exist green

Print Date: November 13, 2026

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* | Use these drops to make your own chocolate bars or melt into hot cocoa for an extra rich and velvety experience.

- **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.

M6 Cacao Butter, "Cocoa Butter" - $2.2/oz | Organic | Fair Trade | Single-origin

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 - 70c/oz | *~35c/tbsp* | Aluminum-Free, Non-GMO

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

Buckwheat Flour, Whole - $5.5/lb | *~$1.4/cup*

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

Corn

- **Masa Harina, Heirloom, Glyphosate Free - $5.5/lb** | *~$1.7/cup* | sweet heirloom corn flavor for tortillas, tamales + more

  ingredients: nixtamalized heirloom yellow corn, trace of cal (calcium hydroxide)

- **Meal - $3/lb** | *~97c/cup*

- **Starch - 90c/oz** | *~$4.8/cup*

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

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.

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 - $8/lb | *~$3.3/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)

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

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

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

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GLUTEN-FREE GRAINS

shop this category online ->

All items are naturally gluten-free. Many grains can be fresh milled into flour in our dedicated GF mill (milling 75c per lb) - look for the symbol! Some items are certified GF while others may have been processed with wheat.

Cereal Grains

LOCAL Corn, Grits - $3/lb | *~$1.1/cup* | coarser than most. almost like polenta

Oats

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

Sorghum Crisps, Flakes - 75c/oz

Rice

Brown Rice

- **Long Grain, Lundberg - $4.5/lb** | *~$2.3/cup*
- **Short Grain, Polit Farms - $3.75/lb** | *~$1.9/cup*

Forbidden Rice - $9/lb | *~$4.5/cup* | black rice, filled with nutrients!

Jade Pearl Rice - $8.8/lb | *~$4.4/cup* | sushi rice base infused with bamboo extract. retains it's beautiful green color when cooked. light vanilla flavor.

Red Rice - $7.5/lb | *~$3.8/cup*

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*

Wild Rice, Native ("Manoomin") - $28/lb | *~$14/cup* | Indigenous hand-harvested by canoe in the lakes and rivers of Minnesota. Wood-parched.

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Seed Grains

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

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

Buckwheat Groats, Hulled - $5.6/lb | *~$2.8/cup*

Millet, Hulled Seed - $3/lb | *~$1.5/cup* | complete protein

Quinoa | **complete protein**

- White - $5/lb | ~$2.5/cup
- Black - $6/lb | ~$3/cup
- Red - $6/lb | ~$3/cup
- Tricolor - $7.5/lb | ~$3.8/cup

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

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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

- **Dried - $3/oz** | *~63c/short jar* | *~$2.3/tall jar*

LOCAL • **- $6/oz**

Bay Leaf - $10/oz | *~40c/short jar* | *~$1.5/tall jar*

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

Curry Leaf - $1.2/oz

Dill

- **Dried - $4.2/oz** | *~$1.3/short jar (est.)* | *~$4.7/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 - $4.4/oz | *~69c/short jar* | *~$2.5/tall jar*

Parsley

- **Dried - $4.2/oz**

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

Rosemary - $3.6/oz | *~75c/short jar* | *~$2.7/tall jar* | Piney, aromatic, unforgettable. Roast it with potatoes or steep it for mental clarity.

Sage - $3.9/oz | *~61c/short jar* | *~$2.2/tall jar* | Earthy, warming, deeply savory. Elevates roasted vegetables and soothes as a throat-soothing tea.

Summer Savory - $4.5/oz | *~63c/short jar* | *~$2.3/tall jar*

Tarragon

- **Dried - $7.9/oz** | *~$1.4/short jar* | *~$5.1/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.

Legend: Housemade

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HERBS + SPICES (cont.)

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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

Chaat Masala - $3.3/oz | *~$1.4/short jar* | *~$5/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 - $3.6/oz | *~$2.4/short jar* | *~$8.6/tall jar*

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

Curry Powder - $3/oz | *~$1.7/short jar* | *~$6.2/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 - $3.6/oz | *~$1/short jar* | *~$3.7/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 - $4.6/oz | *~82c/short jar* | *~$3/tall jar* | housemade using organic and/or local, house-dried herbs

ingredients: basil, rosemary, oregano, thyme & marjoram

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.

