

Life Force Buying Club

Price Comparison List

October 29...all organic

ITEM YOUR PRICE MARKET PRICE

Apple Cider	6.50 64 oz.	
Ambrosia Apple	2.29 lb	2.69 lb
Local Honey Crisp	3.79 lb	
Loc Honey Crisp #2's	1.69 lb	1.89 lb
Loc Keepsake Apple	2.29 lb	2.69 lb
Loc Snow Sweet Apple	3.09 lb	
Avocado 70 ct	1.29 ea	1.49 e
Bananas	1.09 lb	1.39 lb
Local Cranberries	3.59 ea	4.19 e
Medjool Dates	5.39 lb	6.39 lb
Ruby Grapefruit	2.19 lb	2.39 lb
Seedless Red Grapes	3.09 lb	3.59 lb
Kiwi Fruit	2.99 lb	3.49 lb
Lemons	2.69 lb	3.19 lb
Bio/dyn Limes	2.09 lb	2.49 lb
Keitt Mango	2.09 ea	2.29 e
Galia Melon	1.99 lb	2.19 lb
Cantaloupe	1.29 lb	1.49 lb
Honey Dew Melon	1.99 lb	2.29 lb
Valencia Orange	1.79 lb	1.99 lb
Lg Valencia Orange	1.89 lb	2.29 lb
Local Luscious Pears	2.59 lb	2.99 lb
Warren Pears	2.09 ea	
Pineapple	1.79 lb	2.09 lb
Bio-dyn Raisins	4.09 lb	4.69 lb

Arugula	6.69 lb	6.99 lb
Asparagus	7.29 lb	
Green Beans 12 oz	4.99 ea	
Green Beans bulk	3.49 lb	3.99 lb
Local Beets	1.89 lb	2.19 lb
Broccoli	3.69 lb	3.99 lb
Local Brussels Spro	5.69 lb	6.29 lb
Local Green Cabbage	1.19 lb	1.39 lb
Local Red Cabbage	1.09 lb	1.39 lb
Local Carrots	2.19 lb	2.49 lb
Loc Cheddar Cauli	2.99 lb	
Local White Cauliflower	2.99 lb	
Celery	1.09 lb	1.29 lb

Cucumber	1.49 lb	1.79 lb
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
Local White Onion	1.59 lb	1.79 lb
Local Yellow Onion	1.29 lb	1.49 lb
Local Parsnips	2.89 lb	3.39 lb
Snap Peas	7.99 lb	
Local Green Pepper	3.19 lb	
Loc. Jalapeno Pepper	6.39 lb	6.99 lb
Red Peppers	2.59 lb	2.99 lb
Romaine Hearts	3.19 ea	3.69 ea
Local Parsnips	2.89 lb	3.39 lb
Local Red Potatoes	.99 lb	1.19 lb
Local Russet Potatoes	1.19 lb	1.39 lb
Local Yellow Potatoes	1.09 lb	1.29 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 Acorn Squash	1.29 lb	1.49 lb
Local Butternut	1.29 lb	1.49 lb
Local Carnival Squash	1.29 lb	1.49 lb
Local Delicata Squash	1.39 lb	1.59 lb
Local Pie Pumpkin	1.29 lb	1.49 lb
Local Spag Squash	1.29 lb	1.49 lb
Zucchini Squash	2.09 lb	2.29 lb
Tomatoes	2.39 lb	2.69 lb
Local Cherry Tomato	3.39 ea	3.79 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	
Sour Cream 12 oz	2.59 ea	
5% Yogurt 24 oz	4.49 ea	
Sharp Cheddar 8oz	5.19 ea	
Sharp Cheddar bulk	7.44 lb	
Mild Cheddar 8 oz	4.99 ea	
CoJack 8 oz	4.99 ea	
Sharp Raw Goat Cheddar	6.79 ea	
Grumpy Goat 8 oz	6.70 ea	
Mozzarella Goat 8 oz	6.09 ea	

Whole Milk Mozzarella	5.99 lb
Parmesan	5.99 lb
Sprouted Tofu 14 oz	2.79 ea
Fresh P-nut Butter 8 oz	2.95 ea
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
Raw Cashew Pieces	7.59 lb
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