



# Flours, Cereals & More!

Minimum 300lbs or \$600 - FREE SHIPPING

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Minimum 300lbs & \$600 - FREE SHIPPING & 5% DISCOUNT

Minimum 300lbs & \$900 - FREE SHIPPING & 7% DISCOUNT

Minimum 300lbs & \$1200 - FREE SHIPPING & 8% DISCOUNT

"Pure Food ... Naturally!"



Shipping Prepaid

**Certified Organic Products**

**Price List January 1, 2017**

**ORGANIC WHEAT**

Red Fife Whole Wheat Flour	
Case (6 x 2.27kg)	\$ 50.12
10kg	\$ 29.30
25kg	\$ 71.50
Light Red Fife Wheat Flour	
Case (6 x 2.27kg)	\$ 54.12
10kg	\$ 33.93
25kg	\$ 83.17
Red Fife Wheat Kernels	
10kg	\$ 25.22
25kg	\$ 57.81
Acadia Whole Wheat Flour	
Case (6 x 2.27kg)	\$ 50.12
10kg	\$ 29.30
25kg	\$ 71.50
Light Acadia Wheat Flour	
Case (6 x 2.27kg)	\$ 54.12
10kg	\$ 33.93
25kg	\$ 83.17
Acadia Wheat Kernels	
10kg	\$ 25.22
25kg	\$ 57.81
All Purpose Heritage Flour	
Case (6 x 2.27kg)	\$ 54.12
10kg	\$ 33.93
25kg	\$ 83.17
Whole Wheat Flour	
Case (6 x 2.27kg)	\$ 38.69
10kg	\$ 25.46
25kg	\$ 61.92
Whole White Flour (Formerly known as Org Unbleached White Flour)	
Case (6 x 2.27kg)	\$ 43.43
11.34kg	\$ 33.48
25kg	\$ 70.13
Hard Wheat Kernels	
10kg	\$ 21.36
25kg	\$ 51.60
Cracked Wheat	
Case (12 x 910g)	\$ 36.57
10kg	\$ 25.46
25kg	\$ 61.92
Wheat Flakes	
8kg	\$ 20.13
Wheat Bran	
10kg	\$ 8.94
Cracked Freekeh Wheat	
5lb	\$ 31.62
11.34kg	\$ 145.94
Case (12 x 910g)	\$ 153.85

**ORGANIC PASTRY WHEAT**

Whole Wheat Pastry Flour	
Case (6 x 2.27kg)	\$ 43.64
10kg	\$ 26.91
Soft Wheat Kernels	
10kg	\$ 18.89
<b>ORGANIC CEREAL &amp; MIXES</b>	
Couscous (Regular & Whole Wheat)	
Case (12 x 910g)	\$ 84.07
11.34kg	\$ 82.55
Saint John Valley Cereal	
Case (12 x 910g)	\$ 42.73
10kg	\$ 25.32
7-Grain Cereal	
Case (12 x 910g)	\$ 43.48
10kg	\$ 30.94
25kg	\$ 75.61
12-Grain Cereal	
Case (12 x 910g)	\$ 59.32
10kg	\$ 40.35
25kg	\$ 97.22
Maritime Sunshine Pancake Mix	
Case (12 x 1kg)	\$ 56.14
10kg	\$ 39.70
Buckwheat Pancake Mix	
Case (12 x 1kg)	\$ 61.26
10kg	\$ 39.11
454g Cloth Bag	\$ 4.08
Case Cloth (18x454g)	\$ 72.00
Whole Wheat Pancake Mix	
Case (12 x 1kg)	\$ 55.93
10kg	\$ 34.97
Cornucopia Mix	
Case (12 x 910g)	\$ 59.23
Rainbow Medley Mix	
Case (10 x 700g)	\$ 36.30
Pharaoh's Favourite Mix	
Case (10 x 700g)	\$ 42.93
Trail Cookie Mix	
1.5kg	\$ 19.57
3 kg	\$ 37.98
case 8*1.5kg	\$ 149.52
case 4*3kg	\$ 143.54

**ORGANIC OILS**

Olive Oil	
Case (6x 1L)	\$ 125.98
1L	\$ 22.54
3L	\$ 60.04
continue...	