---> More Herb + Spice Blends next page

Legend: Housemade

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HERBS + SPICES (cont.)

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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.

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, thyme, onion powder*, sea salt, local morels*

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 - $3.2/oz | *~$1.6/short jar* | *~$5.8/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 - $3.9/oz

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

Peppercorns

Black - $2.5/oz | *~$1.7/short jar* | *~$6/tall jar* | ask for fresh-ground

Green - $2/oz | *~62c/short jar* | *~$2.2/tall 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

---> More Peppercorns next page

Legend: Farmed or Processed in Facility with Wheat | Housemade | can be ground fresh

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Peppercorns (cont.)

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

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

Salts

Flaky Sea Salt - $1/oz

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: 50c/oz
- Coarse | ~$5.7/cup
- Fine | ~$5.7/cup

Sea Salt

- **Black Lava - $1.1/oz** | *~$1.7/short jar* | *~$6.1/tall jar* | From Hawaii, infused with activated charcoal
- **Celtic, France - 65c/oz** | *~57c/short jar* | *~$2/tall jar* | rich in trace minerals
- **French Grey, "Sel Gris" - $1.3/oz** | *~$1.4/short jar* | *~$5.2/tall jar* | Solar evaporated, retains a touch of natural brine
- **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
- **Non Iodized - $2.5/lb** | *~26c/short jar* | *~94c/tall jar*

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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

Any whole spice can be freshly ground at no charge (look for below)! Just ask! Spices are sourced organic and from companies that perform routine testing for heavy metals and other contaminants.

Allspice, Whole - $2.5/oz | *~$1.3/short jar* | *~$4.5/tall jar*

Anise Seeds - $2.4/oz | *~$1.9/short jar* | *~$6.9/tall jar*

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

ingredients: maltodextrin, apple cider vinegar.

Caraway Seed, Whole - $1.2/oz | *~80c/short jar* | *~$2.9/tall jar*

Cardamom

- **Hulled, Pieces - $4.3/oz** | *~$3.7/short jar* | *~$13.5/tall jar*
- **Pods, Black - $5.1/oz** | *~$1.9/short jar* | *~$6.8/tall jar* | smoky + earthy flavor
- **Pods, Whole - $6.6/oz** | *~$3.5/short jar* | *~$12.5/tall jar*

Celery Seeds - $3.6/oz | *~$2.8/short jar* | *~$10/tall jar*

Cinnamon

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

Cinnamon (cont.)

- **"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 - $3.7/oz** | *~53c/stick (est.)*
- **Sweet "Ceylon", Sticks - $4.8/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 - $2/oz | *~80c/short jar* | *~$2.9/tall jar* | The warm, citrusy seed of the cilantro plant.

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 - $2/oz | *~$1.1/short jar* | *~$4/tall jar* | Sweet, aromatic seeds with natural licorice flavor. Classic digestive tea for bloating and comfort after meals.

Fenugreek Seed, Whole - $1.4/oz | *~$1.3/short jar* | *~$4.8/tall jar*

Garlic

- **Minced - $2.2/oz** | *~$1.9/short jar* | *~$6.9/tall jar*

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

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Spices (cont.)

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Garlic, Powder - $2.3/oz | *~$2/short jar* | *~$7.2/tall jar*

Ginger, Ground - $3.3/oz | *~94c/short jar* | *~$3.4/tall jar*

Horseradish Root Powder - $2.4/oz | *~84c/short jar* | *~$3/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 - $1.4/oz | *~80c/short jar* | *~$2.9/tall jar* | seed pods of the mesquite tree ground into a powder, a natu rally sweet, molasses-like flavor

Mustard Seed

- **Brown - 90c/oz** | *~90c/short jar* | *~$3.2/tall jar* | robust, spicy flavor
- **Yellow - $1/oz** | *~$1/short jar* | *~$3.6/tall jar* | mild, tangy flavor with a hint of sweetness

