

# Sourdough Girls and Wholy Living Price List & Order Form ~ FALL 2017

<sup>1</sup> <b>Organic</b> <b>ALL GRAINS ARE NON-GMO</b> <sup>2</sup> <b>Certified Chemical Free</b> *store 6 months or less	Weight (lbs)	Price (\$)	Qty	Total Cost
Prairie Gold <sup>2</sup> — hard white spring wheat berries high protein,	5 / 50 45 (Pail)	8 / 36 / 45		
Bronze Chief Wheat <sup>2</sup> — hard red spring wheat, more robust	5 / 50 45 (Pail)	8 / 33 / 44		
Kamut <sup>1</sup> — Egyptian grain, wheat substitute, soft bread NEW 50# <b>Einkorn— Ancient grain, soft bread, lower gluten</b>	5 / 25 / 50 5 / 25	15 / 40 / 72 20 / 89		
Spelt <sup>1</sup> — most easily digested, good bread, complete protein, Low gluten	5 / 50 45 (Pail)	12 / 65 / 70		
Soft White Pastry Berries <sup>2</sup> — perfect for pie crusts, cookies, muffins, angel food cakes	5 / 50 45 (Pail)	8 / 40 47		
7 Grain Mix <sup>2</sup> — unique blend of hard wheat, oats, soft white, rye, triticale, barley and spelt	25 / 45 (Pail)	32 / 65		
7 Grain Mix Rolled w/ Flax Seeds <sup>2</sup> - great for granola & hot cereal	8 / 50	20 / 62		
Natural White Unbleached Flour <sup>2</sup> Pizza Flour—Type 00, white , organic	10/ 25 / 50 50	10/ 24 / 42 69		
Regular Rolled Oats OR Quick Rolled Oats (circle preference)	25 / 50	24 / 44		
Certified Organic Rolled Oats Or Quick Oats GLUTEN FREE Rolled Oats,	25 / 50 50	36 / 70 70		
Corn - Whole for corn bread - Organic - non GMO	25	41		
Oat Groats <sup>1*</sup> - roll your own oats in the Roller Flaker Steel Cut Oats— Organic	5 / 25 / 50 5 / 25	10 / 44 / 71 14 / 44		
Whole Rye <sup>1</sup>	5 / 25	9 / 29		
Hulled Barley from Delta Junction — great milled or in soups Hulled Barley— Organic, Oregon grown	5 / 25	8 / 21 10 / 44		
Buckwheat groats <sup>1</sup> - gluten free, good sprouts & pancakes	5 / 25	17 / 72		
White Quinoa (Keenwa) <sup>1</sup> · Mill for flour, cook like rice GF, white	5 / 25	17 / 76		
Millet <sup>1</sup> — serve like rice, excellent for restoring alkaline	5 / 25 / 50	11 / 42 / 78		
Long Grain Brown Rice <sup>1*</sup> Lundberg Family, <b>ORGANIC</b> Long Grain Brown Rice, Lundberg, Eco Farmed Short Grain Brown Rice, Lundberg, Eco Farmed	5 / 25	<b>16 / 67</b> 11 / 46 10 / 39		
WHITE Basmati Rice, <b>ORGANIC</b> WHITE Basmati Rice, Eco Farmed BROWN Basmati Rice, Eco Farmed WILD RICE Blend, Lundberg	5 / 25  5	17 / 75 13 / 56 12 / 51 21		
Yellow Popcorn - Organic, Delicious, FEW 'Old Maids' Multi Popcorn Organic , higher antioxidants than yellow popcorn	5 / 25	11 / 46 12 / 51		

