

# Sourdough Girls Price List & Order Form ~ SPRING 2020

prices subject to change

All Products are NON GMO unless specified.	Weight (lbs)	Price (\$)	Qty	Total Cost
Prairie Gold — hard white spring wheat berries high protein, Excellent gluten content for fluffy bread	5 / 25 / 50	8 / 25 / 41		
Bronze Chief— hard red spring wheat, robust flavor,	5 / 50	8 / 25 / 38		
Einkorn— heirloom grain, love it for sourdough! Very low gluten Kamut - Egyptian ancient grain, wheat substitute, soft bread Emmer- Italian "Farro" Wheat, heirloom, NEW	5 / 25 5 / 25 / 50 5 / 25	20 / 90 12 / 42 / 74 14 / 51		
Red Fife Heirloom Wheat— a red wheat Spelt - most easily digested, complete protein, Organic Spelt— Wheat Montana brand, not organic	5 / 50 5 / 25 5 / 50	14 / 98 11 / 41 10 / 73		
Soft White Pastry Berries, Organic, perfect for pie crusts, cookies, muffins, cakes, crackers, add gluten to use for bread	5 / 25 / 50	9 / 25 / 48		
Certified Organic Hard White or Hard Red Wheat	50	60 red 74 white		
7 Grain Mix, Rolled, NO Flax , Organic, grind for 7 grain bread	25	48		
Natural White Unbleached Flour , Wheat Montana Pizza Flour, ITALIAN OO flour, Organic, use for white flour	10 / 50 50	10 / 48 72		
Regular Rolled Oats OR Quick Rolled Oats (circle preference)	25 / 50	26 / 47		
Certified Organic Rolled Oats OR Quick oats GLUTEN FREE Rolled Oats, certified gluten free	25 / 50 50	39 / 69 74		
Amaranth, Corn - Whole for corn bread— Organic - non GMO GF	5 5 / 25	14 9 / 29		
Oat Groats, organic, soak and dehydrate for huge Nutrition jump!!	5 / 25 / 50	11 / 39 / 77		
Steel cut Oats, Organic Whole Rye, organic	5 / 25	11 / 40 8 / 28		
Hulled Barley from Delta Junction — great milled or in soups Hulled Barley — Oregon Grown, ORGANIC	5 / 25	8 / 30 9 / 32		
Buckwheat groats- gluten free, good sprouts & pancakes	5 / 25	16 / 65		
White Quinoa (Keenwa) <sup>1</sup> - Mill for flour, cook like rice GF Tri-colored Quinoa <sup>1</sup> just looks & tastes so much better than white!	5 / 25	18 / 72 18 / 83		
Millet <sup>1</sup> — serve like rice, excellent for restoring alkaline	5 / 25	10 / 83		
LONG Grain Brown Rice , Lundberg Family grown in CA, Organic LONG Grain Brown n Rice, Lundberg, ECO Farmed	5 / 25	17 / 70 13 / 54		
Basmati Brown Rice, Lundberg , Eco Farmed Basmati Brown Rice, Lundberg, Organic	5 / 25	13 / 54 18 / 78		
Basmati White Rice, Lundberg, Organic Basmati White Rice, Lundberg, Eco Farmed Wild Rice, Lundberg, blend	5 / 25	21 / 93 15 / 62 22		
Yellow Popcorn <sup>1</sup> — Organic, Delicious, FEW 'Old Maids' Multicolored Popcorn <sup>1</sup> — Organic,	5 / 25	13 / 41 14 / 51		