Nutmeg

- **Powder - $3.8/oz** | *~$2.2/short jar* | *~$8.1/tall jar*
- **Whole - $3.8/oz** | ~5-6 nutmeg "seeds" per ounce

Onion

- **Minced - $1.5/oz**
- **Powder - $1.7/oz** | *~$1.1/short jar* | *~$4.1/tall jar*

Poblano Pepper - $3/oz

Poppy Seeds - $2.1/oz | *~$1.7/short jar* | *~$6.1/tall jar*

Sesame Seeds

- **Black - 80c/oz** | *~53c/short jar* | *~$1.9/tall jar* | Try toasting them for a few minutes over low heat to unlock their earthy flavor and natural oils.
- **Brown, Raw - 50c/oz** | *~33c/short jar* | *~$1.2/tall jar*

Star Anise Pods - $5.1/oz | *~$1.5/short jar* | *~$5.5/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*

Legend: Housemade | can be ground fresh

ALL ITEMS ARE CERTIFIED ORGANIC unless listed as local, conventional, wildcrafted, or glyphosate-free.

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

shop this category online ->

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 at no charge (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

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

Ancho Chili Pepper Powder - $2.7/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 - $1.8/oz | *~$1.1/short jar* | *~$4.1/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 - $2.8/oz** | *~$1.2/short jar* | *~$4.3/tall jar* | 🌶🌶 Medium traditionally used in Harissa. Subtle dried cherry undertone
- **Crushed Red Pepper - $2/oz** | *~63c/short jar* | *~$2.3/tall jar* | 🌶🌶 Medium

Chipotle Powder - $3/oz | *~$2.1/short jar* | *~$7.7/tall jar* | 🌶🌶 Medium

ingredients: morita chipotle peppers

Paprika

- **Smoked - $2.5/oz** | *~$1.4/short jar* | *~$5.1/tall jar* | 🌶 Mild
- **Sweet - $2.5/oz** | *~$1.4/short jar* | *~$5.1/tall jar* | 🌶 Mild

Pepper

- **Green Chili - $5/oz** | Amish Grown | Med. Heat | Hatch-Style
- **Jimmy Nardello - $4/oz** | award-winning heirloom with sweet, rich flavor
- **Paprika, Whole - $5/oz**
- **Purple Cayenne - $5/oz**

LOCAL Peppers, Cayenne - $7.5/oz | 🌶🌶🌶 Hot

Red Chili Powder, Roasted - $2/oz | *~$1.1/short jar* | *~$4/tall jar* | 🌶 Mild

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LEGUMES, NUTS + SEEDS

shop this category online ->

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.

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 milled into flour on request (milling 75c per lb) - just ask!

Beans

- **Adzuki Beans (Red Mung Beans) - $4.8/lb** | *~$2.5/cup*
- **Ayocote Morado, Heirloom, Glyphosate Free - $6.5/lb** | rich, deep purple creamy heirloom beans from Mexico's volcanic highlands
- **Ayocote Pinto, Heirloom, Glyphosate Free - $6.5/lb** | plump and earthy in vibrant tones reminiscent of meaty mushrooms
- **Bayo, Heirloom, Glyphosate Free - $6.5/lb** | savory and earthy with a creamy texture
- **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** | *~$1.6/cup (est.)* | French Heirloom | Creamy, Delicate Flavor

  ~~$4.5/lb~~ => **$3.6/lb** (20% off)
- **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.)*

Beans (cont.)

- **Mung, Whole - $6/lb** | *~$3.2/cup*
- **Pink - $4/lb** | *~$1.9/cup (est.)*
- **Pinto - $3.3/lb** | *~$1.7/cup* | Cook extra and freeze in portions for easy, low waste meals later.
- **Small White, Navy - $4.8/lb** | *~$2.2/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) - $6.5/lb** | *~$3.4/cup*
- **Green, Eden Foods - $7/lb** | *~$3.7/cup*
- **Red - $5/lb** | *~$2.5/cup*

Peas

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

shop this category online ->

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.

