

*Please note: Items on this menu may not be in stock, or prices may vary slightly. We do our best to keep it updated! Refillables are sold by weight at checkout; highlighted ~price/cup, ~price/Tbsp, or ~price/jar values are estimates and will improve as we fill more orders.*

# REFILLABLE GROCERIES

The complete refillable bulk food menu, sold by weight down to 0.001 lb. Everything is **certified organic** unless tagged local, conventional, **wildcrafted** (foraged in the wild, not certified), or **glyphosate-free** (tested clean but not certified), and **plant-based and palm-oil free**. We carry a small dairy, egg, and honey selection so we can accept SNAP and serve the widest range of households (vegan alternatives stocked for each dairy and egg item). Our facility is **gluten-free + wheat-free**, though some items come from processors that handle gluten or wheat (noted in the legend).



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# BAKING INGREDIENTS

We are gluten-free so we don't have wheat flour, but have many of the other ingredients you need to make your favorite treat

## Baking Enhancements

### Active Dry Yeast, Palm Oil Free - \$5/oz |

~\$1.8/tbsp | 1 "packet" of yeast is equal to 1/4 ounce (by weight) or 2 1/4 teaspoons

ingredients: organic active dry yeast

### Cacao

- Nibs, Raw - \$2/oz | ~50c/tbsp

ingredients: organic crushed raw cacao beans

- Paste, Wafers - \$1.8/oz | ~\$9/cup

- Powder, Raw - 90c/oz | ~\$2.7/cup | Sustainably Farmed + Ethically Traded

Baking

### Carob

- Pods, Whole, Roasted - \$2.2/oz | ~\$1.5/pod (est.) | Caffeine-free chocolate alternative. Traditionally valued for digestive comfort.

- Powder, Roasted - \$8.5/lb | ~\$3/cup | swaps into any recipe at a 1:1 ratio with cocoa.

**Cocoa Powder, Fair Trade - 90c/oz | ~\$3/cup** | dutch-processing lowers acidity and creates a rich, smooth flavor

ingredients: organic cocoa powder, potassium carbonate (acidity corrector)

**Vanilla Bean Powder - \$40/oz | ~\$8.3/tbsp**

**Vanilla Extract - \$2.2/oz | ~\$2.2/fl oz** | Mexico, the birthplace of vanilla

ingredients: (all organic): vanilla beans, water, sugar, alcohol\* (35-45%). \*alcohol is from 100% sugar cane alcohol.

## Gf Flours, Starches, Etc.

We have a dedicated GF mill and can mill many of our gf grains and legumes (like chickpea flour!). Please call ahead or give us a little extra time for custom-milled flours. Items listed here are the ones we try to mill routinely to keep in stock.

**Agar Agar (Vegan Gelatin) - \$5/oz | ~\$1.3/tbsp** | seaweed-based, use to make gummies, homemade cheese, etc.!

**Almond Flour - \$11/lb | ~\$2.4/cup** | finely ground

ingredients: organic blanched almonds (contains tree nuts)


**Arrowroot Powder (Starch) - \$7.5/lb | ~\$3/cup** | good substitute for cornstarch, keeps sauces "clear"

**Baking Powder, Double Acting, Conventional -**

**60c/oz**  | ~30c/tbsp | Aluminum-Free, Non-GMO

ingredients: monocalcium phosphate, sodium bicarbonate, non-genetically modified cornstarch

### Buckwheat Flour

- Hulled - \$4.25/lb  | ~\$1.4/cup

- Whole - \$5.5/lb | ~\$1.4/cup

**Cassava Flour - \$5.2/lb | ~\$1.6/cup** | High nutrient, high fiber, low glycemic

Legend:



Farmed or Processed in Facility with Wheat



Housemade

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# BAKING INGREDIENTS (cont.)

We are gluten-free so we don't have wheat flour, but have many of the other ingredients you need to make your favorite treat

Baking

## Gf Flours, Starches, Etc. (cont.)

We have a dedicated GF mill and can mill many of our gf grains and legumes (like chickpea flour!). Please call ahead or give us a little extra time for custom-milled flours. Items listed here are the ones we try to mill routinely to keep in stock.

### Corn

- **Masa Harina, Heirloom, Glyphosate Free - \$4.5/lb** | ~\$1.4/cup | sweet heirloom corn flavor for tortillas, tamales + more  
*ingredients: nixtamalized heirloom yellow corn, trace of cal (calcium hydroxide)*


- **Meal - \$2.3/lb**  | ~74c/cup

**Cream Of Tartar - \$1/oz** | ~48c/tbsp

**Guar Gum** | ~25c/tbsp

 \$1.5/oz => **75c/oz (50% off)**

**Oat Flour, Housemade, Gf - \$3.5/lb**  | ~90c/cup

**Potato Starch - \$5.5/lb**  | ~\$2.8/cup  
*ingredients: organic potatoes, water*


**Psyllium Husk Powder - \$2.2/oz** | ~63c/tbsp

**Tapioca Flour (Starch) - \$3.5/lb** | ~81c/cup  
*ingredients: organic tapioca (organic cassava or manioc root)*

**Xanthan Gum, Conventional - \$2.4/oz** | ~96c/tbsp

## Sweeteners

**Agave Syrup, Blue, Light - \$6/lb** | ~55c/fl oz (est.)  
| Made from 100% Blue Webber Agave plants in Mexico

**Brown Sugar, Housemade**  | housemade  
- Light - \$3.5/lb

**Cane Sugar, Regenerative, Fair Trade - \$2.5/lb** | ~\$1.4/cup

**Cinnamon Sugar - \$1/oz**  | ~53c/tbsp  
*ingredients: (all organic) regenerative cane sugar, cassia cinnamon, and vanilla bean powder.*

**Coconut Sugar, Crystals - \$7.5/lb** | ~\$3.1/cup

**Maple Sugar, Crystals - \$18.5/lb** | ~\$6.2/cup | Vermont  
*ingredients: 100% pure maple syrup in dry, easy-to-use form*




**LOCAL Maple Syrup - 90c/oz** | ~\$1.2/fl oz | From Great River Maple in Garnavillo, Iowa. Keep Refrigerated!

**Molasses, Blackstrap - \$6.5/lb** | ~\$5/cup (est.) | High in minerals like iron, calcium, magnesium, and potassium.

**Powdered Sugar, Regenerative - \$4.75/lb** | ~\$1.5/cup | milled in US from regeneratively-grown cane sugar  
*ingredients: organic cane sugar, organic tapioca starch*

### Stevia Leaf

- **Dried, Whole - \$1.7/oz** | ~\$2.4/cup | A pinch of nature's sweetest leaf turns any bitter blend into something you'll actually crave.
- **Powder - \$2.3/oz** | just one ingredient, the green stevia leaf (unbleached, unprocessed)

Legend:  Farmed or Processed in Facility with Wheat |  Sale |  Housemade

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# BAKING INGREDIENTS (cont.)

