

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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Small selection to support SNAP access	
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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

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

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 - \$16/lb | ~\$3.6/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, Whole - \$5.5/lb | ~\$1.4/cup

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

- Starch (90C/Oz - \$14.4/lb  | ~\$4.8/cup

Legend:  Farmed or Processed in Facility with Wheat

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BAKING INGREDIENTS (cont.)

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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.

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

LOCAL Honey, Raw - 60c/oz | ~\$7.4/cup | Fat Head Farms. only screen-filtered. chemical-free.

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.)

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shop this category online ->



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

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 .

shop this category online ->



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, Long Grain, Lundberg - \$4.5/lb 

GF Grains  | **~\$2.3/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**

White Rice (cont.)

• **Basmati, Imported - \$3.75/lb** | **~\$1.9/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**

Seed Grains

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

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

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

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

---> Seed Grains continued on next page

Legend:



Cert. GF



Farmed or Processed in Facility with Wheat



Sale



can be ground fresh

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GLUTEN-FREE GRAINS (cont.)

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Seed Grains (cont.)

Quinoa  | complete protein

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

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

GF Grains

Legend:  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)

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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 | ~\$3.8/cup

Bay Leaf - \$5/oz | ~\$1.6/cup

LOCAL Chives - \$5/oz 

LOCAL Cilantro - \$5/oz  | ~\$3.3/cup

Curry Leaf - \$1.2/oz

Dill

• Dried - \$3.5/oz | ~\$8.8/cup (est.)

LOCAL • - \$5/oz | ~\$7.1/cup

LOCAL Lovage - \$5/oz  | ~\$5/cup

Marjoram - \$2.5/oz | ~\$2.5/cup | Gentle, sweet-herbal, brightens veggies and beans

Oregano

• Dried - \$4.4/oz | ~\$5.5/cup

LOCAL • - \$5/oz  | ~\$6.3/cup

Parsley

• Dried - \$3.5/oz

LOCAL • - \$5/oz  | ~\$3.8/cup

Rosemary - \$3/oz | ~\$5/cup | 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 | ~\$4.1/cup

LOCAL • - \$4/oz | ~\$4/cup (est.)

Summer Savory - \$3.75/oz | ~\$4.2/cup

Tarragon

• Dried - \$7/oz | ~\$10/cup

LOCAL • - \$5/oz | ~\$5/cup

Thyme, Organic - \$3.3/oz | ~\$5.5/cup | 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 | ~70c/Tbsp

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

Cajun Spice Seasoning - \$2/oz | ~44c/Tbsp

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

Chaat Masala - \$2.8/oz | ~58c/Tbsp

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 | ~58c/Tbsp

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

Chili Powder Blend - \$2.75/oz | ~65c/Tbsp | Mild

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

Chinese 5 Spice Blend - \$3/oz | ~\$1/Tbsp

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

Curry Powder - \$2.5/oz | ~71c/Tbsp

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

 | ~65c/Tbsp

Garam Masala - \$2.7/oz | ~68c/Tbsp | bold, aromatic depth

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

Herbaceous Hen Spice Blend - \$3/oz | ~43c/Tbsp | our version of "poultry seasoning"

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

Herbs De Provence - \$3.5/oz | ~\$5/cup | Bright, herby lift for everything, especially vegetables

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

Italian Seasoning - \$3.91/oz | ~\$5.6/cup | housemade using organic and/or local, house-dried herbs

ingredients: basil, rosemary, oregano, thyme & marjoram

Mesquite Seasoning - \$2.5/oz | ~61c/Tbsp

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 | ~95c/Tbsp | housemade with both medicinal + locally-grown mushrooms

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

--> 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)

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Herb + Spice Blends (cont.)

