

Life Force Buying Club Price Comparison List October 17...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
Honey Crisp Apple	2.09 lb	2.49 lb
Kinderkrisp Apple	2.69 lb	
Avocado 70 ct	1.59 ea	1.89 e
Medjool Dates	6.19 lb	
Red Grapes	2.69 lb	3.19 lb
Lemons	2.29 lb	2.69 lb
Limes	3.59 lb	
Keitt Mango	2.79 ea	
Galia Melon	1.39 lb	
Local Watermelon	.89 lb	
Valencia Orange lg	1.59 lb	1.79 lb
Bartlett Pears	1.49 lb	1.69 lb
D'Anjou Pears	1.99 lb	2.29 lb
Pineapple	2.59 lb	
Pluots	1.89 lb	2.19 lb

Aloe Spears	4.49 lb	
Baby Arugula	6.09 lb	
Local Beans	3.50 lb	
Local Broccoli	2.59 lb	2.99 lb
Loc Brussels Sprouts	6.99 lb	
Green Cabbage	1.09 lb	1.29 lb
Red Cabbage	1.09 lb	1.29 lb
Local Carrots	2.09 lb	2.39 lb
Cauliflower	2.59 lb	
Celery	1.79 lb	2.09 lb
Cilantro	2.39 bu	2.79 bu
Local Cucumber	2.39 lb	
Local Garlic	8.00 lb	10.00 lb
Ginger	8.00 lb	10.00 lb
Crimini Mushroom	4.59 lb	5.39 lb
Local Red Onion	1.49 lb	1.69 lb
Local Yellow Onion	1.29 lb	1.49 lb
Local Parsnips	2.89 lb	3.39 lb
Cayenne Peppers	5.69 lb	
Loc Habanero	10.69 lb	

Local Jalapeno	4.49 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
Zucchini	2.29 lb	2.69 lb
Tomatoes	2.79 lb	
Turmeric	14.39 lb	16.99 lb

Local 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	