

**Bethlehem Harvest Product List
August 2010**

Item #	Product	Quantity	Unit	Bethlehem Harvest Bulk Discount Price
Baking Supplies				
RF00806	Arrowroot Powder	1 lb		\$4.04
RF34311	Baking Soda, Frontier	1 lb		\$2.85
RF19581	Baking Powder No Alum, Bob's Red Mill	4 16 oz pkgs		\$13.98
BH19581	Baking Powder No Alum, Bob's Red Mill	1 16 oz pkgs		\$3.68
RF21108	Nutiva Coconut Oil (org)	1 29 oz		\$20.23
RF21109	Nutiva Coconut Oil (org)	1 54 oz		\$30.70
RF42615	Nutiva Coconut Oil (org)	1 Gallon		\$67.80
RF00796	Aunt Patty's Ex Virg Coconut Oil (org)	1 Gallon		\$44.95
RF36998	Coconut, Unswt, Shred, Bob's Red Mill	4 12oz pkgs		\$12.90
BH36998	Coconut, Unswt, Shred, Bob's Red Mill	1 12 oz pkg		\$3.39
RF03612	Cocoa Dutch Powder, Frontier (org)	1 lb		\$9.28
KR860900	Dough Enhancer, Kitchen Resource	6 1 lb pkgs		\$39.24
BH860900B	Dough Enhancer, Kitchen Resource	1 lb		\$6.88
KR890925	Dough Enhancer, Kitchen Resource	25 lb		\$94.08
BH890925	Dough Enhancer, Kitchen Resource	2.5 lb		\$9.90
RF34083	Flavoring, Coffee (Frontier)	1 2 oz		\$4.67
RF34098	Extract, Vanilla (Frontier)	1 8 oz		\$19.39
RF34062	Flavoring, Vanilla (Org) (Frontier)	1 2 oz		\$5.92
RF34065	Flavoring, Vanilla (Org) (Frontier)	1 4 oz		\$10.65
RF34086	Flavoring, Maple (Frontier)	1 2 oz		\$4.40
RF06323	Liquid Lecithin (Fearn)	12 16 oz bottles		\$57.46
BH06323	Liquid Lecithin (Fearn)	1 16 oz bottle		\$4.79
KR857220	Vegalene	6 21 oz cans		\$61.18
BH857220	Vegalene	1 21 oz cans		\$10.73
RF19572	Sea Salt, Redmond's Real Salt	25 lbs		\$62.04
RF19570	Sea Salt, Redmond's Real Salt	12 26 oz pouches		\$73.31
BH19570	Sea Salt, Redmond's Real Salt	1 26 oz pouch		\$6.43
RF22704	Sea Salt, Garlic, Redmond's Real Salt	1 8.25oz		\$7.25
RF22705	Sea Salt, Onion, Redmond's Real Salt	1 8.25 oz		\$7.25
RF04483	Herbamare organic salt/herb blend	1 8.8 oz		\$7.97
RF19470	Xanthan Gum, Bob's Red Mill	6 8 oz pkgs		\$71.85
RF19547	Vital Wheat Gluten, Bob's Red Mill	4 20 oz pkgs		\$25.79
BH19547	Vital Wheat Gluten, Bob's Red Mill	1 20 oz pkgs		6.79
KR802018B	Instant Yeast, SAF	20 1 lb pkgs		\$103.31
BH802018B	Instant Yeast, SAF	1 1 lb pkgs		\$5.44
BH002021	Carl Griffith's 1847 Sourdough Starter	1 1 oz jar		\$1.00
Sweetners				
RF62047	Madhava Amber Agave Nectar (org)	6 46 oz		\$62.46
BH62047	Madhava Amber Agave Nectar (org)	1 46 oz		\$10.96
RF33166	Molasses, Blackstrap, Whls Swtrs (org)	12 32 oz		\$89.11
BH33166	Molasses, Blackstrap, Whls Swtrs (org)	1 32 oz		\$7.82
RF01424*	Demerara Turbinado, Whlsm Swtnrs	25 lbs		\$45.42
BH01424*	Demerara Turbinado, Whlsm Swtnrs (rpk)	5 lbs		\$9.56
WB2001	Honey, unfiltered local - 5 gallon	1 5 gallon		\$110.00
WB2002	Honey, unfiltered local - gal	1 Gal		\$27.00
WB2003	Honey, unfiltered local - quart	1 Quart		\$11.00
RF24146	Maple Syrup Dark A, Spring Tree (org)	1 32 oz		\$28.52
RF01422	Sucanat, Whlsm Swtnrs (org)	25 lbs		\$69.79
RF33123*	Sucanat, Whlsm Swtnrs (org)	12 2 lb pkgs		\$87.79