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

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 | ~50c/Tbsp

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 | ~75c/Tbsp

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

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

Peppercorns

Black - \$2.4/oz  | ~80c/Tbsp | ask for fresh-ground

Green - \$2/oz  | ~31c/Tbsp | picked before maturity, green, crisp flavor, bright aroma

Pink - \$9.2/oz  | ~\$1.7/Tbsp | not true peppercorns, a small pink berry. tart with a slightly sweet aftertaste

White - \$3/oz  | ~\$1.3/Tbsp | fully ripe pepper with skin removed | mild, more delicate

Rainbow Mix - \$4/oz  | ~\$1.2/Tbsp

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

Legend:



Farmed or Processed in Facility with Wheat



Housemade



can be ground fresh

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HERBS + SPICES (cont.)

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Jar Sizes:



Short jar (1 fl oz)



Tall jar (3.6 fl oz)

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 | ~86c/Tbsp |** 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

- Coarse - 38c/oz | ~\$4.3/cup

Sea Salt

- **Black Lava - \$1.1/oz | ~85c/Tbsp |** From Hawaii, infused with activated charcoal
- **Celtic, France - 50c/oz | ~\$3.5/cup |** rich in trace minerals
- **French Grey, "Sel Gris" - \$1.3/oz | ~\$11.6/cup |** Solar evaporated, retains a touch of natural brine
- **Smoked - \$1.7/oz | ~\$1.1/Tbsp |** Pacific ocean, evaporated with solar power, cold-smoked over Pacific Northwest grown applewood.

Table Salt

- **Iodized - \$2.5/lb | ~\$2.1/cup |** Iodine is an essential nutrient, missing in most western diets
- **Non Iodized - \$2.5/lb | ~\$2.1/cup**

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  | ~53c/Tbsp

Anise Seeds - \$2/oz  | ~80c/Tbsp

Apple Cider Vinegar Powder - \$2/oz | ~47c/Tbsp

ingredients: maltodextrin, apple cider vinegar.

Black Seed Or "Nigella Seed" - \$1/oz  | ~40c/Tbsp

Caraway Seed, Whole - \$1/oz  | ~33c/Tbsp

Cardamom

- **Hulled, Pieces - \$4/oz  | ~\$1.7/Tbsp**
- **Pods, Black - \$4.3/oz | ~80c/Tbsp |** smoky + earthy flavor
- **Pods, Whole - \$5.5/oz | ~\$1.4/Tbsp**

Legend:



Farmed or Processed in Facility with Wheat



can be ground fresh

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HERBS + SPICES (cont.)

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Jar Sizes:



Short jar (1 fl oz)



Tall jar (3.6 fl oz)

Spices (cont.)

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Celery Seeds - \$3/oz  | ~\$1.2/Tbsp

Cinnamon

- "Cassia", Ground - \$1.6/oz | ~53c/Tbsp | bold, classic cinnamon warmth
- "Sweet Ceylon", Ground - \$3/oz | ~\$1/Tbsp | 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  | ~64c/Tbsp

Coriander - \$1.7/oz  | ~34c/Tbsp | The warm, citrusy seed of the cilantro plant.

Cumin Seed, Whole - \$2.1/oz  | ~60c/Tbsp | Earthy, smoky seed central to spice blends across many global cuisines

Fennel Seed, Whole - \$1.7/oz  | ~47c/Tbsp | Sweet, aromatic seeds with natural licorice flavor. Classic digestive tea for bloating and comfort after meals.

Fenugreek Seed, Whole - \$1.2/oz  | ~57c/Tbsp

Garlic (cont.)

- Minced - \$2.2/oz | ~96c/Tbsp
- Powder - \$2.3/oz | ~\$1/Tbsp

Ginger, Ground - \$2.8/oz | ~40c/Tbsp

Horseradish Root Powder - \$2/oz | ~35c/Tbsp

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 | ~34c/Tbsp | seed pods of the mesquite tree ground into a powder, a natu rally sweet, molasses-like flavor

Mustard Seed

- Brown - 80c/oz  | ~40c/Tbsp | robust, spicy flavor
- Yellow - 90c/oz  | ~45c/Tbsp | mild, tangy flavor with a hint of sweetness

Nutmeg

- Powder - \$3.8/oz | ~\$1.1/Tbsp
- Whole - \$3.19/oz | ~9 nutmeg "seeds" per ounce

Herbs + Spices

--> More Spices next page

Legend:  Housemade |  can be ground fresh

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HERBS + SPICES (cont.)

