

# Sourdough Girls and Wholy Living Price List & Order Form ~ Spring 2018 prices subject to change ALL GMO Free

GRAINS, FLOUR, OATMEAL and POPCORN All grains are chemical free, organic and GMO Free	Weight (lbs)	Price (\$)	Qty	Total Cost	SEEDS ~ NUTS ~ SWEETENERS ~ OILS	Weight (lbs)	Price (\$)	Qty	Total Cost
Prairie Gold — hard white spring wheat berries high protein,	5 / 50 45 (Pail)	8 / 40 / 50			Chia Seeds - Black - Organic	1 / 5	6 / 22		
Bronze Chief Wheat — hard red spring wheat, 45# is a pail	5/ 50 / 45	8 / 37 / 48			Golden Flax Seeds — lowers cholesterol, omega oils	5 <sup>1</sup> / 25 <sup>1</sup>	7 / 30		
<b>HEIRLOOM or ANCIENT Grains, Lower Gluten, non-hybridized</b> Kamut — Egyptian grain, wheat substitute, soft bread Einkorn— Ancient grain, soft bread, lower gluten Red Fife Hard Wheat, Spelt— low gluten, complete protein	5 / 25 / 50 5 / 25 5 / 50 5 / 50 / 45	10 / 40 / 72 20 / 89 20 / 93 12 / 69 / 74			Pumpkin Seeds- Medium size, protein rich, eliminates parasites! China Grown, <b>Organic</b>	5	18		
Soft White Pastry Berries — perfect for pie crusts, cookies, muffins, angel food cakes	5 / 50 45 (Pail)	8 / 44 50			Sesame Seeds—make your own tahini, crackers, Organic	1 / 5	5 / 18		
7 Grain Mix — unique blend of hard wheat, oats, soft white, rye, triticale, barley and spelt	25 / 45 (Pail)	32 / 70			Sunflower Seeds - raw, unsalted, shelled, Organic	5	17		
7 Grain Mix Rolled w/ Flax Seeds- great for granola & hot cereal	8 / 50	20 / 65			Almond s- Please choose : Slivered, Sliced, Dry Roasted, or Raw	5	36		
Natural White Unbleached Flour , Wheat Montana Chemical Free Pizza Flour—Type 00, white, organic	10/ 25 / 50 50	10/ 25 / 46 69			Cashews — raw large pieces, roast for 15 minutes at 225	5	37		
Regular Rolled Oats OR Quick Rolled Oats (circle preference)	25 / 50	25 / 46			Hazelnuts, whole, super food, Raw	5	49		
Certified Organic Rolled Oats Or Quick Oats GLUTEN FREE Rolled Oats	25 / 50 5 / 25 / 50	40 / 73 14 / 63 / 73			Peanuts - Dry roasted OR Salted, please choose		15		
Corn - Whole for corn bread - Organic - non GMO	25	40			Pecans — medium pieces or halves, please choose	2.5 / 5	35 / 65		
Oat Groats - roll your own oats in the Roller Flaker Steel Cut Oats— Organic	5 / 25 / 50 5 / 25	10 / 45 / 73 14 / 44			Walnut Pieces — pieces OR Halves, choose	5	36		
Whole Rye, Higher in protein than wheat, lower gluten, delicious	5 / 25	10 / 29			Peanut Butter, Creamy or Crunchy, salted, Natural	35#	96		
Hulled Barley from Delta Junction — great milled or in soups Hulled Barley— Organic, Oregon grown	5 / 25	8 / 21 10 / 44			Peanut Butter, creamunchy - natural, no salt,	1 gal	42		
Buckwheat groats- gluten free, good sprouts & pancakes	5 / 25	17 / 72			Peanut Butter, Cream y or Crunchy, Organic, salted	22#	110		
White Quinoa (Keenwa) - Mill for flour, cook like rice GF, white Tri Color Quinoa, brown, red and white quinoa mixed, GF	5 / 25	18 / 73 20 / 93			Peanut Butter, Creamunchy, Organic, not salted	1 gal	56		
Millet — serve like rice, excellent for restoring alkaline	5 / 25	11 / 47			Peanut Butter, Homogenized w/ Non GMO oil, Creamy only	35#	100		
Long Grain Brown Rice Lundberg Family, <b>ORGANIC</b> Long Grain Brown Rice, Lundberg, Eco Farmed Short Grain Brown Rice, Lundberg, Eco Farmed	5 / 25	16 / 67 10 / 46 10 / 39			Agave Syrup- Organic Dark Amber	1 gal	47		
WHITE Basmati Rice, <b>ORGANIC</b> WHITE Basmati Rice, Eco Farmed BROWN Basmati Rice, Eco Farmed WILD RICE Blend, Lundberg	5 / 25  5	17 / 80 13 / 56 12 / 50 21			Honey- RAW , Clover , Organic	1 gal	75		
Yellow Popcorn - Organic, Delicious, FEW 'Old Maids' Multi Popcorn Organic , higher antioxidants than yellow popcorn	5 / 25	10 / 45 12 / 51			Honey, Mountain Wildflower — delicious, full of enzymes	1 gal / 40#	59 / 155		
					Maple syrup <sup>1</sup> — Organic, delicious and dark	1 gal	77		
					Molasses — Old Fashioned Sweet Table (Barbados sweet)	32 oz / 1 gal	8 / 26		
					Molasses— Blackstrap, less refined so stronger flavor	32 oz / 1 gal	8 / 24		
					Evaporated Cane Sugar - Mix wi/Molasses for brown sugar	5 / 50	9 / 70		
					Coconut Oil - organic, no odor or flavor	1 or 5 gal	38 / 150		
					Coconut Oil - Extra Virgin, organic - Non Refined	1 or 5 gal	48 / 185		
					Shortening - Organic Palm Fruit, 18 month shelf life	5# / 33#	18 / 78		
					Avocado Oil, expeller pressed, mild flavor	1 Qt	21		
					Grapeseed Oil, high vit. 3, Omega 6, High smoke point-460	25 oz	10		
					OLIVE OIL Extra Virgin, Organic - Excellent quality	1 gallon	48		
<b>TOTAL PAGE 1</b>									

