering |
| #1425 | <b>Lamb Gathering #21</b><br>4 Gatherings available. Order number of Gatherings.<br>One boneless leg of lamb (4-6 lbs. ea.) (Weights are approximate)                  | All Natural | \$95.00/Gathering |
| #1424 | <b>Special Sale_Lamb Gathering #20</b><br>15 Gatherings available. Order number of Gatherings.<br>Organ Meat--2 pkgs. each--hearts, livers, and kidneys (1-2 lbs. ea.) | All Natural | \$15.00/Gathering |
| #1440 | <b>Special Sale_Lamb Gathering #24</b><br>10 Gatherings available. Order number of Gatherings.<br>3 pkgs. ground lamb (2 lbs. ea.) (Weights are approximate)           | All Natural | \$20.00/Gathering |
| #1010 | <b>Special Sale__Lamb Gathering #10</b><br>8 Gatherings available. Order number of Gatherings.<br>6 pkgs. ribs (2-3 lbs. ea.) (Weights are approximate)                | All Natural | \$35.00/Gathering |

## Pork

### Eastern Plains Natural Foods

| ID    | Product Name [ <u>About Producer</u> ]  | Type        | Price        |
|-------|---|-------------|--------------|
| #1311 | <b>German Sausage with Apple</b><br>10 packages available. Order number of packages.<br>Red Wattle German Brand Pork Sausage with Apples. From genuine heritage breed pigs unchanged by genetic modification or commercial breed crosses. Red Wattle pork meat is marbled, dark textured and succulent. The sausage contains ground pork, apples, corn syrup, natural spices, and liquid smoke flavoring. From pigs raised naturally and humanely on pasture. No growth hormones or stimulants. 1 lb package. 5 links/pkg. From pigs raised in KS by the folks at Good Shepherd Turkey Ranch. | All Natural | \$8.24/pound |

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| #1381 | <p><b>Ground Pork</b></p> <p>4 packages available. Order number of packages.</p> <p>Red Wattle Ground Pork. 1 lb packages of 100% ground pork, no fillers. From genuine heritage breed pigs unchanged by genetic modification or commercial breed crosses. Red Wattle pork meat is marbled, dark textured and succulent. From pigs raised naturally and humanely on pasture. No growth hormones or stimulants. From pigs raised in KS by the folks at Good Shepherd Turkey Ranch.</p>  | All Natural | \$8.24/pound   |
| #1310 | <p><b>Heritage Pork Bratwurst</b></p> <p>9 packages available. Order number of packages.</p> <p>Red Wattle Pork brats. 1 lb package. 5 links/pkg. From genuine heritage breed pigs unchanged by genetic modification or commercial breed crosses. Red Wattle pork meat is marbled, dark textured and succulent. The brats contain ground pork, corn syrup, natural spices and flavorings. From pigs raised naturally and humanely on pasture. No growth hormones or stimulants. From pigs raised in KS by the folks at Good Shepherd Turkey Ranch.</p>                                   | All Natural | \$8.24/pound   |
| #1312 | <p><b>Pork Breakfast Sausage, links</b></p> <p>9 packages available. Order number of packages.</p> <p>Red Wattle Pork Breakfast Sausage. 12 oz package, 10 links/pkg. From genuine heritage breed pigs unchanged by genetic modification or commercial breed crosses. Red Wattle pork meat is marbled, dark textured and succulent. The sausage contain ground pork, natural spices and flavorings. From pigs raised naturally and humanely on pasture. No growth hormones or stimulants. From pigs raised in KS by the folks at Good Shepherd Turkey Ranch.</p>                         | All Natural | \$6.72/package |
| #1313 | <p><b>Pork Sausage Patties</b></p> <p>9 packages available. Order number of packages.</p> <p>Red Wattle Pork Breakfast Sausage. 1/2 lb package, 4 patties/pkg. From genuine heritage breed pigs unchanged by genetic modification or commercial breed crosses. Red Wattle pork meat is marbled, dark textured and succulent. The sausage contain ground pork, natural spices and flavorings. From pigs raised naturally and humanely on pasture. No growth hormones or stimulants. 1/2 lb package, 4 patties/pkg. From pigs raised in KS by the folks at Good Shepherd Turkey Ranch.</p> | All Natural | \$3.97/package |