BH33123*	Sucanat, Whlsm Swtnrs (org)	1 2 lb pkg.	\$7.70
RF33112	Sugar, Raw (org)	25 lbs	\$31.82
BH33112	Sugar, Raw (org) (rpk)	5 lbs	\$6.36

Flours

RF02317	Buckwheat Flour, (org)	25 lbs	\$39.85
RF24868	Coconut Flour (org), Bob's Red Mill	4 16 oz pkgs	\$28.02
RF04016	Corn Meal Yellow, Heartland Mills (org)	25 lbs	\$16.97
RF24864	Corn Meal (org), Bob's Red Mill	4 24 oz pkgs	\$12.38
RF06189	Oat Flour, Arrowhead Mills	25 lbs	\$48.20
RF02274	Dark Rye Flour, Giustos (org)	40 lbs	\$58.32
RF02396	Spelt Flour Whl Grain, Vitaspelt (org)	25 lbs	\$34.18
RF00427	Whl Wt Pastry Flour, Mnt Mama (org)	25 lbs	\$22.41
RF00494	Wheat Flour, Prairie Gold (chem free)	50 lbs	\$44.59

Whole Grains

RF00502	Amaranth Grain (org)	25 lbs	\$59.57
BH00502	Amaranth Grain (org) (rpk)	5 lbs	\$12.54
RF00504	Barley hull less (org)	25 lbs	\$37.61
BH00504	Barley hull less (org) (rpk)	5 lbs	\$7.92
RF00517	Buckwheat Groats (org)	25 lbs	\$41.23
BH00517	Buckwheat Groats (org) (rpk)	5 lbs	\$8.68
RF00530	Corn, Yellow, Giustos (org)	25 lbs	\$23.51
RF00550	Popcorn Yellow (org)	25 lbs	\$30.27
BH00550	Popcorn Yellow (org) (rpk)	5 lbs	\$6.37
RF00518	Kamut Berries (org)	25 lbs	\$33.74
BH00518	Kamut Berries (org) (rpk)	5 lbs	\$7.10
RF00532	Millet hulled (org)	25 lbs	\$22.22
BH00532	Millet hulled (org) (rpk)	5 lbs	\$4.68
RF00215	Oat whole groats (org)	25 lbs	\$25.00
BH00215	Oat whole groats (org) (rpk)	5 lbs	\$5.26
RF01564	Lundberg Rice Basmati Brown	25 lbs	\$34.14
BH01564	Lundberg Rice Basmati Brown (rpk)	5 lbs	\$7.19
RF01556	Lundberg Rice Brown Long (org)	25 lbs	\$41.54
BH01556	Lundberg Rice Brown Long (org) (rpk)	5 lbs	\$8.74
RF01587	Lundberg Rice Wild Blend	25 lbs	\$79.12
BH01587	Lundberg Rice Wild Blend (rpk)	5 lbs	\$16.66
RF00552*	Quinoa (org)	25 lbs	\$79.80
BH00552*	Quinoa (org) (rpk)	5 lbs	\$16.80
RF02356	Rye Berries (org)	50 lbs	\$46.86
BH02356	Rye Berries (org) (rpk)	5 lbs	\$4.93
RF00433	Spelt Berries (org)	25 lbs	\$40.13
BH00433	Spelt Berries (org) (rpk)	5 lbs	\$8.45
RF00492	Bronze Chief Wheat Berries (chem free)	25 lbs	\$22.10
BH00492	Bronze Chief Wheat Berries (rpk)	5 lbs	\$4.99
RF00493	Prairie Gold Wheat Berries (chem free)	25 lbs	\$22.65
BH00493	Prairie Gold Wheat Berries (rpk)	5 lbs	\$5.11
RF00566	Organic White Wheat Berries (org)	50 lbs	\$39.90
BH00566	Organic White Wheat Berries (org)	5 lbs	\$4.50
RF00423	Mnt Mama Wheat Berries Pastry (org)	50 lbs	\$34.18
BH00423	Mnt Mama Wheat Berries Pastry (org) (rpk)	5 lbs	\$3.60
BH23232	Whl Grain Blend (wht,oat,spelt,kamt,barly)	5 lbs	\$6.51

BH123456	Milling Fee \$2.00 per 5 lb bag	1	\$2.00
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Processed Grains