**CHOCOLATE ~ BAKING ESSENTIALS ~ DRIED FRUIT**

**BEANS ~ SOUP FIXINS ~ SALTS ~ MILK ~ VINEGAR**

	Weight	Price	Qty	Total
Arrowroot Powder-use like cornstarch & in deodorant	1 / 5	7 / 15		
Baking Powder Rumford — no aluminum, fast acting! Baking Soda	5 lb	20 10		
Milk Chocolate chips, contains dairy and soy, addicting!	5	28		
Dark Chocolate 70%, <u>soy &amp; dairy free</u> , organic, Regular	2.5 / 5	22 / 40		
Semi Sweet, 56%, <u>soy &amp; dairy free</u> , organic, REG Or <i>Chunks</i> Semi Sweet, MINI, <u>Soy and Dairy Free</u> , 56%	2.5 / 5 2.5 / 5	22 / 40 20 / 36		
Dark Or Semi Sweet Chocolate, Organic <u>contains soy/dairy</u>	5	32		
STEVIA SWEETENED Chocolate chips, Lily's, Dark Chocolate	9 oz	7		
Cocoa Powder—10-12% Dutch cocoa, Organic	5	28		
Dough Enhancer — extends shelf life, contains genetically modified ingredients	1 / 5	7.50 / 27.50		
Sunflower Lecithin, use in place of dough enhancer/gluten	16 oz	8		
SAF Yeast—makes 80 loaves of bread	1	5		
Vegalene Pan Spray — Aerosol, lasts & lasts!!!, NON GMO Oils	21 oz	10.50		
Vital Wheat Gluten	1# / 5 lb	5 / 17		
Pure Vanilla Powder & <b>Vanilla Extract</b> — use same tsp for tsp	<b>16oz / 32 oz</b> 1.5# Powder	16 / 30 25		
Pure Almond Extract Liquid or Powder? Love at 1st SNIFF!	8 oz Liquid 1.5# Powder	12 / 20		
Real Maple Extract—add 1/4 tsp to 12 oz of agave for fabulous maple syrup Love at 1st SNIFF!	8 oz <b>1.5# Powder</b>	12 / 20		
<b>Nutritional Yeast</b> - adds nutrients to baked goods, or popcorn	1	12		
Apples, Soft, skinless Apricots - DICED, sulphured, in rice flour, OR WHOLE	5	35 24		
Cherries - Dried Bing —not sweetened	5	56		
Coconut - chipped, larger pieces, organic , unsweetened Coconut— Medium flakes, unsweetened, organic	5 / 25	21 / 85 24		
Cranberries— Sweetened with Apple Juice	5	26		
Dates, Pieces rolled in GF oat flour Dates, Whole pitted, organic	5	17 24		
Pears, natural	2.5	26		
Raisins - Golden, sulphured Flame Raisins, made from red grapes Thompson, Organic Current Raisins, very small in size	5	20 19 20 18		

