

Life Force Buying Club

Price Comparison List

September 24...all organic

ITEM YOUR PRICE MARKET PRICE

Apple Cider	6.50	64 oz.	
Granny Smith Apple	2.19	lb	2.59 lb
Loc Snow Sweet Apple	3.09	lb	
Honey Crisp Apple	3.19	lb	
Avocado 70 ct	1.29	ea	1.49 e
Bananas	1.09	lb	1.39 lb
Blueberries	5.29	pt	
Strawberries	5.69	lb	
Medjool Dates	5.39	lb	6.39 lb
Star Ruby Grapefruit	2.19	lb	2.39 lb
Bio-Dyn Green Grape	3.09	lb	3.59 lb
Seedless Red Grapes	2.99	lb	3.49 lb
Kiwi Fruit	2.99	lb	3.49 lb
Lemons	2.69	lb	3.19 lb
Limes	2.59	lb	2.99 lb
Esquire Mango	1.29	ea	1.49 e
Kent Mango	1.79	ea	1.99 e
Galia Melon	1.59	lb	1.89 lb
Cantaloupe	1.19	lb	1.39 lb
Honey Dew Melon	1.99	lb	2.29 lb
Loc Yellow Watermel	.99	lb	
Valencia Orange	1.79	lb	1.99 lb
Lg Valencia Orange	1.89	lb	2.29 lb
Yellow Nectarines	1.89	ea	
Yellow Peaches	tea		
Local Luscious Pears	2.59	lb	2.99 lb
Stark Crimson Pears	1.99	lb	2.39 lb
Local Warren Pears	3.99	lb	
Pineapple	1.59	lb	1.79 lb
Pluots	2.49	lb	2.89 lb
Bio-dyn Raisins	4.09	lb	4.69 lb

Arugula	6.69	lb	6.99 lb
Asparagus	7.29	lb	
Green Beans	3.39	lb	3.69 lb
Local Beets	1.89	lb	2.19 lb
Broccoli	2.99	lb	3.29 lb
Brussels Sprouts	6.59	lb	
Green Cabbage	1.19	lb	1.39 lb

Red Cabbage	1.09	lb	1.39 lb
Carrots	2.19	lb	2.49 lb
Local Cauliflower	2.69	lb	
Celery	.89	lb	1.09 lb
Cucumber	2.79	lb	3.29 l
Local Garlic	8.99	lb	9.99 lb
Crimini Mushroom	4.59	lb	5.39 lb
Local Red Onion	1.49	lb	1.69 lb
White Onion	1.59	lb	1.79 lb
Local Yellow Onion	1.29	lb	1.49 lb
Snap Peas	7.99	lb	
Local Green Pepper	3.19	lb	
Loc. Jalapeno Pepper	6.39	lb	6.99 lb
Local Colored Peppers	3.99	lb	
Romaine Hearts	3.19	ea	3.69 ea
Local Red Potatoes	1.49	lb	
Local Russet Potatoes	1.19	lb	1.39 lb
Local Yellow Potatoes	1.69	lb	
Sweet Potato	2.49	lb	
Romaine Hearts	3.19	ea	3.69 e
Baby Spinach	5.69	lb	6.69 lb
Spring Mix	6.29	lb	7.39 lb
Local Delicata Squash	1.39	lb	1.59 lb
Zucchini Squash	2.09	lb	2.29 lb
Local Tomatoes	2.39	lb	
Local Cherry Tomato	2.39	ea	
Turmeric	14.89	lb	16.99 lb

Eggs	4.39	doz	
Duck Eggs	6/3.99	or 7/doz	
Butter	8.69	lb	
16 oz Cream	4.79	ea	
32 oz Cream	8.99	ea	
Whole Milk Kalona 1/2g	4.99	ea	
5% Yogurt 24 oz	4.49	ea	
Sharp Cheddar 8oz	5.19	ea	
Sharp Cheddar bulk	7.44	lb	
Raw Mild Cheddar 8 oz	4.99	ea	
CoJack 8 oz	4.99	ea	
Raw Mild Goat 8 oz	6.89	ea	
Whole Milk Mozzarella	5.99	lb	
Parmesan	5.99	lb	
Sprouted 7 Grain Bread	3.69	ea	
Spr. Burger & Dog Buns	4.29	ea	
Virgin Coconut Oil	8.50	pt	
Extra Virgin Olive Oil	6.95	pt	

Sunflower Oil	4.00 pt
Tahini	8.95 lb
Heritage White Flour	1.50 lb
Heritage Whole Wheat	1.00 lb
Rolled Oats	1.69 lb
Organic Sugar	1.99 lb
Organic Kombucha	3.89 ea
Orange Maple Switchel	3.89 ea
Virgil's Root Beer	1.99 ea
Local Organic Soda	2.39 ea
Loc Org Sparkling Water	1.39 ea
Coconut Water	2.29 ea
Potato Chip	1.19 ea