

Life Force Buying Club Price Comparison List January 14...all organic

ITEM	YOUR PRICE	MARKET PRICE
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Heirloom Apple Cider	5.29	64 oz
Ambrosia Apple	2.29 lb	2.69 lb
Jazz Apple	2.29 lb	2.69 lb
Pink Lady Apple	2.49 lb	2.89 lb
Avocados	1.19 ea	1.39 e
Bananas	1.09 lb	1.39 lb
Medjool Dates	5.39 lb	5.89 lb
Texas Rio Grapefruit	1.59 lb	1.89 lb
Kiwi Fruit	2.99 lb	3.49 lb
Lemons	2.69 lb	3.19 lb
Meyer Lemons	2.89 lb	3.39 lb
Limes	2.29 lb	2.69 lb
Clementines	2.99 lb	3.49 lb
Satsuma Mandarins	2.79 lb	3.29 lb
Tommy Atkins Mango	1.89 ea	2.09 e
Blood Orange	3.99 lb	
Cara Cara Orange	2.39 lb	2.59 lb
Navel Orange	2.29 lb	
Juice Orange	1.39 lb	1.59 lb
Red D'Anjou Pears	1.69 lb	1.89 lb
Pineapple	1.99 lb	2.09 lb
Red Globe Pomelo	1.79 lb	
Dry Cranberries	4.29 lb	4.89 lb
Bio-dyn Raisins	4.09 lb	4.69 lb
Bio-dyn Tangelos	2.39 lb	2.69 lb
Lg. Tangelo Minneola	2.19 lb	2.39 lb

Arugula	6.69 lb	6.99 lb
Green Beans	2.59 lb	2.99 lb
Local Beets	1.89 lb	2.19 lb
Broccoli	2.39 lb	2.69 lb
Broccoli Crowns	2.89 lb	3.09 lb
Local Brussels Spro	4.39 lb	4.89 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	1.99 lb	2.39 lb
Celery	1.09 lb	1.29 lb
Cucumber	1.89 lb	2.19 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	7.59 lb	
Green Pepper	1.59 lb	1.89 lb
Jalapeno Pepper	3.99 lb	4.99 lb
Orange Pepper	2.99 lb	3.39 lb
Red Pepper	2.99 lb	3.39 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
5#	5.49 ea	
Local Yellow Potatoes	1.09 lb	1.29 lb
3# Japanese Sw Tater	4.79 ea	
3# Sweet Potato	4.79 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	1.99 lb	2.39 lb
Heirloom Cherry Toms	3.99 lb	
Slicing Tomatoes	3.09 lb	
Turmeric	14.89 lb	16.99 lb
Jewel Yams	1.99 lb	2.39 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	2.39 lb
Heritage Whole Wheat	2.39 lb
Rolled Oats	1.69 lb
Wild Rice	18.09
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
Blue Farm Corn Chip	5.19 ea
Garden of Eatin Chip	6.19 ea