DRY BEANS ~ 5# & 25# SIZE ~ All USA grown	Weight In pounds	Price	Quan- tity	Total Cost
Black Beans - Organic	5 / 25	12 / 54		
Red Kidney - Organic	5	14		
Pinto ~ Organic	5 / 25	12 / 52		
Garbanzo - Organic	5 / 25	12 / 55		
Green Split Peas - Organic Yellow Split Peas— Organic	5 / 25	9 / 38 9		
Great Northern - Organic	5 / 25	11 / 50		
13 Bean Fiesta Mix—prepare with broth & veg stew blend in BRK in 30 minutes	5 / 25	11 / 50		
Green Lentils—Organic Red Lentils—Organic, product of Turkey Black Lentils— Organic	5 / 25 5 / 25 5 / 25	12 / 55 13 / 60 14 / 64		
Beef Broth Mix OR Chicken Broth Mix OR Vegetable Broth Mix CHOOSE which one	1	7.50		
Dehydrated Veggies—carrots, celery, tomatoes, peppers, spinach Add to soups, rice. Run in coffee mill & use powder in dips, bread and crackers! So good!	1	11		
Dehydrated Potato Slices Pail - great in spud casseroles	7	45		
Dehydrated Potato Shreds Pail - rehydrates quickly, good as hash browns, add to soup ~ delicious!	7	45		
Celtic Sea Salt <sup>1</sup> —80 trace minerals, pure, fine ground	1 / 5	9 / 43		
Celtic Sea Salt Crystals -coarse for grinders, diissolves in liquids	5	24		
PINK Himalayan Salt - FINE COURSE, for use with a grinder	1 / 5 / 22 1	5 / 15 / 52 7		
Real Salt—similar to Celtic but harvested in Utah	26 oz / 25	9 / 85		
Whole Milk Powder, Organic	16 oz / 5 #	10 / 50		
Buttermilk Powder— use for light/fluffy baking	5	16		
Coconut Milk Powder- shelf stable *ask for organic pricing Coconut Milk Canned, organic, NO Guar Gum Coconut Cream	1 / 5 13oz/case of 12 5 oz	11 / 50 3 / 34 2		
Morning Moos Chocolate Flavored Protein Powder— hot or cold (#10 can only in chocolate available) Morning Moos Milk Flavored Protein Powder #10 can / Pail avail.	#10 Can = 5 gal Pail makes 50 gal	24 choc 20 milk 165 milk pail		
Apple Cider Vinegar, Organic, Raw	32 oz / 1 gal/ 5 gal	5 / 18 / 78		

