

Life Force Buying Club Price Comparison List January 23...all organic

ITEM	YOUR PRICE	MARKET PRICE
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Ambrosia Bio-Dyn	1.59 lb	1.79 lb
Arkansas Black Bio	2.59 lb	
Honey Gold Bio-Dyn	3.09 lb	
Jonagold Bio-Dyn	1.79 lb	2.09 lb
Avocado 70 ct	1.09 ea	1.29 e
Bananas	1.19 lb	1.39 lb
Cranberries	3.19 pt	
Medjool Dates	6.19 lb	
Mello Gold Grapefruit	1.89 lb	2.19 lb
Rio Star Grapefruit	1.89 lb	2.19 lb
Lemonade Lemons	3.49 lb	
Lemons	1.69 lb	1.89 lb
Limes	2.79 lb	
Clementine Mandarins	2.69 lb	3.19 lb
5# box	15.00	
Satsuma Mandarins	2.49 lb	2.89 lb
5# box	15.00	
Kent Mango	1.49 ea	1.59 e
Minneola Bio-Dyn	2.49 lb	2.99 lb
Blood Orange	3.70 lb	
Cara Cara Orange	2.29 lb	2.69 lb
Navel Orange Bio-Dyn	2.09 lb	2.39 lb
Valencia Orange	1.59 lb	1.79 lb
Red Comice Bio Pears	1.99 lb	2.39 lb
D'Anjou Bio-Dyn Pears	1.39 lb	1.59 lb
Pineapple	1.79 lb	2.09 lb
Bio-dynamic Raisins	4.09 lb	4.79 lb
Nova Tangerine	2.59 lb	3.09 lb

Aloe Spears	4.49 lb	
Baby Arugula	6.09 lb	
Green Beans	3.19 lb	3.79 lb
Local Red Beets	1.89 lb	2.19 lb
Broccoli Crowns	4.49 lb	
Brussels Sprouts	5.49 lb	6.39 lb
Loc Green Cabbage	1.09 lb	1.29 lb
Loc Red Cabbage	1.09 lb	1.29 lb
Local Carrots	1.99 lb	2.19 lb
White Cauliflower	2.29 lb	2.79 lb

Celery	.99 lb	1.19 lb
Cilantro	2.49 bu	2.99 bu
Cucumber	4.19 lb	
Dandelion Greens	4.09 bu	
Garlic	7.09 lb	7.59 lb
Ginger	8.00 lb	10.00 lb
Lacinato Kale	2.99 bu	3.49 bu
Iceberg Lettuce	3.79 ea	
Crimini Mushroom	4.59 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
Snow Peas	5.99 lb	
Jalapeno Peppers	5.19 lb	5.99 lb
Green Peppers	2.99 lb	3.29 lb
Red Peppers	3.29 lb	3.89 lb
Yellow Peppers	3.29 lb	
Blue Potatoes	2.29 lb	2.59 lb
Red Potato	1.19 lb	1.39 lb
Yellow Potato	1.09 lb	1.29 lb
Sweet Potato	1.99 lb	2.29 lb
Stokes Purple Sw Pot	2.89 lb	3.39 lb
Local Pie Pumpkin	1.19 lb	1.39 lb
Baby Spinach	5.69 lb	6.69 lb
Local Winter Radish	1.99 lb	
Local Rutabaga	2.49 lb	
Butternut Squash	1.29 lb	1.49 lb
Local Delicata Squash	1.49 lb	1.79 lb
Loc Spaghetti Squash	1.19 lb	1.39 lb
Spring Mix	6.29 lb	7.39 lb
Cherry Tomato	3.69 pt	
Turmeric	14.39 lb	16.89 lb

Local Eggs	4.39 doz	
Sprouted Bread	3.95 lb	
Sprouted Buns	4.19 lb	
Corn Chips	6.09 lb	
Butter	7.59 lb	
16 oz Cream	4.69 ea	
Whole Milk Kalona 1/2g	4.99 ea	
5% Yogurt 24 oz	3.49 ea	
Sharp Cheddar	7.44 lb	
Colby Jack 8oz	4.99 ea	
Parmesan Raw Milk	14.39 lb	
Pepper Jack 8oz	5.95 ea	

<u>org chicken wings</u>	<u>3.39 lb</u>
<u>org ground beef</u>	<u>7.95 lb</u>
<u>org pork sausage</u>	<u>8.19 l</u>
<u>org bacon</u>	<u>9.39 lb</u>
<u>org bratwurst</u>	<u>8.95 lb</u>
<u>Extra Virgin Olive Oil</u>	<u>6.95 pt</u>
<u>Virgin Coconut Oil</u>	<u>8.50 pt</u>
<u>Local Sunflower Oil</u>	<u>10.59 pt</u>
<u>Tahini</u>	<u>8.95 lb</u>
<u>Sprouted Tofu</u>	<u>2.79 lb</u>
<u>Virgil's sodas</u>	<u>2.29 ea</u>
<u>Deane's Kombucha</u>	<u>3.89 ea</u>
<u>Coconut water</u>	<u>2.59 ea</u>
<u>Wisco soda</u>	<u>2.39 ea</u>
<u>Wisco sparkling water</u>	<u>1.39 ea</u>
<u>Switchel</u>	<u>3.59 ea</u>