## Rattlesnake Ridge Ranch

| ID   | Product Name [About Producer]   | Type        | Price        |
|------|---|-------------|--------------|
| #301 | <p><b>Bacon</b></p> <p>[OUT OF STOCK] 0 packages available.</p> <p>Our bacon is lean and meaty - it doesn't disappear when you cook it! Cured with our processors' award winning recipe (which is MSG free!), the flavor will keep you coming back for more! We love bacon for breakfast, but it tastes delicious crumbled into green beans or baked beans as well. Our bacon is cured with: Salt, brown sugar, sodium erythorbate, sodium phosphate and sodium nitrite. Each package weighs about a pound.</p> | All Natural | \$7.25/pound |

## The Satisfiers

| ID    | Product Name [About Producer]  | Type        | Price        |
|-------|--|-------------|--------------|
| #1489 | <p><b>1" PORK CHOPS</b></p> <p>1 package available. Order number of packages.</p> <p>For those of you who prefer a thicker chop, we offer a 1" thick pork chop. There are 4 chops in a package weighing approx. 2.65# - 2.85#.</p> | All Natural | \$3.85/pound |
| #412  |  | All Natural | \$3.85/pound |

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|       | <p><b>3/4" Pork Chops</b><br/>7 packages available. Order number of packages.<br/>Each package of 4 pork chops are cut 3/4" thick from hogs raised using probiotics and dry distillers grains in their feed instead of antibiotics. No growth promotants or hormones are fed to our hogs. Approx. 1.9#-2.25#/pkg.</p> |             |              |
| #1157 | <p><b>Baby Back Ribs</b><br/>2 packages available. Order number of packages.<br/>Time for a bar-b-q? Each package of our Baby Back Ribs weighs approximately 1.2 - 1.6#.</p>  | All Natural | \$3.75/pound |
| #1158 | <p><b>Fresh side meat</b><br/>2 packages available. Order number of packages.<br/>For those who want Fresh Side Meat (uncured bacon with nothing added), we have it available in approximately a 1# - 1.2# package. Use in place of bacon in a sandwich!</p>  | All Natural | \$4.75/pound |

## Poultry

### Chicken

#### Eastern Plains Natural Foods

| ID    | Product Name <u>[About Producer]</u>  | Type        | Price        |
|-------|---|-------------|--------------|
| #1181 | <p><b>Bone in, Skin on Heritage Chicken Breast</b><br/>[OUT OF STOCK] 0 packages available.<br/>Bone in, Skin on Heritage Chicken Breast packages from genuine heritage chickens raised naturally and humanely on pasture. These airplane style breasts are full breasts and include the top joint of each leg. Great bone in flavor in an easy to use package. One full breast per package. Weights vary from 0.75 lb to over 2 lbs. The breasts come from chickens raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.</p> | All Natural | \$5.84/pound |
| #1307 | <p><b>Chicken Beer Brats</b><br/>7 packages available. Order number of packages.<br/>100% ground heritage chicken with natural seasonings and spices. No MSG or nitrates. 1 lb packages, 5 links/pkg. Pork casings. Excellent grilled or BBQ'd. Great tasting brats with the added flavor of Kold beer! Contains salt, sugar, onions, garlic powder, and natural flavorings. From heritage chickens raised naturally and humanely on pasture. Raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.</p>                        | All Natural | \$8.24/pound |
| #1306 | <p><b>Chicken Bratwurst Sausage</b><br/>9 packages available. Order number of packages.<br/>100% ground heritage chicken thigh meat with natural seasonings and spices. No MSG or nitrates. 1 lb packages, 5 links/pkg. Pork casings. Excellent grilled or BBQ'd. And a great alternative to pork brats. From heritage chickens raised naturally and humanely on pasture. Raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch. Seasonings: sea salt, turbinado sugar.</p>   | All Natural | \$8.24/pound |
| #1309 | <p><b>Chicken Fajita Meat</b><br/>9 packages available. Order number of packages.<br/>Boneless, Skinless Heritage Chicken Breast or Thigh meat with Fajita seasonings and natural flavorings. No MSG or nitrates. Approximately 1 lb packages. Great for fajitas and all your favorite Mexican dishes. From genuine</p>   | All Natural | \$8.24/pound |