<b>Sizzle Pressure Pots by BRK</b>			
<b>Lifetime Guarantee– 10 Year Free Replacement Parts</b>			
<b>~ Pots are Stainless Steel for all cooking surfaces except in oven</b>			
<b>~Save Time and Energy –cook in half the time, easy cleanup</b>			
<b>~Perfect Gift for Mothers Day, Graduation, Wedding, etc</b>			
	Price	Quantity	Total
Four Liter Pot with Pressure Lid Green Orange Black (choose one)	129		
Six Liter Pot with Pressure Lid Green Orange Black (choose one)	139		
Eight Liter Pot with Pressure Lid Green Orange Black (choose one)	149		
Ten Liter Pot with Pressure Lid Green Orange Black (choose on Perforated basket keeps food off bottom OR non-perforated for custards	159 40		
Original BRK 6 Liter pressure cooker with lids (pressure/glass)	189		
<b>Sweet Tooth Healthier Treats all treats are GMO free and Fair Trade</b>			
Dark Chocolate Coconut Chews— Like a mounds but Better!!	1	8	
MINI Peanut Butter Cups— Organic	1 / 5	10 / 49	
Rainbow Drops (vegetable or fruit dye, similar to M&M's)	1 / 5	10 / 45	
Jelly Beans, Organic fruit juice/sugar, gluten free	1 / 5	10 / 45	
Yogurt Covered RAISINS or PRETZELS, Choose	1 / 5	8 / 35	
Gluten Free, Coconut Items, Spices and Pasta	Size	Price	Quantity / Total
Coconut Sugar - RAW, ORGANIC, Extremely low glycemic index,	5 / 25	23 / 89	/
Coconut Flour— Organic	5 / 25	16 / 66	
Coconut Aminos, Raw Organic, Great soy sauce substitute	16 oz /1 gal	12 / 60	
Bragg's Liquid Aminos, non gmo soy	32 oz /1 gal	9 / 35	
Almond Meal / Flour - BLANCHED (natural is \$28 for 5#)	5	37	/
Corn Starch, Organic	1 / 5	7 / 26	
Potato Starch,	24 oz / 25	5 / 63	
Sorghum, Grain, organic	5 / 25	10 / 42	
Tapioca Starch, Organic		14	/
Xylitol - alternative sugar made of birch	5	30	
Gelatin, Beef unflavored, use in yogurt, jello , custards, etc..		11	
Buttermilk Ranch Dressing Mix, add 1T to 8 oz sour cream, milk, or yogurt		7	
<b>Cinnamon, Organic</b>		10	
Cumin, organic OR Cayenne, 140,000 HU		12	
<b>Curry Ingredients : Pepper, Coriander, Cumin, Fenugreek, Ginger, Garlic, Turmeric, Mild, Organic</b>		10	
Chili Powder, Medium (organic chili \$14)		8	
<b>Garlic, CHOOSE: Granules OR Powder, Organic</b>	1	14	
Italian Seasoning: basil, garlic, marjoram, oregano, rosemary, sage, savory and thyme		9	
<b>Onion, CHOOSE: Minced Or Powder, Organic (non organic \$8)</b>		12	
Pepper, WHOLE Peppercorns OR GROUND, Black,		16	
<b>Seasoning Salt, uses real salt and no msg, like Lawry's</b>		8	
Taco Seasoning, uses real salt, no msg		9	
<b>Turmeric, Ground , Organic (non organic \$10)</b>		14	
<b>PASTA– Non GMO Bulk Pasta, semolina flour (not whole wheat) CHOOSE: PENNE, ELBOW or ROTINI Pasta (Packaged in 4 - 5# bags) Choose: SPAGHETTI (packaged in 2– 10# bags)</b>	20	38	