We are gluten-free so we don't have wheat flour, but have many of the other ingredients you need to make your favorite treat

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## Sweeteners (cont.)

**Vanilla Bean Sugar - 75c/oz**  | ~\$6.7/cup (est.) |  
housemade

*ingredients: blend of organic regenerative cane sugar and organic vanilla bean powder*

Baking

Legend:  Housemade

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# GLUTEN-FREE GRAINS

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All items are naturally gluten-free. Many grains can be fresh ground into flours in our dedicated GF mill—look for the symbol! Some items are certified GF while others may have been processed with wheat .

## Cereal Grains

**LOCAL Corn, Grits - \$2.3/lb** | **~85c/cup** | coarser than most, almost like polenta

### Oats

• **Rolled, Gf - \$2.75/lb** | **~69c/cup** | old fashioned oats

### Oats (cont.)

• **Steel Cut, Gf - \$2.75/lb** | **~\$1.1/cup** | cut instead of rolled

**Quinoa Puffs, "Crispies" - \$1.2/oz** | **~\$2.9/cup**  
ingredients: organic whole grain quinoa

## Rice

### Brown Rice

- **"Volcano" - \$6.5/lb** | **~\$3.3/cup** | a mix of red + brown rice
- **Long Grain, Lundberg - \$4.5/lb** | **~\$2.3/cup**
- **Short Grain, Polit Farms - \$3.75/lb** | **~\$1.9/cup**

**Forbidden Rice - \$7/lb** | **~\$3.5/cup** | black rice, filled with nutrients!

**Jade Pearl Rice - \$7.5/lb** | **~\$3.8/cup** | sushi rice base infused with bamboo extract. retains it's beautiful green color when cooked. light vanilla flavor.

### White Rice

- **Arborio ("Risotto Rice") - \$6.5/lb** | **~\$3.3/cup**
- **Long Grain - \$5/lb** | **~\$2.5/cup** | Regenerative Organic
- **Medium Grain (Golden Rose) - \$3.5/lb** | **~\$1.8/cup**
- **Sushi - \$6/lb** | **~\$3/cup**
- **Thai Jasmine - \$4/lb** | **~\$2/cup**

**Wild Rice, Native ("Manoomin") - \$25.5/lb** | **~\$12.8/cup** | Indigenous hand-harvested by canoe in the lakes and rivers of Minnesota. Wood-parched.

GF Grains

## Seed Grains

**Amaranth - \$4/lb** | **~\$2/cup** | high in lysine

**Buckwheat Groats, Hulled - \$3.75/lb** | **~\$1.9/cup**

--> More Seed Grains next page

Legend: Cert. GF | Farmed or Processed in Facility with Wheat | can be ground fresh

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# GLUTEN-FREE GRAINS (cont.)

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## Seed Grains (cont.)

**Millet, Hulled Seed** | **~90c/cup** | complete protein

~~\$3/lb~~ => **\$1.8/lb (40% off)**

**Quinoa** | complete protein

- White - \$4.5/lb | **~\$2.3/cup**
- Black - \$6/lb | **~\$3/cup**
- Red - \$6/lb | **~\$3/cup**
- Tricolor - \$6/lb | **~\$3/cup**

**Sorghum - \$1.8/lb** | **~90c/cup** | Nebraska-grown, rich in protein (more than quinoa, vitamins, minerals)

GF Grains

Legend: Sale | can be ground fresh

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# HERBS + SPICES

Refill your spice jars here, skip the packaging waste!

Jar Sizes:



Short jar (1 fl oz)




Tall jar (3.6 fl oz)

## Dried Herbs

Many are dried from fresh in house. Sourced from local and regional partners (organic and/or sustainable) that may not be certified organic.

**Basil - \$2.3/oz** | ~48c/short jar | ~\$1.7/tall jar

**Bay Leaf - \$5/oz** | ~20c/short jar | ~73c/tall jar


**LOCAL Cilantro - \$5/oz**  | ~42c/short jar | ~\$1.5/tall jar

**Curry Leaf - \$1.2/oz**

### Dill

• Dried - **\$3.5/oz** | ~\$1.1/short jar (est.) | ~\$3.9/tall jar (est.)


**LOCAL** • - **\$5/oz** | ~89c/short jar | ~\$3.2/tall jar

**LOCAL Lovage - \$5/oz**  | ~63c/short jar | ~\$2.3/tall jar

**Marjoram - \$2.5/oz** | ~31c/short jar | ~\$1.1/tall jar | Gentle, sweet-herbal, brightens veggies and beans

### Oregano

• Dried - **\$4.4/oz** | ~69c/short jar | ~\$2.5/tall jar

**LOCAL** • - **\$5/oz**  | ~78c/short jar | ~\$2.8/tall jar

### Parsley

• Dried - **\$3.5/oz**

**LOCAL** • - **\$5/oz**  | ~48c/short jar | ~\$1.7/tall jar

**Rosemary - \$3/oz** | ~63c/short jar | ~\$2.3/tall jar | Piney, aromatic, unforgettable. Roast it with potatoes or steep it for mental clarity.

### Sage

Earthy, warming, deeply savory. Elevates roasted vegetables and soothes as a throat-soothing tea.

• Culinary, Dried - **\$3.3/oz** | ~52c/short jar | ~\$1.9/tall jar

**LOCAL** • - **\$4/oz** | ~50c/short jar (est.) | ~\$1.8/tall jar (est.)

**Summer Savory - \$3.75/oz** | ~52c/short jar | ~\$1.9/tall jar

### Tarragon

• Dried - **\$7/oz** | ~\$1.3/short jar | ~\$4.5/tall jar

**LOCAL** • - **\$5/oz** | ~63c/short jar | ~\$2.3/tall jar

**Thyme, Organic - \$3.3/oz** | ~69c/short jar | ~\$2.5/tall jar | Aromatic culinary staple that doubles as a traditional respiratory herb - thyme tea with honey is a classic.