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|       | heritage chickens raised naturally and humanely on pasture. From chickens raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.  |             |                |
| #1153 | <b>Chicken Liver</b><br>10 packages available. Order number of packages.<br>Chicken Liver from heritage chickens raised naturally and humanely on pasture. Each package of liver weighs approximately 1 lb. The livers come from chickens raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.  | All Natural | \$5.49/package |
| #1409 | <b>Chicken Pepperoni</b><br>6 packages available. Order number of packages.<br>100% heritage chicken pepperoni sausage sliced thick. Fully cooked and ready to eat. Natural seasonings and flavorings. Non cured and contains no MSG or added nitrates. 8 oz packages. Excellent for sandwiches and perfect for pizzas! Try some out in our pizza sampler. From heritage chickens raised naturally and humanely on pasture. Raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch. Seasonings: salt, dextrose, anise, fennel, paprika, garlic, citric acid, natural vegetable juice powder. | All Natural | \$4.33/package |
| #1205 | <b>Chicken Sausage, Spicy Italian, 1 lb</b><br>7 packages available. Order number of packages.<br>100% ground heritage chicken with natural seasonings and spices. No MSG or nitrates. 1 lb packages. Excellent for all your favorite Italian dishes, and great as BBQ'd patties too. From heritage chickens raised naturally and humanely on pasture. Raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch. Seasonings: salt, paprika, fennel, red pepper.  | All Natural | \$7.81/package |
| #1206 | <b>Chicken Sausage, Zesty Breakfast Flavor, 1 lb</b><br>9 packages available. Order number of packages.<br>100% ground heritage chicken with natural seasonings and spices. No MSG or nitrates. 1 lb packages. Perfect for your sausage and egg breakfast, as well as all your favorite ground meat dishes, and make great BBQ'd patties too. From heritage chickens raised naturally and humanely on pasture. Raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch. Seasonings: salt, sugar, pepper, sage.  | All Natural | \$7.81/package |
| #1420 | <b>Chicken Stick Packs</b><br>10 packs available. Order number of packs.<br>Soft Chicken Sticks made from Heritage chickens raised humanely and naturally on pasture without the use of antibiotics. Three flavors: Regular, Zesty and Hot. Made from chicken, water, salt, anise, fennel, paprika, garlic, dextrose, citric acid, celery juice. 2 great tasting sticks per 2 Oz package. One package of each flavor per order (6 chicken sticks total) Each stick is about 6 inches long. The chickens are raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.                          | All Natural | \$8.22/pack    |
| #1522 | <b>Chicken Wings</b><br>7 packages available. Order number of packages.<br>Bone in, Skin on Chicken Wing packages from genuine heritage chickens raised naturally and humanely on pasture. Comes with an all natural seasoning packet, complete with directions, for easy to make and great tasting Buffalo Wings. Packages weigh approximately 1 lb and contain about 10 wings. The wings come from chickens raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.  | All Natural | \$5.43/package |
| #1408 | <b>German Brand Chicken Bologna</b><br>10 packages available. Order number of packages.   | All Natural | \$8.65/pound   |