<b>STORAGE CONTAINERS &amp; KITCHEN TOOLS</b>			
Item	Price	Quantity	Total
6 gal. round white pail with standard lid 5 Gal Rectangle bucket, with hinged lid, hold 35#	9 Round 8.50 rect		
1 Gallon Pail & Lid - White - Handy when dividing out large bags etc 2 Gallon Pail and Lid, White (lid is a gamma lid) , great for 25# bags	5 10		
Gamma Lids — screw on lid for 6 gal. pail ~ Various Colors	8		
1 / 2 Gallon 'Squatty' Wide Mouth Jars with lids - Set of 6	25		
Mason 1/ 2 Gallon Storage / Canning Jars - Case of 6 with lids & rings	20		
Gallon Storage Jars Case of 4 with lids ~ Perfect for soaking & storing	25		
<b>CHICAGO METALLIC COMMERCIAL PANS with Sure Glaze Finish</b>	<b>Integrated</b>	<b>Into the</b>	<b>Pan!</b>
Bread Pan - Regular 8" Loaf Pan ~ 1# Loaf	15		
Bread Pans - Long 12" Loaf Pan ~ 1.5 # Loaf	18		
Cookie Sheets OR Mini Loaf Pan 5 5/8"	18 / 9		
Man - Size Muffin Pan - 6 place - Mini Quiche, Pizza, Cakes!	30		
<b>BAKING TOOL SET ~ Jumbo Silicone Wok Mat / Dough Divider, Scraper NEW Measuring Cups &amp; Spoons Set / Stainless Steel 2 C Scoop</b>	10 / 7 10 / 10 29 Set		
<b>Digital Scale ~ Weigh dough, ingredients, proportions in gr, #, oz</b>	25		
BAKING MAT fits perfectly In COOKIE SHEET PAN - bakes best cookies!	15		
COOKIE / ICE CREAM SCOOPS ~ three sizes ~ 1 1/2 t, 1 1/2 T , 4 T	18 each		
Deodorant Dispenser , roll on style, reusable - holds 2.5 oz Mix: 2/3 C liquefied coconut oil w/ 1/2 C baking soda & 1/2 C arrowroot	3 for 6		
PASTA EQUIPMENT ~ Pasta Roller makes 3 kinds of pasta 5# Semolina flour	45 5		
SILICONE MAT WITH PIE CRUST GUIDES	12		
THERMOMETER — For breads, meats, poultry - digital or needle face	10		
BREAD BAGS 100 in pack with Twisties	8.50		
Ceramic Butter Bell ~ keep butter fresh at room temp	9		
<b>BIG MOUTH CHOPPER / SLICER ~ Better than the Alligator! Two dicing sizes &amp; one slicer, stainless steel blades, self contained!</b>	<b>45</b>		
Bamboo Utensils (stirring) Bamboo Cutting Board 12 x 10 / 16 x 12	7 17 / 20		
TOTAL NON CONSUMABLES			
TOTAL CONSUMABLES			