RF00195	Wheat Germ Raw	5 lbs	11.32
BH00195	Wheat Germ Raw	2.5 lbs	5.96
RF04030	Heartland Mills Wheat Bran	25 lbs	13.50
BH04030	Hrtlnd Mills Wht Bran (rpk)	2.5 lbs	2.03
RF19527	Bulgur, Bob's Red Mill	4 28 oz pkgs	13.33
RF19525	Couscous, Golden, Bob's Red Mill	4 24 oz pkgs	16.21
RF00540	Oats Rolled Thick (org)	50 lbs	\$44.04
BH00541	Oats Rolled Thick (rpk) (org)	5 lbs	\$4.64
RF00584	Oats Rolled Regular (org)	50 lbs	\$44.04
BH00585	Oats Rolled Regular (org)(rpk)	5 lbs	\$4.64
RF00543	Oats Steel Cut (org)	25 lbs	22.98
BH00543	Oats Steel Cut (org) (rpk)	5 lbs	4.84
RF66448	BRM Gluten Free Oats SALE PRICE!!!	4 32 oz pkgs	23.02
RF00514	Oat Bran Fine (org)	50 lbs	\$62.66
BH00514	Oat Bran Fine (org) (rpk)	5 lbs	\$6.60
RF02276	Guistos Nine Grain Cereal (org)	50 lbs	\$42.81
BH02276	Guist's 9 Gr Cereal (org) (rpk)	5 lbs	\$4.51

Beans

RF00070	Black Beans (org)	25 lbs	\$39.17
BH00070	Black Beans (org) (rpk)	5 lbs	\$8.25
RF00072	Blackeyed Peas (org)	25 lbs	\$39.98
BH00072	Blackeyed Peas (org) (rpk)	5 lbs	\$8.42
RF00015	Garbanzo Beans (org) SALE PRICE!!!	25 lbs	\$36.84
BH00015	Garbanzo Beans (org) (rpk) SALE PRICE!!	5 lbs	\$7.76
RF00063	Small White Navy Beans (org)	25 lbs	\$40.79
BH00063	Small White Navy Beans (org) (rpk)	5 lbs	\$8.59
RF00059	Small Beans Red Chili (org)	25 lbs	\$41.00
BH00059	Small Beans Red Chili (org) (rpk)	5 lbs	\$8.63
RF00031	Lentils (org)	25 lbs	\$35.92
BH00031	Lentils (org) (rpk)	5 lbs	\$7.56
RF00076	French Lentils (org) SALE PRICE!!!	25 lbs	\$29.75
BH00076	French Lentils (org) (rpk) SALE PRICE!!	5 lbs	\$6.26
RF00023	Peas Green Split (org)	25 lbs	\$32.36
BH00023	Peas Green Split (org) (rpk)	5 lbs	\$6.81
RF00054*	Pinto Beans (org)	25 lbs	\$35.18
BH00054	Pinto Beans (org) (rpk)	5 lbs	\$7.41
RF00051	Pinto Beans	25 lbs	\$25.02
BH1234	Organic 5 Bean Blnd (rpk) bb,bep,nb,srk,pb	5lbs	\$8.26

Dried Fruit

RF03202	Apple Rings unsulfured	5 lbs	\$29.26
RF03101	Apple Rings (organic)	5 lbs	\$39.65
RF03102	Apricots Dried (org)	5 lbs	\$44.37
RF03215	Cranberries Sweet	5 lbs	\$24.87
RF03244	Dates Deglet Pitted (org)	5 lbs	\$27.97
RF03108	Pears (org)	5 lbs	\$35.39
RF03303	Raisin Thompson (org)	5 lbs	\$13.21

Seeds

RF34105	Caraway Seed whole, Frontier	1 lb	\$4.24
RF34110	Celery Seed whole, Frontier	1 lb	\$4.04
RF34117	Coriander Seed whole, Frontier	1 lb	\$3.72
RF34116	Coriander Seed ground, Frontier	1 lb	\$5.44
RF34119	Cumin Seed whole, Frontier	1 lb	\$8.51

RF28389	Fennel Seed whole, Frontier (org)	1 lb	\$8.78
RF34121	Fennel Seed whole, Frontier	1 lb	\$5.61
RF00602	Flax Seeds Golden (org)	25 lbs	\$38.96
BH00602	Flax Seed Golden (org) (rpk)	5 lbs	\$8.20
RF44208	Hemp Seeds, Shld (Manitoba Harvest) (org)	1 12 oz pkg	\$13.35
RF05551	Hemp Seeds, Shld (Manitoba Harvest) (org)	5 lbs	\$47.44
RF41135	Hemp Seeds, Shelled (Nutiva) (org)	1 13 oz pkg	\$12.83
RF34143	Poppy Seeds whole, Frontier	1 lb	\$6.57
RF02523	Pumpkin Seeds Raw	27.5 lbs	\$120.13
BH02523	Pumpkin Seeds Raw, hulled (rpk)	5 lbs	\$22.99
RF28591	Sesame Seeds, hulled, Frontier (org)	1 lb	\$6.04
RF02532	Sunflower Seeds Raw, Shelled (org)	25 lbs	\$68.60
BH02532	Snflwr Seeds Raw, Shld (org) (rpk)	5 lbs	\$14.44