*continued...Organic Oils*

Sunflower Oil	
Case (6 x 1L)	\$ 70.55
1L	\$ 12.22
3L	\$ 32.80
Canola Oil	
Case (6 x 1L)	\$ 77.21
1L	\$ 13.72
Alpha Mills Canola Oil	
500ml	\$ 9.74
Case 12*500ml	\$ 116.51
4L	\$ 49.52
Grapeseed Oil (non-organic)	
Case (6 x 1L)	\$ 70.59
1L	\$ 13.27
Coconut Oil	
Case (6 x 454g)	\$ 63.16
Case (6 x 850g)	\$ 103.26
<b>ORGANIC PASTAS</b>	
Whole Wheat Spaghetti	
5kg	\$ 40.67
Case (8*300g)	\$ 32.04
Whole Wheat Elbows	
5kg	\$ 37.37
Case (8*450g)	\$ 41.10
Spinach Spaghetti	
5kg	\$ 41.33
Case (8*300g)	\$ 34.93
Spelt Spaghetti	
5kg	\$ 49.26
Case (8*300g)	\$ 38.62
Spelt Elbows	
5kg	\$ 47.28
Case (8*450g)	\$ 43.98
Veggie Spirals	
5kg	\$ 38.36
Case (8*300g)	\$ 31.24
Whole Wheat Fusilli	
Case (8*300g)	\$ 30.10
Veggie Fusilli	
Case (8*300g)	\$ 31.34
Veggie Elbows	
Case (8*450g)	\$ 41.10
Veggie Shells	
Case (8*300g)	\$ 31.24
Whole Wheat Rotelle	
Case (8*350g)	\$ 32.99
Whole Wheat Fettucini	
Case (8*230g)	\$ 26.63
continue...	

**"Pure Food ... Naturally!" 1-866-277-6371**



# Certified Organic Products

No Additives



No Preservatives

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*continued...Organic Pastas*

Spelt Fettucini	
Case (8*230g)	\$ 28.28
Spinach Fettucini	
Case (8*230g)	\$ 26.63
Soya Spaghetti	
Case (8*300g)	\$ 34.93
Whole Wheat Linguini	
Case (8*230g)	\$ 26.59
Spinach Linguini	
Case (8*230g)	\$ 26.59
Garlic & Parsley Linguini	
Case (8*230g)	\$ 26.59
Tomato & Basil Linguini	
Case (8*230g)	\$ 26.59
Spelt Noodles (soup)	
Case (8*400g)	\$ 40.59
Whole Wheat Penne	
5kg	\$ 37.37
Case (8*300g)	\$ 29.75

**ORGANIC KAMUT**

Kamut Flour	
Case (12 x 910g)	\$ 54.70
10kg	\$ 33.12
25kg	\$ 81.09
Kamut Kernels	
10kg	\$ 31.01

**ORGANIC SPELT**

Whole Spelt Flour	
Case (12 x 910g)	\$ 57.48
Case (6 x 2.27kg)	\$ 65.76
10kg	\$ 43.28
25kg	\$ 100.00
Light Spelt Flour	
Case (6 x 2.27kg)	\$ 76.86
10kg	\$ 53.41
25kg	\$ 127.51
Spelt Kernels	
10kg	\$ 37.44
25kg	\$ 86.05
Spelt Flakes	
8kg	\$ 33.64
Spelt Bran	
10kg	\$ 12.88

**ORGANIC RYE**

Whole Rye Flour	
Case (6 x 2.27kg)	\$ 41.60
10kg	\$ 23.72
25kg	\$ 56.64
Cracked Rye	
10kg	\$ 23.54
Rye Kernels	
10kg	\$ 18.89
25kg	\$ 45.50
Rye Flakes	
8kg	\$ 20.20

**ORGANIC OATS**

New Found Oatmeal	
Case (12 x 910g)	\$ 35.51
8kg	\$ 22.49
20kg	\$ 51.38
Oat Groats	
Case (12 x 910g)	\$ 38.51
2.27kg	\$ 7.46
10kg	\$ 29.22

Scottish Oatmeal	
Case (12 x 910g)	\$ 43.57
10kg	\$ 26.01

**ORGANIC BARLEY**

Whole Barley Flour	
10kg	\$ 43.26
25kg	\$ 106.41
Hulled Barley	
10kg	\$ 27.75
Case (12 x 910g)	\$ 44.34

**ORGANIC GOLDEN SUGAR**

Case(6 x 2.27kg)	\$ 71.49
2.27kg	\$ 12.20
10kg	\$ 49.54
25kg	\$ 115.58

**ORGANIC LOW GLUTEN PRODUCTS**

Buckwheat Flour	
Case (12 x 910g)	\$ 56.00
10kg	\$ 49.44
Buckwheat Groats	
2.27kg	\$ 14.57
11.34kg	\$ 72.84
Cornmeal	
Case (12 x 910g)	\$ 42.77
10kg	\$ 30.12