<b>BOSCH &amp; L'CHEF PRODUCTS</b>			
<b>Item</b>	<b>Price</b>	<b>Quantity Or Circle your Choice</b>	<b>Total</b>
Nutrimill Harvest - Old fashioned Stone milling in stylish bamboo housing. Pick your accent color! Gluten Free Kit (silicone cover that makes the Harvest a gluten free grinder)	289 <b>45</b>		
NutriMill Classic — Lifetime Warranty, 16 C drawer canister, variable speed & texture / Bagger	200 / 35		
Bosch Plus Universal, Dough Hook, Wire Whips — 800 watts, 4 speeds, automatic. Transmission, makes 6 Loaves & A base for ALL THESE ATTACHMENTS: ICE CREAM MAKER— fits Universal Plus model not older models	389 49		
Bosch Slicer/Shredder — 10 cup bowl with grating, slicing, & French fry stainless steel blades Whisk Whip for light mixtures ~ New Dough Hook <b>NEW Oversize Slicer/Shredder</b> sits on Bosch Bowl. with Slicing & Grating Blades. Add ons~ French Fry &/or Julienne Blades. Blades Are interchangeable in either model S / S	125 60 15 75 20 30	Slicer Shredder Whisk Dough Hook Oversize S / S French Fry Julienne	
Bosch Meat Grinder — heavy-duty work horse Sausage Stuffer-3 tube sizes Lightweight Meat Grinder, not for heavy use	149 50 79	Grinder Stuffer Light grinder	
Cookie Paddles for Bosch with metal whip drive Bowl Scraper cleans the bowl attaches to whip drive Replacement Cookie paddles no metal drive Replacement Wire Whips	35 32 25 15	Cookie w/ drive Bowl Scraper Cookie no drive Wire Whips	
Flour Sifter - Super fine Flour or powdered sugar for Universal Plus or older Universal Model	90	Universal Plus Older Univ	
Bosch Food Processor — 5 cup bowl fits on blender mount for slicing, grating & 'S' blade Citrus Juicer - sits on Bowl motor mount	105 30	Fd Proc Juicer	
Bosch Blender — 6 C workhorse, must for a Bosch owner! Bosch Pasta Roller—makes lasagna fettuccine, and angel hair Bosch Pasta extruder-uses meat grinder	75 175 150		
Coffee / Seed / Herb Mill - Very Stylish new look	25		
L'EQUIP Dehydrator Filter Pro w/ digital timer & temp Extra Fruit Leather Trays set of 10 Set of 2 Extra Trays	135 12 25		
Roller Flaker OR Family Grain Mill Manual Hand base for flaker or Mill OR attachment for Bosch	125 ea 35 ea		
New Personal Bosch Blender, Red base, 2 smoothie jars and bonus seed jar, can use blades on mason jar too	45		

<b>Packages ~ Select one of these OR make up your own...Equip your Kitchen with THE best!</b>	<b>Unit Price</b>	<b>Total Cost</b>
<b>Universal Plus, Harvest Stone Mill DELUXE PKG~</b> Blender, Dough Hook, Wire Whips, Cookie Paddles, Slicer/Shredder, Roller Flaker, Hook Extender, and Bowl Scraper \$1133.50 Value	\$999 Or \$250 4 paymts	
<b>Universal Plus , Cookie Paddles &amp; Roller Flaker &amp; Harvest Stone Mill</b> includes dough hook, wire whips, and dough hook extender. \$892.50 Value	\$819 Or \$205 4 paymts	
<b>Bread Making Starter Kit</b> - Supplies for 20 loaves of Bread + 2 Regular Loaf Pans, Vegalene, SAF, 1# D Enh 10# Prairie Gold, 5# Spelt, 5# Kamut, Thermometer Bread Bags, Salt, Whole Grains DVD \$103.50 Value	99	
<b>Nutrimill Classic Package ~ Mill., Bagger, \$264 Value</b>	235	
<b>Soaking &amp; Dehydrating Package ~</b> Filter Pro, 4 gal Jars Mesh Colander, Big Mouth Slicer/Dicer, 10 Fruit Leather Trays \$262 Value	219	
<b>Deluxe Pkg + Soaking &amp; Dehydrating Pkg ~</b> .purchase both & get the Bread Starter Kit for \$50 \$1499 Value \$999 + \$249 + \$50 = \$1298	1268 <b>Or \$325</b> 4 paymts	

Please return this form by  
**Tuesday, April 10th by midnight**  
**To receive 10% off Consumables**  
**Please pay 50% or All by April 20th!!**

Fawn Dixon –Sourdough Girls  
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Fairbanks, Alaska 99701  
Physical Address: 662 Moran Dr.  
907-378-0751 text/call  
sourdoughgirlscreate@gmail.com  
*Credit cards must be swiped to receive discount*  
We accept cash, credit card, check or PayPal  
(payable to Sourdough Girls)  
PayPal Acct. fawndixon@hotmail.com

<b>Page 1</b>	
<b>Page 2</b>	+
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<b>Consumable Subtotal</b>	
<b>Subtract Savings</b>	-
<b>Consumable Total</b>	=
<b>Total non Consumables</b>	+
<b>Final Total</b>	=

Name:		
Address:		
City:		
Zip:		Phone:
Email:		