Herbs + Spices

Legend:  Housemade

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# HERBS + SPICES (cont.)

Refill your spice jars here, skip the packaging waste!

Jar Sizes:



Short jar (1 fl oz)



Tall jar (3.6 fl oz)

## Herb + Spice Blends

Many blends are made in-house with organic + local ingredients.

**Bay Seasoning, Salt Free - \$3.2/oz** | ~\$1.4/short jar | ~\$5/tall jar

ingredients: yellow mustard, chili flakes, ginger, green peppercorns, celery seed, onion, bay leaf, paprika, thyme

**Cajun Spice Seasoning - \$2/oz** | ~89c/short jar | ~\$3.2/tall jar

ingredients: paprika powder, garlic granules, oregano leaf, onion granules, thyme, cayenne powder, sea salt, and black pepper ground.

**Chaot Masala - \$2.8/oz** | ~\$1.2/short jar | ~\$4.2/tall jar

ingredients: kala namak, cumin, amchur, garam masala, coriander, paprika, black pepper, ginger, asafoetida, ajwain, anise seed, cayenne

**Chili Crisp Blend, "Diy Chili Oil" - \$2.8/oz** | ~\$1.2/short jar | ~\$4.2/tall jar

ingredients: chili flakes, sesame seeds, garlic, onion, sichuan peppercorns, urfa chili, cassia cinnamon, black cardamom

**Chili Powder Blend - \$2.75/oz** | ~\$1.3/short jar | ~\$4.7/tall jar | Mild

ingredients: cumin\*, ancho pepper powder\*, roasted red chili powder\*, garlic powder\*, smoked paprika\*, oregano\*, cayenne peppe powder\*

**Chinese 5 Spice Blend - \$3/oz** | ~\$2/short jar | ~\$7.2/tall jar

ingredients: star anise ground\*, fennel seeds ground\*, black peppercorn ground\*, cloves ground\*, cassia cinnamon ground\*

**Curry Powder - \$2.5/oz** | ~\$1.4/short jar | ~\$5.1/tall jar

ingredients: Organic: coriander, turmeric, cumin, fenugreek, ginger, mustard seed, black pepper, ceylon cinnamon, cardamom, cayenne, curry leaf

**Everything (But The Bagel) Seasoning - \$1.5/oz** | ~\$1.3/short jar | ~\$4.7/tall jar

**Garam Masala - \$2.7/oz** | ~\$1.4/short jar | ~\$4.9/tall jar | bold, aromatic depth

ingredients: cumin, cardamom, black peppercorn, coriander, cassia cinnamon, clove, and nutmeg

**Herbaceous Hen Spice Blend - \$3/oz** | ~86c/short jar | ~\$3.1/tall jar | our version of "poultry seasoning"

ingredients: sage\*, local thyme, marjoram\*, rosemary\*, nutmeg\*, and black peppercorn\*

**Herbs De Provence - \$3.5/oz** | ~63c/short jar | ~\$2.3/tall jar | Bright, herby lift for everything, especially vegetables

ingredients: rosemary, fennel, summer savory, thyme, basil, marjoram, lavender, parsley, oregano, & tarragon

**Italian Seasoning - \$3.91/oz** | ~70c/short jar | ~\$2.5/tall jar | housemade using organic and/or local, house-dried herbs

ingredients: basil, rosemary, oregano, thyme & marjoram

Herbs + Spices

--> More Herb + Spice Blends next page

Legend: Housemade

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## HERBS + SPICES (cont.)

Refill your spice jars here, skip the packaging waste!

Jar Sizes:



Short jar (1 fl oz)



Tall jar (3.6 fl oz)

## Herb + Spice Blends (cont.)

Many blends are made in-house with organic + local ingredients.

**Lemon Pepper Seasoning - \$2/oz** | ~\$1.8/short jar | ~\$6.6/tall jar | This zesty, flavorful blend adds a bright citrus kick to any dish.

ingredients: onion, garlic, black peppercorn, lemon peel, sea salt

**Mesquite Seasoning - \$2.5/oz** | ~\$1.2/short jar | ~\$4.4/tall jar

ingredients: paprika, cumin, garlic, onion, mesquite powder, smoked sea salt, roasted red chili powder, chipotle powder, rosemary, marjoram, sage, black peppercorn, and ground yellow mustard seed.

**Mushroom Umami Powder - \$7/oz** | ~\$1.9/short jar | ~\$6.8/tall jar | housemade with both medicinal + locally-grown mushrooms

ingredients: local oyster, shiitake, local lions mane, local chestnut, cordyceps,

### Nutritional Yeast Seasoning Blends, Conventional

| Packed with B12, B6, and zinc!

All flavors: \$1.8/oz

- Dill + Vinegar | ~69c/tbsp

- Nacho Spice | ~69c/tbsp

- Himalayan Salt + Vinegar | ~69c/tbsp



Scan for ingredients + nutrition info

**Pickling Spice - \$2/oz** | ~\$1/short jar | ~\$3.6/tall jar

ingredients: cassia cinnamon chips, yellow mustard seeds, brown mustard seeds, coriander seeds, allspice, whole peppercorns, dill seeds, fennel seeds, cloves, celery seeds, juniper berries, bay leaf, ginger root, and chili flakes.

**Pumpkin Spice - \$3/oz** | ~\$1.5/short jar | ~\$5.4/tall jar

ingredients: cassia cinnamon, ginger, nutmeg, allspice, and clove.

**Taco Seasoning - \$2.5/oz** | ~\$1.8/short jar | ~\$6.4/tall jar | Season proteins, beans, or roasted veggies for classic taco night.

ingredients: roasted red chili powder, paprika, cumin, salt, black peppercorn, garlic powder, oregano, chili flakes

**Thai Curry Blend - \$2.4/oz**

ingredients: cilantro leaf\*, garlic granules\*, onion granules\*, coriander seed powder\*, ginger root powder\*, lemon peel granules\*, fair-trade chili flakes\*, sea salt, cumin seed powder\*, black pepper ground\*. \*organic

**Za'atar, Lebanese Style - \$3.3/oz**

ingredients: sesame seeds, sumac, thyme, salt, oregano, marjoram. contains sesame.

Herbs + Spices

Legend: Housemade

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# HERBS + SPICES (cont.)