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|       | 100% heritage chicken seasoned bologna sliced thick for lunch meat. No rind. Fully cooked and ready to eat. Natural seasonings and flavorings. Non cured and contains no MSG or added nitrates. 1 lb packages. Excellent for sandwiches and Deli plates. From heritage chickens raised naturally and humanely on pasture. Raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch. Seasonings: salt,dextrose, mustard,natural hickory smoke flavor,garlic,sodium erythorate,hydryolyzed milk,gelatin,jalapeno peppers,sodium lactate,citric acid,natural vegetable juice powder.                         |             |                |
| #1187 | <b>Ground Chicken, 1 lb</b><br>8 packages available. Order number of packages.<br>100% Ground Heritage Chicken, from breast and thigh meat. No fillers or chemicals. 1 lb packages. From heritage chickens raised naturally and humanely on pasture. Raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.  | All Natural | \$6.86/package |
| #1154 | <b>Heritage Chicken Stock Kits</b><br>4 stock kits available. Order number of stock kits.<br>Soup or Stock makings from heritage chickens raised naturally and humanely on pasture. Each package 1 breast bone, 1 back bone, 2 wing tips, 2 leg bones, 2 thigh bones and 1 neck. Approximately 1 to 2 lbs. The kit contents come from chickens raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.  | All Natural | \$1.72/pound   |
| #1217 | <b>Heritage Chicken Thighs</b><br>3 packages available. Order number of packages.<br>Bone in, Skin on Chicken Thigh packages from genuine heritage chickens raised naturally and humanely on pasture. Great bone in flavor in an easy to use package. One or two thighs per package. Weights vary from 0.5 lb to 1.5 lbs, depending on size of the bird and the number per package. The thighs come from chickens raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.   | All Natural | \$5.84/pound   |
| #1305 | <b>Jalepeno &amp; Cheese Chicken Sausage Links</b><br>9 packages available. Order number of packages.<br>100% ground heritage chicken with natural seasonings and spices. No MSG or nitrates. 1 lb packages, 5 links/pkg. Excellent for all your favorite Mexican dishes, and great just plain BBQ'd too. Contains cheddar cheese and jalepeno peppers. From heritage chickens raised naturally and humanely on pasture. Raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch. Seasonings: milk, salt, powered cellulose, water, vinegar, calcium chloride, sodium benzoate, yellow #5 garlic powder, | All Natural | \$8.24/pound   |
| #1308 | <b>Sliced Deli Roll</b><br>10 packages available. Order number of packages.<br>100% pressed heritage chicken slices. Fully cooked and ready to eat. Natural seasonings and flavorings. Non cured and contains no MSG or nitrates. 1 lb packages. Excellent for sandwiches and Deli plates. From heritage chickens raised naturally and humanely on pasture. Raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.   | All Natural | \$8.24/pound   |
| #1152 | <b>Whole Heritage Chicken - medium</b><br>[OUT OF STOCK] 0 whole birds available.<br>Heritage breed chicken raised naturally and humanely on pasture. No antibiotics or chemical additives. Totally vegetarian diet. Processed at a USDA plant using the air-chilled method - no added water. Vacuum sealed packaging. Each bird weighs about 3.25 lbs. As a result of their truly pasture based upbringing, their genuine heritage genetics, and their absolutely chemical free processing, the quality of our birds is unsurpassed. These birds look like, taste like, and indeed are the poultry our fore fathers raised and enjoyed; and they  | All Natural | \$4.61/pound   |

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|  | honestly meet the concerns of individuals that desire chemically clean food derived from animals that are raised naturally, treated humanely, and are minimally processed. The chickens are raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch. |  |  |
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## Turkey

### Eastern Plains Natural Foods

| ID    | Product Name [ <u>About Producer</u> ]  | Type        | Price          |
|-------|---|-------------|----------------|
| #1186 | <b>Ground Turkey, 1 lb</b><br>9 packages available. Order number of packages.<br>100% Ground Heritage Turkey, from breast and thigh meat. No fillers or chemicals. 1 lb packages. From heritage turkeys raised naturally and humanely on pasture. Raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.  | All Natural | \$5.82/package |
| #1198 | <b>Heritage Turkey Boneless Breast Tenderloins</b><br>8 packages available. Order number of packages.<br>100% Boneless breast meat from the most tender part of the turkey breast. Excellent grilled or sauteed, diced, sliced or served whole. Approximately 1 lb packages. From heritage turkeys raised naturally and humanely on pasture. The turkeys are raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.                                 | All Natural | \$6.86/package |
| #1183 | <b>Pulled BBQ Turkey, 1 lb</b><br>[OUT OF STOCK] 0 packages available.<br>Fully cooked and BBQ'd Heritage Turkey. Pulled from the bone. Heat up in the microwave and it is ready to eat. Great lunch time treat in lunch size packages. From heritage turkeys raised naturally and humanely on pastured in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch. Seasonings: tomato puree,sugar,vinegar,natural smoke flaovor, salt,dehydrated garlic,onion. | All Natural | \$8.20/pound   |
| #1382 | <b>Turkey Breakfast Sausage</b><br>9 packages available. Order number of packages.<br>Heritage Turkey Sausage, Breakfast Flavor, Bulk. 100% ground heritage turkey with natural seasonings and spices. No MSG or nitrates. 1 lb packages, perfect for breakfast patties. From heritage turkeys raised naturally and humanely on pasture in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch. Seasonings: salt, sugar, pepper, sage.                      | All Natural | \$6.08/pound   |
| #1155 | <b>Turkey Jerky</b><br>10 packages available. Order number of packages.<br>Jerky made from Heritage Turkeys raised humanely and naturally on pasture without the use of antibiotics. The jerky is made from skinless heritage turkey breast meat. 2 oz packages. The turkeys are raised in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch.   | All Natural | \$3.84/package |
| #1185 | <b>Turkey Sausage, Breakfast Links, 12 oz</b><br>10 packages available. Order number of packages.<br>Heritage Turkey Sausage, breakfast flavor links with beef collagen casing. 100% ground heritage turkey with natural seasonings and spices. No MSG or nitrates. 12 oz packages. From heritage turkeys raised naturally and humanely on pasture in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch. Seasonings: salt, sugar, pepper, sage.           | All Natural | \$7.45/package |
| #1184 | <b>Turkey Sausage, Italian Flavor, 1 lb</b><br>4 packages available. Order number of packages.  | All Natural | \$6.08/package |

