

Life Force Buying Club Price Comparison List November 21...all organic

ITEM	YOUR PRICE	MARKET PRICE
Ambrosia Apple	1.49 lb	1.69 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
Honey Gold Apple	3.09 lb	
Keepsake Apple	1.69 lb	1.99 lb
Kinderkrisp Apple	2.69 lb	
Avocado 70 ct	1.29 ea	1.49 e
Bananas	1.19 lb	1.39 lb
Cranberries	3.19 pt	3.79 pt
Medjool Dates	6.19 lb	
Lemons	2.29 lb	2.69 lb
Bio-dyn Limes	3.79 lb	
Satsuma Mandarins	2.59 lb	2.99 lb
Keitt Mango	1.49 ea	1.79 e
Valencia Orange lg	1.59 lb	1.79 lb
D'Anjou Pears	1.99 lb	2.29 lb
Starkrimson Pears	1.79 lb	2.09 lb
Pineapple	1.89 lb	2.29 lb
Bio-dynamic Raisins	4.09	4.79 lb
Aloe Spears	4.49 lb	
Asparagus	5.79 lb	
Baby Arugula	6.09 lb	
Green Beans	2.89 lb	3.39 lb
Local Red Beets	1.89 lb	2.19 lb
Broccoli	3.89 lb	
Loc Brussels Sprouts	6.99 lb	
Loc Green Cabbage	1.09 lb	1.29 lb
Loc Red Cabbage	1.09 lb	1.29 lb
Local Carrots	2.09 lb	2.39 lb
Local Juice Carrots	1.09 lb	1.19 lb
Cauliflower	2.59 lb	
Celery	1.79 lb	2.09 lb
Cilantro	1.99 bu	2.39 bu
Cucumber	2.29 lb	
Local Garlic	8.00 lb	10.00 lb
Ginger	8.00 lb	10.00 lb
Lacinato Kale	1.99 bu	2.39 bu

Crimini Mushroom	3.99 lb	4.69 lb
Local Red Onion	1.49 lb	1.69 lb
Local Yellow Onion	1.29 lb	1.49 lb
Curly Parsley	2.89 ea	
Local Parsnips	2.89 lb	3.39 lb
Snap Peas	7.99 lb	
Local Jalapeno	4.09 lb	4.89 lb
Red Peppers	2.69 lb	3.19 lb
Local Yellow Potato	1.09 lb	1.29 lb
Sweet Potato	2.09 lb	2.49 lb
Japanese Sw Potato	2.29 lb	2.69 lb
Baby Spinach	5.69 lb	6.69 lb
Local Winter Radish	1.99 lb	
Local Rutabaga	2.49 lb	
Local Spinach	9.45 lb	
Local Butternut	1.19 lb	1.39 lb
Local Delicata Squash	1.49 lb	1.79 lb
Spaghetti Squash	1.19 lb	1.39 lb
Spring Mix	6.29 lb	7.39 lb
Zucchini	2.29 lb	2.69 lb
Slicing Tomato	2.39 lb	2.79 lb
Turmeric	16.59 lb	19.49 lb

Local Eggs	4.39 doz	
Butter	7.29 lb	
16 oz Cream	4.69 ea	
Whole Milk Kalona 1/2g	4.99 ea	
5% Yogurt 24 oz	4.49 ea	
Sharp Cheddar	7.44 lb	
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 l	
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	2.29 ea	
Deane's Kombucha	3.89 ea	

<u>Coconut water</u>	<u>2.29 ea</u>
<u>Wisco soda</u>	<u>2.29 ea</u>
<u>Wisco sparkling water</u>	<u>1.29 ea</u>
<u>Switchel</u>	<u>3.59 ea</u>