

# Life Force Buying Club Price Comparison List September 5...all organic

ITEM	YOUR PRICE	MARKET PRICE
Pink Lady Apple	1.99 lb	2.49 lb
Fuji Apple 70 ct	2.19 lb	2.69 lb
Granny Smith	2.09 lb	2.49 lb
Avocado 70 ct	1.69 ea	1.99 e
Banana	1.19 lb	1.39 lb
Blueberries	3.69 lb	
Strawberries	4.49 lb	
Medjool Dates	3.69 lb	4.39 lb
Red Grapes	2.69 lb	3.19 lb
White Grapefruit	1.99 lb	
Lemons	2.69 lb	2.99 lb
Limes	2.39 lb	2.79 lb
Yellow Nectarine	1.00 ea	
Kent Mango	2.09 ea	2.59 e
Local Watermelon	.89 lb	
Loc Orange Watermelon	.89 lb	
Valencia Orange lg	1.59 lb	1.79 lb
Valencia Orange sm	1.59 lb	1.79 lb
Packam Pears	1.79 lb	2.09 lb
Stark Crimson Pears	2.09 lb	2.49 lb
Pineapple	2.79 lb	
Pluots	1.89 lb	2.19 lb
Baby Arugula	6.09 lb	
Red Beets	2.29 lb	2.69 lb
Local Beans	2.79 lb	
Local Broccoli	2.59 lb	
Green Cabbage	1.09 lb	1.29 lb
Red Cabbage	1.29 lb	1.49 lb
Juice Carrots	1.29 lb	1.49 lb
Local Carrots	2.79 lb	
Cauliflower	1.49 lb	
Celery	1.29 lb	1.49 lb
Cilantro	2.39 bu	2.79 bu
Cucumber	3.19 lb	3.69 lb
Local Garlic	8.00 lb	10.00 lb
Ginger	8.00 lb	10.00 lb
Crimini Mushroom	4.59 lb	5.39 lb
Red Onion	1.49 lb	1.69 lb

Yellow Onion	1.29 lb	1.49 lb
Fresh Oregano	17.00 lb	
Curly Parsley	2.59 bu	2.99 bu
Cayenne Peppers	5.69 lb	
Jalapeno Peppers	5.39 lb	5.99 lb
Local Colored Peppers	3.09 lb	
Local Yellow Potato	.79 lb	.89 lb
Sweet Potato	2.09 lb	2.49 lb
Baby Spinach	5.69 lb	6.69 lb
Delicata Squash	1.49 lb	
Spring Mix	6.29 lb	7.39 lb
Local Zucchini	2.79 lb	
Local Tomatoes	2.79 lb	
Turmeric	14.39 lb	16.99 lb

Eggs	4.39 doz	
Butter	7.29 lb	
16 oz Cream	4.79 ea	
Whole Milk Kalona 1/2g	4.99 ea	
5% Yogurt 24 oz	4.49 ea	
Raw Milk Sharp Cheddar	12.00 lb	
Grass Milk Sharp 8oz	7.95 ea	
Sharp Cheddar	7.44 lb	
Raw Mild Cheddar 8 oz	6.29 ea	
Colby Jack 8oz	4.99 ea	
Parmesan Raw Milk	14.39 lb	
Pepper Jack 8oz	5.95 ea	
org chicken leg & thigh	3.99 lb	
org chicken wings	3.39 lb	
org ground beef	7.95 lb	
org pork sausage	8.19 lb	
org bacon	9.39 lb	
org bratwurst	8.95 lb	
org pork chops	8.95 lb	
Extra Virgin Olive Oil	6.95 pt	
Virgin Coconut Oil	8.50 pt	
Local Sunflower Oil	10.59 pt	
Tahini	8.95 lb	
Sprouted Tofu	2.79 lb	
Virgil's sodas	1.95 ea	
Deane's Kombucha	3.89 ea	
Coconut water	2.29 ea	
Wisco soda	2.29 ea	
Wisco sparkling water	1.29 ea	
Switchel	3.59 ea	