SEEDS ~ NUTS ~ SWEETENERS ~ OILS	Weight (lbs)	Price (\$)	Qty	Total Cost
Chia Seeds - Black Organic	1 / 5	5 / 19		
Golden Flax Seeds — lowers cholesterol, omega oils	5 / 25	8 / 31		
Pumpkin Seeds - Medium size, protein rich, eliminates parasites! Chop & use in bread, trail mix <b>Organic</b>	5	22 china 57 USA		
Sesame Seeds — brown , make your own tahini, Organic	5	14		
Sunflower Seeds - raw, unsalted, shelled, Organic USA	5 / 25	15 / 70		
Almond - excellent quality ~ Choose: Raw, Slivered, Sliced, Roasted, Or Salted Almonds	5	39		
Brazil Nuts Cashews — PIECES, roast for 15 minutes at 225	2 5	26 35		
Hazelnuts - whole, super food, Raw, absolutely delicious! Peanuts - Dry roasted OR Salted - make your own pb	5	49 16		
Pecans — Medium Piece or Halves, choose size and type	2.5 / 5	23 / 43 Piece 30 / 55 halves		
Walnut Pieces — Halves and pieces, mixed lot	5	35		
Peanut Butter, Creamy or Crunchy , salted Peanut Butter, Creamy or Crunchy, salted, ORGANIC	35 22	87 93		
Peanut Butter, Creamy or Crunchy, Gallon size, light salted	Gallon	47		
Agave Syrup- Organic Dark Amber Erythritol - sugar alcohol, powder form, use like sugar	1 gal 5 lb	55 29		
Honey - Raw Organic , Clover	1 gal	50		
Honey, Mountain Wildflower — delicious, full of enzymes, minimally processed	1 gal / 40#	58 / 141		
Maple syrup— Grade A, very dark, organic, delicious	1 gal	77		
Molasses- Blackstrap or Old Fashioned , New ORGANIC	32 oz / 1 gal	11 / 38		
Evaporated Cane Juice Sugar <sup>1</sup> - use 1/3 less, better than Refined. Mix w/ molasses for fabulous brown sugar	25 / 50	52 / 84		
Xylitol - alternative sugar made of birch syrup	5	36		
Avocado Oil, Coconut Oil - organic, refined with no odor or flavor	1 qt / 1 gal 1 or 5 gal	15 / 55 30 / 115		
Coconut Oil - Extra Virgin, organic - smells & tastes like coconut -	1 or 5 gal	49 / 185		
Shortening - Organic Palm Fruit, 18 month shelf life	4.5 / 33	21 / 89		
Olive Oil, Extra Virgin, Organic - Excellent quality	Gallon	35		
Sunflower Oil, organic, expeller pressed, non GMO	Gallon	32		

## BAKING ESSENTIALS & DRIED FRUIT PRODUCTS

	Weight	Price	Qty	Total
Arrowroot Powder-use like cornstarch & in deodorant CORN STARCH, Organic	1 / 5	9 / 17 7 / 28		
Baking Powder - no aluminum, fast acting, bag to refill contain. Baking Soda - High Quality no fillers! Use for cooking/cleaning	5 lb 5 lb	18 11		
Chips, MILK chocolate, w/soy/dairy	5 / 25	31		
Soy Free/Dairy Free Dark Chocolate - organic, Reg Soy Free/Dairy Free SEMI Sweet, Organic mini or Reg.	5	37		
STEVIA Sweetened Dark Chocolate, Lily's or equivalent	1 / 5	10 / 47		
Chips ~ <b>Peanut Butter</b> , Cane sugar swt, (contains soy/dairy)	5	29		
Cocoa Powder—10-12% Dutch cocoa, not bitter, use 1/3 less Cocoa Powder— Organic, Fair Trade, certified	5 5	23 33		
Dough Enhancer , CONTAINS GMO ingredients Sunflower Lecithin- substitute for DE, works, Organic	1 16 oz	8 12		
SAF Yeast—makes 80 loaves of bread	1	6		
Vegalene Pan Spray — Aerosol, lasts & lasts, may contain GMO oils,	14 oz	9		
Vital Wheat Gluten	1# / 5 lb	6 / 16		
Pure Vanilla Powder - use same t for tsp Vanilla Extract- Four Fold process Or Certified Organic,	1.5# Powder 16 oz / 32 oz 16 oz.	25 16 / 30 FF 26 Organic		
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 alt, Love at 1st SNIFF!	8 oz 1.5# Powder	12 20		
Nutritional Yeast - adds incredible nutrients to baked goods	1 / 5	12 / 50		
Apples Rings, Soft & chewy ~ great snack or rehydrate	5	45		
Apricots - diced, sulfured, in rice flour Apricots— Whole, Turkish, great lunch snack	5	17 23		
Cherries - Dried Bing , very yummy from CA.	5	59		
Coconut - chipped, larger pieces, organic , unsweetened	5 / 25	16 / 75		
Coconut—shredded like Almond Joy, organic, no sweetener, blend w/hot water, strain for coconut milk	5 / 25	16 / 75		
Cranberries, Sweetened with apple juice, addicting!! Dates - pieces rolled in oat flour Dates— whole, pitted	5	27 17 24		
Pears, Peaches,	2.5	27 29		
Raisins - Golden, sulfured Thompson seedless raisins , organic Flame Raisins, Current Raisins	5	22 23 18 23		