Refill your spice jars here, skip the packaging waste!

Jar Sizes:



Short jar (1 fl oz)




Tall jar (3.6 fl oz)

## Peppercorns

**Black - \$2.4/oz**  | ~\$1.6/short jar | ~\$5.8/tall jar  
ask for fresh-ground

**Green - \$2/oz**   | ~62c/short jar | ~\$2.2/tall jar  
jar | picked before maturity, green, crisp flavor, bright aroma

**Pink - \$9.2/oz**  | ~\$3.4/short jar | ~\$12/tall jar |  
not true peppercorns, a small pink berry. tart with a slightly sweet  
aftertaste

**White - \$3/oz**  | ~\$2.6/short jar | ~\$9.4/tall jar |  
fully ripe pepper with skin removed | mild, more delicate

**Rainbow Mix - \$4/oz**   | ~\$2.4/short jar |  
~\$8.5/tall jar

ingredients: housemade mix of our black, white, green, and pink  
peppercorns

## Salts

### Rock Salt

• **Solid Rocks For Grating (\$3.5 \$4.8/Oz)** | Whole mineral salt rocks for fresh seasoning

- Pink Himalayan - \$3.5/oz
- Austrian Alpine - \$4.5/oz
- Kala Namak - \$4.2/oz

• **Himalayan Pink**

- Coarse - \$3/lb | ~\$2/cup
- Fine - \$5/lb | ~\$3.3/cup

• **Kala Namak, "Black Salt" - \$1.2/oz** | ~\$1.7/short jar | ~\$6.2/tall jar | harvested from sulfur-rich beds, imparts an egg-like flavor to plant-based recipes | you only need a tiny amount!

### Sea Salt | US Pacific Coast, solar evaporated

All flavors: 38c/oz

- Coarse | ~\$4.3/cup
- Fine | ~\$4.3/cup

### Sea Salt

• **Black Lava - \$1.1/oz** | ~\$1.7/short jar | ~\$6.1/tall jar |  
From Hawaii, infused with activated charcoal

• **Celtic, France - 50c/oz** | ~43c/short jar | ~\$1.6/tall jar |  
rich in trace minerals

• **Smoked - \$1.7/oz** | ~\$2.3/short jar | ~\$8.2/tall jar |  
Pacific ocean, evaporated with solar power, cold-smoked over Pacific Northwest grown applewood.

### Table Salt

• **Iodized - \$2.5/lb** | ~26c/short jar | ~94c/tall jar | Iodine is an essential nutrient, missing in most western diets

Herbs + Spices

Legend:



Farmed or Processed in Facility with Wheat



Housemade



can be ground fresh

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## HERBS + SPICES (cont.)

Refill your spice jars here, skip the packaging waste!

Jar Sizes:



Short jar (1 fl oz)





Tall jar (3.6 fl oz)

## Salts (cont.)

**Table Salt, Non Iodized - \$2.5/lb** | ~26c/short jar | ~94c/tall jar

## Spices

Any whole spice can be freshly ground (look for  below)! Just ask! Spices are sourced organic and from companies that perform routine testing for heavy metals and other contaminants.


**Allspice, Whole - \$2.1/oz**  | ~\$1.1/short jar | ~\$3.8/tall jar

**Anise Seeds - \$2/oz**  | ~\$1.6/short jar | ~\$5.8/tall jar

**Apple Cider Vinegar Powder - \$2/oz** | ~93c/short jar | ~\$3.4/tall jar

ingredients: maltodextrin, apple cider vinegar.

**Black Seed Or "Nigella Seed" - \$1/oz**  | ~80c/short jar | ~\$2.9/tall jar

**Caraway Seed, Whole - \$1/oz**  | ~67c/short jar | ~\$2.4/tall jar

### Cardamom

• **Hulled, Pieces - \$4/oz**  | ~\$3.5/short jar | ~\$12.5/tall jar

• **Pods, Black - \$4.3/oz** | ~\$1.6/short jar | ~\$5.7/tall jar | smoky + earthy flavor

• **Pods, Whole - \$5.5/oz** | ~\$2.9/short jar | ~\$10.4/tall jar

**Celery Seeds - \$3/oz**  | ~\$2.3/short jar | ~\$8.3/tall jar

### Cinnamon


• **"Cassia", Ground - \$1.6/oz** | ~\$1.1/short jar | ~\$3.8/tall jar | bold, classic cinnamon warmth

• **"Sweet Ceylon", Ground - \$3/oz** | ~\$2/short jar | ~\$7.2/tall jar | sweet cinnamon is "true cinnamon" with more of a "red hot" flavor

• **Cassia, Sticks - \$3.5/oz** | ~50c/stick (est.)

• **Sweet "Ceylon", Sticks - \$4/oz** | sweet cinnamon is "true cinnamon" with more of a "red hot" flavor. More anti-inflammatory agents

**Cloves, Whole - \$3/oz**  | ~\$1.3/short jar | ~\$4.6/tall jar

**Coriander - \$1.7/oz**  | ~68c/short jar | ~\$2.5/tall jar | The warm, citrusy seed of the cilantro plant.

Herbs + Spices

Legend:



Farmed or Processed in Facility with Wheat



can be ground fresh

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# HERBS + SPICES (cont.)

Refill your spice jars here, skip the packaging waste!

Jar Sizes:



Short jar (1 fl oz)



Tall jar (3.6 fl oz)

## Spices (cont.)

Any whole spice can be freshly ground (look for 🌱 below)! Just ask! Spices are sourced organic and from companies that perform routine testing for heavy metals and other contaminants.

**Cumin Seed, Whole - \$2.1/oz** 🌱 | ~\$1.2/short jar | ~\$4.3/tall jar | Earthy, smoky seed central to spice blends across many global cuisines

**Fennel Seed, Whole - \$1.7/oz** 🌱 | ~94c/short jar | ~\$3.4/tall jar | Sweet, aromatic seeds with natural licorice flavor. Classic digestive tea for bloating and comfort after meals.

