

Life Force Buying Club

Price Comparison List

December 5...all organic

ITEM YOUR PRICE MARKET PRICE

Ambrosia Apple	1.49 lb	1.69 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	
Bananas	1.19 lb	1.39 lb
Cranberries	3.19 pt	3.79 pt
Medjool Dates	6.19 lb	
Rio Star Grapefruit	1.89 lb	2.29 lb
Lemons	2.29 lb	2.69 lb
Bio-dyn Limes	3.79 lb	
Satsuma Mandarins	2.49 lb	2.89 lb
Valencia Orange	1.59 lb	1.79 lb
D'Anjou Pears	1.99 lb	2.29 lb
Starkrimson Pears	1.59 lb	1.89 lb
Pineapple	1.89 lb	2.29 lb
Bio-dynamic Raisins	4.09	4.79 lb

Aloe Spears	4.49 lb	
Baby Arugula	6.09 lb	
Green Beans bulk	2.89 lb	3.39 lb
Local Red Beets	1.89 lb	2.19 lb
Broccoli	3.99 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
Cauliflower Cheddar	3.49 lb	
Celery	1.29 lb	1.59 lb
Cilantro	2.49 bu	2.99 bu
Cucumber	2.69 lb	
Garlic	7.09 lb	7.59 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	1.39 lb	1.59 lb
Local Yellow Onion	1.19 lb	1.39 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
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	2.49 lb	2.89 lb
Slicing Tomato	3.39 lb	3.79 lb
Turmeric	16.59 lb	19.49 lb

Local Eggs	4.39 doz	
Sprouted Bread	3.95 lb	
Sprouted Buns	4.19 lb	
Corn Chips	6.09 lb	
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 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	
or		
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	
Coconut water	2.29 ea	
Wisco soda	2.29 ea	
Wisco sparkling water	1.29 ea	
Switchel	3.59 ea	