*continued...Organic Low Gluten Products*

Corn Flour	
Case (12 x 910g)	\$ 42.77
10kg	\$ 30.12
Corn Kernels	
10kg	\$ 25.50
25kg	\$ 55.08
Hulled Millet	
Case (12 x 910g)	\$ 64.77
11.34kg	\$ 49.99
Quinoa	
Case (12 x 910g)	\$ 119.48
2.27kg	\$ 25.93
11.34kg	\$ 120.69
Popping Corn	
Case (12 x 910g)	\$ 71.27
2.27kg	\$ 14.06
11.34kg	\$ 68.22
Long Grain Brown Rice	
Case (12 x 910g)	\$ 56.58
2.27kg	\$ 12.30
11.34kg	\$ 46.32
White Basmati Rice	
2.27kg	\$ 18.89
11.34kg	\$ 88.15
Brown Basmati Rice	
2.27kg	\$ 17.56
11.34kg	\$ 81.90
Brown Rice Flour	
Case (12 x 910g)	\$ 62.87
10kg	\$ 52.36
Amaranth (Grain)	
2.27kg	\$ 18.10
11.34kg	\$ 80.69
<b><u>ORGANIC SEEDS</u></b>	
Brown Flax Seed	
Case (12 x 910g)	\$ 64.94
11.34kg	\$ 62.81
22.7kg	\$ 118.75
Yellow Flax Seed	
Case (12 x 910g)	\$ 81.25
11.34kg	\$ 79.13
22.7kg	\$ 146.39
Hulled Sunflower Seed	
Case (12 x 910g)	\$ 77.30
11.34kg	\$ 67.63
Unhulled Sesame Seed	
Case (12 x 910g)	\$ 99.38
2.27kg	\$ 20.33
11.34kg	\$ 92.80
Continue...	

**"Pure Food ... Naturally!" 1-866-277-6371**



**Certified Organic Products**

No Additives



No Preservatives

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*Continued...Organic Sprouting Seeds*

Pumpkin Seed	
2.27kg	\$ 29.97
10kg	\$ 131.95
Hemp Seed	
case 10*300g	\$ 118.51
300g	\$ 12.69
910g	\$ 37.96
2.27kg	\$ 84.56

**Maritime Grown**

Organic Roasted Pumpkin Seed	
910g	\$ 27.21
2.27kg	\$ 66.40
10kg	\$ 273.90

**ORGANIC SPROUTING SEEDS**

Alfalfa Seed	
910g	\$ 17.72
2.27kg	\$ 44.19
Radish Seed	
910g	\$ 17.52
2.27kg	\$ 41.89
Red Clover Seed	
910g	\$ 12.15
2.27kg	\$ 30.23
Ancient Eastern Blend	
910g	\$ 14.71
2.27kg	\$ 32.55
Broccoli Brassica Blend	
910g	\$ 34.45
2.27kg	\$ 82.02
Crunchy Bean Mix	
910g	\$ 13.11
2.27kg	\$ 29.01
Sandwich Booster	
910g	\$ 26.06
2.27kg	\$ 56.70
Spicy Lentil Crunch	
910g	\$ 21.33
2.27kg	\$ 47.73
Broccoli Seed	
910g	\$ 58.48
2.27kg	\$ 146.18
Spring Salad Mix	
910g	\$ 33.26
2.27kg	\$ 83.24
Black Chia Seed	
case 10*350g	\$ 78.07
350g	\$ 8.76
910g	\$ 17.20
2.27kg	\$ 39.09