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|  | Heritage Turkey Sausage, Italian flavor. 100% ground heritage turkey with natural seasonings and spices. No MSG or nitrates. 1 lb packages. From heritage turkeys raised naturally and humanely on pasture in CO by Eastern Plains Natural Foods and in KS by the folks at Good Shepherd Turkey Ranch. Seasonings: salt, fennel, pepper, paprika. |  |  |
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## Grains, Flours and Pastas

### Cornmeal

#### RJ Klie Organics, LLC

| ID    | Product Name <u>[About Producer]</u>   | Type              | Price      |
|-------|--|-------------------|------------|
| #1551 | <p><b>Organic White Corn Meal</b><br/>           13 bags available. Order number of bags.<br/>           2.5# bag. Organic whole white corn meal is nutritionally superior to refined unenriched corn meal due to its higher level of B vitamins, zinc and fiber. White corn meal is excellent for cornbread, muffins, tortillas, grits, tamales, polenta and pancakes. This corn meal is coarsely ground.</p> | Certified Organic | \$4.50/bag |

### Flour

#### RJ Klie Organics, LLC

| ID    | Product Name <u>[About Producer]</u>   | Type              | Price       |
|-------|--|-------------------|-------------|
| #1070 | <p><b>Coarse Ground Triticale Flour</b><br/>           Order number of bags.<br/>           Quantity 2.5# bag. The coarse ground triticale flour is processed from our organic triticale berries. The triticale berries are certified as organic. The flour is packaged in a ziplock bag. The coarse flour produces a different texture and unique taste in baked products. When making bread it is best to use only 1/2 triticale flour, it is ok to use all triticale flour for cookies.</p>                   | Certified Organic | \$4.50/bag  |
| #1469 | <p><b>Coarse Ground Triticale Flour</b><br/>           Order number of bags.<br/>           Quantity 5# bag. The coarse ground triticale flour is processed from our organic triticale berries. The triticale berries are certified as organic. The flour is packaged in a ziplock bag inside a cloth bag. The coarse flour produces a different texture and unique taste in baked products. When making bread it is best to use only 1/2 triticale flour, it is ok to use all triticale flour for cookies.</p>  | Certified Organic | \$6.00/bag  |
| #1317 | <p><b>Coarse Ground Triticale Flour</b><br/>           Order number of bags.<br/>           Quantity 10# bag. The coarse ground triticale flour is processed from our organic triticale berries. The triticale berries are certified as organic. The flour is packaged in a ziplock bag inside a cloth bag. The coarse flour produces a different texture and unique taste in baked products. When making bread it is best to use only 1/2 triticale flour, it is ok to use all triticale flour for cookies.</p> | Certified Organic | \$11.75/bag |
| #1068 | <p><b>Coarse Ground Wheat flour</b><br/>           Order number of bags.<br/>           2.5# bag. Coarse ground wheat flour is made from our high protein certified organic wheat berries. This produces a different texture in breads, muffins or any type of baked product.</p>  | Certified Organic | \$4.50/bag  |
| #1470 |  |                   | \$6.00/bag  |

