

Life Force Buying Club

Price Comparison List

March 4...all organic

ITEM	YOUR PRICE	MARKET PRICE
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Ambrosia Apple	2.29 lb	2.59 lb
Granny Smith apple	1.69 lb	1.99 lb
Jazz Apple	2.29 lb	2.59 lb
Pink Lady Apple	2.49 lb	2.89 lb
Avocados	.99 ea	1.19 e
Banana	1.19 lb	1.39 lb
Blueberries	5.95 pt	
Medjool Dates	5.69 lb	5.99 lb
Rio Grapefruit	1.79 lb	1.99 lb
Kiwi	3.29 lb	3.49 lb
Meyer Lemons	2.29 lb	2.89 lb
Limes	2.89 lb	3.39 lb
Algerian Mandarin	2.99 lb	3.29 lb
Kishu Mandarin	8.19 lb	
Mandarinquat	7.99 lb	
Altaulfo Mango	1.89 ea	2.29 e
Kent Mango	1.89 ea	2.09 e
Bio/dyn Navel Orange	2.29 lb	2.59 lb
Bio-Blood Orange	2.89 lb	3.39 lb
Cara Cara Orange	2.19 lb	2.39 lb
Valencia Orange lg	1.00 lb	
Red D'Anjou Pear	1.99 lb	2.29 lb
Pineapple	1.49 lb	1.89 lb
Dry Cranberries	4.29 lb	4.89 lb
Bio-dyn Raisins	3.99 lb	4.89 lb
Fremont Tangerine	2.79 lb	3.19 lb

Arugula	6.69 lb	7.79 lb
Asparagus	3.29 lb	3.99 lb
Green Beans	2.79 lb	2.99 lb
Yellow Beans	3.49 lb	
Broccoli	2.19 lb	2.49 lb
Broccoli Crowns	2.59 lb	2.79 lb
Brussels Sprouts	2.79 lb	2.99 lb
Local Cabbage	1.39 lb	1.59 lb
Local Carrots	2.29 lb	2.49 lb
Table Carrots	1.89 lb	2.19 lb
Cauliflower	1.89 lb	2.09 lb
Celery	1.19 lb	1.39 lb

Cucumber	3.19 lb	3.69 lb
Local Garlic	8.00 lb	10.00 lb
Ginger	8.00 lb	10.00 lb
Crimini Mushroom	4.59 lb	
Red Onion	1.49 lb	1.69 lb
Yellow Onion	1.29 lb	1.49 lb
White Onion	1.79 lb	2.09 lb
Parsnips	2.79 lb	3.49 lb
Snap Peas	4.19 lb	4.59 lb
Green Peppers	1.59 lb	1.99 lb
Jalapeno Peppers	3.99 lb	4.59 lb
Orange Peppers	3.39 lb	3.99 lb
Red Peppers	2.89 lb	3.49 lb
Local Yellow Potato	1.19 lb	1.39 lb
Sweet Potato	1.99 lb	2.39 lb
Romaine Hearts	3.19 ea	
Baby Spinach	6.69 lb	7.99 lb
Spring Mix	7.39 lb	8.99 lb
Local Butternut	1.29 lb	1.49 lb
Local Carnival Squash	1.29 lb	1.49 lb
Local Delicata Squash	1.39 lb	1.69 lb
Spaghetti Squash	1.29 lb	1.49 lb
Zucchini Squash	1.59 lb	1.99 lb
Darkloom Tomatoes	3.49 lb	
Turmeric	17.59 lb	21.00 lb

Large Eggs	4.39 doz
Butter	8.69 lb
16 oz Cream	4.79 ea
32 oz Cream	8.99 ea
Wh Milk Kalona 1/2g	4.99 ea
Wh Milk Kalona quart	2.85 ea
Sour Cream 12 oz	2.69 ea
5% Yogurt 24 oz	4.49 ea
8 oz Sharp Cheddar	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
Grumpy Goat	6.79 ea
Mozz Goat 8 oz	6.09 ea
Whole Milk Mozz	5.99 lb
Parmesan	5.99 lb
Fresh Tofu	2.79 lb
Fresh p-nut butter	5.99 lb

<u>Sprouted 7 Grain Bread</u>	<u>3.69 ea</u>
<u>Sprouted Burger Buns</u>	<u>4.29 ea</u>
<u>Extra Virgin Olive Oil</u>	<u>6.95 pt</u>
<u>Virgin Coconut Oil</u>	<u>8.50 pt</u>
<u>Sunflower Oil</u>	<u>4.00 pt</u>
<u>Maple Syrup 16 oz</u>	<u>11.95 ea</u>
<u>Maple Syrup 8 oz</u>	<u>6.50 ea</u>
<u>Raw Cashew Pieces</u>	<u>7.59 lb</u>
<u>Raw Sunflower Seeds</u>	<u>5.69 lb</u>
<u>Raw Walnuts</u>	<u>7.39 lb</u>
<u>Tahini</u>	<u>7.95 lb</u>
<u>Heritage White Flour</u>	<u>2.39 lb</u>
<u>Heritage WW Flour</u>	<u>2.39 lb</u>
<u>Rolled Oats</u>	<u>1.69 lb</u>
<u>Wild Rice</u>	<u>18.09 lb</u>
<u>Organic Sugar</u>	<u>1.99 lb</u>
<u>Organic Kombucha</u>	<u>3.89 ea</u>
<u>Orange Maple Switchel</u>	<u>3.89 ea</u>
<u>Virgil's Root Beer</u>	<u>1.99 ea</u>
<u>Local Organic Soda</u>	<u>2.39 ea</u>
<u>Loc Org Sparkling Water</u>	<u>2.39 ea</u>
<u>Coconut Water 9.5 oz</u>	<u>2.29 ea</u>
<u>Coconut Water 23.6 oz</u>	<u>4.49 ea</u>
<u>Potato Chip</u>	<u>1.19 ea</u>
<u>Blue Farm Corn Chip</u>	<u>5.09 lb</u>
<u>Garden of Eatin Chip</u>	<u>6.19 lb</u>