**Fenugreek Seed, Whole - \$1.2/oz** 🌱 | ~\$1.1/short jar | ~\$4.1/tall jar

### Garlic

- **Minced - \$2.2/oz** | ~\$1.9/short jar | ~\$6.9/tall jar
- **Powder - \$2.3/oz** | ~\$2/short jar | ~\$7.2/tall jar

**Ginger, Ground - \$2.8/oz** | ~80c/short jar | ~\$2.9/tall jar

**Horseradish Root Powder - \$2/oz** | ~70c/short jar | ~\$2.5/tall jar

**Lemon Powder, Housemade - \$2.5/oz** 🏠

**Mace, Micro Farm, Conventional - \$7.5/oz** 🌱 | mace is the outside layer of the nutmeg "fruit"

**Mesquite Powder - \$1.2/oz** | ~69c/short jar | ~\$2.5/tall jar | seed pods of the mesquite tree ground into a powder, a natu rally sweet, molasses-like flavor

### Mustard Seed

- **Brown - 80c/oz** 🌱 | ~80c/short jar | ~\$2.9/tall jar | robust, spicy flavor
- **Yellow - 90c/oz** 🌱 | ~90c/short jar | ~\$3.2/tall jar | mild, tangy flavor with a hint of sweetness

### Nutmeg

- **Powder - \$3.8/oz** | ~\$2.2/short jar | ~\$8.1/tall jar
- **Whole - \$3.19/oz** | ~9 nutmeg "seeds" per ounce

### Onion

- **Minced - \$1.3/oz**
- **Powder - \$1.7/oz** | ~\$1.1/short jar | ~\$4.1/tall jar

**Poblano Pepper - \$3/oz** 🌱

**Poppy Seeds - \$1.8/oz** | ~\$1.4/short jar | ~\$5.2/tall jar

### Sesame Seeds

- **Black - 50c/oz** | ~33c/short jar | ~\$1.2/tall jar
- **Brown, Raw - 50c/oz** | ~33c/short jar | ~\$1.2/tall jar

Legend: 🏠 Housemade | 🌱 can be ground fresh

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# HERBS + SPICES (cont.)

Refill your spice jars here, skip the packaging waste!

Jar Sizes:





Short jar (1 fl oz)



Tall jar (3.6 fl oz)

## Spices (cont.)

Any whole spice can be freshly ground (look for  below)! Just ask! Spices are sourced organic and from companies that perform routine testing for heavy metals and other contaminants.

**Star Anise Pods - \$4.3/oz**  | ~\$1.3/short jar | ~\$4.6/tall jar

**Sumac Berry Powder - \$2.4/oz** | ~\$1.6/short jar | ~\$5.8/tall jar | tart + tangy, lemon flavor

**Turmeric Root Powder - \$2/oz** | ~\$1.3/short jar | ~\$4.8/tall jar

## Pepper + Chili Spices

Most of these are sourced from the southwest region of the US.

**Ancho Chili Pepper Powder - \$2.5/oz** |  Mild  
Sweet + Mild, "smokey."



**Bird's Eye Chili Powder - \$3.5/oz** | ~\$1.3/short jar | ~\$4.7/tall jar |     Very hot serious heat with a bright, slightly fruity edge

**Cayenne Powder - \$1.5/oz** | ~94c/short jar | ~\$3.4/tall jar



**Chili Crisp Blend, "Diy Chili Oil" - \$2.8/oz** | ~\$1.2/short jar | ~\$4.2/tall jar



ingredients: chili flakes, sesame seeds, garlic, onion, sichuan peppercorns, urfa chili, cassia cinnamon, black cardamom

### Chili Flakes

• **Baklouti - \$2.4/oz** | ~\$1/short jar | ~\$3.7/tall jar |   
 Medium traditionally used in Harissa. Subtle dried cherry undertone


### Chili Flakes (cont.)

• **Crushed Red Pepper - \$1.5/oz** | ~48c/short jar | ~\$1.7/tall jar |   Medium

**Chipotle Powder - \$2.5/oz** | ~\$1.8/short jar | ~\$6.4/tall jar |   Medium

ingredients: morita chipotle peppers

### Paprika

• **Smoked - \$2.5/oz** | ~\$1.4/short jar | ~\$5.1/tall jar |  Mild

• **Sweet - \$2/oz** | ~\$1.1/short jar | ~\$4.1/tall jar |  Mild

### Pepper

 • **Green Chili - \$5/oz** | Amish Grown | Med. Heat | Hatch-Style

Herbs + Spices

Legend:  New |  can be ground fresh

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# HERBS + SPICES (cont.)

Refill your spice jars here, skip the packaging waste!

Jar Sizes:

Short jar (1 fl oz)

Tall jar (3.6 fl oz)

## Spices (cont.)

Any whole spice can be freshly ground (look for 🌿 below)! Just ask! Spices are sourced organic and from companies that perform routine testing for heavy metals and other contaminants.

### Pepper + Chili Spices (cont.)

**Pepper, Paprika, Whole - \$5/oz**

**LOCAL** Peppers, Cayenne - \$7.5/oz |   
Hot

**Red Chili Powder, Roasted - \$1.9/oz** |  
~\$1.1/short jar | ~\$3.8/tall jar | Mild

Herbs + Spices

Legend: New

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# LEGUMES, NUTS + SEEDS

A great source of plant-based protein. Most of our nuts and seeds are sourced raw and stored in the fridge to preserve nutrient density.

shop this category online ->



## Dried Beans + Lentils

Cooking from dried gives you control over ingredients, seasoning, and texture, and dried beans avoid the plastic linings used in canned beans. 1/2 cup dried beans equals one 15 oz can cooked, making recipe planning easy. 🌱 All of our beans and lentils can be fresh ground into flour upon request—just ask!

### Beans

- Adzuki Beans (Red Mung Beans) - \$4/lb | ~\$2.1/cup
-  Ayocote Morado, Heirloom, Glyphosate Free - \$5.5/lb | rich, deep purple creamy heirloom beans from Mexico's volcanic highlands
- Black - \$3/lb | ~\$1.4/cup
- Black Eyed Peas - \$4/lb | ~\$2.1/cup
- Cranberry - \$3.75/lb | ~\$1.8/cup (est.) | Creamy heirloom beans with nutty sweetness
- French Flageolet - \$4.5/lb | ~\$2/cup (est.) | French Heirloom | Creamy, Delicate Flavor
- Garbanzo, Aka "Chickpeas" - \$3.75/lb | ~\$2/cup
- Great Northern, White - \$3.5/lb | ~\$1.4/cup (est.)
- Kidney - \$4/lb | ~\$1.6/cup
- Large Lima - \$5.5/lb | ~\$2.5/cup (est.)