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Jar Sizes:



Short jar (1 fl oz)



Tall jar (3.6 fl oz)

Spices (cont.)

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Onion

- Minced - \$1.3/oz
- Powder - \$1.7/oz | ~57c/Tbsp

Sesame Seeds

- Black - 50c/oz | ~17c/Tbsp
- Brown, Raw - 50c/oz | ~17c/Tbsp

Poblano Pepper - \$3/oz 

Star Anise Pods - \$4.3/oz  | ~64c/Tbsp

Poppy Seeds - \$1.8/oz | ~72c/Tbsp

Sumac Berry Powder - \$2.4/oz | ~80c/Tbsp | tart + tangy, lemon flavor

Turmeric Root Powder - \$2/oz | ~67c/Tbsp

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 | ~65c/Tbsp |
 Very hot serious heat with a bright, slightly fruity edge

Cayenne Powder - \$1.5/oz | ~47c/Tbsp

Chili Crisp Blend, "Diy Chili Oil" - \$2.8/oz | ~58c/Tbsp

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

Chili Flakes (cont.)

- Baklouti - \$2.4/oz | ~51c/Tbsp |  Medium
traditionally used in Harissa. Subtle dried cherry undertone
- Crushed Red Pepper - \$1.5/oz | ~24c/Tbsp |  Medium

Chipotle Powder - \$2.5/oz | ~89c/Tbsp |  Medium

ingredients: morita chipotle peppers

Paprika

- Smoked - \$2.5/oz | ~71c/Tbsp |  Mild
- Sweet - \$2/oz | ~57c/Tbsp |  Mild

Legend:  can be ground fresh

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** IMPORTANT: Highlighted ~\$/volume values are estimates and will improve as we fill more orders. All refillables are sold by weight at checkout.



HERBS + SPICES (cont.)

Refill your spice jars here, skip the packaging waste!

shop this category online ->



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

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

LOCAL

Peppers, Cayenne - \$7.5/oz |   

Hot

Red Chili Powder, Roasted - \$1.9/oz |

~53c/Tbsp |  Mild

Herbs + Spices

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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. ½ 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
- **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.)

Beans (cont.)

- **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.)
- **Brown - \$6.5/lb**
- **French Green (Du Puy) - \$4.5/lb** | ~\$2.4/cup
- **Green - \$4.5/lb** | ~\$2.3/cup (est.)
-  **Green, Eden Foods - \$7/lb** | ~\$3.7/cup
- **Red - \$5/lb** | ~\$2.5/cup
- **Red, "Petite Crimson" - \$5/lb** | ~\$2.1/cup (est.)

Peas

- **Split Green - \$2.5/lb** | ~\$1.3/cup
- **Yellow Split - \$4/lb** | ~\$2/cup

Raw Nuts + Seeds

Kept raw & refrigerated for quality & nutrition.

Brazil Nuts, Raw - \$20/lb | ~\$6.7/cup

Cashews

- **Pieces, Raw - \$8/lb** | ~\$3/cup

Cashews (cont.)

- **Whole, Raw - \$13.5/lb** | ~\$4.5/cup

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

Legumes + Seeds

Legend:  New

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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.