DRY BEANS ~ 5# & 25# SIZE ~ PREMIUM USA GROWN or North/South America	Weight In pounds	Price	Quan- tity	Total Cost
Black Beans - Organic	5 / 25	13 / 53		
Pinto ~ Organic	5 / 25	12 / 55		
Garbanzo - Organic	5 / 25	12 / 55		
Green Split Peas - Organic	5 / 25	9 / 40		
Green Lentils—Organic Red Lentils— Organic	5 / 25	13 / 57 14 / 62		
Beef Broth Mix— All below good for soup or hot drink Chicken Broth Mix - Vegetable Broth Mix                      Circle your choices, All NO MSG	1	7.50 7.50 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 Shreds OR Slices in Pail - rehydrates quickly, Use as hash browns, add to soup ~ delicious!	7# pail	40		
Celtic Sea Salt <sup>1</sup> —80 trace minerals, pure, fine ground	1 / 5	11 / 51		
Celtic Sea Salt Crystals - coarse crystals. Will dissolve in liquids	5	25		
<b>PINK Himalayan Salt</b> - raw, pure, high mineral content , Fine Course	2.5 / 5 / 22 2.5 / 5	8 / 13 / 52 8 / 13		
Real Salt, comes from Utah	1 lb.	11		
Buttermilk Powder— use for light, fluffy baking	5	16		
Coconut Milk, Powder Coconut Milk, canned, organic, case price only, no guar gum Whole Milk, Powder, Organic	1 / 5 Case of 12 26 oz / 5 lb	12 / 53 38 18 / 51		
Morning Moos Milk Flavored Protein Powder - Delicious, Easy to Digest	#10 Can Makes 4 gal	20 milk		
Morning Moos Chocolate Flavored Protein Powder- delicious hot or cold	#10 Can Makes 5 gal	21 choc		
Apple Cider Vinegar, Organic, Raw	1 gal / 5 gal	18 / 75		

TOTAL CONSUMABLES PAGES 2 & 3

<i>Sizzle Pressure Pots by BRK</i>			
<i>Lifetime Guarantee– 10 Year Free Replacement Parts ~ Pots are Stainless Steel for all cooking surfaces except in oven ~Save Time and Energy –cook in half the time, easy cleanup ~Take pot to the cabin/camping, no power needed! ~One Handed Locking Lid – open your lid at anytime during cooking ~Frozen chicken breast in 10 min. then shred in Bosch w/wire whips ~Perfect Gift for Mothers Day, Graduation, Wedding, etc</i>			
	Price	Quantity	Total
4 Liter Pot with Pressure Lid Green Black Orange (choose one)	129		
6 Liter Pot with Pressure Lid Green Black Orange (choose one)	139		
8 Liter Pot with Pressure Lid Green Black Orange (choose one)	149		
10 Liter Pot with Pressure Lid Green Black Orange (choose one)	159		
Meat Trivet - I use it for everything except soup & cooking grains	12.50		
Perforated Basket ~ Or Non Perforated Basket, CHOOSE	40		
<b>Sweet Tooth, Gluten free, Coconut and SPICES</b>			
Dark Chocolate Coconut Chews— Like a mounds but Better!!	1	10	
Organic 'Reeses' milk chocolate mini chips	1	11	
Milk Chocolate Rainbow Drops— uses vegetable or fruit dyes, like M&Ms		9 / 43	
Yogurt covered Raisins OR PRETZELS	1 / 5	8 / 39	
Watermelon Rings, Organic, fruit juice/suar, GF		10	
Almond Meal/flour, fine, blanched	5	40	
Coconut Sugar - RAW, ORGANIC, Extremely low glycemic index,	5 / 25	24 / 87	
Coconut Aminos - RAW, ORG ~ Great soy sauce substitute	16oz/30oz/1 g	12 /19 / 63	
Braggs Aminos-	32 oz	11	
Tapioca Flour - use in GF mixes	50	61	
Potato Starch	5	16	
Sorghum Grain ~ add to GF mixes w/ 1 T arrowroot or egg white / C flour	5 / 25	9 / 30	
Gelatin, Beef, Unflavored, use to thicken yogurt or make your own jello	1	11	
Buttermilk Ranch Powder, add 1T to 8 oz. yogurt/sour cream thin w/water	1	8	
Cinnamon, Organic		10.50	
Cumin, Organic	1	13	
Curry, Mild, Organic		10	
Chili Powder, Medium		8	
Garlic, Granules or Powder, Choose one, Organic	1	15	
Italian Seasoning	1	9	
Onion, Choose: Minced or Powder, Organic	1	13	
Seasoning Salt, Uses Real Salt and NO MSG	1	9	
Taco Seasoning, Uses Real Salt and NO MSG	1	9	
Tumeric, Ground, Organic		16	
SESAME STICK, Choose HONEY Roasted or SALTED	1 / 2.5	6 / 13	