### Beans (cont.)

- Mung Dal (Split, Hulled Mung Beans) - \$5.5/lb | ~\$2.2/cup (est.)
- Mung, Whole - \$6/lb | ~\$3.2/cup
- Pink - \$3.5/lb | ~\$1.7/cup (est.)
- Pinto - \$3.3/lb | ~\$1.7/cup
- Small White, Navy - \$3/lb | ~\$1.4/cup (est.)
- Soy - \$3.75/lb | ~\$1.7/cup

### Lentils

- Black - \$4.5/lb | ~\$1.9/cup (est.)
- French Green (Du Puy) - \$4.5/lb | ~\$2.4/cup
- Green - \$4.5/lb | ~\$2.3/cup (est.)
- Red, "Petite Crimson" - \$5/lb | ~\$2.1/cup (est.)

Peas, Split Green - \$2.5/lb | ~\$1.3/cup

## Raw Nuts + Seeds

Kept raw & refrigerated for quality & nutrition.


Almonds, Whole, Raw - \$13/lb | ~\$4.3/cup

ingredients: organic raw almonds (contains tree nuts)

### Cashews

- Pieces, Raw - \$8/lb | ~\$3/cup
- Whole, Raw - \$13.5/lb | ~\$4.5/cup

Chia Seeds - \$7.5/lb | ~\$3.3/cup

Flax Seed, Brown - \$3/lb  | ~\$1/cup

Hemp Seeds, Aka "Hearts" - 70c/oz | ~\$3.7/cup

Legumes + Seeds

Legend:  New |  can be ground fresh

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# LEGUMES, NUTS + SEEDS (cont.)

A great source of plant-based protein. Most of our nuts and seeds are sourced raw and stored in the fridge to preserve nutrient density.

shop this category online ->



## Raw Nuts + Seeds (cont.)

Kept raw & refrigerated for quality & nutrition.

**Pecans, Raw, Missouri** | **Grow wild in Missouri. Sweeter and less dry than southern pecans.**

- Halves - \$18/lb | ~\$5.1/cup
- Pieces - \$16.5/lb | ~\$4.7/cup

**Pine Nuts - \$2.5/oz** | ~78c/tbsp (est.)



**Pistachio Kernels, Raw - \$1.9/oz** | ~\$8.2/cup

**Sesame Seeds, Brown, Raw - 50c/oz** | ~33c/short jar | ~\$1.2/tall jar


**Sunflower Seeds, Shelled, Raw - \$5/lb** | ~10c/tbsp

**Walnuts, Raw - \$16/lb** | ~\$4/cup

## Roasted Nuts, Seeds + Peanuts

**Peanut Butter, Housemade - \$8/lb**   / ~\$4/cup (est.) | housemade from 100% organic dry-roasted peanuts only (no other ingredients).

ingredients: organic roasted blanched peanuts (skins removed)

**Peanuts, Dry Roasted - \$6.5/lb**  / ~\$1.8/cup

ingredients: organic roasted blanched peanuts (skins removed)

**Pistachios, Roasted, Salted In Shell - \$16/lb** | ~\$4.3/cup

ingredients: organic roasted pistachios, salt

**Tahini, Raw - \$8.5/lb** | ~\$4.3/cup

ingredients: organic raw "hulled" sesame seeds (stone-ground)

Legend:



Farmed or Processed in Facility with Wheat



Housemade

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# PLANT-BASED PANTRY

Organic staples + specialty items for whole food, low-waste cooking.

shop this category online ->




## Dried Culinary Mushrooms

Add these to soups, stews, or rehydrate and enjoy as you would fresh (use the water to capture the most flavor!). Also - checkout our wide selection of medicinal mushrooms under the apothecary-style herbs category.

**Black Trumpet, Dried - \$35/oz** 

**Candy Cap, Dried - \$30/oz**  / ~\$30/cup | strong hints of maple syrup, house dried from fresh

### Chanterelles

- Dried - \$7/oz | golden, fruity, forest flavor
- House Dried - \$31.5/oz 

**LOCAL Chestnut, House Dried - \$8.5/oz**  / ~\$4.7/cup


### Hen of the Woods

- Maitake, Dried - \$5/oz

**LOCAL** • Maitake, House Dried - \$23/oz 

**LOCAL King Oyster, House Dried - \$7/oz**  / ~\$3.5/cup

**LOCAL Lions Mane Powder, House Dried -**

**\$10.5/oz**  / ~\$2.9/tbsp | Brain-supporting mushroom with mild umami flavor. Traditionally valued for cognitive function and nerve health.

**Matsutake, Dried - \$9.4/oz**

**LOCAL Oyster, House Dried - \$5/oz**  / ~\$2.5/cup

**Porcini, Usa, Wild Harvested - \$6.75/oz** / ~\$5.4/cup | rich, earthy, nutty

### Shiitake

**LOCAL** • House Dried - \$22/oz  | Dehydrated in-house from fresh mushrooms cultivated locally by Abie Vegetable People

• Powder - \$7/oz / ~\$17.5/cup | Savory umami culinary mushroom traditionally valued for immune-supporting properties.

• Usa, Dried - \$4/oz / ~\$3.3/cup | Earthy, bold, full-bodied umami

Pantry

## Dried Vegetables

**Bell Peppers, Dried - \$3/oz**

**LOCAL Celery, Dried - \$5/oz**

**Green Garlic, Dried - \$2.75/oz**

### Peppers

- Dried, Habanero - \$3/oz

### Peppers (cont.)

• Dried, Lemon Drop - \$3/oz

• Hot Mix - \$64/lb

• Jalapeños, House Dried - \$3/oz  / ~\$3.3/cup

• Spicy Chinese Five Color, Dried - \$4/oz

Legend:  Housemade

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# PLANT-BASED PANTRY (cont.)

Organic staples + specialty items for whole food, low-waste cooking.

shop this category online ->




Pantry

## Dried Vegetables (cont.)

### LOCAL Ramps, Dried - \$15/oz


#### Sea Vegetables

- **Nori Flakes - \$5.5/oz** | ~\$5/cup
- **Seven Sea Veggies Blend - \$3.5/oz** 

*ingredients: dulse, nori, sea lettuce, wakame, kombu, longicruris, and knotted wrack flakes*
- **Spirulina - \$1/oz** | blue green algae traditionally valued for energy and vitality
- **Wakame Flakes, Atlantic - \$4.5/oz** | ~\$9/cup

### Seaweed, Kombu, Whole - \$2.8/oz | Many cooks simmer kombu with beans

#### Tomatoes

- **Dried, Roma, Julienne Strips, Unsalted - \$2/oz** | ~\$5/cup | rehydrate quickly and are easy to use in everyday cooking
- **Dried, Slices - \$5.5/oz**
- **Sun Dried, Salted - 90c/oz** 

*ingredients: organic sun-dried tomatoes, sea salt (about 2%)*

## Gluten Free Pasta

Cooking directions and nutritional information listed for each product on our website.