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

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

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

Pumpkin Seeds, Hulless Variety, Usa - \$17/lb | ~39c/tbsp

Sesame Seeds, Brown, Raw - 50c/oz | ~17c/Tbsp

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



can be ground fresh

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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

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**  | ~81c/cup
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**  | ~12c/cup
ingredients: organic sun-dried tomatoes, sea salt (about 2%)

Gluten Free Pasta

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

 **Pasta, Acini Di Pepe, Corn + Rice - \$10/lb**

Chickpea

- **Pasta, Chickpea, Penne, Conventional - \$8/lb** 
ingredients: chickpeas, pea starch, tapioca, xanthan gum
- **Pasta, Chickpea, Rotini, Conventional - \$8/lb**  | ~\$1.4/cup
ingredients: chickpeas, pea starch, tapioca, xanthan gum

 **Pasta, Mezzi Rigatoni, Corn + Rice - \$10/lb**

ingredients: corn flour*, rice flour*

Quinoa

- **Pasta, Quinoa, Elbows - \$8.5/lb**  | ~\$2.5/cup
ingredients: organic rice, organic quinoa, organic amaranth
- **Pasta, Quinoa, Spaghetti - \$8/lb** 
ingredients: organic white rice flour, organic quinoa flour

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))

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

Tbsp = 15 grams protein

---> More Pantry Mixes + Essentials next page

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

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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 (cont.)

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

~\$5.2/cup | suggested recipe: mix 1/3 cup in 1 cup milk or water

ingredients: cashews, nutritional yeast, oat flour, corn starch, paprika, mustard seed, salt, 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
- Daikon Radish - \$1.75/oz | ~70c/tbsp
- Red Clover - \$1.8/oz | ~72c/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  | ~\$8.9/cup | 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, Extra Virgin, Single Origin - \$1.3/oz** | Female Kenya coop. Unrefined. Unfiltered

ingredients: extra virgin 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 - \$6/lb | ~\$2.7/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 Picual | ~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.)

Balsamic Vinegar

- **Dark - 90c/oz** | Trusted by MICHELIN Star Restaurants. Notes of Black Currants and Fig

ingredients: wine vinegar, grape must

- **White - 90c/oz** | notes of honey, citrus, jasmine.

Chickpea Miso - \$1.4/oz | ~\$11.8/cup | soy-free alternative to traditional miso, lower salt content

ingredients: chickpeas*, rice koji*, sun-dried sea salt, mountain well water, koji spores.

Rice Vinegar - \$3.5/lb | ~21c/fl oz (est.) | ~\$1.7/cup

ingredients: organic rice vinegar (water, organic rice)

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.

Bing Cherries, Dark Chocolate Covered - \$2.1/oz | ~\$14/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 | ~\$9.9/cup
- 80 Percent Extra Dark | ~\$9.9/cup
- 69 Percent Love Potion | ~\$9.9/cup
- 70 Percent Spicy | ~\$9.9/cup
- 60 Percent Rich | ~\$9.9/cup



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 | ~\$12.7/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)

Pineapple Bites, Dried, Chocolate Dipped - \$1.8/oz | covered with 50% peruvian chocolate

ingredients: organic dried pineapple, organic 50% dark chocolate (organic cocoa liquor, organic cocoa butter, organic raw cane sugar)

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, Sliced | ~\$3.4/cup

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

- Sun Dried, Whole - \$17.5/lb | ~\$8/cup

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 |

~\$4.4/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.)

Figs

- Dried, Conadria - \$13/lb | ~\$3.9/cup

- Mission, Black - 70c/oz

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

pineapple-passionfruit

- Mango Chili - \$19/lb | ~\$11.2/cup

Golden Berries, Dried - \$1.3/oz | ~\$7.2/cup

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

Legend:



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

Chunks Of Energy, Chia + Orange - \$16.5/lb 

Popcorn, White - \$2.75/lb | ~\$1.4/cup

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

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



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

Whole Milk Powder - 90c/oz | ~\$4.2/cup | Blend
1/4 cup powder with 1 cup water

ingredients: organic pasteurized whole milk (contains dairy)

Legend:  Farmed or Processed in Facility with Wheat

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