<b>STORAGE CONTAINERS &amp; KITCHEN TOOLS</b>			
Item	Price	Quantity	Total
6 gal. round white pail with lid or purchase the gamma lid	9		
5.3 gal rectangular pail with hinged lid ~ looks like square pail—holds 35#	8.50		
1 Gallon Pail & Lid - White - Handy when dividing out large bags etc	5		
2 Gallon Pail with Gamma - White ~ Great 'PANTRY' size pail	11		
Gamma Lids — screw on lid for 6 gal. pail ~ Various Colors	9		
1 / 2 Gallon 'Squatty' Wide Mouth Jars with lids - Set of 6	25		
Gallon Storage Jars Case of 4 with lids ~ Perfect for soaking & storing	25		
CHICAGO METALLIC COMMERCIAL PANS with Sure Glaze Finish	Integrated	Into the	Pan!
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 Work Mat /Dough Divider, Scraper</b>	10 / 7 / 10		
Stainless Steel 2 C Scoop	25 Set		
<b>Digital Scale ~</b> Weigh dough, ingredients, proportions in grams, #, 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:	3 for 6		
2/3 C liquefied coconut oil w/ 1/2 C baking soda & 1/2 C arrowrt			
PASTA EQUIPMENT ~ Pasta Roller makes 3 kinds of pasta	45		
5# Semolina flour	10		
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		
BIG MOUTH CHOPPER / SLICER ~ Better than the Alligator! Two dicing sizes & one slicer, stainless steel blades, self contained!	45		
Bamboo Utensils (stirring)	7		
Bamboo Cutting Board 12 x 10 / 16 x 12	17 / 20		
Tortilla Press 8" for nice size Tortillas	26		
Organic Corn Masa to make tamales or corn tortillas, fry/bake for hard taco	\$12 for 5#		
TOTAL NON 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 (stone replacements) dual purpose mill!	279 45		
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 UNIVERSAL PLUS, not the older models	389 49		
SPIRALIZER with 3 blades - fill your Bosch bowl with home made veggies noodles. <b>NEW</b> VACUUM 4 C BLENDER - preserves nutrients, easy clean	50 60		
Bosch Slicer/Shredder, 10 cup bowl w/ 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~ crinkle cut, French Fry &/or Julienne Blades. All blades are interchangeable in either model S / S	125 15 75 20 30 20	Slicer Shredder Dough Hook Oversize S / S French Fry Julienne Crinkle cut	
Bosch Meat Grinder — heavy-duty work horse Sausage Stuffer, 3 tube sizes L'Chef Meat Grinder ` coarse/fine disk, stuffer, light weight	149 50 79	Heavy duty sausage Lightweight	
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, a MUST	.75		
PASTA ROLLER SET ~ 3 roller attach directly to Bosch Wide-lasagna, angel hair, fettuccini Pasta Maker attaches to original Meat Grinder - 10 shapes	175 189		
Coffee / Seed / Herb Mill - flax, sunflower, sesame, grains	25		
L'EQUIP Dehydrator Filter Pro w/ digital timer & temp settings Extra Fruit Leather Trays set of 10 Set of 2 Extra Trays	125 12 25		
Roller Flaker / Family Mill Direct fit to Bosch Hand Base to manually mill or roll grains Adapter for Bosch	125 each item 35		
RED PERSONALIZED BLENDER with 2 Smoothie Jars and bonus Seed Jar ~ blades also fit canning jar! <b>NEW</b>	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 \$1060 Value	\$999 Or \$250 4 paymts	
<b>Artiste Mixer, Harvest Stone Mill,</b> Dough Hook, Wire Whips, Cookie Paddles, Bowl Scraper, Meat Grinder Citrus Juicer, Slicer/Shredder, \$829 Value	\$759 Or \$190 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 \$117.50 Value	99	
<b>Soaking &amp; Dehydrating Package ~</b> Filter Pro, 4 gal Jars Mesh Colander, Big Mouth Slicer/Dicer, 10 Fruit Leather Trays \$227 Value	210	
<b>Deluxe Pkg + Soaking &amp; Dehydrating Pkg ~</b> purchase both & get the Bread Starter Kit for \$50 \$1404.50 Value \$999 + \$219 + \$50 = \$1268	1268 Or \$317 4 paymts	

Please return this form by  
**Tuesday, March 23rd**  
To receive 10% off consumables.  
Please pay 50% or All by April 1st

Fawn Dixon  
662 Moran Dr.  
Fairbanks, Ak 99712  
907-378-0751 call/text  
sourdoughgirlscreate@gmail.com  
http://www.wholyliving.com/  
We accept cash, credit card, check  
Or Paypal (fawndixon@hotmail.com)  
(payable to Sourdough Girls)

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

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