<b>SEEDS ~ NUTS ~ SWEETENERS ~ OILS</b> <b>New Items</b>	Weight (lbs)	Price (\$)	Qty	Total Cost
Chia Seeds - Black - Organic	1 / 5	5 / 22		
Golden Flax Seeds <sup>1</sup> — lowers cholesterol, omega oils	5 <sup>1</sup> / 25 <sup>1</sup>	7 / 30		
Pumpkin Seeds <sup>1</sup> - Medium size, protein rich, eliminates parasites! Chop & use in bread, trail mix <b>Organic</b>	5	18		
Sesame Seeds—make your own tahini, crackers, Organic	5	19		
Sunflower Seeds - raw, unsalted, shelled, Organic	5 / 25	15 / 68		
Almond s- Please choose : Slivered, Sliced, Dry Roasted, or Raw	5	36		
Brazil Nuts— Raw, whole Cashews — raw large pieces, roast for 15 minutes at 225	5	47 36		
Hazelnuts, whole, super food, Raw Peanuts - Dry roasted OR Salted, please choose	5	51 14		
Pecans — medium pieces or halves, please choose	2 / 5	25 / 55		
Walnut Pieces — pieces OR Halves, choose	5	30 / 37		
Peanut Butter, Creamy or Crunchy, salted, Natural Peanut Butter, creamunchy - natural, no salt,	35# 1 gal	96 40		
Peanut Butter, Cream y or Crunchy, Organic, salted Peanut Butter, Creamunchy, Organic, not salted	22# 1 gal	110 53		
Peanut Butter, Homogenized w/ Non GMO oil, Creamy only	35#	100		
Agave Syrup <sup>1</sup> - Organic Dark Amber	1 gal	47		
Honey <sup>1</sup> - RAW , Clover OR Blackberry, CHOOSE LOCAL HONEY, completely Raw, medium to dark in color	1 gal Pint / Quart	75 22 / 44		
Honey, Mountain Wildflower — delicious, full of enzymes, Honey, Blackberry from the NW, heated slightly Honey, Tropical Blossoms, stronger flavor, tropical flavor	1 gal / 40# 1 gal 1 gal	57 / 159 70 68		
Maple syrup <sup>1</sup> — Organic, delicious (by ounce only in store)	1 gal	80		
Molasses — Old Fashioned Sweet Table or Blackstrap	1 gal	24		
Evaporated Cane Juice Sugar <sup>1</sup> -	25 / 50	53 / 72		
Coconut Oil - organic, no odor or flavor	1 or 5 gal	39 / 154		
Coconut Oil - Extra Virgin, organic - Non Refined	1 or 5 gal	48 / 192		
Shortening <sup>1</sup> - Organic Palm Fruit, 18 month shelf life	5# pail	17		
Avocado Oil, expeller pressed, mild flavor (original vendor) Grapeseed Oil, high vit. 3, Omega 6, High smoke point-460 OLIVE OIL Extra Virgin, Organic - Excellent quality Sunflower Oil, Organic, neutral taste and high smoke pt.	1 Qt 1 gallon 1 gallon 1 gallon	21 38 44 28		

## BAKING ESSENTIALS & DRIED FRUIT PRODUCTS

	Weight	Price	Qty	Total
Arrowroot Powder-use like cornstarch & in deodorant	1 / 5	8 / 15		
Baking Powder Rumford — no aluminum, fast acting! Baking Soda	5 lb	20 10		
Milk Chocolate chips, contains dairy and soy, addicting!	5 / 25	27 / 125		
Dark Chocolate 70%, soy & dairy free, fair trade, Reg/Mini Semi Sweet, 56%, soy & dairy free, fair trade, Reg/Mini	2.5 / 5	22 / 40 20 / 36		
Chips ~ <b>Vanilla</b> Or Peanut Butter, Evap. Cane Sweetened	5	24 / 29		
STEVIA SWEETENED Chocolate chips, Lily's, Dark Chocolate	9 oz	7		
Cocoa Powder—10-12% Dutch cocoa	5	21		
Dough Enhancer — extends shelf life, soft bread Sunflower Lecithin, use in place of dough enhancer/gluten	1 / 5 16 oz	7.50 / 27.50 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 / 5	11 / 45		
Apples, Soft, skinless	5	35		
Apricots - DICED, sulphured, in rice flour, OR WHOLE		24		
Cherries - Dried Bing –not sweetened	5	55		
Coconut - chipped, larger pieces, organic , unsweetened Coconut– Medium flakes, unsweetened, organic	5 / 25	21 / 82 21 / 88		
Cranberries– Sweetened with Apple Juice , Lower Price! Dates, Pieces rolled in GF oat flour	5 5 / 30	26 17		
Dates, Wjhole pitted, organic	5	24		
Peaches, natural, yellow	2.5	28		
Pears, natural, peeled	2.5	26		
Raisins - Golden, sulphured		19		
Flame Raisins, made from red grapes		16		
Thompson, Organic	5	19		
Current Raisins, very small in size		17		

