

Life Force Buying Club Price Comparison List May 2...all organic

ITEM	YOUR PRICE	MARKET PRICE
Ambrosia Apple	2.09 lb	2.59 lb
Fuji Apple	1.69 lb	1.99 lb
Granny Smith Apple	1.59 lb	1.89 lb
Pink Lady Apple	2.09 lb	2.59 lb
Avocado 70 ct	1.69 ea	1.99ea
Banana	1.19 lb	1.39 lb
Strawberries	4.89 lb	5.69 lb
Medjool Dates	3.69 lb	4.39 lb
Rio Star Grapefruit	1.19 lb	1.39 lb
Kiwi	2.99 lb	3.49 lb
Lemons	1.99 lb	2.29 lb
Bio-dyn Limes	3.09 lb	3.59 lb
Golden Nugget Mand	3.09 lb	3.59 lb
Ataulfo Mango	.99 ea	1.19 e
Cantaloupe	1.29 lb	
Mini Watermelon	1.39 lb	
Bio-Blood Orange	2.89 lb	3.39 lb
Bio-dyn Navel	2.09 lb	2.49 lb
Cara Cara Orange	2.49 lb	2.39 lb
Valencia Orange lg	1.29 lb	1.59 lb
Peaches	2.39 lb	2.89 lb
Red Bartlett	1.89 lb	2.19 lb
Bio-dyn D'Anjou Pear	1.89 lb	2.19 lb
Pineapple	1.99 lb	2.39 lb
Bio-dyn Raisins	4.09 lb	4.69 lb
Bio Tangelo	2.19 lb	2.49 lb
Baby Arugula	7.09 lb	9.09 lb
Asparagus	5.79 lb	
Green Beans	3.49 lb	3.99 lb
Red Beets	1.89 lb	2.39 lb
Broccoli	2.69 lb	3.09 lb
Brussels Sprouts	5.99 lb	6.99 lb
Cauliflower	2.79 lb	3.29 lb
Green Cabbage	1.49 lb	1.79 lb
Red Cabbage	1.59 lb	1.89 lb
Carrots	1.49 lb	1.79 lb
Rainbow Chard	3.19 bu	
Cilantro	2.69 bu	2.99 bu

Cucumber	1.89 lb	2.19 lb
Local Garlic	8.00 lb	10.00 lb
Ginger	8.00 lb	10.00 lb
Lacinato Kale	2.89 bu	3.39 bu
Mustard Greens	3.19 ea	3.69 ea
Crimini Mushroom	4.19 lb	5.39 lb
Red Onion	1.49 lb	1.79 lb
Yellow Onion	1.19 lb	1.49 lb
Curly Parsley	2.49 bu	2.89 bu
Parsnips	2.79 lb	3.49 lb
Snap Peas	6.99 lb	
Snow Peas	4.59 lb	5.29 lb
Habanero Peppers	4.89 lb	5.79 lb
Orange Peppers	4.79 lb	5.69 lb
Red Peppers	5.29 lb	6.19 lb
Yellow Peppers	5.29 lb	6.19 lb
Local Purple Potato	1.59 lb	1.95 lb
Local Red Potato	.99 lb	1.19 lb
Local Russet Potato	1.19 lb	1.39 lb
Local Yellow Potato	.79 lb	.89 lb
Sweet Potato	1.89 lb	2.19 lb
Whole Spinach	1.99 bu	2.39 ea
Baby Spinach	5.59 lb	6.49 lb
Spring Mix	6.29 lb	7.39 lb
Local Butternut	1.19 lb	1.49 lb
Delicata Squash	1.39 lb	1.69 lb
Spaghetti Squash	2.09 lb	2.39 lb
Zucchini Squash	1.69 lb	1.99 lb
Slicing Tomatoes	2.39 lb	2.89 lb
Turmeric	14.39 lb	16.99 lb
Eggs	4.39 doz	
Butter	6.79 lb	
16 oz Cream	4.39 ea	
Whole Milk Kalona 1/2g	4.99 ea	
5% Yogurt 24 oz	4.19 ea	
Raw Milk Cheddar	6.59/ 8 oz	
Sharp Cheddar	7.44 lb	
Parmesan Raw Milk	7.89/ 8 oz	
12 oz frozen Pizza	10.00 ea	
24 oz frozen Pizza	20.00 ea	
org ground beef	7.95 lb	
Extra Virgin Olive Oil	6.95 pt	
Virgin Coconut Oil	8.50 pt	
Local Sunflower Oil	10.59 pt	
Maple Syrup 12 oz	7.89 ea	

Tahini 7.95 lb