**ORGANIC BEANS & PEAS**

Black Turtle Beans	
Case (12 x 910g)	\$ 77.97
2.27kg	\$ 14.10
11.34kg	\$ 62.05
Navy Beans	
2.27kg	\$ 15.77
11.34kg	\$ 73.91
Adzuki Beans	
2.27kg	\$ 15.77
11.34kg	\$ 73.91
Chickpeas (Garbanzos)	
Case (12 x 910g)	\$ 116.72
2.27kg	\$ 21.84
11.34kg	\$ 103.17
Pinto Beans	
Case (12 x 910g)	\$ 86.14
2.27kg	\$ 17.50
11.34kg	\$ 72.05
Red Kidney Beans	
2.27kg	\$ 21.90
11.34kg	\$ 96.56
Green Lentils	
Case (12 x 910g)	\$ 80.94
2.27kg	\$ 16.16
11.34kg	\$ 75.09
Red Split Lentils	
Case (12 x 910g)	\$ 85.37
2.27kg	\$ 17.46
11.34kg	\$ 81.54
Green Split Peas	
Case (12 x 910g)	\$ 63.50
2.27kg	\$ 12.86
11.34kg	\$ 60.28
Yellow Split Peas	
Case (12 x 910g)	\$ 62.03
2.27kg	\$ 12.57
11.34kg	\$ 58.85
Soy Beans	
Case (12 x 910g)	\$ 61.69
2.27kg	\$ 12.48
11.34kg	\$ 54.61
Whole Green Peas	
2.27kg	\$ 10.70
11.34kg	\$ 50.32

**ORGANIC DRIED FRUIT**

Apples	
Case (10 x 100g)	\$ 43.67
2.5kg	\$ 64.57
10kg	\$ 215.17

*Continued...Organic Dried Fruit*

Apricots	
Case (10 x 250g)	\$ 57.49
5kg	\$ 99.41
12.5kg	\$ 243.05
Medjool Dates	
Case (10 x 250g)	\$ 78.74
5kg	\$ 107.78
Pitted Prunes	
Case (10 x 200g)	\$ 55.97
5kg	\$ 105.37
13.63kg	\$ 275.96
Thompson Raisins	
Case (10 x 250g)	\$ 34.51
5kg	\$ 53.65
13.63kg	\$ 126.28

**ORGANIC MARITIME PRODUCTS**

<b>Boates Vinegar</b>	
Organic Apple Cider Vinegar	
.95L	\$ 6.71
Case (12 x .95L)	\$ 75.93
4L	\$ 15.21
Organic Perry Vinegar	
500ml	\$ 6.16
Case (12 x 500ml)	\$ 72.96
Organic Balsamic Style	
Apple Cider Vinegar	
500ml	\$ 9.13
Case (12 x 500ml)	\$ 95.03
<b>Canadian Organic Maple Company</b>	
Organic Maple Syrup	
Case (12 x 250ml)	\$ 80.68
Case (12 x 375ml)	\$ 123.91
Case (12 x 1L, plastic)	\$ 265.34
4L	\$ 81.68
Organic Maple Sugar	
Case (12 x 250g)	\$ 95.76
Case (12 x 500g)	\$ 154.19

**Just Us! Coffee Roasters Co-op**

Whole Bean Organic Coffee	
Mexican Morning (Tierra Madre)	
French Roast	
Rise Again Blend	
Guatemalan (Rebel)	
Italian Roast 910g	\$ 28.14
French Roast Decaf (Magnanimo)	
910g	\$ 34.04
Organic Cocoa	
224g	\$ 7.56
Case (6 x 224g)	\$ 44.50

continue...



Certified Organic Products

No Additives



No Preservatives

*continued... Just Us*

Organic Hot Chocolate Mix	
Mexican Spicy (Milk)	
Peppermint (Dark)	
Classic (Dark)	
300g	\$ 9.65
Case (6 x 300g)	\$ 54.33
Organic Tea	
Green (20/box)	
Black Ceylon (20/box)	
Single Box	\$ 4.37
Case of 10 Boxes	\$ 40.75
Earl Grey (20/box)	
Single Box	\$ 4.86
Case of 10 Boxes	\$ 45.35
<b>Nutsmith Foods</b>	
"Naturally Nutty Nut Butters"	
Peanut Butter - Smooth	
Case (12 x 500g)	\$ 82.75
500g	\$ 7.05
4kg	\$ 43.80
10kg	\$ 103.42
Peanut Butter - Crunchy	
Case (12 x 500g)	\$ 82.75
500g	\$ 7.05
4kg	\$ 43.80
10kg	\$ 103.42
Almond Butter	
Case (12 x 240g)	\$ 116.25
240g	\$ 10.33
Cashew Butter	
Case (12 x 240g)	\$ 107.62
240g	\$ 9.57
Sesame Tahini	
Case (12 x 500g)	\$ 91.37
500g	\$ 8.12
4kg	\$ 56.57