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|       | <p><b>Coarse Ground Wheat flour</b><br/>Order number of bags.<br/>5# bag. Coarse ground wheat flour is made from our high protein certified organic wheat berries. This produces a different texture in breads, muffins or any type of baked product</p>   | Certified Organic |                |
| #1318 | <p><b>Coarse Ground Wheat Flour</b><br/>Order number of bags.<br/>10# bag. Coarse ground wheat flour is made from our high protein certified organic wheat berries. This produces a different texture in breads, muffins or any type of baked product.</p>   | Certified Organic | \$11.75/bag    |
| #1069 | <p><b>Fine Ground Triticale Flour</b><br/>Order number of bags.<br/>Contains 2.5#. Fine ground Triticale flour is made from our certified organic triticale berries. Triticale flour produces a unique taste in baked products. It can be mixed 1/2 to 1/2 with wheat flour or completely by itself for bread making. It makes great tasting cookies and cakes.</p>  | Certified Organic | \$4.50/bag     |
| #1431 | <p><b>Fine Ground Triticale Flour</b><br/>Order number of bags.<br/>5# bag. Fine ground triticale flour is made from our certified organic triticale berries. The flour is packed in a ziplock bag inside a cloth bag. Triticale flour produces a unique taste in baked products. It can be mixed 1/2 to 1/2 with wheat flour or completely by itself for bread making. Using all Triticale flour makes the best tasting chocolate chip cookies I have ever tasted.</p>  | Certified Organic | \$6.00/bag     |
| #1319 | <p><b>Fine Ground Triticale flour</b><br/>Order number of bags.<br/>10# bag. Fine ground triticale flour is made from our certified organic triticale berries. The flour is packed in a ziplock bag inside a cloth bag. Triticale flour produces a unique taste in baked products. It can be mixed 1/2 to 1/2 with wheat flour or completely by itself for bread making. Using all Triticale flour makes the best tasting chocolate chip cookies I have ever tasted.</p> | Certified Organic | \$11.75/bag    |
| #1067 | <p><b>Fine Ground Wheat Flour</b><br/>Order number of bags.<br/>Contains 2.5#. Wheat is ground from organic wheat. The wheat flour is packed in a ziplock bag. This is excellent for all types of baking, but especially good in bread baking. This product is ground from our high protein wheat berries.</p>   | Certified Organic | \$4.50/bag     |
| #1432 | <p><b>Fine Ground Wheat Flour</b><br/>Order number of bags.<br/>5# bag. Wheat flour is ground from high protein organic wheat. The wheat flour is packaged in a ziplock bag inside a cloth bag. This is excellent for all types of baking, but especially good in bread, biscuits, and pancakes. Also makes great cookies.</p>   | Certified Organic | \$6.00/bag     |
| #1320 | <p><b>Fine Ground Wheat flour</b><br/>Order number of bags.<br/>10# bag. Wheat flour is ground from high protein organic wheat. The wheat flour is packaged in a ziplock bag inside a cloth bag. This is excellent for all types of baking, but especially good in bread, biscuits, and pancakes. Also makes great cookies.</p>  | Certified Organic | \$11.75/bag    |
| #1399 | <p><b>Fine Ground Wheat Flour</b><br/>Order number of buckets.<br/>20# bucket. Wheat flour is ground from high protein organic wheat. The wheat flour is packaged in a recycled bucket.</p>  | Certified Organic | \$23.50/bucket |
| #1484 |  |                   | \$6.00/bag     |

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| <p><b>Fine Ground White Wheat Flour</b><br/> Order number of bags.<br/> Quantity 5# bag. The Fine ground white wheat flour is processed from organic White Wheat berries. The flour is packaged in a ziplock bag inside a cloth bag. The fine White Wheat flour produces a different texture and unique taste in baked products. It makes a softer texture in breads.</p> | <p>Certified Organic</p> |  |
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## Condiments, Sauces, Spices