Nuts

RF03504	Almonds	5 lbs	\$27.86
RF03506	Almonds (org)	5 lbs	\$43.84
RF00196	Cashews Whole Raw	5 lbs	\$36.80
RF03549	Cashews Whole Raw (org)	5 lbs	\$50.02
RF03514	Cashew Pieces	5 lbs	\$24.49
RF03533	Pecan Halves	5 lbs	\$47.37
RF03542	Walnuts shelled	5 lbs	\$30.08

Herbs and Spices

RF28392	Basil c/s, Frontier (org)	1 lb	\$15.37
RF34106	Cardamon, Ground, Frontier	1 lb	\$28.18
RF34233	Cardamom, Pods, Whole, Green, Frontier	1 lb	\$25.39
RF34109	Cayenne 35000HU, Frontier	1 lb	\$6.41
RF34175	Chili Powder Fiesta, Frontier	1 lb	\$8.90
RF34114	Cinnamon Stick whole, Frontier	1 lb	\$6.12
RF33942	Cinnamon Ground (org), Frontier	1 lb	\$5.76
RF28399	Cloves, Ground, Frontier (org)	1 lb	\$15.96
RF28368	Cloves whole, Frontier (org)	1 lb	\$14.10
RF34312	Cream of Tartar, Frontier	1 lb	\$10.23
RF34118	Cumin Seed ground, Frontier	1 lb	\$8.80
RF34178	Curry Powder, Frontier	1 lb	\$8.22
RF28325	Dill Weed c/s, Frontier (org)	1 lb	\$19.98
RF34124	Garlic Flakes, Frontier	1 lb	\$6.10
RF34125	Garlic Granulated, Frontier	1 lb	\$6.30
RF34126	Garlic Powder, Frontier	1 lb	\$5.63
RF34438	Ginger Crystalized, Frontier	1 lb	\$9.35
RF01178	Ginger Powder, Frontier Fair Trade	1 lb	\$12.93
RF28518	Herbes de Provence, Frontier	0.8 oz	\$3.78
RF34180	Italian Seasoning, Frontier	1 lb	\$9.16
RF03627	Kelp, Granulated; Frontier (org)	1 lb	\$8.70
RF34133	Onion Flakes white, Frontier	1 lb	\$6.24
RF34134	Onion Granules, white, Frontier	1 lb	\$6.77
RF28343	Onion Powder, white, Frontier (org)	1 lb	\$9.56
RF34136	Oregano Leaf, Meditrn, Frontier	1 lb	\$11.11
RF34295	Oregano Leaf, c/s, Frontier(org)	1 lb	\$14.63
RF34359	Parsley Leaf Flakes, Frontier (org)	1 lb	\$16.76
RF34140	Pepper Black Ground, Frontier	1 lb	\$10.23
RF01187	Peppercorns Blk Whl, Frontier (org)	1 lb	\$11.34
RF36615	Pepper Mill 3 Pepper Blend, Frontier	1 lb	\$14.22
RF34144	Rosemary Leaf whole, Frontier	1 lb	\$6.56
RF50947	Stevia, Clear Liquid, Wisdom Herbs	4 oz	\$19.95

RF50785	Stevia, Root Beer, Wisdom Herbs	2 oz	\$11.97
RF50784	Stevia, Dark Chocolate, Wisdom Herbs	2 oz	\$11.97
RF34147	Thyme Leaf, Frontier	1 lb	\$7.71
			\$0.00

Broth & Bouillion

RF37552	Better Than Bouillion Beef Base (org)	6 8 oz	\$33.01
BH37552	Better Than Bouillion Beef Base (org)	1 8 oz	\$5.79
RF37550	Better Than Bouillion Chicken Base (org)	6 8 oz	\$33.01
BH37550	Better Than Bouillion Chicken Base (org)	1 8 oz	\$5.79
RF37553	Better Than Bouillion Mushroom Base (org)	6 8 oz	\$33.01
BH37553	Better Than Bouillion Mushroom Base (org)	1 8 oz	\$5.79
RF37551	Better Than Bouillion Vegetable Base (org)	6 8 oz	\$33.01
BH37551	Better Than Bouillion Vegetable Base (org)	1 8 oz	\$5.79
RF39029	Better Than Bouillion Turkey Base (org)	6 8 oz	\$33.01
BH39029	Better Than Bouillion Turkey Base (org)	1 8 oz	\$5.79