#### Chickpea

- **Pasta, Chickpea, Penne, Conventional - \$8/lb** 

*ingredients: chickpeas, pea starch, tapioca, xanthan gum*
- **Pasta, Chickpea, Rotini, Conventional - \$8/lb** 

*ingredients: chickpeas, pea starch, tapioca, xanthan gum*

#### Quinoa

- **Pasta, Quinoa, Elbows - \$8.5/lb** 

*ingredients: organic rice, organic quinoa, organic amaranth*
- **Pasta, Quinoa, Spaghetti - \$8/lb** 

*ingredients: organic white rice flour, organic quinoa flour*

Legend:  Cert. GF |  Farmed or Processed in Facility with Wheat

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# PLANT-BASED PANTRY (cont.)

Organic staples + specialty items for whole food, low-waste cooking.

shop this category online ->



## Pantry Mixes + Essentials

**Coconut Cream Powder - 90c/oz | ~27c/tbsp**

ingredients: organic dehydrated coconut milk, organic tapioca maltodextrin, organic acacia fiber (contains: tree nuts (coconut))

### LOCAL Grounded Granola Granola, Multiple

**Flavors** | High protein, local granola made with organic gluten-free oats, 70% nuts seeds and coconut.

- Mexican Chocolate - \$18.5/lb | ~\$5.3/cup
- Spicy Bloody Mary - \$18.5/lb | ~\$5.3/cup
- Maple Cinnamon - \$18/lb | ~\$5.1/cup



Scan for ingredients + nutrition info

**Hemp Protein Powder - \$15.5/lb | ~\$4.4/cup** | 5

Tbsp = 15 grams protein

**Mac + Cheese Mix, Housemade - \$1/oz**  |

suggested recipe: mix 1/3 cup in 1 cup milk or water

ingredients: cashews, nutritional yeast, oat flour, corn starch, paprika, mustard seed, onion powder

**Nutritional Yeast, Conventional - \$1/oz | ~\$4/cup**

| plant-based source of B-12, cheesy flavor


**Soy Curls, Non Gmo (Not Organic) - \$13/lb**

**Sprouting Seeds (For Diy Sprouts!), Multiple Varieties (\$1.4 \$4/Oz)**

- Alfalfa - \$2/oz | ~80c/tbsp
- Broccoli - \$4/oz | ~\$1.6/tbsp
- Daikon Radish - \$1.75/oz | ~70c/tbsp
- Red Clover - \$1.8/oz | ~72c/tbsp
- Spicy Blend - \$2.3/oz | ~92c/tbsp

**Tomato Powder - \$1.5/oz | ~\$9.6/cup** | Make tomato paste/sauce on demand. For paste, start with 1 part powder to 2 parts water

ingredients: organic tomato powder

**Vegetable Broth Powder - \$1.5/oz**  | start with 1 teaspoon per cup of hot water, adjust to taste.

ingredients: nutritional yeast, sea salt, onion powder, garlic powder, black peppercorn, turmeric powder, celery leaf & stalk, sage, summer savory, thyme, parsley.

Pantry

Legend:  Housemade

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# OIL, VINEGAR, ETC.

All items here are organic. Single-estate olive oils come from a small farm that does not spray, though they are not yet certified organic.

shop this category online ->



## Culinary Oils

**Avocado Oil, Cold Pressed, Refined - \$14/lb** | ~80c/fl oz (est.) | ~\$6.4/cup | Smoke Point: ~516°F

ingredients: organic cold pressed avocado oil


**Coconut Oil - \$5/lb** | ~\$2.3/cup (est.) | chemical-free extraction, nutrients retained while coconut flavor removed

**Olive Oil, Extra Virgin** | Milled from 100% California grown olives. Olio Nuovo is single-estate but not certified organic

All flavors: \$16.5/lb

- Organic Arbosano | ~94c/fl oz | ~\$7.5/cup

- Single Estate Olio Nuovo | ~94c/fl oz | ~\$7.5/cup

**Sesame Oil, Toasted** 

- Essential Organics - 75c/oz | ~73c/fl oz (est.) | ~\$5.8/cup (est.)

## Vinegars, Etc.

**Apple Cider Vinegar, Raw - \$3/lb** | ~20c/fl oz | ~\$1.6/cup | unpasteurized + unfiltered to retain nutritional value

**Bv5, Bv10, Bv25 Aged Balsamic Vinegar** | Cask numbers are intended to "give a sense" of the age of the vinegar, but don't necessarily represent a specific time-frame of aging.

- Bv10 Cask 10 - \$24/lb | ~\$1.7/fl oz (est.) | ~\$13.7/cup (est.)


**Rice Vinegar - \$3.3/lb** | ~20c/fl oz (est.) | ~\$1.6/cup

**Tamari - \$8/lb** | ~62c/fl oz | ~\$5/cup | Gluten-Free Soy Sauce

ingredients: water, organic soybeans, salt, organic alcohol (to preserve freshness)

**White Wine Vinegar - \$3.5/lb** | ~22c/fl oz | ~\$1.8/cup

Oil + Vinegar

Legend:  Farmed or Processed in Facility with Wheat

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# SNACKS + SWEET TREATS

Make your own trail mix, have a zero waste snack, or add to any recipe. All ingredients are plant-based

shop this category online ->



## Chocolate + Candy

All chocolate is vegan and palm-oil free.

**Almonds, Dark Chocolate Covered, Cocoa Dusted - \$1.9/oz | ~\$10.9/cup**

ingredients: fair trade dark chocolate (cocoa liquor, cane sugar, cocoa butter), roasted almonds, cocoa powder. all ingredients are organic.