### Spice/Spice Mix

#### Prairie House Herbs

| ID   | Product Name [ <u>About Producer</u> ]   | Type        | Price          |
|------|--|-------------|----------------|
| #292 | <p><b>All Purpose Herbal Seasoning Blend</b><br/> Order number of packages.<br/> A mixture of fine, home grown seasonings enhances the flavor of steaks, chops, roasts and even hamburger. Simply rub on or mix into meat prior to grilling or roasting. Add to noodles with butter for a quick side dish, or use it to season vegetables. Contains only herbs, Bell pepper, Black pepper, garlic, onion, and sea salt; no msg, colorings or preservatives. Each package contains enough for 4 to 6 pounds of meat, depending on your flavor preferences. (use with our convenient shaker jar)</p> | All Natural | \$2.95/package |
| #682 | <p><b>Beef Herb Rub</b><br/> Order number of packages.<br/> A mixture of fine, home grown seasonings enhances the flavor of any cut of beef. Simply rub on meat prior to grilling or roasting. Can also be used as a marinade. Contains only herbs, spices, garlic, and onion; no msg, colorings or preservatives. Each package contains enough for 4 to 6 pounds of meat, depending on your flavor preferences. (use with our convenient shaker jar)</p>  | All Natural | \$2.95/package |
| #666 | <p><b>Cheese Spread Herb Mix</b><br/> Order number of packages.<br/> Add cream cheese and butter to this herb packet to make a delicious topping for crackers. Also delicious on baked potatoes, as a complement to meat, or melted over steamed veggies. Each package contains enough herbs (with a hint of pepper and salt), and powdered garlic to flavor 24 ounces of cream cheese. For a more robust flavor add crushed fresh garlic cloves or hot pepper flakes. (Makes three recipies.)</p>   | All Natural | \$2.95/package |
| #434 | <p><b>Italian Seasoning Blend Herb mix</b><br/> Order number of packages.<br/> Rev up meatballs or just add to tomato sauce or paste for a delicious red sauce. Add to pasta noodles with butter for a nice change of pace with dinner. Or grill delicious steaks or hamburgers with an Italian flair. Contains only herbs, garlic, onion, and black pepper; no preservatives or artificial additives. Package contains approximately 2 T.</p>   | All Natural | \$2.95/package |
| #613 | <p><b>Pork rub</b><br/> Order number of packages.<br/> A mixture of fine, home grown seasonings enhances the flavor of pork steaks, chops, and roasts. Simply rub on meat prior to grilling or roasting. Can also be used as a marinade. Contains only herbs, spices, garlic, and sea salt; no msg, colorings or preservatives. Each package contains enough for 4 to 6 pounds of meat, depending on your flavor preferences. (use with our convenient shaker jar)</p>   | All Natural | \$2.95/package |

|      |   |             |                |
|------|---|-------------|----------------|
| #433 | <b>Southwestern Seasoning Blend Herb mix</b><br>Order number of packages.<br>Add kick to chili or make delicious steaks or hamburgers on the grill with a taste of the southwest. Contains only herbs, black pepper, and chilies; no preservatives or artificial additives. Package contains enough seasoning for 1-3 pounds of meat. Also delicious when used in spanish rice or homemade salsa. | All Natural | \$2.95/package |
|------|---|-------------|----------------|

## Honey & Molasses

### Jams and Jellies

### Prairie House Herbs

| ID    | Product Name [ <u>About Producer</u> ]  | Type | Price           |
|-------|---|------|-----------------|
| #1330 | <b>ANNUAL MEETING SPECIAL</b><br>3 specials available. Order number of specials.<br>A variety of 3 different jams, jellies, and or syrups as a special price.   |      | \$11.00/special |
| #1445 | <b>Jam - Old Fashioned Fig</b><br>6 jars available. Order number of jars.<br>Tastes just like the filling in a fig newton cookie. Use like jam on bread or as a meat flavoring. 8 oz. jar contains reconstituted figs and lemon juice cooked to perfection! |      | \$4.09/jar      |

## Prepared Foods (Refrigerated/Frozen)

### Entrees

### Becky' Bierocks

| ID    | Product Name [ <u>About Producer</u> ]   | Type | Price           |
|-------|--|------|-----------------|
| #1331 | <b>ANNUAL MEETING SPECIAL</b><br>4 specials available. Order number of specials.<br>ONE BOX OF BREAKFAST BIEROCKS FREE WITH PURCHASE OF 2 BOXES OF BIEROCKS (indicate preferred type of bierocks in comments). |      | \$36.00/special |

## Food Cooperative Items

### tote bags

### High Plains Food

| ID    | Product Name [ <u>About Producer</u> ]   | Type | Price |
|-------|--|------|-------|
| #1472 | <b>Insulated tote-new member bonus (limit 1 free per membership)</b><br>30 totes available. Order number of totes.<br>One free insulated tote included with first order. |      |       |