Beverages

RF28292	Good Earth Original Decaf Tea	6 pkgs	\$24.58
BH28292	Good Earth Original Decaf Tea	1 pkg	\$4.62
RF32171	Hempbliss Original (Org) Manitoba Harvest	12 32 oz	\$53.41
RF26255	Pacific Almond Bev Original Unsw (org)	12 32 oz pks	\$33.76
RF66171	Rice Dream Original Organic	12 32oz	\$36.18
RF66178	Rice Dream Original Enriched (org)	12 32 oz	\$36.18
RF13005	Rice Dream Orig Enrich (org) Refrigerated	6 64 oz	\$23.94
RF23019	R.W. Knudsen Organic Pear Juice	12 32 oz	\$54.94
RF23415	Santa Cruz Juice - Lemonade (org)	12 32oz	\$38.00

Miscellaneous Grocery

RF20417	Bragg Apple Cider Vinegar	1 gal	\$16.13
RF19522	Bob's Red Mill Farina Brn Rice (wf/gf)	4 26 oz pks	\$16.29
RF35354	Lundberg Brown Rice Cakes (org)	12 8.5 oz pks	\$39.73
RF35375	Lundberg Br Rice Cks Honey Nut (org)	12 9.5 oz pks	\$33.08
RF26583	ArrowHead Mills Peanut Bttr Crnchy (org)	12 16 oz	\$60.22
RF41297	Sunbutter NS, Unsweet, (org)	6 16 oz	\$43.84
RF04578	Muir Glen Whole Peeled Tomatoes (org)	12 28 oz	\$37.03
RF34317	Nutritional Yeast - Frontiers	1 lb.	\$12.01
RF86429	Garlicin	1 90 ct	\$12.36
RF56820	Acidophilus PB8	120 caps	\$16.64
RF26710*	Yummy Earth Lollypops (org) **	25 lbs	\$152.95
BH26710*	Yummy Earth Lollypops (org) **	2 lbs (70 ct)	\$12.88
RF54983	Kiss My Face Honey Calendula**	1 Gallon	\$43.85
RF54912	Kiss My Face Moist Everyday SPF 15**	11 oz	\$8.78
RF55796	Kiss My Face Lavender Deodorant**	2.48 oz	\$4.79

Equipment **

BH Discount Price

FF7324	5 Gallon Bucket with Gamma Seal Lid*		\$16.48
MUM6N10UC	Bosch UnivrsI Plus* SUMMER SPECIAL!!		\$359.99
MUM6N11UC	Bosch Universal Plus with Blender*		\$429.98
KRMUZ6MX3	Bosch Universal Blender*		\$69.99
KRMUZ63P1	Bosch Cookie Paddles *		\$24.99
KR048945	Bosch Metal Whip Drivers*		\$19.99
KRMUZ6CP2	Bosch Cookie Paddles w/Metal Driver*		\$34.99
KRMUZ6TS5	Bosch Slicer Shredder*		\$119.99
KRMUZ6MM3	Bosch Food Processor *		\$104.99
KRMUZ6ZP1	Bosch Citrus Juicer		\$25.99
KR760200	Nutrimill Grain Mill* SUMMER SPECIAL!!!		\$239.99

KR306700	L'Equip Stick Blender		\$69.99
KR631100	BRK Pressure Cooking Set (20cm, 3L & 5.5L)		\$199.99
KR631124	BRK Pressure Cooking Set (24cm, 4 L & 7L)		\$239.99
NP3849	Stainless Steel Loaf Pan (4.5 x 8.5)		\$8.64
NP3865	Stainless Steel Jelly Roll Pan (15 x 10)		\$14.83
NP3862	Stainless Steel Cookie Sheet (16 x 12)		\$14.83
NP3656	Canape Bread Molds (flower, heart, star)		\$13.09
NP291	White Porcelain Butter Keeper		\$6.64
RF61614	Natural Parchment Paper (org)	12 71 ft	\$64.39
BH61614	Natural Parchment Paper (org)	1 71 ft	\$5.65
BH2010	Healthy Recipes from the Heart of our Homes*	1	\$23.00
KR900010	Sensible Cooking Cookbook*	1	\$14.99
KR900020	Sensible Cooking Cookbook - On CD-ROM	1	\$4.99

* Free Shipping on all equipment orders over \$100.00

** Equipment purchases subject to state and local sales tax

(rpk) Repackaged by Bethlehem Harvest

All Prices are subject to change without notice