Raw Nuts + Seeds

Kept raw & refrigerated for quality & nutrition.

Almonds

- **Traditional, Raw - $14.5/lb**
  ingredients: organic almonds
- **Whole, Nonpariel, Raw - $18.5/lb** | *~$6.2/cup* | Try soaking overnight and blending into fresh almond milk for a creamy, zero-waste alternative to store-bought cartons.
  ingredients: organic raw almonds (contains tree nuts)

Brazil Nuts, Raw | *~$4.7/cup*

Sale ~~$20/lb~~ => **$14/lb** (30% off)

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 - $3.2/lb | *~$1.1/cup*

Hazelnuts, Raw - $18/lb | *~$5.6/cup* | Toasting enhances both the flavor and crunch—try 20 minutes at 275°F until lightly golden.
ingredients: organic hazelnuts (tree nut)

Hemp Seeds, Aka "Hearts" - 80c/oz | *~$4.3/cup*

Pecans, Raw, Missouri | **Grow wild in Missouri. Sweeter and less dry than southern pecans.**
- Halves - $18/lb | ~$5.1/cup

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

Pistachio Kernels, Raw - $2.1/oz | *~$9.1/cup*

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

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)

---> *Roasted Nuts, Seeds + Peanuts continued on next page*

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

Roasted Nuts, Seeds + Peanuts (cont.)

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

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

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shop this category online ->

PLANT-BASED PANTRY

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

Dried Vegetables

Bell Peppers, Dried - $3/oz

LOCAL **Celery, Dried - $5.9/oz**

Green Garlic, Dried - $3.3/oz

LOCAL **Onions, Green, Dried - $3/oz**

Pepper, Green Cayenne, Dried - $7/oz | milder than red, bright grassy flavor

Peppers

- **Dried, Habanero - $3/oz**
- **Dried, Lemon Drop - $3.5/oz**
- **Hot Mix - $64/lb**
- **Hungarian, Dried - $6/oz** | Mild to medium heat, darker colors are hotter
- **Jalapeños, House Dried - $3.5/oz** | *~$3.9/cup*
- **Spicy Chinese Five Color, Dried - $4.7/oz**

LOCAL **Ramps, Dried - $17.5/oz**

Sea Vegetables

- **Dulse Flakes - $3.8/oz**
- **Nori Flakes - $5.5/oz** | *~$5/cup*
- **Seven Sea Veggies Blend - $3.7/oz** | *~86c/cup*
  ingredients: dulse, nori, sea lettuce, wakame, kombu, longicruris, and knotted wrack flakes
- **Spirulina - $4/oz** | blue green algae traditionally valued for energy and vitality

Seaweed, Kombu, Whole - $3.2/oz | Many cooks simmer kombu with beans

Tomatoes

LOCAL • **Dried - $6.6/oz**

- **Dried, Roma, Julienne Strips, Unsalted - $2/oz** | *~$5/cup* | rehydrate quickly and are easy to use in everyday cooking
- **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.

Glass Noodles, Sweet Potato, Conventional - $5.5/lb

ingredients: sweet potato starch

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

Chickpea (cont.)

- **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

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

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shop this category online ->

PLANT-BASED PANTRY (cont.)

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

Gluten Free Pasta (cont.)

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

Pasta, Fusilli, Corn + Rice - $11/lb

ingredients: organic corn flour and organic rice flour

Pasta, Mezzi Rigatoni, Corn + Rice - $14/lb

ingredients: corn flour, rice flour**

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

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

Oat Milk Powder - $1.8/oz

Soy Curls, Non Gmo (Not Organic)

~~$13/lb~~ => **$9.1/lb** (30% off)

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

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.

shop this category online ->

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.

