

Life Force Buying Club Price Comparison List November 19...all organic

ITEM YOUR PRICE MARKET PRICE

Heirloom Apple Cider	5.29	64 oz
Honey Crisp Cider	5.29	64 oz
Ambrosia Apple	2.29	lb 2.69 lb
Jazz Apple	2.29	lb 2.69 lb
Loc Keepsake Apple	2.29	lb 2.69 lb
Pink Lady Apple	2.59	lb 2.99 lb
Loc Snow Sweet Apple	3.09	lb
Bananas	1.09	lb 1.39 lb
Local Cranberries	3.59	ea 4.19 e
Strawberries	6.79	lb
Medjool Dates	5.39	lb 6.39 lb
Texas Rio Grapefruit	2.19	lb 2.59 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
Clementine Mandarins	4.39/2	lb
Satsuma Mandarins	2.89	lb 3.39 lb
Keitt Mango	2.09	ea 2.29 e
Baby Watermelon	.95	lb
Navel Orange	2.09	lb
Valencia Orange	1.79	lb 1.99 lb
Local Luscious Pears	2.59	lb 2.99 lb
Starkrimson Pears	2.39	lb 2.79 lb
Warren Pears	2.69	lb 2.79 lb
Pineapple	1.79	lb 2.09 lb
Dry Cranberries	4.29	lb 4.89 lb
Bio-dyn Raisins	4.09	lb 4.69 lb
Arugula	6.69	lb 6.99 lb
Green Beans	4.39	lb
Local Beets	1.89	lb 2.19 lb
Broccoli	4.59	lb
Local Brussels Spro	5.39	lb 5.89 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
White Cauliflower	1.59	lb 1.89 lb

Celery	1.09	lb 1.29 lb
Cucumber	1.29	lb 1.59 lb
Local Garlic	8.99	lb 9.99 lb
Ginger	5.09	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
5# Yellow	5.49	ea
3# 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	1.29	lb 1.49 lb
Cherry Tomato	3.59	ea 3.79 ea
Local Heirloom Tom	5.70	lb
Turmeric	14.89	lb 16.99 lb
Local Yams	2.49	lb

Eggs	4.39	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
Raw Sunflower Seeds	5.69 lb
Raw Walnuts	7.39 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