## SOUP FIXINS ~ SEASONINGS ~ MILK

DRY BEANS ~ 5# & 25# SIZE ~ All USA grown	Weight In pounds	Price	Quan- tity	Total Cost
Black Beans - Organic (china grown \$43)	5 / 25	12 / 54		
Red Kidney - Organic	5 / 25	13 / 52		
Pinto ~ Organic , (non organic \$41 )	5 / 25	12 / 52		
Garbanzo - Organic (non organic \$45)	5 / 25	12 / 52		
Green Split Peas - Organic USA or Canada grown Yellow Split Peas– Organic , USA grown	5 / 25	9 / 38 9 / 41		
Great Northern - Organic (non organic \$45)	5 / 25	13 / 60		
13 Bean Fiesta Mix—prepare with broth & veg stew blend in BRK in 30 minutes	5 / 25	12 / 50		
Green Lentils—Organic	5 / 25	12 / 55		
Red Lentils-Organic, product of Turkey	5 / 25	15 / 69		
Black Lentils– Organic	5 / 25	15 / 67		
Beef Broth Mix– All below good for soup or hot drink Chicken Broth Mix - Vegetable Broth Mix	1	7.50		
Dehydrated Veggies-carrots, celery, tomatoes, peppers 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	10	50		
Dehydrated Potato Shreds Pail - rehydrates quickly, good as hash browns, add to soup ~ delicious!	10	50		
Celtic Sea Salt <sup>1</sup> —80 trace minerals, pure, fine ground	1 / 5	10 / 45		
Celtic Sea Salt Crystals -coarse for grinders,Will dissolve in liquids	1 / 5	5 / 22		
PINK Himalayan Salt - raw, pure, high mineral & iron content, fine 5# bag is not fine ground but between fine and course	1 / 22 5	5 / 53 16		
Real Salt—similar to Celtic but harvested in Utah	26 oz / 25	9 / 85		
Whole Milk Powder, Organic	16 oz / 5 #	11 / 50		
Buttermilk Powder– use for light/fluffy baking	5	16		
Coconut Milk Powder- shelf stable Coconut Milk Canned, organic, NO Guar Gum Coconut Cream OR Coconut Sweetened Condensed Milk	1 / 5 13.5 oz 5.4 oz / 7.4 oz	11 / 50 3.50 2 / 3.50		
Morning Moos Chocolate Flavored Protein Powder– hot or cold Morning Moos Milk Flavored Protein Powder	#10 Can = 5 gal Pail makes 50 gal	20 can 125 pail 135 choc		
Apple Cider Vinegar, Organic, Raw	32 oz / 1 gal/ 5 gal	6 / 20 / 78		