Culinary Oils

Avocado Oil

- **Cold Pressed, Extra Virgin, Single Origin ($24/Lb) - $24/lb** | Female Kenya coop. Unrefined. Unfiltered

  ingredients: extra virgin avocado oil

- **Cold Pressed, Refined ($14/Lb) - $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**

- Organic Arbosano - $16.5/lb | ~94c/fl oz | ~$7.5/cup
- Single Estate Picual - $19.5/lb | ~$1.1/fl oz | ~$8.9/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.*

Red Wine Vinegar - $4.5/lb | *~28c/fl oz* | *~$2.2/cup*

ingredients: organic red wine vinegar

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

ingredients: Marukan Organic Rice Vinegar Is Made From Selected Organic Rice From The Lundberg Family Farms In Sacramento, California. Marukan Organic Rice Vinegar Is Brewed Using A Traditional Method With Great Care And Aged In Holding Tanks For About A Month Until It Mellows. The Mild Acidity Will Enrich Your Favorite Dishes. We Support Organic Farming!. Usda Certified, Oregon Tilth Certified. Kosher. Non Gmo And Gluten Free!: organic rice vinegar (water, organic rice)

---> More Vinegars, Etc. next page

Legend: Farmed or Processed in Facility with Wheat

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shop this category online ->

OIL, VINEGAR, ETC. (cont.)

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Vinegars, Etc. (cont.)

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 - $4.5/lb | *~28c/fl oz* | *~$2.2/cup*

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shop this category online ->

SNACKS + SWEET TREATS

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

Chocolate + Candy

All chocolate is vegan and palm-oil free.

Almonds, Dark Chocolate Covered, Cocoa Dusted - $2.5/oz | *~$14.3/cup*

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

Cherries, Bing, Dark Chocolate Covered - $2.1/oz | *~$14/cup*

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

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 - $14.4/lb | ~$5.8/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 | covered with 50% peruvian chocolate

~~$1.8/oz~~ => **$1.26/oz** (30% off)

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.

---> More Chocolate + Candy next page

Legend: Sale

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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

Chocolate + Candy (cont.)

All chocolate is vegan and palm-oil free.

Candy Gummy Bears "Malibu" - $14/lb | vegan, cherry and raspberry gummies

ingredients: organic rice syrup, organic cane sugar, water, pectin, citric acid, hydrolyzed pea protein, colored with fruit and vegetable juice, natural raspberry flavor, natural cherry flavor, sodium citrate, organic sunflower oil, organic carnauba wax.

Candy Gummy Bears, "Santa Monica" - $14/lb | vegan gummies, banana, pineapple, and strawberry

ingredients: rice syrup, cane sugar*, water, pectin, citric acid, colored with fruit and vegetable juice, natural strawberry flavor, natural pineapple flavor, natural banana flavor, sunflower oil*, carnauba wax**

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 - $1.7/oz

Bananas, Conventional, House Dried - $1.4/oz | *~$5.2/cup* | Naturally Sweet

Cherries, Bing, Dried - $2/oz | *~$11.9/cup*

ingredients: organic dried cherries

Coconut

- **Large Shreds, "Chips" - $9.6/lb**
- **Shredded - $5.4/lb** | *~$1.4/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%)

Date Rolls, With Coconut - $13/lb

ingredients: organic date paste, organic shredded coconut flakes

Dates

- **Deglet Noor, Without Pits - $8/lb** | *~$2.7/cup (est.)*
- **Medjool - $14/lb** | *~$5/cup*

Figs

- **Dried, Conadria - 80c/oz** | *~$3.9/cup*
- **Mission, Black - 80c/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*

Snacks + Sweets

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

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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 (cont.)

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).

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

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

- **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.

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

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

Popcorn

- **Multicolored - $3/lb** | *~$1.5/cup*

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

- **White - $2.75/lb** | *~$1.4/cup*

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

Legend: Farmed or Processed in Facility with Wheat

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DAIRY (LIMITED) + EGGS

shop this category online ->

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.

Buttermilk Powder - $1/oz | *~$4.7/cup*

ingredients: organic buttermilk (95%), organic skim milk (5%), (pasteurized, low heat)

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

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

Whole Milk Powder - $1/oz | *~$4.7/cup* | Blend 1/4 cup powder with 1 cup water

ingredients: organic pasteurized whole milk (contains dairy)