**Bing Cherries, Dark Chocolate Covered - \$2.1/oz | ~\$15.3/cup**

ingredients: \*fair trade dark chocolate (\*chocolate liquor, \*cane sugar, \*cocoa butter), \*bing cherries, \*cocoa powder (\*organic)

**Ceremonial Drinking Chocolate**

All flavors: \$2.3/oz

- 60 Percent Mint
- 80 Percent Extra Dark
- 69 Percent Love Potion
- 70 Percent Spicy
- 60 Percent Rich



Scan for ingredients + nutrition info

**Chocolate Chips, Semi Sweet, Vegan - 90c/oz | ~\$5.8/cup** | 56% cocoa content. Cocoa is dutch-processed

ingredients: organic cane sugar, organic cocoa mass (cocoa liquor), organic cocoa butter

**Chocolate Wafers, 70% Dark, Fair Trade - \$2.1/oz** | ~53c/tbsp (est.) | just like a chocolate bar, without the wrapper!

ingredients: organic cocoa liquor, organic cane sugar, organic cocoa butter

**Crystallized Ginger** | a great after dinner treat!

- Cubes - \$13/lb | ~\$5.2/cup

**Espresso Beans, Dark Chocolate Covered - \$2.1/oz** | ~\$11.2/cup | fair trade espresso and chocolate. vegan

ingredients: (all organic) fair trade dark chocolate (cocoa liquor, sugar, cocoa butter), cocoa butter, fair trade coffee beans, organic cocoa powder

**Ginger, Dark Chocolate Covered - \$1.9/oz** | ~\$13.8/cup

ingredients: fair trade dark chocolate (cocoa liquor, sugar, cocoa butter), crystallized ginger (ginger, cane sugar), cocoa powder (all ingredients organic).

**Golden Berries, Dried, Chocolate Dipped - \$1.3/oz** | sweetened with coconut sugar

ingredients: organic dehydrated goldenberries, organic 55% chocolate (organic cacao paste, organic coconut sugar, organic cacao butter)

**Trupo Treats Earth Gems, Conventional - \$15/lb** | ~\$8.8/cup | Vegan, Gluten-Free, Plant-Based Dyes. But NOT certified organic.

ingredients: • semi-sweet chocolate (sugar, chocolate liquor, cocoa butter, soy lecithin [an emulsifier], vanilla), sugar, coloring (includes spirulina extract, turmeric oleoresin, beet juice, beta carotene), gum acacia, corn syrup, carnauba wax.

Snacks + Sweets

shop this category online ->



# SNACKS + SWEET TREATS (cont.)

Make your own trail mix, have a zero waste snack, or add to any recipe. All ingredients are plant-based

## Dried Fruit

no added sulfur or preservatives—just pure fruit, sometimes lightly sweetened with apple juice or a touch of organic oil to prevent sticking (as noted in ingredients).

### Apple Rings - \$1.3/oz

ingredients: organic dried fuji apples

### Apricots, Dried | ~\$3.4/cup

 \$17.5/lb => **\$7.5/lb (57% off)**

### Aronia Berries, Dried - \$1.6/oz

### Bananas, Conventional, House Dried - \$1/oz

~\$3.7/cup | Naturally Sweet

### Cherries, Bing, Dried - \$1.4/oz | ~\$8.3/cup

ingredients: organic dried cherries

### Coconut

- Large Shreds, "Chips" - \$8/lb

- Shredded - \$4.5/lb | ~\$1.1/cup

### Cranberries, Dried (Craisins) - \$13.5/lb |

~\$4.5/cup | Lightly Sweetened with Apple Juice

ingredients: cranberries, apple juice concentrate, sunflower oil (less than 0.5%)

### Dates

- Deglet Noor, Without Pits - \$8/lb | ~\$2.7/cup (est.)

- Medjool - \$11.5/lb | ~\$4.1/cup

- Sukkari | ~\$3.4/cup (est.) | golden dates with caramel-like sweetness

 \$14/lb => **\$9.8/lb (30% off)**

### Figs, Mission, Black - 70c/oz

### Fruit Bites | Ingredients: organic pineapple, organic passion fruit juice

pineapple-passionfruit

- Mango Chili - \$19/lb

### Mango, Dried - \$1.1/oz | ~\$4.4/cup

### Prunes (Pitted) - \$17/lb | ~\$8.1/cup

### Raisins, Thompson Select

- Regular - \$4/lb | ~\$1.3/cup

Snacks + Sweets


## Snacks

### Chunks of Energy

- Chia + Orange - \$16.5/lb 

ingredients: (all organic) organic dates, organic cashews (tree nuts), organic sesame seeds (sesame), organic coconut (tree nuts), organic raisins, organic chia seeds, organic cocoa butter, organic orange extract. allergy warning: may contain nuts, peanuts, sesame

### Chunks of Energy (cont.)

- Lemon + Pomegranate - \$16.5/lb  | contains maca, an adaptogen for energy, endurance, and mood.

ingredients: (all organic) dates, sunflower seeds, raisins, cashews, apricots (may contain rice flour), sesame seeds, coconut, poppy seeds, lemon extract, pomegranate powder, maca powder.

Legend:



Farmed or Processed in Facility with Wheat



Sale



Housemade

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# SNACKS + SWEET TREATS (cont.)

Make your own trail mix, have a zero waste snack, or add to any recipe. All ingredients are plant-based

shop this category online ->



## Snacks (cont.)

**Date Rolls, With Almonds + Coconut - \$10/lb** | ~50c each

ingredients: organic deglet noor dates, organic unsweeted shredded coconut, organic blanched almond

### Popcorn (cont.)

• White - \$2.75/lb | ~\$1.4/cup

**LOCAL** • Yellow - \$5/lb | ~\$2.5/cup (est.)

### Popcorn

• Multicolored - \$3/lb | ~\$1.5/cup

ingredients: organic red popcorn, organic yellow popcorn, organic white popcorn and organic blue popcorn



# DAIRY (LIMITED) + EGGS

This small category exists to support SNAP access for our community. Vegan alternatives are listed alongside these items so customers can choose the option that fits their values.

shop this category online ->



**Aquafaba Powder, Conventional - \$4.5/oz** | ~\$4.1/cup | plant-based egg alternative

**Egg Yolk Powder, Conventional - \$2.4/oz** | ~44c/tbsp

**Egg White Powder - \$5.5/oz** | ~\$1.2/tbsp

**Whole Milk Powder - 90c/oz** | Blend 1/4 cup powder with 1 cup water

ingredients: organic pasteurized whole milk (contains dairy)