<b>NON-ORGANIC MARITIME PRODUCTS</b>	
<b>NON-ORGANIC WHEAT</b>	
Whole Wheat Flour	
Case (6 x 2.27kg)	\$ 32.20
10kg	\$ 19.44
25kg	\$ 46.87
Whole White Flour	
Case (6 x 2.27kg)	\$ 34.63
10kg	\$ 21.08
25kg	\$ 50.97
Hard Wheat Kernels	
10kg	\$ 15.33
25kg	\$ 36.60

<b>OTHER MARITIME PRODUCTS</b>	
<i>Down East Environmental</i>	
<b>HomeCare Products **</b>	
Liquid laundry Detergent	
750 ml	\$ 4.01
4L	\$ 14.76
case (4*4L)	\$ 55.63
Dishwashing Liquid	
750 ml	\$ 3.93
4L	\$ 13.10
case (4*4L)	\$ 53.81
Hand & Body Wash	
500ml	\$ 4.21
4L	\$ 13.74
case (4*4L)	\$ 55.39
All Purpose Cleaner	
750 ml	\$ 3.70
4L	\$ 11.60
Oxygen Bleach Cleaner	
1.5kg	\$ 9.74
<b>VanDine's Beans</b>	
Soldier Beans	
Yellow Eyed Beans	
Jacob's Cattle Beans	
Case (12 x 454g)	\$ 41.12
11.34kg	\$ 72.93
22.72kg	\$ 133.24
<b>Brighton Botanicals</b>	
<b>Loose Herbal Teas</b>	
-VitaliTea	- River Valley Tea
-Stormdale Tea	- The Wedding Tea
28g	\$ 7.08
<b>Single Herbs</b>	
-Red Raspberry Leaf	
-Lemon Balm	-Lemon Balm
-Celery	-Peppermint
-Spearmint	-Oregano
28g	\$ 7.72
<b>Culinary Blends 28g</b>	
-Poultry Blend	-Dill & Lemon
-Italian Blend	-Garlic Gusto
28g	\$ 8.35
<b>Fiddlehead Trading Post</b>	
<b>All Natural Homemade Soaps</b>	
*With Essential Oils Only	
Lavender	-Patchouli
Lemongrass	-Rosemary Mint
Anise	- Summer Citrus
Tea Tree	-Woodland
Peppermint	-Cinnamon Clove
Spearmint	-Ginger
Sprite	-Wintergreen
Bar	\$ 5.00

<b>NON-ORGANIC CANADIAN PRODUCTS</b>	
<i>Tom's of Maine Personal Care **</i>	
Toothpaste	
Spearmint, Fennel, Silly Strawberry	
Case (6 x 85ml)	\$ 25.14
85ml	\$ 5.10
Peppermint	
Case (6 x 85ml)	\$ 27.13
85ml	\$ 5.82
Deodorant	
Unscented, Calendula, Honeysuckle Rose	
64g Stick	\$ 7.43
<b>Green Beaver Co. **</b>	
Toothpaste	
Frosty Mint	
Zesty Orange	
Green Apple	
Star Anise	
Each 75ml Tube	\$ 4.71
Case (12 x 75ml)	\$ 56.42
Deodorant	
Lavender	
Citrus	
Tea Tree	
Unscented	
50g	\$ 5.46
Case (12 x 50g)	\$ 61.78
<b>OTHER PRODUCTS</b>	
White Sea Salt	
Case (18 x 700g)	\$ 44.49
25kg	\$ 66.48
Coarse Grey Sea Salt	
Case (12 x 1kg)	\$ 52.61
1kg	\$ 4.73
10kg	\$ 37.75
Fine Grey Sea Salt	
Case (12 x 500g)	\$ 48.24
500g	\$ 4.19
10kg	\$ 55.21
Fine Grey Sea Salt Shaker	
Case (12 x 250g)	\$ 50.97
250g	\$ 4.35
Baking Powder	
Case (10 x 350g)	\$ 51.73
350g	\$ 5.30
2.27kg	\$ 20.18
10kg	\$ 82.98
Enviro Litter	
2.27kg	\$ 6.71
10kg	\$ 21.74

**ORDERING INFORMATION**  
 PH: (866) 277-6371  
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 EMAIL: speerville@xplornet.com  
 website - www.speervilleflourmill.ca

Speerville Flour Mill utilizes grain grown on family farms in the Maritimes. We make a variety of cereals, flours and grain products and sell a variety of other certified organic products. We are Certified Organic with ECOCERT and guarantee quality. If you are not completely satisfied, please contact us.

**\*\* Applicable Taxes NOT Included**