<p align="center"><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></p>			
	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 one)	159		
Perforated basket keeps food off bottom OR non-perforated for custards	40		
Original BRK P 6 LITER Pressure Cooker with Lids (Pressure and Glass lid)	189		
<p align="center"><b>Sweet Tooth Healthier Treats all treats are GMO free and Fair Trade</b></p>			
Dark Chocolate Coconut Chews— Like a mounds but Better!!	1	8	
MINI Peanut Butter Cups— Organic	1	11	
Rainbow Drops or Sundrops (vegetable or fruit dye, similar to M&M's)	1 / 5	8 / 35	
Organic Fruity Slices Or Jelly Beans, organic fruit juice/sugar, gluten free	1 / 5	9 / 40	
Yogurt Covered Raisins	1 / 5	8 / 35	
<p align="center"><b>Gluten Free, Coconut Items and Spices</b></p>			
	Size	Price	Quantity / Total
Coconut Sugar - RAW, ORGANIC, Extremely low glycemic index, Coconut Flour— Organic	5 / 25 5	21 / 88 14	/
Coconut Aminos - RAW, ORGANIC Great soy sauce substitute Bragg's Liquid Aminos	16 oz / gallon 32 oz / gallon	12 / 57 9 / 35	/
Almond Meal / Flour - BLANCHED (if you want Unblanched \$29-5#)	5	40	
Corn Starch, Organic	1 / 5	9 / 25	
Potato Starch,	24 oz / 5	5 / 15	/
Sorghum, Grain, certified organic	5 / 25	11 / 42	
Sorghum, Flour	5 / 25	13 / 45	
Tapioca Starch, Organic	5	15 / 53	/
Xylitol - alternative sugar made of birch syrup		30	
Gelatin- Beef (unflavored) use in yogurt, homemade jello	1	11	
Buttermilk Ranch Dressing Mix, add 1T to 8 oz s.cream, milk, yogurt, etc		7	
<b>Cinnamon, Organic</b>		<b>10</b>	
Cumin, organic OR Cayenne, 140,000 HU		12	
<b>Curry, Mild, Yellow</b>		<b>7</b>	
Chili Powder, Medium		8	
<b>Garlic, Granules OR Powder</b>	1	<b>14 / 11</b>	
Italian Seasoning,		9	
<b>Onion, Minced Or Powder</b>		<b>12 / 7</b>	
Peppercorn, WHOLE OR GROUND, Black,		23 / 15	
<b>Seasoning Salt, uses real salt and no msg, like Lawry's</b>		<b>8</b>	
Taco Seasoning, uses real salt, no msg OR Turmeric, Ground		8 / 9	

<p align="center"><b>STORAGE CONTAINERS &amp; KITCHEN TOOLS</b></p>			
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	19		
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 / 8		
Man - Size Muffin Pan - 6 place - Mini Quiche, Pizza, Cakes!	30		
<b>BAKING TOOL SET ~ Jumbo Silicone Wok Mat / Dough Divider, Scraper</b> <b>NEW</b> Measuring Cups & Spoons Set / Stainless Steel 2 C Scoop	10 / 7 10 / 10 29 Set		
<b>Digital Scale ~</b> Weigh dough, ingredients, proportions in gr, #, oz	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 arrowrt	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		
<b>NEW</b> Ceramic Butter Bell ~ keep butter fresh at room temp	9		
<b>NEW BIG MOUTH CHOPPER / SLICER ~</b> Better than the Alligator! Two dicing sizes & one slicer, stainless steel blades, self contained!	<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)	299 <b>45</b>		
NutriMill Classic — Lifetime Warranty, 16 C drawer canister, variable speed & texture / Bagger Nutrimill Plus-	200 / 35 200		
Bosch Plus Universal, Dough Hook, Wire Whips — 800 watts, 4 speeds, automatic. Transmission, makes 6 Loaves & A base for ALL THESE ATTACHMENTS: DOUGH HOOK EXTENDER ICE CREAM MAKER— fits Univeral Plus model not older models	389 12.50 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	170 10 25		
L 'EQUIP XL Super Centrifugal Juicer ~ Black OR White	125	Black or White	
New Personal Bosch Blender, Red base, 2 smoothie jars and bonus seed jar, can use blades on mason jar too	49		

<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  
**Wednesday, October 4th by midnight**  
To receive 10% off Consumables  
Please pay minimum of 50% or All by Oct. 20th!!

Fawn Dixon –Sourdough Girls  
662 Moran Dr.  
Fairbanks, Ak 99712  
907-378-0751 text/call  
sourdoughgirlscreate@gmail.com  
Credit cards must be swiped to receive discount  
We accept cash, credit card or check  
(payable to Sourdough Girls)

Page 1	
Page 2	+
Page 3	+
Consumable Subtotal	
Subtract Savings	-
Consumable Total	=
Total non Consumables	+
Bosch & L'Chef	+
Final Total	=

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